

## Queensland Race Walking Club Inc.

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



**September 21<sup>st</sup> 2023**

### **Queensland All Schools Championships** **Sunday November 5<sup>th</sup>**

Registrations for this event will open on the 1st of October and will be open to all school based athletes aged U14-U18.

**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>

### **QA All Schools Pre-Meet September 30<sup>th</sup> UQ St Lucia** **ENTRIES NOW OPEN**

[Queensland Athletics \(qldathletics.org.au\)](https://www.qldathletics.org.au)

**Entry** - \$15 per event

Note #1 - You must be registered with Qld Athletics to enter this event. You can do so for free [here](#).

Note #2 - The free membership is only available to students and access is only for the All Schools Pre Meet and All Schools Championship.

Note #3 - There is no requirement or qualifications to register for this event - as long as you're registered it's come one, come all!

12.00pm 3000 metres walk

12.30pm 5000 metres walk

## **MARYBOROUGH - ANNUAL DAY NIGHT CARNIVAL AND MASTERS GAMES**

**Saturday October 7<sup>th</sup> 2023**

**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

For full details, programmes and entries go to:

Timetable - <https://cdn.revolutionise.com.au/site/kecbisyiz7lhshg6x.pdf>

Nomination Form - <https://cdn.revolutionise.com.au/site/y8zuaemgzdfyh0r.pdf>

Masters Nomination Form - <https://cdn.revolutionise.com.au/site/7r5aczwjhisdzivj.pdf>

[Queensland Athletics \(qldathletics.org.au\)](http://Queensland Athletics (qldathletics.org.au))

## UQ ATHLETICS CLUB 1500M CLASSIC

UQ Sports & Athletics Centre St Lucia

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

In 2023, 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 Open soon**

**Entry Fee**

\$25.00

**Start Time**

TBA 1,500 Metre Walk

## RESULTS RESULTS RESULTS

**Queensland Masters Athletics**

**Saturday September 16<sup>th</sup> SAF**

The first Masters track meeting of the new season was on Saturday and it was Scott Hyland setting the pace. Scott was first finisher in both the 3,000 metres (13:41.12) and the 1,500 metres (6:27.00).

**3,000 Metre Race Walk**

Gannon, Brenda W49 QMA 17:11.67 (15:40.37 74.47%)

Woodward, Erika W57 QMA 18:15.78 (15:06.43 77.26%)

McKinven, Noela W81 QMA 26:11.56 (16:12.64 72.00%)

Hyland, Scott M43 QMA 13:41.12 (13:21.91 80.70%)

Patterson, Adam M51 QMA 16:17.76 (14:44.00 73.20%)

Bennett, Peter M67 QMA 18:28.64 (14:34.06 74.04%)

**1,500 Metre Race Walk**

Woodward, Erika W57 QMA 8:55.20

McKinven, Noela W81 QMA 13:08.90

Hyland, Scott M43 QMA 6:27.00

Bennett, Peter M67 QMA 9:03.80

*Age Graded Times & Percentages in Brackets*

**Sydney Marathon**

Special mention to our former member Nick Dewar who ran a superb time of 2:33:23 in the Sydney Marathon on Sunday.

**Track Season 2023/24**

**THIS WEEK**

**QMA** again have two walking events at their meet this Saturday morning September 23<sup>rd</sup>. At 8.00am it is a 5,000 metre race walk and at 10am a rare chance to race 800 metres.

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.

All the best to the number of our Little Athletics club members competing in the **Spring Carnival** held at the **Bundaberg** Region Athletics Facility this Saturday.

**Qld Masters October 7<sup>th</sup> SAF Saturday**

8.00 3000m Run / Race Walk

10.10 1500m Run / Race Walk

**Qld Masters October 14<sup>th</sup> Saturday Venue SAF**

8.00 2000m Run / Race Walk

9.30 800m Run / Race Walk

**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

**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.

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 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.

## 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 \(sportaus.gov.au\)](https://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 \(www.qld.gov.au\)](https://www.qld.gov.au)

The [Emerging Athlete Pathways \(EAP\) program](https://www.qld.gov.au) 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 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.”

### **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 - Qld 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](mailto: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 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/>