

# Queensland Race Walking Club Inc.

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



December 12<sup>th</sup> 2024

## Level 3 Race Walking Specific Accreditation Course Sunday February 9<sup>th</sup>

This course will not just be for those that are after the Level 3 race walking specific qualification. Level 3 applicants will need to complete a set number of online and in-person classes to gain their accreditation.

But the course is also available to those who just wish to obtain the 'Race Walking Specialist' certificate or attend as a professional development opportunity.

Additionally, we will be inviting some of our younger walkers to attend as demonstration models for the course.

### **REGISTER HERE**

[Race Walking - Performance Coach Masterclass - Athletics Australia](#)

### **February 9<sup>th</sup> (8:30am to 4:00pm)**

**Location:** Brisbane QSAC to be confirmed

Elevate your coaching expertise in walks with our **Level 3 Performance Coach Course**. This comprehensive one-day workshop is designed to deepen your understanding of training methodologies specific to race walking. You'll learn to develop long-term training programs that support junior athletes in progressing from national to international competition.

**Hosted by one of Australia's leading Walks coaches, Mark Donahoo.**

#### **Key topics include:**

- Training methodologies for developing walkers
- Developing long-term training plans with a multi-year approach
- Managing loading effectively
- Physical preparation, including prehabilitation and strength training

Take the next step in your coaching journey and join us for an insightful day of learning and development.

**Attendance at this course contributes to your Level 3 Performance Development Coach accreditation.**

Please note that the QRWC will be able to reimburse club members for any fees.

Prior to the course getting under way on the Sunday morning Mark will be happy to run a training session with walkers and their coach to over some drills and style techniques.

Please let me know if you are interested in being part of this clinic [peter.bennett@live.com](mailto:peter.bennett@live.com)

# RESULTS RESULTS RESULTS



## QSAC - Queensland Sport and Athletics Centre

Congratulation to all our race walkers who competed in the Australian All Schools championships on Friday and over the weekend. Great work by our medals winners and those who recorded seasons best times

### **5000m Race Walk U17 Women**

1 Angelina LEGRAND 2008 South Australia 24:33.12 =SB

2 Milly SHARPE 2008 North Queensland 25:31.64

3 Jessica LORING 2009 New South Wales 27:27.26

4 Danelia SAMUEL 2008 New South Wales 27:57.10

- Kaytee BOGAERS 2008 Western Australia DNF

### **5000m Race Walk U18 Women**

1 Sienna PITCHER 2007 New South Wales 24:51.97

2 Ariana PASHUTINA 2007 Victoria 27:44.15

3 Lyla WILLIAMS 2007 New South Wales 28:13.13

- Brooke NEWBERRY 2007 Queensland DNS

### **5000m Race Walk U17 Men**

1 Samuel LINDSAY 2008 Tasmania 20:59.18 =SB

2 Kai DALE 2008 Queensland 27:40.66

- Alexander SINNETT 2008 New South Wales DQ TR54.7.5

### **5000m Race Walk U18 Men**

1 John RONAN 2007 Western Australia 20:51.01

2 Riley COUGHLAN 2007 Victoria 21:12.31

3 Bailey HOUSDEN 2007 Queensland 21:25.04

4 Myles ASHBY 2007 New South Wales 22:49.20 =SB

5 Joel BYATT 2007 New South Wales 22:59.84

6 Cooper RECH 2007 South Australia 26:18.80

- Oliver MORGAN 2007 Tasmania DNS

### **3000m Race Walk U15 Women**

1 Sophie POLKINGHORNE 2010 New South Wales 14:36.59

2 Hannah MATTHEWS 2010 Victoria 15:11.61 SB

3 Matilda READ 2010 Victoria 15:12.23

4 Jillian RYAN 2010 Australian Capital Territory 15:28.70 SB

5 Eva PARKER 2010 Tasmania 15:52.80 SB

6 Bethany MOORE-KIRKLAND 2010 Queensland 15:58.62

7 Lexie BEACROFT 2010 New South Wales 16:09.56 SB

8 Ella COSGRAVE 2010 Queensland 17:36.64

9 Trinity DOULIS 2010 Western Australia 18:00.80

10 Liliana MARTIN 2010 Western Australia 21:13.79

- Matilda RECH 2010 South Australia DQ TR54.7.1

### **3000m Race Walk U16 Women**

- 1 Matilda WEBB 2009 New South Wales 14:37.68
- 2 Maisie MITCHELL 2009 New South Wales 15:03.32
- 3 Sarah HOLMES 2009 Victoria 15:14.52 SB
- 4 Olivia BOULTON 2009 Queensland 15:15.21
- 5 Emma GROCOTT 2009 Australian Capital Territory 16:01.35
- 6 Katica BORSIC 2009 Western Australia 17:25.16
- 7 Chelsey IRELAND 2009 Western Australia 17:41.49
  - Mietta MORGAN 2009 Victoria DQ TR54.7.1

#### **3000m Race Walk U16 Men**

- 1 Max DAVIDSON 2009 Victoria 12:52.19 SB
- 2 Noah COOKE 2010 Queensland 13:47.49 SB
- 3 Jaime HVALICA 2010 Victoria 15:38.65
- 4 Eli MELINZ 2010 Queensland 17:27.81
  - Riley BRECKON 2010 New South Wales DQ TR17.2.4
  - Sagan JONES 2011 New South Wales DQ TR17.2.4
  - Christopher NILON 2009 New South Wales DQ TR17.2.4

#### **3000m Race Walk U14 Women**

- 1 Mya MCCLURE 2011 Victoria 15:15.35
- 2 Ashleigh MANSELL 2012 New South Wales 16:17.18
- 3 Isabella WELCH 2012 Queensland 17:00.72
- 4 Nikki HEARNDEN 2011 New South Wales 17:10.86
- 5 Elspeth HOOPER 2012 Queensland 17:56.34
- 6 Lani ELLWOOD 2011 North Queensland 18:01.78
- 7 Liliana TEMPLER 2012 South Australia 18:18.02

#### **3000m Race Walk U14 Men**

- 1 Callum MARTIN 2011 New South Wales 13:49.14
- 2 Liam DOMONEY 2011 Western Australia 14:10.17 SB
- 3 Lewis MCLENNAN 2011 Victoria 15:31.98 SB
- 4 Tyler COUSINS 2011 New South Wales 16:45.35
- 5 Sebastian RYAN 2012 Australian Capital Territory 18:31.03
- 6 Riley HILL 2011 South Australia 22:37.66
  - Angus SHUTTLEWORTH 2011 Victoria DQ TR54.7.1

## **World Athletics Council Monaco Meeting approves NEW race walking distances**

“The World Athletics Council also approved the introduction of new official senior road distances for race walking events, in order to help put the remarkable achievements by athletes into context, make the events more relatable for fans, and encourage mass participation.

The standard senior distances for race walking will therefore change from:

- “● 20 km race walk to half marathon race walk (21.0975km)
- “● 35 km race walk to marathon race walk (42.195km)

These changes will be implemented starting 1 January 2026 in senior World Athletics Series events. World Athletics President Sebastian Coe (GBR) explained: “I think we’ve made the right decision today to make it more relatable to Half Marathon and Marathon.

“The fact that you’ve got you’ve got race walkers that will cover that marathon distance in just under three hours, I think sort of places it into a greater context for people watching the event. Our attempts in all our innovations is to lend a little bit more understanding and context to to our fans, and we recognize that at the major games, a large chunk of our fan base that watching that are probably may well be watching the sport for the first time, so our innovation

is there's a very clear rationale behind it. It is to try and make more understandable, more salient, more relevant these events.”

The 20 km walk has been part of the Olympic program since 1956 for men and 2000 for women and the 50 km walk was a men's event from 1932 to Tokyo 2020, but was not held at Paris 2024. World Athletics changed the 50 km event to 35 km for men and women for the 2022 World Championships.

Now, all of these events are out and the new half marathon and marathon distances will be installed. As for the status of these new distances in the Olympic Games, Coe noted: “I think that is a question that is best directed at the [IOC] Program Commission and the Sports Department.

## **THIS WEEK**

### **QUEENSLAND MASTERS SAF**

**Saturday 14th December**

9.00 1500m Walk

**Sunday 15th December**

8.15 3000m Walk

9.30 800m Walk

#### **On Line Entry**

**Saturday** 1,500 metres

[QMA MASTER 2024 #6 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

**Sunday** 3,000 metres / 800 metres

[QMA MASTER 2024 #7 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

**Or enter on the day at least 30 minutes before the event**

## **2024 Australian 35km Race Walking Championships**

**Sunday 15 December 2024 Albert Park, Melbourne**

7:00 am 20km Race Walk Men Senior

7:00 am 20km Race Walk Women Senior

7:00 am Australian Championship 35km Race Walk Men Senior

7:00 am Australian Championship 35km Race Walk Women Senior

#### **Entries**

##### **20km Race Walk Men Senior**

1 Jack MCGINNISKIN 2002 NSW 1:27:57

2 Marcus WAKIM 2006 VIC 1:38:21

3 Declan TINGAY 1999 WA 1:18:30 1:19:56

4 Alejandro STEPHENS 1993 VIC 1:44:25

5 Fraser SAUNDER 2004 VIC 1:34:19

##### **20km Race Walk Women Senior**

1 Tayla BILLINGTON 1997 25 QLD 1:36:27

2 Alanna PEART 2003 26 VIC 1:39:08

3 Hannah BOLTON 2003 27 NSW 1:39:09

4 Alexandra GRIFFIN 2005 28 WA

5 Nellie LANGFORD 2005 29 SA 1:51:05

6 Char HAY 2003 VIC 1:50:54 1:54:22

##### **Australian Championship 35km Race Walk Men Senior**

1 Timothy FRASER 2000 ACT

2 Carl GIBBONS 1996 NSW 2:41:32 2:47:33

3 Dylan RICHARDSON 2000 NSW 2:38:34

4 Mitchell BAKER 2001 ACT 2:31:07

5 Corey DICKSON 2002 VIC 2:40:16  
6 Will THOMPSON 2002 VIC 2:29:58  
7 Rhydian COWLEY 1991 VIC 2:26:25  
**Australian Championship 35km Race Walk Women Senior**  
1 Olivia SANDERY 2003 SA  
2 Rebecca HENDERSON 2001 VIC 2:47:34  
3 Hannah MISON 2001 NSW 2:59:09  
4 Elizabeth MCMILLEN 2004 NSW  
5 Kelly RUDDICK 1973 VIC 3:00:04  
6 Bridget BELL 2002 NSW 3:17:51  
7 Allanah PITCHER 2003 NSW 2:50:23 3:11:22  
8 Christina PAPADOPOULOU 1996 GRE 2:57:29

## **National Walk Competitions**

### **Supernova Track 10km Walks**

**AIS Track Canberra January 25-26th**

### **2025 Australian and Oceania 20km Race Walking Championships**

February 16<sup>th</sup> War Memorial Drive, between Froome and Bunday's Roads, Adelaide

### **2025 Australian Athletics Championships**

**WA Athletics Stadium, Perth**

U13 - U18 Championships: 4-8 April 2025

Open & U20 Championships: 10-13 April 2025

## **Old Track Season 2024/25**

### **Queensland Athletics**

January 18<sup>th</sup> QA Shield QSAC 3,000/5,000 metres

February 1<sup>st</sup> QA Shield QSAC 3,000/5,000 metres

February 22<sup>nd</sup> QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16<sup>th</sup> QA Championships QSAC

### **Queensland Masters Athletics 2024**

**14th/15th December 2024, Venue SAF**

**QMA Decathlon/Heptathlon Championships & other events**

**14th December 2024 Saturday**

9.00 1500m Walk

**15th December 2024 Sunday, SAF**

8.15 3000m Walk

9.30 800m Walk

**21st December 2024 Saturday SAF**

8.00 3000m Race Walk

10.00 1 Mile Race Walk

10.50 End of Year Social Morning Tea

### **QMA dates for 2025**

**11th January 2025 Saturday, SAF**

8.00 2000m Walk

**18th January 2025 Saturday, SAF**

8.00 5000m Walk

**25th January 2025 Saturday, SAF**

8.00 3000m Walk

**1st February 2025, SAF**

**QMA 3000m Walk Championships**

Entries close at 7.30am

8.10 3000m Run Championships

9.40 1500m Walk

**15th February 2025 Saturday, SAF**

8.10 3000m Run/Walk

**22nd February 2025 Saturday, SAF**

9.00 1500m walk

**23rd February 2025 Sunday, QSAC Main Track**

8.15 3000m Walk

9.30 800m Walk

**1st March 2025 Saturday Main Track**

8.00 5000m Race Walk

10.00 1500m Race Walk

**8th March 2025 SAF**

8.00 3000m Race Walk

**19th March 2025 Wednesday Evening SAF**

7.00pm 2000m Walk

8.15pm 800m Race Walk

**29th March 2025 Saturday SAF**

9.45 1500m Race Walk

**Saturday 5th April 2025**

**QMA State Championships, SAF**

5000m Walk

**Sunday 6th April 2025**

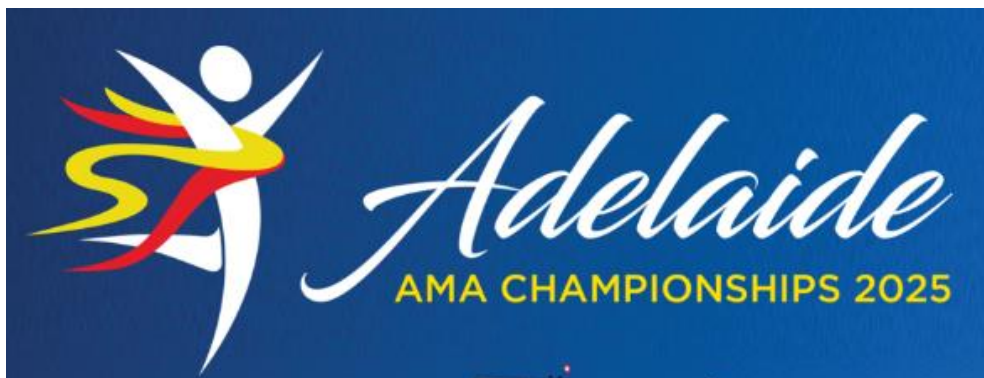
**QMA State Championships, SAF**

1500m Walk

**12th April 2025 Saturday SAF**

8.00 3000m Race Walk

10.00 1500m Race Walk



## **AMA Championships in Adelaide 18th to 21st April**

**Entries now open** <https://adelaide2025.com.au/>

**Friday 18 April** 1500m Race Walk

**Saturday 19 April** 5000m Race Walk

**Monday 21 April** 10km Road Walk

### **Road Walk Venue**

The course for the 10km Road Walk will be within Park 20 in the South Park Lands. Located near the tram stop at South Terrace.



## FairPlay vouchers

Queensland Race Walking Club Inc has been approved as a registered activity provider for FairPlay vouchers. We now appear on the Fairplay [Activity Provider directory](#).

We encourage you to let other members know that the club is registered for FairPlay vouchers. For more information on the FairPlay program please refer to [website](#).

If you have any questions, please contact the team at [fairplayvouchers@dtis.qld.gov.au](mailto:fairplayvouchers@dtis.qld.gov.au).



Department of Tourism and Sport

## 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. This applies to the 2<sup>nd</sup> RWA Federation Carnival in Melbourne on August 25<sup>th</sup>.

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

## 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

## QRWC MEMBERSHIP 2024/25

**NOTE:** The Committee has set the QRWC annual membership fee for 2024/25 from October 1<sup>st</sup> to \$ 25 for all athletes. There will no longer be separate rates for students and non-students.

## 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](http://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.

## Queensland Athletics Memberships Fees 2024/25 commencing October 1<sup>st</sup>

# MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee <sup>A</sup>	Gold \$150.00 + club fee <sup>A</sup>	Base & Grun \$12.00 + club fee <sup>A</sup>	School Student \$0 <small>(only valid for QA All Schools pre meet &amp; QA All Schools Champs)</small>
Entry into all QA Shield Meets	FREE	\$18	\$32	N/A
Entry into all QA Championships*	\$10 per individual event	\$22 per individual event	\$32 per individual event	N/A
Entry into QA All Schools Champs	\$10 per individual event	\$22 per individual event	\$32 per individual event	\$32 per individual event
Eligible to represent Qld at 2025 Athletics Australia Championships	YES	YES	NO	NO

## Racewalking Queensland Management Committee 2024/25

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**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.

## **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 3 Performance coach

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.



Department of  
**Tourism and Sport**

The Queensland Government provided \$2,500 to the Queensland Race Walking Club to assist training and education volunteers to enable Queenslanders to participate in sport and recreation activities.’