

Queensland Race Walking Club Inc.

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



September 14th 2023

It's a Wrap Season 2023 BBQ/Relay/Trophy Day



Our new club emblem. And it was very yummy thank you very much.

Our 2023 winter road walk season wound up on Sunday was our annual BBQ/ Relay/Trophy Day at Sandgate Lagoon . Initial tasks were setting up all the tables and laying out all the trophies, raffle prizes and with the food preparation. The relay teams were then finalised and handicaps confirmed .This year we had eight teams lining up and there was competition even before the race started with which team had the best tee shirts. We were very pleased to welcome a team of Little Athletics walker who made the trip down from Caloundra for the day .For those walkers who had not raced a lap of the lagoon before they soon found out how much fun or how painful a 1,500-metre lap can be. Congratulations to the winning team, the Mosquito Squad (there were no fly swatters or cans of Mortein in sight) and to all who took part. The first five teams finished within a minute or two of each other so well done to the handicapper.

Then it was time to chat , buy some raffle tickets and have a cool drink (soft drinks or Japanese beer for the adults as we waited for lunch. Thank you to John & Shane on the BBQ and our living treasures, Pat & Maxine, cooking up a storm on the gas burners with a small team of enthusiastic helpers . Chicken curry & rice, a potato curry, a lentil curry, sausages, beef patties, quiche a variety of salads and so much more made for a very enjoyable meal. It was a great team effort to organise the day, buy, prepare and cook the food, set up the tables and to pack up and clean up afterwards so thank you to everyone involved. With lunch out of the way it was time for the presentation of trophies for the year. Thank you to Jaz, Liz and Noela . No big speeches , just celebrating the achievements of our walkers during the winter road walk season . Congratulations to all the recipients of trophies and medals. Between the presentation of the categories of trophies, we had our raffle draws. Thank you to Jasmine & Joanne for looking after the ticket sales and the draws. Thank you to everyone who donated a prize or prizes as we were able to conduct over a dozen draws. Special thanks to Chris for donating the prize for the major draw.

Once the trophy presentations were out of the way it was time for hitting the dessert table. But before that we had a special presentation from Trish of a wonderful cake decorated with the club logo resplendent with the floral emblem of Queensland, the Cooktown orchid. Thank you so much Trish. Nobody needed any extra prompting to get stuck into the table full of cakes and desserts . A wonderful way to end the day and indeed the season. Thank you to all the hard-working committee members that do so much behind the scenes all year, to all our wonderful volunteers that turn up every Sunday morning to set up, time keep, lap score & judge. The races cannot happen without you all. Thank you also to all the athletes that race at our meets, for your perseverance, commitment, sportsmanship and in having fun doing it. And to all the parents who sacrifice their Sunday mornings to bring you along to races (not forgetting training nights and trips away to race meets). All the best to all, have a great track season and we will see you all on the road next winter. It would not be such a special club without each and every one of you. You are all very special.



RACEWALKING QUEENSLAND TRACK CHAMPIONSHIP MEDALS 2023

Open Men 5000m

1st Adam Patterson

Open Women 5000m

1st Jasmine-Rose McRoberts 2nd Joy Dale 3rd Trish Hibbs

U20 Women 5000m

1st Summer Millard

U18 Women 5000m

1st Phoebe Chadwick

U16 Men 3000m

1st Micah White 2nd Kai Dale

U16 Women 3000m

1st Lyla Williams

U14 Men 1500m

1st Noah Cooke

U14 Women 1500m

1st Kiara Waterman 2nd Eliza Kelly

U12 Men 1500m

1st Tommy Menner 2nd Leo Ramsay

U12 Women 1500m

1st Isabella Welch 2nd Savannah Dunleavy 3rd Amelia Chisholm

U10 Men 1000m

1st Jake Dunleavy

U10 Women 1000m

1st Izzy Blackburn 2nd Isla Cooper 3rd April Kelly

RACEWALKING QUEENSLAND CLUB CHAMPIONSHIPS 2023**Open Men**

1st S. Hyland 2nd A. Patterson 3rd P. Bennett

Open Women

1st K. Martin 2nd J. McRoberts 3rd J. Dale

Masters Medals

Men 1st P. Sela

Women 1st N. McKinven

U20 Women

1st S. Millard 2nd K. Brady

U18 Men

1st R. Wheeley

U18 Women

1st A. Clarke 2nd P. Chadwick 3rd T. Morris

U16 Men

1st B. Housden 2nd K. Dale 3rd N. Tilton

U16 Women

1st L. Williams 2nd M. Clarke

U14 Men

1st B. Miller 2nd E. Melinz 3rd H. Sibenaler

U14 Women

1st K. Waterman 2nd M. McDonald 3rd E. Kelly

U12 Men

1st L. Moore 2nd L. Ramsay 3rd D. Moore

U12 Women

1st I. Welch 2nd S. Dunleavy 3rd A. Chisholm

U10 Men

1st J. Dunleavy

U10 Women

1st F. Williams 2nd I. Blackburn 3rd P. Dunleavy

RACEWALKING QUEENSLAND HANDICAP TROPHIES 2023**A Grade Men**

1st Peter Bennett

A Grade Women

1st Joy Dale 2nd Noela McKinven 3rd Jasmine-Rose McRoberts

B Grade Men

1st Kai Dale 2nd Adam Patterson 3rd Patrick Sela

B Grade Women

1st Lyla Williams 2nd Taylah Morris

C Grade Men

1st Noah Wheeley

C Grade Women

1st Kiara Waterman 2nd Eliza Kelly

D Grade Men

1st Hunter Sibenaler 2nd Leo Ramsay

D Grade Women

1st Mackenzie Wormald 2nd Izzy Blackburn 3rd Savannah Dunleavy

E Grade Men

1st Jake Dunleavy

E Grade Women

1st Amelia Chisholm

F Grade Women

1st Harper Waterman 2nd Piper Dunleavy

RACEWALKING QUEENSLAND PERPETUAL TROPHIES 2023

U10 Girls Harrison Trophy Izzy Blackburn
U10 BOYS Jake Dunleavy
U12 GIRLS Isabella Welch
U12 BOYS Lachlan Moore
U14 GIRLS Kiara Waterman
U14 BOYS Brock Miller
U16 GIRLS Lyla Williams
U16 BOYS 5KM Kai Dale
U18 WOMEN 5KM Lyla Williams
U18 MEN 10KM Bailey Housden
U20 WOMEN Summer Millard
OPEN MEN 10KM CHAMPIONSHIP Scott Hyland
OPEN WOMEN 10KM CHAMPIONSHIP Katya Martin
OPEN MEN 15KM CHAMPIONSHIP Scott Hyland
OPEN WOMEN 15KM CHAMPIONSHIP Brenda Gannon
RELAY TEAM 2023 “The Mosquito Squad” Freya Williams Mackenzie Wormald Izzy
Blackburn Amelia Chisholm





What wonderful team photos by Danielle Sibenaler

For more relay photos go to our FaceBook page at [Queensland Racewalking Club | Facebook](#)

RESULTS RESULTS RESULTS

4 x 1,500 metre Handicapped Relay

Sandgate Lagoon Sunday September 10th

- 1 The Mosquito Squad
- 2 Team Blue
- 3 Team Octopus
- 4 Rose between Thorns
- 5 The Great Unknowns
- 6 M & Ms
- 7 Committed
- 8 Caloundra Flyers

INDIVIDUAL TIMES FROM 1500M RELAY

Note: These times are for fun and reference only. They are not official, are unjudged and cannot be used for qualifying purposes .

- Micah White 7.07
- Mia Bergh 7.10
- Alex Bradley 7.12
- Amelia Chisholm 7.12
- Kai Dale 7.13
- Lyla Williams 7.36
- Savannah Dunleavy 7.58
- Summer Millard 8.10
- Adam Patterson 8.12
- Taylah Morris 8.20
- Phoebe Chadwick 8.20
- Kiara Waterman 8.25

Isabella Welch 8.31
Freya Williams 8.37
Mikaela McDonald 8.49
Peter Bennett 8.58
Jake Dunleavy 9.05
Korey Brady 9.16
Hunter Sibenaler 9.24
Eliza Kelly 9.26
Leo Ramsey 9.36
Jasmine-Rose McRoberts 9.39
Tommy Menner 10.13
Isla Cooper 10.16
Trish Hibbs 10.18
Joy Dale 10.30
Mackenzie Wormald 10.31
Izzy Blackburn 10.32
April Kelly 11.04
Noela McKinven 12.59
Chernaya Plummer 13.16
Layla Hogen 13.24

Australian Masters Athletics 20km Championships

Thank you to George White for revising the AMA 20km Championship results to include the postponed QA State 20km. Congratulations to Adam for winning the M50-54 gold medal.

35-40 Men Kim Mottrom SA 1 1:34.42

40-44 Women Melissa Grantham SA 1 2:07.34

50-54 Men Adam Patterson QLD 1 2:22.40

55-59 Men Andrew Duncan WA 1 1:54.42

55-59 Women Ann Staunton-Jugovic ACT 1 2:02.47 Karyn Tolardo WA 2 2:16.34 Wendy Farrow WA 3 2:21.37

60-64 Men Simon Evans VIC 1 2:02.08 Peter Crump SA 2 2:02.21 Gerard Feain VIC 3 2:17.49

60-64 Women Marie Maxted SA 1 2:28.27

65-69 Women Karyn O'Neill VIC 1 2:27.31

65-69 Men Terry O'Neill VIC 1 2:12.55

70-74 Men Gil McIntosh SA 1 2:33.51 Frank Prowse VIC DNS

75-79 Men George White SA 1 2:22.02

Track Season 2023/24 Preliminary Schedule QA & QMA (Brisbane & Gold Coast)

THIS WEEK

The Qld Masters Athletics have their first track meet of the summer season this Saturday morning September 16th on the SAF track. There are two walking races on the programme At 8.00am the 3,000 metre walk and the 1,500 metre walk at 10am .

Online entries are closed but Members and visitors will also be able to enter at the track on Saturday morning but please allow plenty of time - **at least 30 minutes before your first event.**

Note: ground fees will be **\$12** this season due to increased QSAC fees and higher cost of sports first aid.

Junior walkers are welcome and any assistance with lapscoreing or judging by parents is always appreciated.

Qld Masters September 16th Saturday SAF

8.00 3000m Run / Race Walk

10.00 1500m Run / Race Walk

Qld Masters September 23rd Saturday SAF

8.00 5000m Run / Race Walk

10.00 800m Run / Race Walk

QA All Schools Pre-Meet September 30th UQ St Lucia

TBA 3000/5000 metres Walk

Qld Masters October 7th SAF Saturday

8.00 3000m Run / Race Walk

10.10 1500m Run / Race Walk

Qld Masters October 14th Saturday Venue SAF

8.00 2000m Run / Race Walk

9.30 800m Run / Race Walk

Gold Coast Masters October 15th Runaway Bay

8.00 2k Run/Walk

Qld Masters October 21st Saturday Venue SAF

50th Anniversary Celebrations

8.00 3000m Run / Race Walk

9.50 800m Race Walk

Gold Coast Masters October 22nd Runaway Bay

8am 1k Run/Walk

Gold Coast Masters October 29th Runaway Bay

8.00am 3k Run/Walk

Qld Masters October 29th Sunday Venue SAF

3.30 1500m Run / Race Walk

4.45 5000m Run / Race Walk

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

TBA 3,000/5,000 metres 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

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.

23 Sep 2023 Level 2 Club Coach QSAC Queensland

27 Sep 2023 Level 2 Recreational Running Course Online Queensland

04 Oct 2023 Level 1 Community Athletics Coaching Course Online Queensland

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://Queensland Athletics (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.

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

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 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.

Looking for financial assistance to go to the All-Schools in Perth or the AA Nationals in Adelaide?

1. Federal Travel Subsidy Opportunity 12–18-year-olds

[Local Sporting Champions | Australian Sports Commission \(sportaus.gov.au\)](#)

The Local Sporting Champions program provides financial assistance for coaches, officials and competitors aged 12-18 participating in state, national or international championships.

If successful, applicants will receive \$500-\$750 towards the cost of attending their championships.

Base Grant: **\$500**

Applicants travelling 800km - 1999km to their nominated championships: **+ \$100**

Applicants travelling internationally or greater than 2000km to their nominated championships: **+ \$200**

2. Queensland Government Travel Subsidy -Young Athletes

Emerging Athlete Pathways (EAP) program [Emerging Athlete Pathways | Recreation, sport and arts | Queensland Government \(www.qld.gov.au\)](#)

The [Emerging Athlete Pathways \(EAP\) program](#) supports eligible young athletes, coaches and officials aged 10-18 years to progress on a development pathway by providing financial

assistance to help alleviate the costs associated with attending state, national and international events.

Who is eligible?

Applicants eligible to apply for support are those who:

- have been selected as an athlete, coach, or official at an eligible State, National or International event
- have their selection/attendance confirmed by the relevant event selector or event organiser for their event
- are current resident of Queensland
- have not already been approved (or have submitted an application that is pending approval) under this program for attendance at 2 events (to either compete, coach or officiate) with event start dates within the same financial year
- are at least 10 years of age but under 19 years of age at the start of the event
- are required to travel at least 125km (one-way) from their home to the event location.

Events must be a Queensland State Championship, Queensland State School Championship, Australian National Championship, Australian National School Championship, or International Championship to be eligible

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.”

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.

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

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

- 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.

QRWC MEMBERSHIP

Many of our members have already signed up to QRWC for this year - memberships commencing on/after 1 October 2022 are valid until 30 September 2023 and will cover the 2023 QRWC winter road walking season. For members yet to renew their QRWC membership, or for new members, refer to the following for membership options: The QRWC membership year runs from 1 October until to 30 September the following year (eg. 1 October 2022 to 30 September 2023). Memberships can be commenced at any time during this period. You don't have to wait until the start of the winter road walking season in April to join QRWC or renew your membership.

When looking at QRWC membership options, there are two types:

1. Standalone QRWC membership -or-
2. Combining QRWC membership with a Queensland Athletics (QA) membership.

Standalone QRWC Membership

QRWC membership allows athletes to compete in all QRWC weekend races as well as QRWC championships. Note: race fees are in addition to membership fees. There are two membership options: student (\$15) and non-student (\$25). This level of membership is suitable for athletes wishing to compete at QRWC races only, or athletes wishing to compete at QRWC races who are already a member of another QA club (see below for details on QA membership).

Combined QRWC/QA Membership

Queensland Athletics (QA) conducts a number of events throughout the year, including approximately 4 or 5 track racewalks held over the summer months and the QA Qld Road Walking Championships (usually held around July each year). These events are run by QA and are different to the races run by QRWC. In order to compete at the QA events, athletes must be a member of an affiliated QA club (such as QRWC) and also pay the QA membership fee.

Athletes wishing to join both QA and QRWC can do this in one transaction via the QRWC membership portal. This combined membership allows athletes to compete at QA events during the summer season (October to March) and the Qld Road Walking Championships in July, as well as the QRWC winter road walking events (ie. the traditional Sunday morning races held from April to September).

QA has a 3 different membership levels (platinum, gold and base). Further information about QA memberships can be found at: [2022-23 QA Membership Options \(revolutionise.com.au\)](https://www.revolutionise.com.au)

If you would like more information regarding membership options, please contact our Registrar at qrwcregistrar@gmail.com

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.

GAMES OF THE XXXIII OLYMPIAD PARIS 2024

Walks Schedule

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

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

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

Racewalking Queensland Management Committee 2023/24

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer P Sela/N McKinven

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

Patrons: Patrick & Maxine Sela

Registrar: S Dale / C Chadwick

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media D Sibenaler

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Stephanie McCure plus Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Jasmine-Rose McRoberts / Sam McCure

Race Walk Coaching

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

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 1

Katya Martin Level 1

Contact emails:

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

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

About us

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

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

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