

# Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 69 years in the making.*



October 17<sup>th</sup> 2024

## Queensland School Sport Track and Field State Championships (13-19 years)

Robyn Wales reports that it was a good evening with lots of enthusiastic walkers and no disqualifications so well done everyone. Sam Mc Cure stood out when he broke the record set by Ben Perske (21:54.86) in 2003 with a great time of 21:19.31 in the Men's 18-19 years 5,000 metres. A top effort by Noah Cooke in the 14 years 3,000 metres with a winning time of 14:02.10. Noah was less than three seconds outside the record from 2018 held by Kris Hayward in 13:59.84.

### RESULTS RESULTS RESULTS

#### Queensland School Sport Track Championships

##### Women 13 years 3,000 metres

- 1 Mackenzie Bandidt MWR 16:54.36
- 2 Lani Ellwood CAP 17:06.75
- 3 Kiara Waterman MNR 17:14.05
- 4 Zoe Renton MWR 17:19.24
- 5 Abigail Rogers SUN 18:24.58

##### Women 14 year 3,000 metres

- 1 Bethany Moore-Kirkland DDR 15:26.50
- 2 Ella Cosgrave SCR 16:42.10
- 3 Eliza Kelly MNR 17:10.52
- 4 Mikaela McDonald MNR 17:45.69

##### Women 15 years 3,000 metres

- 1 Olivia Boulton SCR 15:12.04

##### Women 16 years 5,000 metres

- 1 Milly Sharpe CAP 24:58.30
- 2 Katie Bray MNR 31:41.87

##### Women 17 years 5,000 metres

- 1 Brooke Newberry DDR 28:22.96
- 2 Taylah Morris SCR 30:39.53

##### Men 13 years 3,000 metres

- 1 Lachlan Moore MER 15:05.79
- 2 Cory Lockwood SCR 16:00.83

##### Men 14 years 3,000 metres

- 1 Noah Cooke MNR 14:02.10
- 2 Koby Irvine WB 15:59.60
- 3 Eli Melinz SUN 17:43.35

##### Men 16 years 5,000 metres

- 1 Kai Dale SCR 27:25.63
- 2 Micah White SUN 30:00.94

##### Men 17 years 5,000 metres

- 1 Roel Wheeley MER 27:25.87

## Men 18-19 years 5,000 metres

1 Sam McCure SCR 21:19.31 **R**

2 Alex Bradley DDR 24:14.42



Ella & Lani all smiles with their medals

*Photo courtesy of Robyn Wales*

## **THIS WEEK**

### **Queensland Masters Athletics**

**19th October Saturday SAF**

8.00am 3,000m Walk

9.40am 1,500m Walk

**Entry for Masters members**

**[QMA BRIS 25#3 - Old Masters Athletics Association Inc - revolutioniseSPORT](#)**

**Entry for visitors (including juniors )**

**[QMA BRIS 25#3 VISITOR ENTRY - Old Masters Athletics Association Inc - revolutioniseSPORT](#)**

**On line entry closes Thursday 17 October at 7.00pm.**

**Otherwise, enter on the day at least 30 minutes before your event.**

**Competition Fees: \$12.00**

## **NEXT WEEK**

### **Queensland Little Athletics**

**Summer Carnival 26th October**

**State Athletics Facility, Nathan**

**Draft Walks Programme**

**7:30am**

Girls U13 1500m Walk

Boys U13 1500m Walk

Girls U12 1500m Walk

Boys U12 1500m Walk

**8:00am**

Girls U10 1100m Walk  
Boys U10 1100m Walk  
Girls U11 1100m Walk  
Boys U11 1100m Walk

**8:20am**

Girls U14 1500m Walk  
Boys U14 1500m Walk  
Girls U15 1500m Walk  
Boys U15 1500m Walk  
Girls U16 1500m Walk  
Boys U16 1500m Walk  
Girls U17 1500m Walk  
Boys U17 1500m Walk  
Girls U9 700m Walk  
Boys U9 700m Walk

## COMING UP

**Queensland Athletics All Schools**

**incorporating the Selection Trials for the Australian All Schools**

**QSAC Sunday November 3<sup>rd</sup>****Draft Walks Programme**

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

## UQ ATHLETICS CLUB 1500M CLASSIC CELEBRATION MILE

Wednesday 13 November 2024

### UQ Athletics Club 1500M Classic - Celebration Mile (incorporating the Open Queensland Athletics Mile Championships)

The UQ Athletics Club is pleased to announce that it is hosting the annual UQ Athletics Club 1500m Classic – Celebration Mile on **Wednesday 13 November 2024**.

All races on the program (race walking, school aged, masters and open) will be one mile (1609 m) in distance, in place of the usual 1500m, to celebrate the 70<sup>th</sup> anniversary of the running of the first sub 4 minute mile by Roger Bannister in 1954.

6:00 PM Girls One Mile Walk  
6:00 PM Boys One Mile Walk

## 2024 Australian All Schools Athletics Championships Brisbane December 6-8<sup>th</sup>

**All Schools Dates: Friday 6th - Sunday 8th December 2024**

**National Schools Challenge Date: Monday 9th December 2024**

**Venue: QSAC - Queensland Sport and Athletics Centre**

**Draft Walk Programme****Friday 6 December**

4.45pm 5000m Race Walk Under 17 Girls  
4.45pm 5000m Race Walk Under 18 Girls  
5.35pm 5000m Race Walk Under 17 Boys  
5.35pm 5000m Race Walk Under 18 Boys

### **Saturday 7 December**

5.10pm 3000m Race Walk Under 15 Girls

5.10pm 3000m Race Walk Under 16 Girls

6.10pm 3000m Race Walk Under 15 Boys

6.10pm 3000m Race Walk Under 16 Boys

### **Sunday, 8 December**

9.00am 3000m Race Walk Under 14 Girls

9.30am 3000m Race Walk Under 14 Boys

## **National Walk Competitions**

### **2024 Australian 35km Race Walking Championships**

**Sunday 15 December 2024 Albert Park, Melbourne**

7:00 am 20km Race Walk Men Senior

7:00 am 20km Race Walk Women Senior

7:00 am Australian Championship 35km Race Walk Men Senior

7:00 am Australian Championship 35km Race Walk Women Senior

### **Supernova Track 10km Walks**

Canberra January 25-26th

### **2025 Australian and Oceania 20km Race Walking Championships**

February 16<sup>th</sup> Adelaide

### **2025 Australian Athletics Championships**

WA Athletics Stadium, Perth

U13 - U18 Championships: 4-8 April 2025

Open & U20 Championships: 10-13 April 2025



## **ENTRIES CLOSING**

[Enter | Pan Pacific Masters Games](#)



**Athletics -  
Track & Field**

### **Draft Track Walk Programme**

**Track Entries Close Friday 18 October 2024 (11:59pm AEST)**

**Friday 8 November, 2024**

M30+/W30+ 5000m Race Walk Final

**Saturday 9 November, 2024**

M30+/W30+ 3000 Metre Race Walk Finals



**Athletics -  
Road Race Walk**

**Sunday 10 November 7:00am start**

**Luke Harrop Cycle Circuit Runaway Bay**

**Entries Close Wednesday 6 November 2024 (11:59pm AEST)**



**See the event on Facebook-**

<https://www.facebook.com/PanPacMasters/videos/502695062668015>

- The competition circuit will be a 1km loop.
- All participants will start together.
- A First Aid officer will be present. There will be a water station on the circuit.
- Uniforms are not compulsory.
- Age category placegetter medals will be presented at the venue at the conclusion of the competition.
- Parking and toilet facilities are located adjacent to the competition circuit

**Age is determined as at race day / Minimum age for competition is 30 years**

### **Level 3 Race Walking-specific accreditation course**

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year.

**UPDATE: We are now looking at Saturday, February 1 2025 to present this course in Brisbane.**

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

**To be eligible to undertake the Level 3 course applications will need to hold a Level 2 certification so now is the time to make sure you qualify by doing a Level 1 and Level 2 coaching course if required.**

Please note that the QRWC can re-imburse your coaching course fees, if required, though our current volunteer education grant.

#### **QA Courses coming up**

19 Oct 2024 **Level 2 Development Coach QSAC QLD**

23 Oct 2024 **Level 1 Recreational Running Coach Online QLD**

24 Oct 2024 **Level 1 Youth Coach Course QSAC Queensland**

06 Nov 2024 **Level 2 Advanced Recreational Running Course Online QLD**

27 Nov 2024 **Level 1 Youth Coach Course Online Queensland**

28 Nov 2024 **Level 1 Recreational Running Coach Online Queensland**

21 Dec 2024 **Level 2 Development Coach QSAC Queensland**

04 Jan 2025 **Level 1 Recreational Running Coach - Face to Face QSAC QLD**

05 Jan 2025 **Level 1 Youth Coach Course QSAC QLD**

# Qld Track Season 2024/25

## Queensland Athletics

Oct 31<sup>st</sup> – Nov 3<sup>rd</sup> QA All Schools QSAC  
November 13<sup>th</sup> Wednesday UQ Classic 1,500 metres  
November 23<sup>rd</sup> QA Shield QSAC 3,000/5,000 metres  
January 18<sup>th</sup> QA Shield QSAC 3,000/5,000 metres  
February 1<sup>st</sup> QA Shield QSAC 3,000/5,000 metres  
February 22<sup>nd</sup> QA Shield QSAC 3,000  
QA 10,000 metres Championships  
March 13-16<sup>th</sup> QA Championships QSAC

## Queensland Masters Athletics 2024

### 19th October 2024 Saturday SAF

8.00 3000m Walk

9.40 1500m Walk

### 8th -10th November 2024 SAF

#### PanPac Masters Athletics

### 14th/15th December 2024, Venue SAF

#### QMA Decathlon/Heptathlon Championships & other events

### 14th December 2024 Saturday

9.00 1500m Walk

### 15th December 2024 Sunday, SAF

8.15 3000m Walk

9.30 800m Walk

### 21st December 2024 Saturday SAF

8.00 3000m Race Walk

10.00 1 Mile Race Walk

10.50 End of Year Social Morning Tea

## Draft QMA dates for 2025

### January

11th Saturday morning QSAC Main Track

18th Saturday morning SAF QMA Women's Throws Pentathlon

25th Saturday morning SAF QMA Men's Throws Pentathlon

### February

1st – Saturday morning SAF QMA Pentathlon and 3000m run/walk

15th Saturday morning SAF Memorial Day Events

22nd Saturday morning SAF AMA Decathlon and Heptathlon Day 1

23rd Sunday morning QSAC main track AMA Decathlon and Heptathlon Day 2

### March

1st – Saturday morning QSAC Main Track

8th – Saturday morning SAF

19th - Wednesday night SAF

23rd to 30th WMA Indoors Championships

29th – Saturday morning SAF

### April

5th Saturday SAF QMA State Championships Day 1

6th Sunday SAF QMA State Championships Day 2

12th Saturday morning SAF

AMA Championships in Adelaide 18th to 21st April

## QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification. This applies to the 2<sup>nd</sup> RWA Federation Carnival in Melbourne on August 25<sup>th</sup>.

[Shop - Qld Race Walking Club - revolutioniseSPORT](#)

## Racewalking Queensland Management Committee 2024/25

**President:** P Bennett

**Vice President.** J-R McRoberts

**Secretary:** N. McKinven

**Treasurer** N McKinven

**Committee:** Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

**Patrons:** Patrick & Maxine Sela

**Registrar:** S Dale

**Handicapper** A Guevara / N McKinven

**Uniforms:** S Dale

**Publicity / Media** Jasmine Blackburn

**Results** R Wales / N McKinven

**Newsletter Editor:** P. Bennett

**Equipment Officer.** Ignacio Jimenez & Noela McKinven

**Canteen Convenor.** Vacant, but to be by roster.

**Club Captains:** Bailey Housden, Phoebe Chadwick

## QRWC MEMBERSHIP 2024/25

**NOTE: The Committee has set the QRWC annual membership fee for 2024/25 from October 1<sup>st</sup> to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.**

### NON-COMPETING MEMBERS

#### VOLUNTEER

Club volunteers are always welcome to assist with club operations and competition days

#### COMMITTEE MEMBER

Club committee members are required to be registered members of their club

#### OFFICIAL

Officials accredited with Athletics Australia

#### COACH

Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

### Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or [www.bluecard.qld.gov.au](http://www.bluecard.qld.gov.au) for more information.

**\$0**

+ CLUB FEE

**\$0**

+ CLUB FEE

**\$0**

+ CLUB FEE

**\$0**

+ CLUB FEE

NOTE – Additional club membership fees may apply, which varies for each club.

# Queensland Athletics Memberships Fees 2024/25

## commencing October 1<sup>st</sup>

### MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee <sup>^</sup>	Gold \$150.00 + club fee <sup>^</sup>	Base & Qrun \$12.00 + club fee <sup>^</sup>	School Student \$0 <small>(only valid for QA All Schools pre meet &amp; QA All Schools Champs)</small>
Entry into all QA Shield Meets	FREE	\$18	\$32	N/A
Entry into all QA Championships*	\$10 per individual event	\$22 per individual event	\$32 per individual event	N/A
Entry into QA All Schools Champs	\$10 per individual event	\$22 per individual event	\$32 per individual event	\$32 per individual event
Eligible to represent Qld at 2025 Athletics Australia Championships	YES	YES	NO	NO

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## 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.

## 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 3 Performance coach

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

### **Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club

[racewalkqld@outlook.com](mailto: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.



**Community  
Grants Hub**  
Improving your grant experience



Department of  
**Tourism and Sport**

The Queensland Government provided \$2,500 to the Queensland Race Walking Club to assist training and education volunteers to enable Queenslanders to participate in sport and recreation activities.'