

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 68 years in the making.



October 12th 2023

QMA 50th Anniversary Saturday October 21st

Calling all Masters race walkers past and present



This year marks the 50th year of Queensland Masters Athletics Association (originally known as 'Queensland Veterans Athletics Club').

The QMA 50th Anniversary lunch will be held in the Track and Field room in the QSAC Main Building. Date: Saturday 21st October, 12 noon for 12.30pm.

There are two race walking events on in the morning prior to lunch.

8.00am 3000m Race Walk

9.50am 800m Race Walk

Fifty years ago on 21st October 1973 five events were conducted at the very first masters (veterans) competition. One of those five events was the 800m Walk.

Lunch Cost \$15.00 for members and guests.

This includes complimentary drink on arrival, nibbles, mains and dessert. Mains will be buffet-style with roast meats and vegetables and some salad choices.

Vegetarian and gluten-free options will be available - please specify when you register. A cash bar will be available. Plus a commemorative magazine, lucky door prize.

For enquiries or assistance with registering or paying, please contact the QMA Secretary Lorraine Birtwell: email secretary@qldmastersathletics.org.au Ph : 0409 562 904

To Register (by Monday 17th) for the lunch go to [QMA 50th ANNIVERSARY LUNCH - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

Please pass this information to any former Masters race walkers that you are in contact with.

QLD REPRESENTATIVE SCHOOL SPORT 13-19 YEARS TRACK & FIELD 2023

QSAC Saturday October 14th

Walks Programme

17:20 Women 13 years 3000 metres Walk
17:20 Men 13 years 3000 metres Walk
17:20 Women 14 - 15 years 3000 metres Walk
17:20 Men 14 - 15 years 3000 metres Walk
17:40 Women 16 - 17 years 5000 metres Walk
17:40 Men 16 - 17 years 5000 metres Walk
17:40 Women 18 - 19 years 5000 metres Walk
17:40 Men 18 - 19 years 5000 metres Walk

*Note the Queensland Secondary Schools Championships 12 to 15 October is **not** a selection event for Australian All Schools.

UQ ATHLETICS CLUB 1500M CLASSIC

UQ Sports & Athletics Centre St Lucia

Thursday, October 26th

A minimum prize pool of \$2000 will be on offer to placegetters across both the Men's & Women's 1500m Classic races. Vouchers or products and plaques will be presented to place-getters in the other divisional races.

Entries Now Open [Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au)

Entry Fee \$25.00

Entries Close 9.00am October 25th No Late Entries

Start Time 6.00pm 1,500 Metre Walk

All 1500m Classic entries must be registered with Queensland Athletics, or another State Athletic Association. Athletes not registered with Queensland Athletics are able to pay an additional \$12 with their entry, which will give them Base Membership with Queensland Athletics.

Queensland All Schools Championships

Sunday November 5th

Please note that this is the only event athletes can qualify to represent Queensland at the 2023 Australian All Schools Championships in Perth.

Sunday November 5th

09:15am Under 14/15/16 Female 3000m Walk
09:40am Under 14/15/16 Male 3000m Walk
10:05am Under 17/18 Female/Male 5000m Walk

More information can be found via this link -

<https://www.qldathletics.org.au/index.cfm/competition/details/?id=763>

Selection Trials for:

Australian All Schools Athletics Championships Perth 8 to 10 December 2023

Two best placed athletes in each eligible event that nominate.

No extra athletes via qualifying standards

Australian Junior Athletics Championships Adelaide 11 to 19 April 2024

First 3 in each event

Additional athletes can be selected via the Athletics Australia Qualifying Standards, and these can be done at any QA permitted event.

First 3 at Queensland Athletics Championships in March also qualify.

Entries Now Open [2023 Qld All Schools T&F Championships - Queensland Athletics - revolutioniseSPORT](#)

Entries Close Monday October 23rd 9am

QRWC MEMBERSHIP 2023/24

Qld Racewalking Club is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at QA meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' (QA) membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership. More information can be found at <https://cdn.revolutionise.com.au/site/qmqoo3oyiea1blrd.pdf>

Of course, for those athletes not wishing to compete at or represent QRWC at QA events, QRWC will retain the current membership options whereby only the QRWC club fee (ie. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2022.

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2022 and will cover the traditional QRWC winter racewalking season.

	\$15.00	Students
Membership	\$25.00	non-students
Fee:	*club fee on top of Qld Athletics membership (Base \$12, Gold \$110, Platinum \$220)	

All our committee members, coaches, officials and volunteers are urged to register with QA for \$0 and to please check that your Blue Card is valid.

RESULTS RESULTS RESULTS

Queensland Masters Athletics

SAF Saturday October 7th

1,500 Metre Race Walk

Kirwin, Roslyn W34 11:01.42

Woodward, Erika W57 9:04.79

Nipperess, Dean M52 8:50.90

Bennett, Peter M67 9:08.79

3,000 Metre Race Walk

Gannon, Brenda W49 17:30.01 (15:57.09 73.17%)

Woodward, Erika W57 18:29.91 (15:18.12 76.28%)

Nipperess, Dean M52 18:22.77 (16:37.02 64.90%)

Bennett, Peter M67 18:37.17 (14:40.78 73.47%)

Age Graded Times & Percentages in Brackets

Queensland Masters Athletics

September 29th Corrected results

800 Metre Race Walk

McGregor, Mary W66 QMA 5:36.20
McKinven, Noela W81 QMA 7:10.20
Bennett, Peter M67 QMA 4:38.76
O'Connor, Bruce M70 QMA 7:12.63

THIS WEEK

This Saturday, October 14th the Queensland Secondary Schools 13-19 years track championships will be conducted at QSAC with the walk events starting from 5.20pm
On Sunday at the Gold Coast Masters meet at Runaway Bay there is a 2km walk starting at 8.00am.

Track Season 2023/24

Qld Masters October 21st Saturday Venue SAF

50th Anniversary Celebrations

8.00 3000m Run / Race Walk

9.50 800m Race Walk

Gold Coast Masters October 22nd Runaway Bay

8am 1k Run/Walk

UQ Sports Thursday October 26th UQ St Lucia

6.00pm 1,500 metre Walk

Gold Coast Masters October 29th Runaway Bay

8.00am 3k Run/Walk

Qld Masters October 29th Sunday Venue SAF

3.30 1500m Run / Race Walk

4.45 5000m Run / Race Walk

QA All Schools Championships November 2-5th SAF Main Track

09:15am Under 14/15/16 Female 3000m Walk

09:40am Under 14/15/16 Male 3000m Walk

10:05am Under 17/18 Female/Male 5000m Walk

Qld Masters November 11th Saturday SAF

8.00 3000m Run / Race Walk

10.00 800m Run / Race Walk

Qld Masters November 18th Saturday SAF

8.00 3000m Run / Race Walk

9.30 1500m Run / Race Walk

QA Shield Meet November 25th SAF

TBA 3,000/5,000 metres Walk

Qld Masters December 3rd Sunday SAF

3.00 800m Run / Race Walk

4.50 5000m Run / Race Walk

Qld Masters December 9th Saturday SAF

8.00 2000m Run / Race Walk

10.00 1 Mile Run / Race Walk

QA Shield Meet January 20th SAF

TBA 3,000/5,000 metres Walk

QA Shield Meet February 3rd SAF

TBA 3,000/5,000 metres Walk

QA Shield Meet February 17th SAF

TBA 3,000 metres Walk

TBA 10,000 metres walk Championships

QA Shield Meet March 9th SAF

TBA 3,000/5,000 metres Walk

QA State Championships SAF Main Track

TBA 3,000/5,000 metres Walk

2023 Australian All Schools Championships Perth December 8-10th

The 2023 Australian All Schools Championships will head west this year with **Perth hosting the Championship at the WA Athletics Stadium from December 8-10.**

Walks Schedule

Friday 8 December

4.45pm 5000m Race Walk Under 17 Girls Final

4.45pm 5000m Race Walk Under 18 Girls Final

5.35pm 5000m Race Walk Under 17 Boys Final

5.35pm 5000m Race Walk Under 18 Boys Final

Saturday 9 December

5.30pm 3000m Race Walk Under 15 Girls Final

5.30pm 3000m Race Walk Under 16 Girls Final

6.10pm 3000m Race Walk Under 15 Boys Final

6.10pm 3000m Race Walk Under 16 Boys Final

Sunday, 10 December

9.30am 3000m Race Walk Under 14 Girls Final

9.30am 3000m Race Walk Under 14 Boys Final

ALL SCHOOLS MEET RECORDS (as at 31st December 2022)

U18 5000m Walk Declan Tingay WA 20:11.80 2016

U17 5000m Walk Marcus Wakim VIC 21.21.17 2022

U16 3000m Walk Isaac Beacroft NSW 12:04.09 2022

U15 3000m Walk Kodi Clarkson ACT 13.24.12 2022

U14 3000m Walk Tyler Jones NSW 13:46.48 2011

U18 5000m Walk Katie Hayward QLD 21:40.87 2016

U17 5000m Walk Melissa Hayes NSW 23.55.30 2006

U16 3000m Walk Jemima Montag VIC 13.14.42 2013

U15 3000m Walk Paige Hooper SA 13.50.90 2005

U14 3000m Walk Matilda Webb NSW 14:21.15 2022

Australian 20km Race Walking Championships (inc. Australian Underage – U20 Race Walking Championships)

Adelaide February 11th 2024

No other details released at this stage

AA didn't put a road walk Championships on this year and in 2024 they have scheduled them before the end of the track season, in summer and two months before the winter road walk season even starts. It is 4 weeks prior the National track championships also in Adelaide and 4 weeks after the All Schools in Perth.

Originally, the AA calendar said the programme would be for U12 – U20 but this has now been amended to read “Underage”. For AA this means from U14 upwards as they have told the Federation that they are not interested in catering for U12’s.

Australian Athletics Championships *Adelaide | 11-19 April, 2024*

The Australian Athletics Championships is the largest annual athletics event in Australia and the Oceania region, traditionally attracting more than 3,500 athletes from across Australia and the Pacific.

The 101st edition of the Championships will be the culmination of another impressive domestic season and also act as a key part of the nomination process for the Australian Olympic and Paralympic Teams travelling to the Paris 2024 Games. It is expected that the Australian Olympic Committee will make the first round of selections for the Olympic team on ground in Adelaide, following the conclusion of the Open age championships.

World Athletics Race Walking Team Championships Antalya, Turkey **April 21st 2024**

This will be the second time that Turkey has hosted a World Athletics Series event, following the 2012 World Athletics Indoor Championships, held in Istanbul. Some 500 athletes from 50 countries are expected to compete in Antalya next year in what will be a qualifying event for the Paris Olympic Games. Fatih Cintimar, President of the Turkish Athletics Federation, said: “The fact that a World Athletics Championships will be hosted in Antalya is very important in terms of raising awareness of athletics in Turkey, gaining new athletics fans and increasing the popularity of athletics. We hope to gain great momentum for our sport by hosting the World Race Walking Team Championships.”

Our Volunteers – We need you to

For all our road walk and track meets we need the help of our members to set up and run the meets in a safe and organised manner. Please feel free to offer your services whether it be as a judge, timekeeper, setting out the course or helping to pack up. All assistance is greatly appreciated. We especially need lap scorers. If you would like to help out, please talk to any member of the Committee.

Everyone who helps out to run our events are volunteers who freely give up their time so that our athletes can race. Please treat them with respect and appreciation at all times and offer to assist them whenever possible. Without judges, timekeepers and lapscorers we don’t have a race walk competition we just have a walk and no matter how fast you go your result will not be official or accepted for qualifying purposes. Judges are there to ensure no one gets an unfair advantage and to assist the athletes. If you get a caution or a report, use it as a learning experience. Find out what you have done wrong from the judge and talk to your coach to see if you need to correct your technique. If you do nothing and just blame the judges, then you will never learn or get ahead in the sport.

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

All our members, whether an athlete, coach, volunteer official or a parent should be aware of their obligations and responsibilities under these policies.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

- Parents, guardians, spectators and sponsors to the full extent that is possible.
- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers;
- Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics
- Referees, judges and other officials.
- Members, including life members.
- Member associations and each of its members, including life members.
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics.
- Any other person or body that is a member of or affiliated to Queensland Athletics.

Code Of Conduct/Behaviour Queensland

Athletics requires every individual and body bound by this policy to: QA Member Protection Policy – July 2015 5

- 4.1 Be ethical, fair and honest in all their dealings with other people and Queensland Athletics;
- 4.2 Treat all persons with respect and courtesy and have proper regard for their dignity, rights and obligations;
- 4.3 Always place the safety and welfare of children above other considerations;
- 4.4 Comply with Queensland Athletics', Athletics Australia's, the IAAF's, the National and International Olympic and Paralympic Committees' constitution, rules and policies including this Policy;
- 4.5 Operate within the rules and spirit of the sport;
- 4.6 Comply with all relevant Australian laws (federal and State), particularly anti-discrimination and child protection laws;
- 4.7 Be responsible and accountable for their conduct; and
- 4.8 Abide by the relevant specific Codes of Conduct referred to in Part B of this Policy.

GAMES OF THE XXXIII OLYMPIAD PARIS 2024

Walks Schedule

Thursday August 1st 7:30am 20km Race Walk Men
9:20am 20km Race Walk Women

Wednesday August 7th Marathon Race Walk Mixed Relay with 25 teams, each comprising one male and one female athlete, who will complete in four legs of approximately equal distance. Each athlete will complete two legs of just over 10km each, alternating male, female, male, female.

Note that, in Paris, there will be a cut off time of 3h20m and teams who have not completed the marathon distance will be classified at the position at which they cross the finish line after the cut-off time.

Racewalking Queensland Management Committee 2023/24

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer P Sela/N McKinven

Committee: Shane Pearson, Joanne McRoberts, John McRoberts, Jas Blackburn, Megan Housden, Ignacio Jimenez

Patrons: Patrick & Maxine Sela

Registrar: S Dale / C Chadwick

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media D Sibenaler

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Stephanie McCure plus Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Jasmine-Rose McRoberts / Sam McCure

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

Contact emails:

qrwc1@optusnet.com.au Membership, coaching or general enquiries about the club

racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>