

## Queensland Race Walking Club Inc.

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



October 12<sup>th</sup> 2023

### 2023 World Athletes of the Year

This week marks the opening of the voting process for the 2023 World Athletes of the Year ahead of the **World Athletics Awards 2023**. World Athletics is pleased to confirm a list of 11 nominees for Men and for Women World Athlete of the Year. These athletes were selected by an international panel of athletics experts, comprising representatives from all six continental areas of World Athletics. These lists are packed with world record holders. Who do you think will win?

There are no Australians in the nominations for 2023 but there are two race walkers and they are both from Spain; Alvaro Martin and Maria Perez.

#### **The nominees for 2023 Men's World Athlete of the Year are (in alphabetical order):**

**Neeraj Chopra, IND, javelin** · World champion / · Asian Games champion

**Ryan Crouser, USA, shot put** · World champion / · World record

**Mondo Duplantis, SWE, pole vault** · World champion / · Diamond League champion with world record

**Soufiane El Bakkali, MAR, 3000m steeplechase** · World champion / · Undefeated in six finals

**Jakob Ingebrigtsen, NOR, 1500m/mile/5000m** · World 5000m champion and 1500m silver medallist · European records for 1500m, mile and 3000m

**Kelvin Kiptum, KEN, marathon** · London and Chicago Marathon winner / · Marathon world record breaker

**Pierce LePage, CAN, decathlon** · World champion / · World leader

**Noah Lyles, USA, 100m/200m** · World 100m and 200m champion / · World leader and undefeated in six finals at 200m

**Alvaro Martin, ESP, race walk** · World 20km and 35km race walk champion / · World leader 20km race walk

**Miltiadis Tentoglou, GRE, long jump** · World champion / · European Indoor champion

**Karsten Warholm, NOR, 400m hurdles/400m** · World 400m hurdles champion / · European indoor 400m champion

#### **The nominees for 2023 Women's World Athlete of the Year are (in alphabetical order):**

**Tigist Assefa, ETH, marathon** · Berlin marathon winner / · World marathon record

**Femke Bol, NED, 400m/400m hurdles** · World 400m hurdles champion / · World indoor 400m record

**Shericka Jackson, JAM, 100m/200m** · World 200m champion and 100m silver medallist / · Diamond League 100m and 200m champion

**Faith Kipyegon, KEN, 1500m/mile/5000m** · World 1500m and 5000m champion / · World records at 1500m, mile and 5000m

**Haruka Kitaguchi, JPN, javelin** · World champion / · Diamond League champion

**Yaroslava Mahuchikh, UKR, high jump** · World champion / · Diamond League champion

**Maria Perez, ESP, race walk** · World 20km and 35km race walk world champion / · World record at 35km race walk

**Gudaf Tsegay, ETH, 5000m/10,000m** · World 10,000m champion / · Diamond League 5000m champion with world record

**Sha'Carri Richardson, USA, 100m/200m** · World champion at 100m / · World bronze medallist at 200m

**Yulimar Rojas, VEN, triple jump** · World champion / · Diamond league champion

**Winfred Yavi, BRN, 3000m steeplechase** · World champion · Diamond League champion with world lead

## UQ ATHLETICS CLUB 1500M CLASSIC

UQ Sports & Athletics Centre St Lucia

Thursday, October 26<sup>th</sup>

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://Queensland Athletics (qldathletics.org.au))

**Entry Fee** \$25.00

**Entries Close** 9.00am October 25<sup>th</sup> 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 5<sup>th</sup>

**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 5<sup>th</sup>**

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](http://2023 Qld All Schools T&F Championships - Queensland Athletics - revolutioniseSPORT)

Final reminder to make sure all athletes have registered for the 2023 Queensland All Schools Championships from 2nd-5th of November at QSAC.

Registrations close Monday 23rd of October 9am. Late entries may not be accepted. All athletes aged U14-U18 are encouraged to compete.

## 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/qqmoo3oyiea1blrd.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
<b>Membership</b>	\$25.00	non-students
<b>Fee:</b>	*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

### Maryborough Day Night Carnival

#### Girls Under 10 400 metres Race Walk

1. Izzy Blackburn Runaway Bay 2:03.59
2. Indianna Keightley Bargara 2:05.06
3. Isla Cooper Caloundra 2:15.04
4. Gracie Shaw Maryborough 2:33.79
5. Chernaya Plumber Caloundra 2:37.45
6. Rebecca Duffield Maryborough 3:08.25
7. Ivy Beresford Bundaberg Little A 3:12.64

### Queensland Representative School Sport 13-19 Years Track & Field Championships QSAC October 14<sup>th</sup>

Outstanding performances by Bailey Housden and Sam McCure with record smashing performances at the School Sport track championships on Saturday .

**Men 13 Year Olds 3000m**

1 Noah Cooke MNR 15.54.67

2 Eli Melinz SUN 18.52.75

- Brock Miller MNR DQ

**Men 14 3000m**

- Noah Wheeley MER DQ

**Men 15 3000m**

1 Kai Dale SCR 15.29.74

2 Micah White SUN 16.09.31

**Men 16 5000m**

1 Bailey Housden MNR 20.17.38 \*

2 Roel Wheeley MER 26.50.44

**Men 17 5000m**

1 Sam McCure SCR 21.39.49 \*

2 Alex Bradley DDR 24.59.18

**Men 18 5000m**

1 Ryan Clark DDR 31.37.28

**Women 13 Year Olds 3000m**

1 Ella Cosgrove SCR 17.30.23

2 Bethany Moore-Kirkland DDR 20.01.26

3 Eliza Kelly MNR 20.03.32

- Mikaela McDonald MNR DQ

**Women 14 3000m**

1 Olivia Boulton SCR 16.32.47

2 Makenna Clarke MER 17.45.21

**Women 15 3000m**

1 Milly Sharpe CAP 16.59.65

2 Katie Bray MNR 18.20.69

**Women 16 5000m**

1 Taylah Morris SCR 31.18.40

- Lily Goulding MWR DQ

**Women 17 5000m**

1 Ashanti Heap SCR 28.32.82

2 Phoebe Chadwick MNR 28.38.76

3 Lily Housden MNR 33.04.81

4 Daniella Lourigan WB 37.30.50

**Women 18 5000m**

1 Anika Clarke MER 28.11.16

2 Torryn Fisher MER 32.34.59

## THIS WEEK

This Saturday, October 21<sup>st</sup>, Queensland Masters are at the SAF for their 50th Anniversary Celebrations. There are two walks on the programme.

At 8.00am there is the 3,000metres with the 800 metres walk at 9.50am.

On Thursday even the UQ 1,500 metre Classic is on at the St Lucia track with the walk scheduled for 6pm.

## Track Season 2023/24

**Gold Coast Masters October 22<sup>nd</sup> Runaway Bay**

8am 1k Run/Walk

**UQ Sports Thursday October 26<sup>th</sup> UQ St Lucia**

6.00pm 1,500 metre Walk

**Gold Coast Masters October 29<sup>th</sup> Runaway Bay**

8.00am 3k Run/Walk

**Qld Masters October 29<sup>th</sup> Sunday Venue SAF**

3.30 1500m Run / Race Walk

4.45 5000m Run / Race Walk

**QA All Schools Championships November 2-5<sup>th</sup> 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 11<sup>th</sup> Saturday SAF**

8.00 3000m Run / Race Walk

10.00 800m Run / Race Walk

**Qld Masters November 18<sup>th</sup> Saturday SAF**

8.00 3000m Run / Race Walk

9.30 1500m Run / Race Walk

**QA Shield Meet November 25<sup>th</sup> SAF**

TBA 3,000/5,000 metres Walk

**Qld Masters December 3<sup>rd</sup> Sunday SAF**

3.00 800m Run / Race Walk

4.50 5000m Run / Race Walk

**Qld Masters December 9<sup>th</sup> Saturday SAF**

8.00 2000m Run / Race Walk

10.00 1 Mile Run / Race Walk

**QA Shield Meet January 20<sup>th</sup> SAF**

TBA 3,000/5,000 metres Walk

**QA Shield Meet February 3<sup>rd</sup> SAF**

TBA 3,000/5,000 metres Walk

**QA Shield Meet February 17<sup>th</sup> SAF**

TBA 3,000 metres Walk

TBA 10,000 metres walk Championships

**QA Shield Meet March 9<sup>th</sup> 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 8-10<sup>th</sup>**

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 11<sup>th</sup> 2024**

**War Memorial Drive, Adelaide, SA**

**Entries:** Entries open on the 20th November 2023 and close on 21st January 2024 5pm AEDT

**Timetable:**

7.00am - Open Men & Open Women 20km - Australian & Oceania Championships

7.15am - U20 Men & U20 Women 10km - Australian & Oceania Championships

7.45am - U18 Men & U18 Women 5km - Australian & Oceania Championships

7.45am - U16 Men & U16 Women 5km - Australian Championships

8.00am - U14 Men & U14 Women 3km - Australian Championships



Tasmanian Masters Athletics is excited to announce that the Australian Masters Athletics National Track and Field Championship will be held in Hobart, Tasmania in 2024.

**Venue:** Domain Athletic Centre

**Walk Schedule**

Friday March 29<sup>th</sup> 1,500 metres

Saturday March 30<sup>th</sup> 5,000 metres

Monday April 1<sup>st</sup> 10km Road Walk



For more information go to [amahobart2024.com.au](http://amahobart2024.com.au)

## **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 101<sup>st</sup> 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 21<sup>st</sup> 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 1<sup>st</sup> 7:30am 20km Race Walk Men  
9:20am 20km Race Walk Women



Wednesday August 7<sup>th</sup> 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](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.

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

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