

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 69 years in the making.



April 25th 2024



Anzac Day

LEST WE FORGET

"At the going down of the
sun and in the morning,
We will remember them"

World Athletics Race Walking Team Championships Antalya 24

The standout Australian performance came from teenager Isaac Beacroft, who won gold in the men's under-20km 10km race in 39:56.

Chinese walkers had won the event at the previous four world championships.

The 16-year-old Beacroft became the youngest walker to win a title at the championships.

"I'm just amazed, I can't believe it. I'm so happy with what I just did," he said.

Australia also claimed team bronze in the men's under-20 race behind China and Japan.

Australia will battle for the first Olympic medals on offer in the Marathon Race Walk Mixed Relay in Paris, qualifying two teams tonight at the World Athletics Race Walking Team Championships, while teenager Isaac Beacroft led the country's juniors to gold and bronze with a history-making performance in Antalya, Turkiye.

In a dramatic finish to the Men's Under 20 10km race, Isaac Beacroft (NSW) walked his way into the history books, becoming the youngest ever gold medallist of an Under 20 title at the Championships and shattering Adam Rutter's long-held Australian Under 20 record from 2004 when crossing the line in 39:56.

Denying China a fifth consecutive individual gold medal in the event, Beacroft took down Chinese stars Shi Shenhji (39:57) and Luo Jiawei (40:03), but it was his strategic move in the final stretch that impressed most.

In medal position with 6km to go, the 16-year-old looked to be battling for silver alongside Luo, but unbeknownst to his competitors, Beacroft was only waiting for the right moment to

make his move to take over Shi. The Australian surged to victory in the last 50m of the race, demonstrating that the country's racewalking legacy lives on within the next generation.

"I'm just amazed, I can't believe it. I'm so happy with what I just did," Beacroft said. "I always knew I had it in me that I could be up there, ready to go, but winning is another level. It's unreal. I'm just hoping that I set up the platform for the rest of the Australian team to tear it up."

Riley Coughlan (VIC) and Marcus Wakim (VIC) placed 14th and 16th respectively in personal best times of 41:03 and 41:15, with the trio's point score coming together for 14 points to win the Team Bronze medal behind China (5) and Japan (10).

In the Under 20 Women's 10km event, Alexandra Griffin (WA) was the first Australian across the line in 16th place with a time of 46:50, as Zoe Woods (NSW) and Nellie Langford (SA) finished in 22nd and 32nd place, both with career-best achievements of 48:36 and 49:28 to steer Australia to eighth place.

On a day that saw the inaugural major championships of the Marathon Race Walk Mixed Relay, two Australian teams emerged victorious, cementing themselves in the world's top-22 to qualify for the Paris Olympic Games.

Already Paris-bound for the individual 20km Race Walk, World Championships silver medallist Jemima Montag (VIC) and two-time Olympian Rhydian Cowley (VIC) teamed together, placing sixth overall in a time of 3:00:13, with the pair exchanging a wrist-band as they covered one 12.195km and three 10km legs to add up to the 42.195km marathon distance. Rebecca Henderson (VIC) and Declan Tingay (WA) were one of five pairings to qualify a second team for their country, placing 16th in a time of 3:04:57 - despite taking on a three-minute penalty throughout the race. Kyle Swan (VIC) and Olivia Sandery (SA) formed Australia's third pairing, finishing 30th in 3:07:38.

In the Open 20km events, World Championships representative Allannah Pitcher (NSW) stepped down from her 35km pet event to test her speed over the Olympic distance, finishing 27th in a field of 70 with a time of 1:35.04, followed by Hannah Mison (NSW) in 38th with 1:38.42 and Elizabeth McMillen (NSW) one place later.

Will Thompson (VIC) was the fastest man over 20km, clocking 1:24.09 for 41st place. Canberran Mitchell Baker followed on in 1:25.19 for 47th place, while Tim Fraser (ACT) 1:25.59) and Carl Gibbons (NSW) placed 51st and 55th to see the green and gold finish in ninth place.

Sascha Ryner, Athletics Australia 21 April, 2024

RESULTS

World Athletics Race Walking Team Championships Antalya 24 10 KILOMETRES RACE WALK MEN

- 1 Isaac BEACROFT AUS 39:56 AU20R
- 2 Shengji SHI CHN 39:57
- 3 Jiawei LUO CHN 40:03
- 4 Sotaro OSAKA JPN 40:30 PB
- 5 Giuseppe DISABATO ITA 40:32 PB
- 6 Taisei YOSHIZAKO JPN 40:39 PB
- 7 Şeyhmus ÇAPAT TUR 40:42 NU20R
- 8 Daniel MONFORT ESP 40:43 PB
- 9 Frederick WEIGEL GER 40:53 PB

- 10 Jesus Leonardo RAMIREZ COL 40:53 PB
- 11 Chenjie LI CHN 40:54
- 12 Miguel ESPINOSA OLIVARES ESP40:55 PB
- 13 Riley COUGHLAN AUS 41:03 PB
- 14 Daniel MORILLA GARCIA ESP 41:07 PB
- 15 Marcus WAKIM AUS 41:15 PB
- 33 Jonah CROPP NZL 43:45 NU20R**
- 48 Toby O'RORKE NZL 47:04 PB**

10 KILOMETRES RACE WALK WOMEN

- 1 Xizhen YANG CHN 45:06
- 2 Aldara MEILÁN ESP 45:12
- 3 Sofia SANTACREU ESP 45:17 PB
- 4 Giulia GABRIELE ITA 45:26 PB
- 5 Meiling CHEN CHN 45:35
- 6 Griselda SERRET ESP 46:12 PB
- 7 Serena DI FABIO ITA 46:12 PB
- 8 Alessia Cristina POP ROU 46:16 PB
- 9 Michelle CANTÒ ITA 46:27 PB
- 10 Ema KLIMENTOVÁ CZE 46:28 PB
- 11 Jiecuo DUO CHN 46:29
- 12 Renata CORTES MEX 46:31
- 13 Suzu OKUNO JPN 46:32 PB
- 14 Valeria FLORES MEX 46:40
- 15 Suzuka KUGE JPN 46:41 PB
- 16 Alexandra GRIFFIN AUS 46:50 PB
- 22 Zoe WOODS AUS 48:36 PB
- 32 Nellie LANGFORD AUS 49:28 PB

20 KILOMETRES RACE WALK WOMEN

- 1 Kimberly GARCÍA LEÓN PER 1:27:12
- 2 Zhenxia MA CHN 1:27:55
- 3 Erica SENA BRA 1:29:22 SB
- 4 Evelyn INGA PER 1:29:26
- 5 Paula Milena TORRES ECU 1:29:47
- 6 Haiying JI CHN 1:30:08
- 7 Yuxia SHI CHN 1:30:21
- 8 Lidia SANCHEZ-PUEBLA ESP 1:30:24 PB
- 9 Antia CHAMOSA ESP 1:30:32 PB
- 10 Mary Luz ANDIA PER 1:31:05
- 11 Camille MOUTARD FRA 1:31:15
- 12 Lamei YIN CHN 1:31:19
- 13 Lucy Alejandra MENDOZA MALAGON COL 1:31:50 PB
- 14 Paula JUAREZ ESP 1:31:56
- 15 Hanna SHEVCHUK UKR 1:32:04 SB
- 27 Allanah PITCHER AUS 1:35:04 SB
- 38 Hannah MISON AUS 1:38:42
- 39 Elizabeth MCMILLEN AUS 1:39:04
- 45 Laura LANGLEY NZL 1:40:41 PB**
- 61 Arnika NELSON NZL 1:50:34 PB**

20 KILOMETRES RACE WALK MEN

- 1 Perseus KARLSTRÖM SWE 1:18:49

2 Paul MCGRATH ESP 1:19:14
 3 Diego GARCÍA CARRERA ESP 1:19:51
 4 Yuta KOGA JPN 1:19:54
 5 Christopher LINKE GER 1:19:57 SB
 6 Jordy Rafael JIMÉNEZ ARROBO ECU 1:20:04 PB
 7 Riccardo ORSONI ITA 1:20:11 PB
 8 Álvaro LÓPEZ ESP 1:20:20 PB
 9 Satoshi MARUO JPN 1:20:23
 10 Misgana Wakuma FEKANSA ETH 1:20:51 NR
 11 Yongjie WEN CHN 1:20:58
 12 Gianluca PICCHIOTTINO ITA 1:21:06 PB
 13 Tomohiro NODA JPN 1:21:16
 14 Michele ANTONELLI ITA 1:21:18 PB
 15 Andres Eduardo OLIVAS NÚÑEZ MEX 1:21:31 SB
 41 Will THOMPSON AUS 1:24:09
 47 Mitchell BAKER AUS 1:25:19 SB
 51 Tim FRASER AUS 1:25:59
 64 Carl GIBBONS AUS 1:30:39
 76 Alex BROWN NZL 1:54:38 SB
 Dylan RICHARDSON AUS DNF

Marathon Race Walk Mixed Relay

1 ITA2 Francesco FORTUNATO Valentina TRAPLETTI Francesco FORTUNATO
 Valentina TRAPLETTI 2:56:45 PB
 2 JPN Koki IKEDA Kumiko OKADA Koki IKEDA Kumiko OKADA 2:57:04 PB
 3 ESP Álvaro MARTÍN Laura GARCÍA-CARO Álvaro MARTÍN Laura GARCÍA-CARO
 2:57:47
 4 MEX Ever Jair PALMA OLIVARES Alegna GONZÁLEZ Ever Jair PALMA OLIVARES
 Alegna GONZÁLEZ 2:59:21 PB
 5 BRA Caio BONFIM Viviane LYRA Caio BONFIM Viviane LYRA 2:59:55 PB
 6 AUS Rhydian COWLEY Jemima MONTAG Rhydian COWLEY Jemima MONTAG
 3:00:13 PB
 7 ESP2 Alberto AMEZCUA Cristina MONTESINOS Alberto AMEZCUA Cristina
 MONTESINOS 3:00:37
 8 UKR3 Ivan BANZERUK Olena SOBCHUK Ivan BANZERUK Olena SOBCHUK
 3:01:03 PB
 9 FRA Gabriel BORDIER Pauline STEY Gabriel BORDIER Pauline STEY 3:01:16 PB
 10 ESP3 Miguel Ángel LÓPEZ María PÉREZ Miguel Ángel LÓPEZ María PÉREZ 3:02:43
 11 CHN2 Xianghong HE Shijie QIEYANG Xianghong HE Shijie QIEYANG 3:03:10
 12 CHN Jun ZHANG Jiayu YANG Jun ZHANG Jiayu YANG 3:03:46
 13 COL2 César HERRERA Laura Cristina MOJICA CHALARCA César HERRERA Laura
 Cristina MOJICA CHALARCA 3:03:48 PB
 14 GER Jonathan HILBERT Saskia FEIGE Jonathan HILBERT Saskia FEIGE 3:04:29 PB
 15 COL Mateo ROMERO Lorena ARENAS Mateo ROMERO Lorena ARENAS 3:04:57 PB
 16 AUS2 Declan TINGAY Rebecca HENDERSON Declan TINGAY Rebecca
 HENDERSON 3:04:57 PB
 30 AUS3 Kyle SWAN Olivia SANDERY Kyle SWAN Olivia SANDERY 3:07:38 PB

QRWC Handicap #1 Sunday April 21st

Logan River Parklands, Blackbird Street, Beenleigh

A Grade 10km

Men: (1) Argenis Guevara 1.08.00 (2) Peter Bennett 1.09.15

Women: (1) Brenda Gannon 1.06.35 (2) Joy Dale 1.27.06 (3) Noela McKinven
1.27.33

B Grade 5km

Men: (1) Kai Dale 29.55

Women: (1) Kirstin Shaw 27.29 (2) Katie Bray 32.44 (3) Taylah Morris 33.14

C Grade 3km

Men: (1) Lachlan Moore 15.12

Women: (1) Isabella Welch 16.27 (2) Eliza Kelly 18.44 (3) Freya Williams 18.49 (4) Kiara Waterman 19.46 eq (5) Savannah Dunleavy , Abigail Rogers 19.47

D Grade 2km

Men: (1) Leo Hyde 10.58 (2) Hayden Robertson 11.54 (3) Leo Ramsay 14.04

Women: (1) Amelia Chisholm 12.03 (2) Izzy Blackburn 14.22 (3) Jessica Gorham 19.13

E Grade 1km

Men: (1) Jake Dunleavy 6.12 (2) Connor Robertson 8.28

Women: (1) Trish Hibbs 6.53 (2) April Kelly 6.59

F Grade .5km

Women: (1) Piper Dunleavy 3.51 (2) Harper Waterman 6.26

Judges' Reports

13 k
389 cCkK
413 c
415 k
416 c
428 k

432 k
434 k
438 c
450 ccC
502 kk

THIS WEEK

Handicap #2 Sunday April 28th

John Walker Place, Brisbane Corso, Yeronga

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

Registrations are open for Sunday at Yeronga . Please use the following link;

[QRWC Handicap #2 Sunday April 28th - Old Race Walking Club - revolutioniseSPORT](#)

Race Fees

Members \$5 / Non Member on the day \$10

Points are calculated from the grade you start the season in so it is beneficial to remain in the same grade for the season to maximise points. You are allowed one change of grade during the season but please inform the Secretary beforehand.



Please put your hand up to help run the club and our weekly meets

COMING UP

Entries Now Open

16th Annual Gold Coast Road Walk Championships

Sunday May 5th Mudgeeraba

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W 0.5km

8.15am U20 M/W 5km

U18 M/W 5km

Invitational M/W 5km (non-championship event)

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

Registrations are open for the Championships. Please use the following link;
[16th Gold Coast Road Walk Championships - Sunday May 5th - Old Race Walking Club - revolutioniseSPORT](#)

Important Details

- Venue : Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive, Mudgeeraba.
- All races are age-on-the-day (i.e. age as at 5 May 2024)
- Only one (1) race per person.
- Records will only be awarded to athletes who compete in their correct age group
- Athletes can compete out of their age group but will not qualify for records/awards
- Entry will be via the RevSport online portal. Non-members may enter on the day.
- Entry fee is \$5 for all athletes. Season Pass applies to this event.

Handicap #3 Sunday May 19th

John Frederick Park, Capalaba

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

MONTH	DATE	EVENT	VENUE	TIME
March	3			
	9-10	QMA Track Championships	SAF	
	14-17	QA Track Championships	Main Track QSAC	
	22-24	QLAA State Championships	QSAC	

	29 -1	AMA National Championships	Hobart	
	31	Easter Sunday	No competition	
April	7	QRWC Sign On Meet /AGM	Kalinga Park	TBC
	11-19	AA U14-Open Track Championships	Adelaide SA	
	14	No Club Competition		
	21	QRWC Handicap Meet 1	Beenleigh	8.00am
	28	QRWC Handicap Meet 2	Yeronga	8.00am
May	5	Gold Coast Championships	Mudgeeraba	8.00am
	12	Mother's Day	No club competition	
	19	QRWC Handicap Meet 3	Capalaba	7.30am
	26	QRWC Handicap Meet 4	North Lakes	8.00am
June	2	QRWC Handicap Meet 5	Yeronga	8.00am
	9	LBG Federation Meet	Mt Stromlo Canberra	
	16	QRWC Handicap Meet 6	Mudgeeraba	8.00am
	23	QRWC Handicap Meet	TBA	
	30	QRWC Handicap Meet	TBA	
July	7	Gold Coast Marathon	Southport	
	14	RWA Postal Challenge	Beenleigh	
	21	QRWC Handicap Meet	TBC	
	28	QRWC Track Championships	UQ St Lucia	
August	4	QA Road Walk Championships	TBC	
	11	QRWC Handicap Meet	TBC	
	18	QRWC Club Championships	TBC	
	25	2 ND RWA Federation Meet	Melbourne	
September	1	Father's Day		
	8			
	15			
	22			

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.

IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra, please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last minute panic and contact the Uniform shop today.

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

57th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING
AUSTRALIA
AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

SUNDAY 9TH JUNE 2024 – STROMLO FOREST PARK CANBERRA

Entries now open.

Venue

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Please note there is now a charge for parking which is a maximum of \$3.90. All parking funds are reinvested back into the facility.

Course

All events will be conducted on a certified 1kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

Entry Requirements

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

Events

Note that the 35km race walking and U20 10km events will be recognised as World Athletics Bronze Level events, and may be used for World Athletics points/ qualifying purposes.

No.	Event	Start Time	Handicap Base Time
1	Robin Whyte Classic Men 35 km	8.00am	127mins
2	Val Chesterton Classic Women 35km	8.00am	127mins
3	ACT Fitness 35 km	8.00am	Non Hcp/Judged contact only
4	RWA Open Women's 15 km	8.00am	69 mins-Includes RWA Masters 15km
5	RWA Open Men's 15 km	8.00am	65 mins-Includes RWA Masters 15km
6	ACT Fitness 15 km	8.00am	Non Hcp/Judged contact only
7	ACT Fitness 8 km	9.00am	Non Hcp/Judged contact only
8	Athletics ACT/ RWA Men's U20 10 km	10.30am	42 mins
9	ACT Open (Over 19 years) 10 km	10.30am	Non Handicap Event
10	Athletics ACT/RWA Women's U20 10 km	10.30am	47 mins
	PRESENTATIONS EVENTS 1 -10 &		11.45am- 12.15pm

SPECIAL AWARDS			
11	RWA Boys Under 10 1 km	12.15pm	4 mins 30 secs
12	RWA Girls Under 10 1km	12.15pm	4 mins 30 secs
13	RWA Boys Under 12 2km	12.25 pm	9 mins 20 secs
14	RWA Girls Under 12 2km	12.45 pm	9 mins 20 secs
15	RWA Boys Under 14 2km	1.05 pm	9 mins 20 secs
16	RWA Girls Under 14 2km	1.25 pm	9 mins 20 secs
17	RWA Boys Under 16 3km	1.45 pm	13 mins
18	RWA Girls Under 16 3km	2.10 pm	13 mins
19	RWA Boys Under 18 5km	2.40 pm	22 mins
20	RWA Girls Under 18 5km	2.40 pm	23 mins
21	RWA Women's Open 5km	3.10pm	20 mins
22	RWA Men's Open 5km	3.10pm	20 mins
	PRESENTATIONS EVENTS 11 - 22	4.00 pm	

NOTES:

Events 1, 2, 4, 5, 8, 10 and 11 to 22 inclusive are Race Walking Australia (Federation) individual and team events.

Events 4, 5, 21 & 22 incorporate a Race Walking Australia Master's individual competition. Minimum age for participants in the 15 & 35 kilometres events is 16 years.

AGE for all events is age on the day but to be eligible for World Athletics recognition u20 walkers must be born in 2005 or later.

If events are held concurrently, walkers may only enter ONE of the events on offer.

Entries

Entries will close at 5pm Wednesday 22nd May 2024.

Late Entries will close at 5pm Wednesday 29th May 2024. Late Entries will be charged an additional \$20 per event.

Enter Here [entry portal](#). This applies to both race walks and fitness walks.

Entry Fees

Entries by 5pm Wednesday 22nd May 2024 \$35 per event

Entries by 5pm Wednesday 29th May 2024 \$55 per event

Coaching Clinic with Jared Tallent

Jared Tallent, is Australia's most successful male track and field Olympic athlete, will be conducting a coaching clinic on Saturday 8th June at Stromlo Forest Park from 2:30pm. Jared will be showing some of his favourite drills and tips, and will bring his Olympic medals for us to see.

Dinner Sunday Night

ACT Race and Fitness Club invite you to join us for dinner on Sunday 9th June at the [Statesman Hotel](#), Corner Strangway and Theodore St Curtin ACT from 6pm . It will be on a pay on the night basis, with a limited main menu. To ensure we have enough tables and chairs for everyone please indicate in the entry system the number of people you intend to bring.

Volunteers

To ensure we can conduct the carnival we will need lots of help from volunteers. Your club will be in touch to see how you can assist. Some of the roles we will need include:

Announcer , start line coordinator/assistant, starter, finish line marshals, finish line recorders, red card collectors, results assistant, water table assistant, officials & volunteers welfare, presentation assistants.

Canteen

A canteen **WILL** be operated by ACT Race and Fitness Walking Club. There will be a BBQ and drinks available. Coffee will be available from the Handlebar Café located adjacent to car park.

Uniforms

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. Competitors not competing in a Race Walking Australia event are also encouraged to wear their Walking Club uniform.

Presentation of Awards

Presentation of awards will take place at the Stromlo at the following times:

Event No. 1 to 10 at 11.45am; and

Event No. 11 to 22 at 4.00pm

Note that perpetual trophies for individual events have been replaced by special commemorative certificates in addition medals/ trophies.

All questions/ queries to lbgcarnival@gmail.com

FULL DETAILS IN ATTACHED INFORMATION SHEET.

2nd Federation Carnival

Sunday, August 25th, 2024. Middle Park Melbourne

Race Walking Australia Winter Championships

Events from U10's to Masters

RWA to release full details shortly



Coast2Coast

International Meet

Gold Coast Performance Centre, Runaway Bay, Queensland

12th - 14th July 2024

What: A Mid-Winter Track & Field Meet for Athletes

Age groups: Open, U20, U18, U16, male and female

Who: Athletes from the USA, New Zealand, Queensland, Interstate Australia and some Pacific Islands

Hosted by: Gold Coast Victory Athletics Club Inc

Awards: Medals to first three placegetters in each of the three age groups plus relays

Registrations open: Monday, 13th May 2024

Note: Race walking events will be held on Friday July 12th

Entry fee: Early bird (13 May to 2 June) \$27.50 (GST incl) per event

Standard entry (3 June to 2 July) \$36.30 (GST incl) per event

Close of entries: 11:59pm Tuesday 2 July

Late entries (3 July to 5 July) \$60.50 (GST incl) per event – conditions apply

Registrations Link :- Link for Australian athletes will be available from the opening of registrations.

School groups and Overseas groups please contact Peter Hannan on

treasurer@goldcoastvictory.com.au for information regarding group entries.



ENTRIES NOW OPEN

[Enter | Pan Pacific Masters Games](#)

Draft Track Walk Programme

Friday 8 November, 2024

M30+/W30+ 5000m Race Walk Final

Saturday 9 November, 2024

M30+/W30+ 3000 Metre Race Walk Finals

Confirmed Road Walk Programme

Sunday 10 November 7:00am start

Luke Harrop Cycle Circuit

Opened in 2004, the Luke Harrop Cycle Circuit is a 1.9 kilometre, eight-metre-wide, off-road training circuit and is a permanent memorial to Australian triathlete, Luke Harrop. Located in the northern suburb of Runaway Bay, the circuit is a popular facility for cycling, running and walking enthusiasts. The circuit is located next to the Gold Coast Performance Centre athletics track.

- The competition circuit will be a 1km loop.
- All participants will start together.
- A First Aid officer will be present. There will be a water station on the circuit.
- Uniforms are not compulsory.
- Age category placegetter medals will be presented at the venue at the conclusion of the competition.
- Parking and toilet facilities are located adjacent to the competition circuit

Age is determined as at race day / Minimum age for competition is 30 years

Age Divisions 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+

100 DAYS TO GO UNTIL 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.

WORLD ATHLETICS RACE WALKING TOUR 2024

05 MAY 2024 3RD KORZENIOWSKI RACE WALKING CUP WARSZAWA POL

11 MAY 2024 31ST GRANDE PRÉMIO INTERNACIONAL DE RIO MAIOR EM MARCHA ATLÉTICA RIO MAIOR POR

18 MAY 2024 XXXVII GRAN PREMIO CANTONES DE A CORUNA DE MARCHA LA CORUÑA ESP

25 MAY 2024 ZÁHORÁCKA DVADSIATKA BORSKY MIKULÁS SVK

06 OCT 2024 III GRAN PREMIO INTERNACIONAL FINETWORK MADRID MARCHA MADRID ESP

26 OCT 2024 LUSATIAN INTERNATIONAL RACE-WALKING MEETING ZITTAU GER

Level 3 Race Walking-specific accreditation course

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year. Time wise it would be post Olympics, mostly likely October or November.

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

To be eligible to undertake the Level 3 course applications will need to hold a Level 2 certification so now is the time to make sure you qualify by doing a Level 1 and Level 2 coaching course if required. Please note that the QRWC can re-imburse your coaching course fees, if required, though our current volunteer education grant.

Coaching Courses Coming Up

18 May 2024 **Level 2 Club Coach** Runaway Bay QLD

12 Jun 2024 **Level 1 Recreational Running Coach** Online QLD

29 Jun 2024 **Level 3 Performance Development Course (Days 1 & 2)** Gold Coast

Handicap Points - What does it all mean?

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. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

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.

QRWC Handicap Meets and Points

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. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

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.

QRWC MEMBERSHIP 2024

The Qld Racewalking Club registration portal is open to athletes who wish to register with QRWC .

[Membership - Qld Race Walking Club - revolutioniseSPORT](#)

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2024. These athletes are all set for entering winter road walk competitions and the QA Road walk Championships . So no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Of course, for those athletes not wishing to compete at or represent QRWC at QA events (i.e. already registered with other QA clubs , QRWC will retain the current membership options whereby only the QRWC club fee (i.e. \$15 Student/\$25 Non-Student) will apply. This membership can be taken out at any time prior to the start of the QRWC winter season in April 2024.

For these athletes, please email the Registrar if you have any questions or concerns. qrwcregistrar@gmail.com

All QRWC memberships taken out from this point onwards, irrespective of whether a QA membership is also included, will remain valid until September 2024 and will cover the traditional QRWC winter racewalking season.

	\$15.00	Students
Membership Fee	\$25.00	non-students
	*club fee on top of Qld Athletics membership (Base \$12)	

Season Pass

The QRWC Season Pass is a convenient way to not only save some money but to not have the worry about paying race fees with your entry each week. This **Pass, at a cost of \$75**, enables the athlete to compete in up to 16 club meets a season (10 x handicaps, Sign On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays).

This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal.

Note: The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week As an alternative to the season pass a 5-race Pass is also now available. The 5-race pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help those members who have a \$10 minimum purchase with their credit card. These options are now live - to purchase, go to the RevSport shop and purchase as you would with a uniform item. Season Pass, Club Uniforms Go to Shop - Qld Race Walking Club - revolutioniseSPORT

When you go into the shop and purchase a SP or 5-race pass, the Registrar will get a notification from the RevSport Shop via email. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass. An email will then be sent to the applicant with their individual discount code. Once you have the code you can enter it at the check-out when you enter a race. The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code. When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your

discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen. It has been tested and it works! Please be patient while we get the SP and 5-race pass up and running, and to email the Registrar if you have any questions or concerns. qrwregistrar@gmail.com
For the first race meet of the season please purchase the Pass first and allow time to receive the code before you enter the race. After you have the code, it is just a matter of entering the race each week and keying in the discount code.

NON-COMPETING MEMBERS

VOLUNTEER	COMMITTEE MEMBER	OFFICIAL	COACH
Club volunteers are always welcome to assist with club operations and competition days	Club committee members are required to be registered members of their club	Officials accredited with Athletics Australia	Coaches may join an athletics club if they are accredited and currently registered with Athletics Australia

Working with Children Check – Blue Card

Volunteers, committee members, technical officials and coaches are required to have a Blue Card as deemed necessary by their club in accordance with the Queensland Blue Card system. Please refer to your club or www.bluecard.qld.gov.au for more information.

\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE	\$0 + CLUB FEE
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NOTE – Additional club membership fees may apply, which varies for each club.

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.



Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn, Ignacio Jimenez, Simon Dunleavy

Patrons: Patrick & Maxine Sela

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media Jasmine Blackburn

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster.

Club Captains: Bailey Housden, Phoebe Chadwick

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.

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/>