

# Queensland Race Walking Club Inc.

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



October 5<sup>th</sup> 2023

## SHORT TRACK ATHLETICS: PART OF THE WAY FORWARD FOR TRACK AND FIELD Indoor track is now Short Track

Sally Pearson and Matt Shirvington have become the first fully recognised national record holders at 60 metres – as the event became one of many to take on a new status in track and field in Australia from 1 October.

World Athletics has made significant changes to the way in which events are categorised and recognised as from 1 November 2023. To ensure that these changes don't disrupt a domestic season already underway, the changes came into effect in Australia on 1 October. The previous delineation between the concepts of indoor and outdoor competitions has been removed from the world governing body's Competition and Technical Rules.

From now on, track and field competitions will be recognised as being conducted on 400m standard oval track facilities or 200m standard oval track facilities. The latter will now be known as Short Track.

In addition, competitions held in accordance with the rules, outside traditional environments, such as street races, town square events and the like will continue to be recognised – and if they are conducted on a short track facility they will be accepted as such. Previously “short track events” could only have been acknowledged if conducted indoors.

Few indoor competitions are conducted in Australia, but the new paradigm will have implications here. The most notable shake-up in the Rules comes in relation to the recognition of world records – and by consequence national records. From now on records will be a single list by age group – at world level simply for men, women, under 20 men and under 20 women. In Australia also for under 18 and under 16.

There will no longer be a separate set of Indoor Records. Those which are conducted under the same circumstances as outdoor such as 50m and 60m sprints and hurdles will now be completely merged with the old outdoor records. Indoor field event records that were inferior to the outdoor marks will now disappear. Those that were better had for some time been recognised as the national record.

**In the 14 former indoor disciplines: 200m, 400m, 800m, 1000m, 1500m, mile, 3000m, 5000m, 3000mRW, 5000mRW, Pentathlon (W)/Heptathlon (M), 4x200m, 4x400, 4x800m where the conduct of the event is inherently different from outdoors due to the nature of the banked track, the existing indoor records will become the new world or national short track records.**

## **Short Track Race Walking National Records**

**Mens 5000M WALK Aust National 18:52.20 8-Mar-87 Indianapolis, USA David Smith VIC 24-Jul-55**

**Womens 3000M WALK Aust National 11:53.82 12-Mar-93 Toronto, CAN Kerry Saxby-Junna NSW 2-Jun-61**

Athletics Australia has always implemented a national record for events on the world records list. As a result, the biggest immediate impact in Australia will be that 50m and 60m sprints and hurdles conducted outdoors will now be fully recognised. National records for 60m are recognised immediately based on the previous national indoor records – Sally McLellan now Pearson’s 7.30 set in Boston in 2009 and Matt Shirvington’s 6.52 from his fourth-place finish in the 1999 World Indoor Championships In Maebashi, Japan. Those at 50m will be accepted as the best valid performances achieved by 31 December 2024. A flurry of the inclusion of these four events at state interclub and league competitions around the nation can be expected – although the 60m has already been popular at some venues.

Longer term the recognition of short track athletics opens the door to a fundamental change in athletics facility development in Australia. Banked synthetic-covered 200m tracks could now become familiar parts of the urban landscape – fitting snugly into small spaces and also being available to a wide range of community uses. Athletics Australia Group General Manager, Delivery & Partnerships Samantha Culbert welcomed the change: “For a sport with such a long and established history like athletics, it is nice to see the ongoing evolution of the competition and technical rules. This latest change provides some exciting additional opportunities for athletes to strive for, plus interesting possibilities for future athletics facility development in Australia,” Culbert said.

*Story by Brian Roe, Athletics Australia.*

## **Australian Race Walking Records as from October 1<sup>st</sup> 2023**

### **WOMENS TRACK**

#### **3000m RACE WALK**

Aust U18 11:42.04 21-Feb-98 Sydney Troy Sundstrom NSW 30-Apr-81

Aust U16 12:04.09 10-Dec-22 Adelaide Isaac Beacroft NSW 18-Jul-07

#### **5000m RACE WALK**

Aust Allcomers 18:12.52 5-Mar-23 Melbourne Declan Tingay WA 6-Feb-99 Aust National 18:12.52 5-Mar-23 Melbourne Declan Tingay WA 6-Feb-99

Aust U20 19:38.22 19-Feb-00 Sydney Troy Sundstrom NSW 30-Apr-81

Aust U18 19:51.81 15-Apr-23 Brisbane Isaac Beacroft NSW 18-Jul-07

#### **10000m RACE WALK**

Aust Allcomers 38:03.78 2-Feb-23 Canberra Declan Tingay WA 6-Feb-99 Aust National 38:03.78 2-Feb-23 Canberra Declan Tingay WA 6-Feb-99

Aust U20 40:49.72 14-Jul-18 Tampere, FIN Declan Tingay WA 6-Feb-99

Aust U18 42:01.26 31-Mar-23 Brisbane Marcus Wakim VIC 3-May-06

#### **20000m RACE WALK**

Aust Allcomers 1:19:48.1 4-Sep-01 Brisbane Nathan Deakes VIC 17-Aug-77 Aust National 1:19:48.1 4-Sep-01 Brisbane Nathan Deakes VIC 17-Aug-77

Aust U20 1:36:39.7 27-Jun-81 Melbourne Michael Harvey VIC 5-Dec-62

#### **30000m RACE WALK**

Aust Allcomers 2:14:22 9-Sep-90 Melbourne Simon Baker VIC 6-Feb-58 Aust National 2:14:22 9-Sep-90 Melbourne Simon Baker VIC 6-Feb-58

#### **50000m RACE WALK**

Aust Allcomers 3:43:50.0 9-Sep-90 Melbourne Simon Baker VIC 6-Feb-58 Aust National 3:43:50.0 9-Sep-90 Melbourne Simon Baker VIC 6-Feb-58

- Editors Note: Anyone thinking of having a crack at Simon Bakers 50,000 metre track record you would be looking to average around 1:47 a lap for 125 laps.

## **MENS ROAD**

### **5KM ROAD WALK**

Aust U18 20:55 12-Feb-23 Fawkner Park Melbourne Owen Toyne ACT 19-Jun-07

Aust U16 21:36 11th Sep-22 Melbourne Owen Toyne ACT 19-Jun-07

### **8KM ROAD WALK**

Aust U18 34:21.0 24-May-92 Melbourne Dion Russell VIC 8-May-75

### **10KM ROAD WALK**

Aust U20 40.54 26-Jun-04 Sydney Adam Rutter NSW 24-Dec-86

Aust U18 42.36 11-Dec-16 Melbourne Declan Tingay WA 6-Feb-99

### **20KM ROAD WALK**

Aust Allcomers 1:18:59 22-Sep-00 Sydney Robert Korzeniowski POL 30-Jul-68 Aust

National 1:17:33 23-Apr-05 Cixi City, CHN Nathan Deakes VIC 17-Aug-77

Aust U20 1:24:46 6-Mar-05 Sydney Adam Rutter NSW 24-Dec-86

### **30KM ROAD WALK**

Aust Allcomers 2:05:06 27-Aug-06 Hobart Nathan Deakes VIC 17-Aug-77 Aust National

2:05:06 27-Aug-06 Hobart Nathan Deakes VIC 17-Aug-77

### **35KM ROAD WALK**

Aust Allcomers 2:27.33 21-May-23 Albert Park Melbourne Rhydian Cowley VIC 4-Jan-91

Aust National 2:27.33 21-May-23 Albert Park Melbourne Rhydian Cowley VIC 4-Jan-91

### **50KM ROAD WALK**

Aust Allcomers 3:35:47 2-Dec-06 Geelong Nathan Deakes VIC 17-Aug-77 Aust National

3:35:47 2-Dec-06 Geelong Nathan Deakes VIC 17-Aug-77

## **WOMENS TRACK**

### **3000m RACE WALK**

Aust U20 12:27.74 25-Feb-93 Melbourne Jane Saville NSW 5-Nov-74

Aust U18 12:43.0 8-Nov-97 Sydney Michelle French NSW 1-Apr-82

Aust U16 12:43.0 8-Nov-97 Sydney Michelle French NSW 1-Apr-82

### **5000m RACE WALK**

Aust Allcomers 20:03.0 11-Feb-96 Sydney Kerry Saxby-Junna NSW 2-Jun-61 Aust National

20:03.0 11-Feb-96 Sydney Kerry Saxby-Junna NSW 2-Jun-61

Aust U20 21:34.23 1-Mar-97 Melbourne Natalie Saville NSW 7-Sep-78

**Aust U18 21:39.03 22-Oct-16 Brisbane Katie Hayward QLD 23-Jul-00**

### **10000m RACE WALK**

Aust Allcomers 42:46.45 14-Jan-89 Sydney Kerry Saxby-Junna NSW 2-Jun-61 Aust

National 41:57.22 24-Jul-90 Seattle, USA Kerry Saxby-Junna NSW 2-Jun-61

**Aust U20 43:20.65 5-Apr-19 Sydney Katie Hayward QLD 23-Jul-00**

### **20000m RACE WALK**

Aust Allcomers 1:33:40.2 6-Sep-01 Brisbane Kerry Saxby-Junna NSW 2-Jun-61 Aust

National 1:33:40.2 6-Sep-01 Brisbane Kerry Saxby-Junna NSW 2-Jun-61

## **WOMENS ROAD**

### **5KM RACE WALK**

**Aust U18 22:44 30-Jul-17 Brisbane Katie Hayward QLD 23-Jul-00**

Aust U16 24:02 27-Mar-21 Melbourne Milly Boughton NSW 3-Feb-06

### **8KM RACE WALK**

Aust U18 39:15 24-May-92 Melbourne Jane Saville NSW 5-Nov-74

### **10KM RACE WALK**

Aust Allcomers 41:29.71 27-Aug-88 Canberra Kerry Saxby-Junna NSW 2-Jun-61 Aust

National 41:29.71 27-Aug-88 Canberra Kerry Saxby-Junna NSW 2-Jun-61

Aust U20 45:10.0 27-Feb-97 Melbourne Natalie Saville NSW 7-Sep-78

### **20KM RACE WALK**

Aust Allcomers 1:27:27 13-Feb-22 Adelaide Jemima Montag VIC 15-Feb-98 Aust National

1:27:16 20-Aug-23 Budapest, HUN Jemima Montag VIC 15-Feb-98

### **35KM RACE WALK**

Aust Allcomers 2:47.54 21-May-23 Albert Park Melbourne Rebecca Henderson VIC 4-Jul-01  
Aust National 2:47.54 21-May-23 Albert Park Melbourne Rebecca Henderson VIC 4-Jul-01  
**50KM RACE WALK**  
Aust Allcomers Not Claimed Aust National 4:09.33 5-May-18 Taicang, CHN Claire Tallent  
SA 6-Jul-81

## **VALE John Hillier**

This week we were saddened to hear of the passing of John Hillier over the weekend. John competed in winter road walks and Qld Masters track walks for many years. John gave walking away a number of years ago but was still an active golfer right up until the time of his passing. He became interested in race walking because of the involvement of his talented and sporty daughter. It was almost the norm in those days that one and sometimes both parents of young athletes would take part in the road walks. Many people like to retell their favourite John Hillier story and most of the stories have little to do with race walking. John was a dedicated family man and a friend to all and could be relied on to break the tension on a race start line with a funny story. John was from the Redlands and at the time the Redland district had the biggest number of walkers from any part of Brisbane or the Gold Coast region. In fact, when the QRWC entered a team in an Olympic fundraising 24 hour relay the Redlands had more than enough walkers to enter their own team in the competition. This took place at QSAC with all the participating athletics clubs setting up their tents on the grass in the middle of the main stadium. It was a great team building (and endurance training) exercise with the only downside being the Redlands team having a loud ghetto blaster belting out the "Macarena" on repeat all night. He will be missed by many. Sincere condolences to the Hillier family at this sad time.

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

**Saturday October 14<sup>th</sup>**

### **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.**

## **QMA 50th Anniversary**

**Saturday October 21<sup>st</sup>**

### **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

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 (you might find yourself featured!), lucky door prize, possibly some short speeches. For enquiries or assistance with registering or paying, please contact the QMA Secretary Lorraine Birtwell: email [secretary@qldmastersathletics.org.au](mailto:secretary@qldmastersathletics.org.au) Ph : 0409 562 904

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

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

## **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](#)

**Entries Close** Monday October 23<sup>rd</sup> 9am

# RESULTS RESULTS RESULTS

## Qld All Schools Pre Meet

### September 30<sup>th</sup> University of Qld Athletics Centre

A number of our walkers took advantage of the track meet at UQ on the weekend to tune up for the Qld All Schools next month.

Standout performance was by Sam McCure with a big PB 5,000 metres of 21:42.12 to follow up from his great road 10km at the QA Championships last month.

#### Women 3000 Metre Race Walk Open

- 1 Clarke, Makenna 09 Qld School Students 18:43.63
- 2 Waterman, Kiara 11 Qld School Students 18:54.46
- 3 Moore-Kirkland, Bethany 10 Darling Downs 19:06.58
- 4 Bandidt, Mackenzie 11 Qld Race Walking Club 20:11.39
- Norton, Amber 06 Athletics North DNF

#### Men 3000 Metre Race Walk Open

- 1 Dale, Kai 08 Qld School Students 16:12.06
- 2 Cooke, Noah 10 Qld Race Walking Club 17:01.97
- 3 Moore, Lachlan 11 Redlands Athletics 17:03.17
- Wheeley, Noah 09 Qld School Students DQ

#### Women 5000 Metre Race Walk Open

- 1 Chadwick, Phoebe 06 Qld Race Walking Club 30:49.50
- Housden, Lily 06 Qld Race Walking Club DNF

#### Men 5000 Metre Race Walk Open

- 1 McCure, Sam 06 Gold Coast Victory 21:42.12
- 2 Bradley, Alex 06 Qld Race Walking Club 25:21.70
- 3 Wheeley, Roel 07 Sheldon Academy of Sport 28:28.59
- Housden, Bailey 07 Qld Race Walking Club DQ

## RWA State Challenge Virtual Meet

### July 2023

The results are all in and the final points have been calculated with the QRWC finishing 3<sup>rd</sup> in the virtual meet this year. Lasts season we tied for 1<sup>st</sup> .

Well done to all our members who competed at our Beenleigh event in the Challenge and congratulations to Jake Dunleavy and Noah Cooke who finished 1<sup>st</sup> in their age categories.

#### Overall Team Results

	WARWC	SARWC	QRWC	ACTW	NSWRWC
<b>RWV</b>					
Totals	53	55	53	71	45
53					
Fairness calculation	2	2	1.8	2	1.1
1.1					
Final Total	26.5	27.5	29.44444444	35.5	40.90909091
48.18181818					
Placings	1	2	3	4	5
6					

#### Rules

1. Points are awarded to the fastest individual per club. If a club does not have a competitor, they receive 5 points.
2. Member numbers for fairness calculations are based on the membership paid to RWA.

#### Under 10 1.5km Female



Stella Wade	0:07:53	NSWRWC	1
<b>Freya Williams</b>	<b>0:08:32</b>	<b>QRWC</b>	<b>2</b>
Jaida Robertson	0:09:06	VRWC	3
Lily Bowkett	0:09:12	VRWC	4
Anouk Morgan	0:09:33	VRWC	5
<b>Izzy Blackburn</b>	<b>0:10:03</b>	<b>QRWC</b>	<b>6</b>
Phoebe Grocott	0:11:37	ACTRWC	7

#### **Under 10 1.5km Male**

<b>Jake Dunleavy</b>	<b>0:08:42</b>	<b>QRWC</b>	<b>1</b>
Hunter Sardelich	0:11:30	WARWC	2
Robert Crabb	0:11:51	SARWC	3
Anthony Crabb	0:17:39	SARWC	4
Martin Crabb	0:20:50	SARWC	5

#### **Under 12 2km Female**

Hannah Hewitt	0:11:13	NSWRWC	1
Liliana Templer	0:11:42	SARWC	2
Darcy Bramwell-Keys	0:12:04	WARWC	3
Savannah Carnaby	0:12:07	WARWC	4
<b>Savannah Dunleavy</b>	<b>0:12:10</b>	<b>QRWC</b>	<b>5</b>
<b>Amelia Chisholm</b>	<b>0:13:03</b>	<b>QRWC</b>	<b>6</b>
Zoe Bowkett	0:13:32	VRWC	7
<b>Mackenzie Wormald</b>	<b>0:14:28</b>	<b>QRWC</b>	<b>8</b>
Addison Roots	0:14:35	WARWC	9
<b>Dakota Vicary</b>	<b>0:15:33</b>	<b>QRWC</b>	<b>10</b>

#### **Under 12 2km Male**

Nate Appleyard	0:09:46	NSWRWC	1
Angus Shuttleworth	0:10:10	VRWC	2
Dylan Sardelich	0:11:35	WARWC	3
Nathaniel Khaira	0:13:15	WARWC	4
<b>Leo Ramsay</b>	<b>0:13:23</b>	<b>QRWC</b>	<b>5</b>
Sebastian Ryan	0:13:23	ACTRWC	6

#### **Under 14 3km Female**

Sophie Polkinghorne	0:14:43	NSWRWC	1
Jillian Ryan	0:16:29	ACTRWC	2
Mietta Morgan	0:17:05	VRWC	3
<b>Kiara Waterman</b>	<b>0:18:00</b>	<b>QRWC</b>	<b>4</b>
Charlotte Burgess	0:19:03	WARWC	5
Trinity Doulis	0:19:03	WARWC	6
Matilda Rech	0:19:05	SARWC	7
Senna Cook	0:19:42	SARWC	8
<b>Eliza Kelly</b>	<b>0:20:08</b>	<b>QRWC</b>	<b>9</b>
Liliana Templer	0:20:36	SARWC	10

#### **Under 14 3km Male**

<b>Noah Cooke</b>	<b>0:15:28</b>	<b>QRWC</b>	<b>1</b>
Mitchell McCarthy	0:16:25	NSWRWC	2
<b>Brock Miller</b>	<b>0:17:12</b>	<b>QRWC</b>	<b>3</b>
Linkin Lawrence	0:20:23	WARWC	4

#### **Under 16 5km Female**

Kaytee Bogaers	0:26:50	WARWC	1
Angelina Legrand	0:29:19	SARWC	2

Katie De Ruvo	0:29:39	SARWC	3
Isabelle Curtis	0:30:08	WARWC	4
Leila Bevis	0:30:12	WARWC	5
Jessey Bektas	0:32:59	NSWRWC	6
Lily Goulding	0:33:26	QRWC	7

#### Under 16 5km Male

Joel Byatt	0:24:48	NSWRWC	1
Kai Dale	0:30:06	QRWC	2

#### Under 18 8km Female

Sienna Pitcher	0:43:08	NSWRWC	1
Daisy Braithwaite	0:44:30	SARWC	2
Ariana Pashutina	0:46:25	VRWC	3
Taylah Morris	0:53:43	QRWC	4

#### Under 18 8km Male

John Ronan	0:35:34	WARWC	1
Cooper Rech	0:43:48	SARWC	2

#### Under 20 10km Female

Ali Griffin	0:51:25	WARWC	1
Maddison Nash	0:52:29	VRWC	2
Hana Jugovic	0:59:38	ACTRWC	3
Grace Louey	1:02:42	VRWC	4
Chelsea Roberts	1:03:17	NSWRWC	5
Summer Millard	1:07:11	QRWC	6

#### Under 20 10km Male

Marcus Wakim	0:43:31	VRWC	1
Bailey Housden	0:49:38	QRWC	2
Eden Morgan	0:50:32	VRWC	3
Jonathan Ho	0:58:42	VRWC	4
Brendan Pospischil	0:59:18	NSWRWC	5

#### Open 10km Female

Samantha Findlay	0:50:39	SARWC	1
Arnika Nelson	0:52:23	VRWC	2
Rhiannon Lovegrove	0:58:48	SARWC	3
Brenda Gannon	0:59:12	QRWC	4
Jasmine-Rose McRoberts	1:13:43	QRWC	5
Joy Dale	1:23:24	QRWC	6

#### Open 10km Male

Kim Mottrom	0:44:51	SARWC	1
Jack McGinniskin	0:46:05	NSWRWC	2
Alejandro Stephens	0:52:15	VRWC	3
Adam Patterson	0:56:44	QRWC	4

#### Masters 10km Male Age Grading

Andrew Duncan	79.08%	0:55:39	WARWC	1	58
Peter Crump	76.39%	1:00:10	SARWC	2	63
Terry O'Neill	72.85%	1:05:30	VRWC	3	67
Pramesh Prasad	70.15%	0:58:05	VRWC	4	48
Peter Bennett	70.06%	1:08:07	QRWC	5	67
Gerard Feain	69.42%	1:04:29	VRWC	6	60



Bill Starr	66.20%	1:22:58	SARWC	7	80
Alex McEwan	54.47%	1:18:13	SARWC	8	54

### Masters 10km Female

Carolyn Rosenbrock	87.20%	1:00:19	VRWC	1	62
Ann Jugovic	86.21%	0:59:06	ACTRWC	2	59
Karyn Tolardo	82.16%	1:00:46	WARWC	3	57
Heather Carr	82.01%	1:13:00	VRWC	4	73
Karyn O'Neill	77.70%	1:12:26	VRWC	5	68
Jill Pearson	76.01%	1:10:43	ACTRWC	6	64
<b>Noela McKinven</b>	<b>74.94%</b>	<b>1:29:12</b>	<b>QRWC</b>	<b>7</b>	<b>81</b>
Donna-Marie Elms	74.85%	1:10:16	VRWC	8	62
Di Camilleri	73.00%	1:03:25	SARWC	9	49
Wendy Farrow	71.99%	1:08:40	WARWC	10	56
Glenys Duncan	70.44%	1:37:48	WARWC	11	83
Melissa Lewis	68.18%	1:01:04	WARWC	12	35
Fiona van Heerwaarden	64.58%	1:09:50	WARWC	13	46
Marnie Zakis	63.92%	1:11:47	VRWC	14	48
Kristy Templer	48.00%	1:31:38	SARWC	15	43

## THIS WEEK

On Saturday October 7<sup>th</sup> at the SAF Qld Masters have two race walks on the programme. At 8.00am it is the 3,000 metre walk with the 1,500 metres walk starting at 10.10am.

Up at Maryborough, on the Tinana Sports Ground, the annual Maryborough Day Night Carnival will be taking place

Walks Programme

1.35pm 400 metres U9/10 B/G

2.10pm 800 metres U11/U17 B/G

3.55pm 3,000 metres Open/Masters M/W

## Track Season 2023/24

### Gold Coast Masters October 15<sup>th</sup> Runaway Bay

8.00 2k Run/Walk

### Qld Masters October 21<sup>st</sup> Saturday Venue SAF

*50th Anniversary Celebrations*

8.00 3000m Run / Race Walk

9.50 800m Race Walk

### 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

## **AA Coach Accreditation Courses**

Are you looking to start a career as a coach or just looking to enhance your qualifications? You may be interested in these courses coming up in the next few months. The QRWC currently has grant funds to re-imburse your course expenses. For those that are not in Brisbane or cannot find time of a weekend to undertake a course please note that some of these courses can be done by online Teams seminars.

12 Oct 2023 Level 1 Recreational Running Coach Online Queensland

11 Nov 2023 Level 3 Performance Development Course (Days 1 & 2) Brisbane Queensland

For further information on coaching courses or to book a course go to [Queensland Athletics \(qldathletics.org.au\)](http://qldathletics.org.au) (under coaches & officials).

Please contact Noela if interested in any of these courses or if you wish to undertake a First Aid course.

## **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
<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.**

## 2023 Australian All Schools Championships



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

## 2024 Australian Athletics Championships

### **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/>