



QUEENSLAND ROAD WALKING CHAMPIONSHIPS

+ QMA Long Course Road Walk Championships

Saturday 2nd September 2023
 QSAC, Nathan

PROGRAM OF EVENTS

RACE #	START	DISTANCE	AGE GROUP	YEAR BORN
1	8.30am	20km	Open Men	Open
			Open Women	
			Masters Men (30-59)	30-59
		10km	Under 20 Men	2004 / 2005
			Under 20 Women	
			Under 18 Boys	2006 / 2007
			Masters Women/Masters Men (60+)	30+ Women/60+ Men
2	9.00am	5km	Under 18 Girls	2006 / 2007
			Under 16 Boys	2008 / 2009
			Under 16 Girls	
3	9.30am	3km	Under 14 Girls Under 14 Boys	2010 / 2011
4	10.00am	2km	Under 12 Girls Under 12 Boys	2012 / 2013
		1km	Under 10 Girls	2014- 2017
			Under 10 Boys	

HOW TO ENTER

- Entries are taken online at www.qldathletics.org.au and **close at 9.00am Thursday 31st August 2023**. There are strictly no late entries to this event.
- Qld Athletics Base Members - \$30.00
 Gold Members - \$20.00
 Platinum Members - Free

STATE CHAMPIONSHIP MEDALS

- Queensland State Championship medals will be awarded to the first three individual male and female place getters in each age group.
- Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.
- Medals will be given to each club to distribute accordingly.

AGE GROUPS

- Athletes are permitted to compete in an older age group where appropriate.
- Age groups are determined by the athlete's age as on 31 December 2023 (i.e. year born). For example, if an athlete will be turning 12 years old during 2023 (born 2011), they are considered to be 12 years old and therefore in the Under 14 age group. Refer to the program above for guidance.
- All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.
- The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 years old and above.
- The minimum age for these championships is 6 years (born 2017).
- For Masters events age is calculated as at the day of competition and will be run in 10-year age groups. (30-39, 40-49, 50-59, 60+)
- Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups from 30+.

TEAMS

- Queensland State Championship medals will also be awarded to the first three placed QA club teams in each age group.
 - A team consists of three competitors who are all;
 - o the same gender
 - o entered into the same age group
 - o registered members of the same Queensland Athletics club
 - Athletes are automatically placed in teams according to their QA club and their finishing order. If there are more than three walkers in an age group from a club, then the first three walkers from the club to finish will constitute the first team and the second three walkers from that club to finish shall be deemed to be the second team and so on.
 - Athletes are only eligible for team medals in the age group they specifically entered.
 - Masters Teams will be in the 30-59 and 60+ year age groups.