

Queensland Race Walking Club Inc.

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



September 28th 2023

Queensland All Schools Championships Sunday November 5th

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 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.

MARYBOROUGH - ANNUAL DAY NIGHT CARNIVAL AND MASTERS GAMES

Saturday October 7th 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 \(qldathletics.org.au\)](https://www.qldathletics.org.au)

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

Saturday October 14th

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.*

UQ ATHLETICS CLUB 1500M CLASSIC

UQ Sports & Athletics Centre St Lucia

Thursday, October 26th

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://qldathletics.org.au)

Entry Fee \$25.00

Entries Close 9.00am October 25th 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.

RESULTS RESULTS RESULTS

Good to see so many of our members out and about across the state competing in race walking events on the weekend .

Queensland Masters Athletics

Saturday September 23rd SAF

5,000 Metre Race Walk

Gannon, Brenda W49 QMA 30:12.81 (28:00.84 71.55%)
McKinven, Noela W81 QMA 44:19.95 (28:17.32 70.85%)
Bennett, Peter M67 QMA 31:37.31 (24:46.74 73.01%)

Age Graded Times & Percentages in Brackets

800 Metre Race Walk

McGregor, Mary W66 QMA 5:35
McKinven, Noela W81 QMA 7:09
Bennett, Peter M67 QMA 4:37
O'Connor, Bruce M70 QMA 7:11

Due to a timing malfunction result of the 800-metre walk are unofficial

NQ Championships

Mackay Aquatic & Recreation Complex

Friday 22/09/2023

Girls 800 Metre Race Walk 10yrs (U11)

1 Parfenyuk, Milana 10 Townsville N 6:06.27

Boys 800 Metre Race Walk 10yrs (U11)

1 Menner, Tommy 10 University o 6:06.47

Girls 1500 Metre Race Walk 11yrs (U12)

1 Paulke, Alayna 11 Anq Base 10:28.07

2 Hardy, Ayla 11 Keppel Coast 10:51.29

3 Goddard, Stella 11 North Mackay 11:24.90

4 Carus, Lilli 11 Whitsunday A 12:08.59

Girls 1500 Metre Race Walk 12yrs (U13)

1 Ellwood, Lani 12 Emerald and 8:21.42

Boys 1500 Metre Race Walk 12yrs (U13)

1 Sibenaler, Hunter 12 Qeii Track Club 9:35.97

2 Brown, Dante 12 North Mackay 10:53.20

Women 3000 Metre Race Walk 14yrs (U15)

1 Paulke, Addison 14 Townsville N 19:52.11

Men 3000 Metre Race Walk 14yrs (U15)

1 Wheeley, Noah 14 Redlands Athletics 27:45.34

Women 3000 Metre Race Walk 15yrs (U16)

1 Sharpe, Milly 15 Anq Base 16:00.47

Men 3000 Metre Race Walk 15yrs (U16)

1 Dale, Kai 15 Qld Race Wal 16:06.98

Men 5000 Metre Race Walk Under 18

1 Wheeley, Roel 16 Sheldon Acad 28:14.49

Women 5000 Metre Race Walk Open

1 Martin, Katya 26 Qld Race Wal 28:44.54

Women 35-39 1500 Metre Race Walk 30-49yrs

1 Newington, Dash 39 Central Quee 9:24.66

Women 50-54 1500 Metre Race Walk 50-109yrs

1 Dale, Joy 52 Qld Masters 10:52.19



Winners are gridders in Mackay . Roel, Noah, Katya, Milly & Kai



Happy Dales are here again. Photos courtesy of Stuart Dale

Little Athletics Spring Carnival

Bundaberg September 23rd

Girls U9 700m Walk

- 1 Ing, Greta Bargara 4:42.87
- 2 Hermus, Clara Noosa 4:52.09
- 3 Chapman, Rhylee Caloundra 5:03.37
- 4 Large, Abbey Bargara 5:20.87
- 5 Ilander, Peyton Bundaberg 5:42.25
- 6 Dwyer, Millie Ipswich 6:08.24

Girls U10 1100m Walk

- 1 Blackburn, Izzy Runaway Bay 6:40.23
- 2 Keightley, Indianna Bargara 6:46.44
- 3 Cooper, Isla Caloundra 7:00.74
- 4 Tait, Chloe Bargara 8:23.63
- 5 Plummer, Chernaya Caloundra 8:55.86
- 6 Ford, Kaitlin Maryborough 9:27.24

Girls U11 1100m Walk

- 1 Chapman, Taylor Caloundra 5:59.78
- 2 Chisholm, Amelia Ormeau 6:09.26
- 3 Kanages, Asha Mt Gravatt 6:13.82
- 4 Kelly, April Deception Bay 7:39.34
- 5 Thomas, Olivia Deception Bay 8:51.74
- 6 Van Beek, Summer Glasshouse Dist. 8:57.17
- 7 Meredith, Annalise Glasshouse Dist. 9:00.90

Girls U12 1500m Walk

- 1 Welch, Isabella Springwood 7:38.82
- 2 Dunleavy, Savannah Deception Bay 8:24.87
- 3 Wormald, Mackenzie Runaway Bay 9:52.83
- 4 Schipplock, Abigail Redlands 10:36.68
- 5 Hermus, Eliana Noosa 10:54.14

Girls U13 1500m Walk

- 1 Sheridan, Grace North Rockhampton 10:33.65
- 2 Hindle, Emma Chinchilla 10:59.46
- 3 Hearn, Macy Bargara 13:04.90

Girls U14 1500m Walk

- 1 Kelly, Eliza Deception Bay 9:17.26
- 2 Colquhoun, Bailey North Rockhampton 10:14.75
- 3 Agiannitis, Olivia Ipswich 10:17.10

4 Lucas, Rihanna Jimboomba 11:22.25

Girls U15 1500m Walk

1 Clarke, Makenna Redlands 8:13.93

Girls U16 1500m Walk

1 Bray, Katie The Gap 8:49.39

Girls U17 1500m Walk

1 Lucas, Hayley Jimboomba 11:24.5

Boys U9 700m Walk

1 Bock, Willem Bundaberg 5:07.28

2 Henman, Malakai Bundaberg 8:17.40

Boys U10 1100m Walk

1 Potts, Brayden Gold Coast 7:08.24

2 Fairfull-Smith, Ewan Mt Gravatt 7:42.28

3 Potts, Jackson Gold Coast 7:58.99

4 Brown, Braxton Runaway Bay 8:06.10

5 Carson, Jye Runaway Bay 8:16.82

6 Steward, Pace Bundaberg 8:23.63

Boys U11 1100m Walk

1 Moore, Dylan Redlands 7:12.63

2 Maher, Kodi Bargara 7:58.62

3 Naude, Daniel West Bundaberg 8:08.35

4 Gees, Samuel Bargara 8:17.02

5 Thomas, Isaac Deception Bay 10:00.17

Boys U12 1500m Walk

1 Combridge, Baxter Maryborough 13:53.19

Boys U13 1500m Walk

1 Moore, Lachlan Redlands 7:37.40

Boys U14 1500m Walk

1 Miller, Brock Strathpine 8:50.14

2 Melinz, Eli Noosa 9:09.67

3 Irvine, Koby West Bundaberg 9:10.01

4 McDermott, Ethan Bargara 10:41.85

5 Ford, Benjamin Maryborough 12:32.50

Boys U16 1500m Walk

1 Philo, Lachlan Bargara 10:06.03

2 Lucas, Jaydon Jimboomba 10:17.10

Track Season 2023/24

THIS WEEK

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

ENTRIES NOW OPEN

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

No Queensland Masters competition this weekend

Qld Masters October 7th SAF Saturday

8.00 3000m Run / Race Walk

10.10 1500m 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

UQ Sports Thursday October 26th UQ St Lucia

6.00pm 1,500 metre 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

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

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.

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



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.

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/sport-and-arts/queensland-government/emerging-athlete-pathways)

The [Emerging Athlete Pathways \(EAP\) program](https://www.qld.gov.au/sport-and-arts/queensland-government/emerging-athlete-pathways) 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.”



Most of us are online every day as part of our sporting life. We regularly use technology to engage with our sport community, from things like team apps and private group chats to public social media posts and more.

Just like poor conduct and abuse such as bullying and harassment can occur in-person at sport, it can happen online too.

That's why Australia's [eSafety Commissioner](#) is working to improve online safety in sport. They say 'enough is enough'.

eSafety is Australia's independent regulator for online safety, working to help protect all Australians from online harms and to promote safer, more positive online experiences.

eSafety also provides useful tips and guidance on preventing and dealing with online issues to help us all. Visit [eSafety.gov.au](#) for advice and to report serious online abuse.

Join a free webinar on online safety in sport

eSafety is holding free one-hour webinars in November for community sport organisation leaders, committees and volunteers.

The presentation will cover types of online harm in sport, dealing with harm, safe online environments, eSafety's reporting schemes and advice on common issues in sport.

With 2 sessions to choose from, places are limited – register now: via this

link - <https://register.gotowebinar.com/rt/4543859779095770973>

Tuesday, 14 November – 12:30pm AEDT

Wednesday, 22 November – 7:30pm AEDT

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.

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)

If you would like more information regarding membership options, please contact our Registrar at qrwc REGISTRAR@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:

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/>