

Queensland Race Walking Club Inc.

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



October 26th 2023

Helen Roberts, Trish Kinnane & Marlene Matthews honoured at AA AGM

Olympic bronze medallist Marlene Mathews AO and esteemed official Patricia ‘Trish’ Kinnane have been elevated to Life Governors, while Queensland senior official Helen Roberts is celebrated as a Life Member, following the 2023 Athletics Australia Annual General Meeting. Mathews and Kinnane become the 50th and 51st Life Governors of the organisation – an honour bestowed upon individuals who have displayed outstanding service to Athletics Australia and the greater sport.

Often described as one of Australia’s greatest and unluckiest champions, Athletics Australia Hall of Famer Mathews was part of the golden era of Australian women’s sprinting throughout the 1950s and 1960s. Her first appearance at the Olympics was in 1956, where she finished third in both the 100m and 200m, and broke a number of world records across 100 yards, 220 yards, 440 yards and 400m. A former Athletics Australia Board Member, administrator, technical official and with a Platinum Pin for 40 years’ of service to the sport in 2010, Kinnane has had a lifelong involvement with athletics, involved with the sport at all levels from school programs to national teams, and has mentored a new generation of officials with passion. Queensland official Helen Roberts was also been recognised as a Life Member. The primary school teacher has been officiating since the Commonwealth Games in 1982 and has climbed up the ranks to be one of Australia’s most esteemed and experienced senior officials.

Brian Roe for Athletics Australia

Race Walker Rhydian Cowley selected for the P&G Athlete for Good Program

Dual Olympian Rhydian Cowley has been selected for the P&G Athlete for Good Program, receiving \$24,000 USD for his chosen charity Bush Heritage Australia.

A joint initiative established by Worldwide Olympic Partner P&G, the International Olympic Committee (IOC) and International Paralympic Committee (IPC), the Athletes for Good program champions Olympic and Paralympic athletes from around the world and the charitable causes important to them. The program shines a light on the important work athletes are doing in their communities in areas such as equality and inclusion, sustainability and community impact. Sustainability and climate action has long been a passion for Rhydian, but it wasn’t until the Black Summer Bushfires that he decided to become more actively involved in his response to climate change.

“It was during the first lockdown, just after the bushfires in 2019, I had a lot of time to think about things and really clarify what my values were outside of my sport. “I love being active, being outdoors and just having that real connection to the place I am in,” Rhydian said.

“I had also started to see the impact climate change was having on my sport, with a recent training camp being interrupted by the bushfires. It was that realisation that people may not be able to always enjoy being outside, if the air is full of smoke!”

“I remember thinking to myself, well if this is something that is important to me then I should really do something about it, that I should live by those values and demonstrate them through my actions”.

As a first step, Rhydian began researching local organisations in the sustainability sector he could support financially and lend his voice to as an Olympic athlete. It wasn’t long before he came across Bush Heritage Australia, a not-for-profit conservation organisation that works to protect Australia’s ecosystems and wildlife. Bush Heritage Australia uses the best science, conservation and right-way knowledge to deliver landscape-scale impact while working with Aboriginal and Torres Strait Islander people and the agricultural sector to ensure their impact is deep, sustainable and collaborative. “Bush Heritage was an organisation that was doing the sort of work that really aligned with my values,” Rhydian said. “For me, the model of making sure there's the respect for traditional owners was also really important”.

Initially becoming a donor of the not-for-profit, Rhydian is now a full-time employee working in the ‘Gifts in Wills’ team to help fundraise for its conservation activities. He is also a member of the organisation's ‘Green Team’, which aims to reduce the environmental impact of the organization's activities. A self-proclaimed ‘yes man’, Rhydian loves to get involved and often puts himself forward for various opportunities. For instance, he is currently a member of Athletics Australia’s Athlete Advisory Committee, playing a key role in the very early stages of their sustainability journey, as well as being an athlete ambassador for Sports Environment Alliance, EcoAthletes and Front Runners.

So, when he saw the Paris 2024 Athlete for Good grant advertised on the IOC’s Athlete 365 portal, it was only fitting that he applied. “The application involved an online form where we were asked to share our story and what we were doing outside of sport to give back in certain areas,” “The area I applied under was in climate change and sustainability, we were then asked to nominate the charity of our choice, explain the work we had been doing with the charity in the past and what the funding would help the charity achieve,” Rhydian explained. “I decided to choose Bush Heritage Australia for the grant, because of my long history working with the charity and the strong relationship I had built with them”.

Rhydian worked closely with the grants coordinator at Bush Heritage to write and submit his application and after a seven month wait, he was announced as one of 20 athletes to receive the \$24,000 USD (\$37,430 AUD) grant.

“It was so nice to receive the official announcement and to finally be able to tell people!” “It was one of those things where, I was pretty sure it was going to happen based on the correspondence I was receiving, but it wasn’t official until I had received that letter,” Rhydian said. “It’s also exciting to know that I have been able to contribute to the organisation in an additional way, on top of the work I am already doing.”

It is now up to Bush Heritage Australia to decide what exactly the funds will be used for, with the money going towards initiatives such as supporting on-the-ground conservation work at one of their 42 reserves and/or funding their partnership work with Indigenous ranger groups. Currently training towards Paris 2024, Rhydian continues to use his platform as an Olympic athlete to advocate for climate action and is intent on doing his part to make the world a better place.

“I remember when I was first starting to get involved in climate action, I didn’t know if there were any other athletes who were worried about it. But as I have progressed with it, I have come to realise that there are actually quite a lot of athletes who are worried about climate change and who have noticed the impact it has had on their sport,” Rhydian said. “It has been really great to build these networks and connections with other athletes, we have been able to support each other by sharing knowledge and what we've been doing in different spaces.”

“While I am not the entrepreneurial type, for me it’s just about going in and getting in the

trenches with someone that's already got a good idea, joining in and helping in any way that I can - that's the way I like to approach it," he continued.

"The community engagement networks of the Australian Olympic Committee, Australian Institute of Sport, Victorian Institute of Sport and Athletics Australia have also been a great avenue for me to get involved in climate and sustainability initiatives."

When asked what advice he would give those who are interested in getting involved in climate action, the 32-year-old said to just start somewhere no matter how big or small. "The first step is just to do something. It can be as simple as reflecting on what you do in your life, in your sport or at work and understanding how you can have a lower environmental footprint." "Individually, no one person is going to solve climate change by themselves, it will take lots of us working together. So just starting somewhere and doing what you can, I think, is a good first step".

Taylah O'Neill for the Australian Olympic Committee

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 Closed

RESULTS RESULTS RESULTS

QMA Brisbane October 21st

SAF

800 Metre Race Walk

Hollis, Tracey W43 Qld Masters 5:17.72

Gannon, Brenda W49 Qld Masters 4:00.15

McKinven, Noela W81 Qld Masters 6:46.78

Nipperess, Dean M52 Qld Masters 3:53.35

Bennett, Peter M67 Qld Masters 4:36.56

O'Connor, Bruce M70 Qld Masters 6:46.94

3000 Metre Race Walk

Waterman, Kiara W12 19:13.62

Gannon, Brenda W49 Qld Masters 17:12.54 (15:41.17 74.41%)

McKinven, Noela W81 Qld Masters 26:00.57 (16:05.84 72.51%)

Nipperess, Dean M52 Qld Masters 18:18.33 (16:33.01 65.17%)

Bennett, Peter M67 Qld Masters 18:37.88 (14:41.34 73.42%)

Age Graded Times & Percentages in Brackets

Gold Coast Masters

October 15th Gold Coast Performance Centre

2000 Metres Walk

Nipperess, Dean M52 11:27.30

Mixed 800 Metres Walk

Nipperess, Dean M52 4:02.76

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
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.

THIS WEEK

Queensland Little Athletics Summer Carnival

Saturday October 28th

State Athletics Facility

Walks Programme

7:30am

#1 Girls U13 1500m Walk

#2 Boys U13 1500m Walk

#3 Girls U14 1500m Walk

#4 Girls U12 1500m Walk

#5 Boys U12 1500m Walk

8:00am

#22 Girls U10 1100m Walk

#23 Boys U10 1100m Walk
#24 Girls U11 1100m Walk
#25 Boys U11 1100m Walk
8:20am
#32 Boys U14 1500m Walk
#33 Girls U15 1500m Walk
#34 Boys U15 1500m Walk
#35 Girls U16 1500m Walk
#36 Boys U16 1500m Walk
#37 Girls U17 1500m Walk
#38 Boys U17 1500m Walk
#39 Girls U9 700m Walk
#40 Boys U9 700m Walk

On Sunday there are walks on the Gold Coast and Brisbane
Gold Coast Masters October 29th Runaway Bay
8.00am 3km Walk
Qld Masters October 29th Sunday Venue SAF
3.30 1500m Run / Race Walk
4.45 5000m Run / Race Walk

Track Season 2023/24

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



February 3-11th, Dunedin

Saturday 3 February 2024 3,000 metres track walk

VENUE: Caledonian Ground, 50 Logan Park Drive, Dunedin

Sunday 4 February 2024 10km Road walk

VENUE: Start & Finish OUSA Aquatic Centre, 26 Magnet Street, Dunedin

Wednesday 7 February 2024 5KM Road Walk

VENUE: Guthrie Pavilion, Bayfield Park, Shore Street, Dunedin 6.16pm

Saturday 10 February 2024 Half Marathon

VENUE: Start/Finish at MacAndrew Bay Beach Recreational Area

Walkers 8:30am start, Runners 9:30am start

Keep up to date with the latest on the Masters Games

Masters Games Website Entries & Monthly Newsletter Sign Up www.nzmg.com
Facebook www.facebook.com/new.zealand.masters.games
Instagram @nzmg2024

Australian 20km Race Walking Championships
(inc. Australian Underage – U20 Race Walking Championships)
Adelaide February 11th 2024

War Memorial Drive, Adelaide, SA

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

Draft 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 29th 1,500 metres

Saturday March 30th 5,000 metres

Monday April 1st 10km Road Walk

For more information go to 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 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:

grwc1@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/>