

Queensland Race Walking Club Inc.

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



September 7th 2023

Please Join Us to Celebrate the Road Walk Season BBQ/Relay/Trophy Day Sunday September 10th Dowse Lagoon, Sandgate

For the relays please be ready to compete by 9am as we need to finalise handicaps, team allocations and your competing order in your team. All this takes time and we want teams to be started by

9.30am. The relays may end in chaos but we would like it to be organised chaos! It is very important that you let us know by Saturday if you would like to be in a relay team. This enables the handicaps to be worked out ahead of time. This is a teams handicapped 4 x 1.5km relay race (one lap of Dowse Lagoon anti clockwise direction, per athlete, plus a little detour near the end).



Remember that race walking is not a contact sport. Good etiquette at the change overs please



Please use the following link to register and pay the race fee for the relay: [2023 Queensland Race Walking Club Relay - Old Race Walking Club - revolutioniseSPORT](#)
Relays are \$5 per athlete. Season pass holders free (use your discount code).

TROPHIES All the medals from the QRWC track championships, Grade Handicap points trophies, Club Road walk championships trophies and the perpetual trophies will be presented. See criteria below.

RAFFLES For a bit of fun and to raise some money for the club we have a tradition of having a multi draw raffle at the lunch. If you would like to donate a raffle prize (check your cupboards for any unwanted Christmas gifts or “surplus” bottles of wine) please bring them along on Sunday.

Don't worry if you only have a small item to donate as they will be all greatly appreciated. Smaller prizes are usually grouped to make a larger prize.

We already have had some generous prize donations so please bring some change or we will have our card payment facility available. **Raffle Tickets \$2 each or 6 for \$ 10.**



LUNCH We will be having a BBQ lunch following the relays. The club will provide the BBQ fare and we have members bringing along a delicious chicken curry & rice and another member some quiches. If you would like to help out in the food department, please let Noela know. All assistance in food preparation, cooking & serving will be greatly appreciated. **Light Beer \$3 & soft drinks \$2** will be in sale. Tea and coffee are complimentary. Please bring along your deck chairs or a picnic rug. Don't forget your sunglasses, a hat and sunscreen.

DESSERT Please Bring A Plate to share.



Let's be honest here. The highlight of the day is not the relays, the trophy presentations or the BBQ lunch. What everybody really waits for (except for Maxine's chicken curry) is dessert and a chance to get stuck into all those yummy cakes and other treats. No matter how much is eaten at lunch everyone suddenly finds room once the dessert table is presented. A fruit platter is always welcome.

Please use the following link to register and pay for lunch: [2023 Presentation Day Lunch and Awards - Old Race Walking Club - revolutioniseSPORT](#)

The cost will be: \$ 15 a single, \$ 25 for two or \$35 for a family of 3 to 5. Additional family members at the single rate.

[Relay and BBQ action from Trophy Day 2022](#)



CRITERIA FOR QRWC PERPETUAL TROPHIES

Male Age Distance First Presented Criteria

David Smith Shield Open 20km 2007 20km stated as Dave Smith race

Open Men's 15km Open 15km 1978 Stated as 15km Championship

Open Men's Cup Open 10km 1978 Club 10km Championship

U14 Boys 12,13yrs 2km 2019 Club Championships

U12 Boys 10,11 1.5km 2019 Club Championships

U10 Boys not yet 10yrs .75km 2019 Club Championships

Female

Open Women 15km Shield

Open 15km 2019 Stated as 15km Championship

Open Women 10km Open 10km 2019 Club Championships

Under 20 Women 18,19 8km 2019 Club Championships

U16 Girls 14,15 4km 2019 Club Championships

U14 Girls 12,13 2km 2016 Club Championships

Under 12 Girls 10,11 1.5km 1979 Club Championships

Under 18 Men's 10km Any male club athlete who is not yet 18 at the time of achieving the best 10km time of the season. Not restricted to the "U18 Group" First presented in 2019

Under 16 Boys 5km Any male club athlete who is not yet 16 at the time of achieving the best 5km time of the season. Not restricted to the "U16 Group" First presented 2014

Under 18 Girls 5km Any female club athlete who is not yet 18 at the time of achieving the best 5km time of the season. Not restricted to the "U18 Group" First presented in 1982

Under 10 Girls Any girl who is not yet 10 and has been friendly and helpful in the Club. First presented in 1991. If no suitable candidate – not presented.

Bill Cook Trophy for Team winning the Fun Relay. First presented 1981

Most Outstanding Member. This is our most prestigious trophy and is not restricted to athletes. No member can hold it for consecutive years, but may be judged by the Committee for further years that are not consecutive. If no suitable candidate for the year, it will not be presented. First presented in 2016.

QRWC Handicap Trophies

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. Starting points are awarded for starting the event. Completed points are awarded for finishing the race distance. The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points. **To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.**

RESULTS RESULTS RESULTS

Queensland Road Walk Championships

Ring Road QSAC, Saturday September 2nd

The Queensland Athletics road walk championships were conducted on Saturday, in quite good conditions, on the ring road at QSAC, some breeze at times and not overly hot due to cloud cover much of the time. The ring road course is convenient but a patchy road surface that is rough in places and with speed bumps is not always conducive to fast times. That said, we still saw some outstanding performances from the athletes and we congratulate all the new State Champions for 2023.

Leading the way in the open 20km was Tayla Billington with a wonderful effort and a fast winning time of 1:40:15.00. Great efforts in walking the 20km from Kirsten Shaw to claim silver in 2:08:11.00 and Lily Housden the bronze medal in 2:22:57.00. Scott Hyland walked both his first 20km and won his first open State title with 1:52:06.00 to win the mens 20km . Colin Heywood, Masters athlete and Centurion, took the silver in 2:07:12.00 with Adam Patterson (2:22:40.00) the bronze

Contender for the performance of the day goes to Sam McCure in the U18 10km with a very fast winning time of 45:48.00. Great performance also from Bailey Housden taking the silver medal in 48:21.00. The bronze medal went to Alex Bradley in a time of 55:05.00. In the U20 10km Mia Bergh had her first road walk of the sason and came away with a win in 57:21.00 ahead of Ashanti Heap (1:01:33.00).

In the women 5,000 metres events Lyla Williams (28: 17.00) won the U18 race ahead of Phoebe Chadwick (31:12.00) with Tayla Morris (31:36.00) third. The Under 16 gold medal went to Milly Sharpe (28:40.00) from Katie Bray (33:24.00). Kai Dale (29:15.00) was the winner of the U16 men's event with Noah Wheeley (52:05.00) in second place.

The U14 women 3,000 metres was taken out by Ella Cosgrave in 17:38.00 with Kiara Waterman not far behind (17:47.00) claiming the silver medal. Mikaela McDonald (18:40.00) finished third.

Noah Cooke (16:03.00) claimed the men's title from Lachlan Moore (16:38.00) and Eli Melinz (20:22.00).

Isabella Welch (11:41.00) won the gold medal for the girls U12 2km with Savannah Dunleavy (12:49.00) taking the silver and Amelia Chisholm (12:50.00) the bronze medal. The U12 boys 2km was won by Kingsley Simpson in 14:29.00 from Leo Ramsay (14:36.00) and Dylan Moore (16:12.00). Freya Williams (5:45.00) won the U10 girls 1km with Izzy Blackburn winning the silver medal in a time of 6:36.00.

A big well done to each and every athlete that took part on Sunday. Race walking can be a tough sport at times so to those that didn't get their expected outcome on Saturday don't lose heart, stay focused, keep training and starting setting some goals for next season. All the best to everyone for the coming track season.

Women 20000 Metre Race Walk Open

- 1 Billington, Tayla 26 QRWC 1:40:15.00
- 2 Shaw, Kirstin 32 QRWC 2:08:11.00
- 3 Housden, Lily 17 QRWC 2:22:57.00
- 4 McRoberts, Jasmine-Rose 21 QRWC 2:34:45.00

Men 20000 Metre Race Walk Open

- 1 Hyland, Scott 43 QRWC 1:52:06.00
- 2 Heywood, Colin 69 NT 2:07:12.00
- 3 Patterson, Adam 51 QRWC 2:22:40.00

Women 10000 Metre Race Walk Under 20

- 1 Bergh, Mia 18 GCV 57:21.00
- 2 Heap, Ashanti 17 GCA 1:01:33.00
- Millard, Summer 18 QRWC DQ

Men 10000 Metre Race Walk Under 18

- 1 McCure, Sam 17 QRWC 45:48.00
- 2 Housden, Bailey 16 QRWC 48:21.00
- 3 Bradley, Alex 17 QRWC 55:05.00
- 4 Wheeley, Roel 16 QRWC 1:02:53.00

Women 30-39 10000 Metre Race Walk Masters 30+

- 1 Shaw, Kirstin 32 QRWC 1:01:33.00

Women 50-59 10000 Metre Race Walk Masters 30+

- 1 Dale, Joy 52 QRWC 1:18:18.00

Women 80-89 10000 Metre Race Walk Masters 30+

- 1 McKinven, Noela 81 QRWC 1:43:50.00

Women 5000 Metre Race Walk Under 18

- 1 Williams, Lyla 16 NSW 28:17.00
- 2 Chadwick, Phoebe 17 QRWC 31:12.00
- 3 Morris, Taylah 16 QRWC 31:36.00

Women 5000 Metre Race Walk Under 16

- 1 Sharpe, Milly 15 QRWC 28:40.00
- 2 Bray, Katie 15 ASR 33:24.00
- Boulton, Olivia 14 GCA DQ

Men 5000 Metre Race Walk Under 16

- 1 Dale, Kai 15 QRWC 29:15.00
- 2 Wheeley, Noah 14 QRWC 52:05.00

Women 3000 Metre Race Walk Under 14

- 1 Cosgrave, Ella 13 QRWC 17:38.00
- 2 Waterman, Kiara 12 QRWC 17:47.00
- 3 McDonald, Mikaela 13 QRWC 18:40.00
- 4 Moore-Kirkland, Bethany 13 QRWC 20:55.00
- McLaren, Makara 13 QRWC DQ

Men 3000 Metre Race Walk Under 14

1 Cooke, Noah 13 QRWC 16:03.00
2 Moore, Lachlan 12 QRWC 16:38.00
3 Melinz, Eli 13 QRWC 20:22.00
--- Miller, Brock 13 QRWC DQ

Girls 2000 Metre Race Walk Under 12

1 Welch, Isabella 11 QRWC 11:41.00
2 Dunleavy, Savannah 11 QRWC 12:49.00
3 Chisholm, Amelia 10 QRWC 12:50.00
4 Wormald, Mackenzie 11 QRWC 14:41.00

Boys 2000 Metre Race Walk Under 12

1 Simpson, Kingsley 10 GCA 14:29.00
2 Ramsay, Leo 11 QRWC 14:36.00
3 Moore, Dylan 10 QRWC 16:12.00

Girls 1000 Metre Race Walk Under 10

1 Williams, Freya 9 NSW 5:45.00
2 Blackburn, Izzy 9 QRWC 6:36.00

Boys 1000 Metre Race Walk Under 10

--- Dunleavy, Jake 9 QRWC DQ

QRWC Teams Gold Medal winners

Open Women 20km Tayla, Kirstin, Lily

Masters Womens 10km Kirstin, Joy, Noela

U18 Men 10km Sam, Bailey, Alex

U14 Boys 3km Noah, Lachlan, Eli

U14 Girls 3km Ella, Kiara, Mikaela

U12 Girls 2km Isabella, Savannah, Amelia

QMA Long Course Road Walk Championship

20km Men

M50-54 1 Adam Patterson 2.22.40

10km Women

W50-54 1 Joy Dale 1.18.18

W80-84 1 Noela McKinven 1.43.5

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

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 [Qldathletics](http://qldathletics.org.au) (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.

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 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 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/>