

# Queensland Race Walking Club Inc.

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



December 19<sup>th</sup> 2024



## 2024 World Athletics Race Walking Tour Winners

China's Yang Jiayu and Brazil's Caio Bonfim have been confirmed as the overall winners in the 2024 World Athletics Race Walking Tour.

The scoring system combines each athlete's three best world ranking performances from the series. The man and woman with the highest score each win US\$25,000.

Yang, the world record-holder over 20km, started her season with a runner-up finish in Taicang in March, narrowly beaten by compatriot Ma Zhenxia, both women clocking 1:26:07.

Two months later, Yang placed sixth in a high-quality race in La Coruna in 1:27:27.

But Yang was unbeatable on the sport's biggest stage, taking the Olympic title in Paris in 1:25:54 – the third-fastest clocking of her career and her quickest time since setting the world record of 1:23:49 in 2021.

Her performance score of 1490 elevated her to the top of the Race Walking Tour standings, ahead of Australia's Jemima Montag (3938) and Peru's Kimberly Garcia (3901).

Bonfim, winner of last season's tour, competed in five races on this year's tour. Although he didn't achieve any individual victories this season, his year-long consistency led to podium finishes in all five races and the overall lead in the Race Walking Tour.

Like Yang, he kicked off his season with a strong showing in Taicang, clocking a Brazilian record of 1:17:44 to finish third. He achieved another third-place finish a month later in Podebrady, clocking 1:18:50.

After a runner-up finish in Warsaw (1:19:17) and a third-place finish in La Coruna (1:17:52), Bonfim went on to take the 20km silver medal in Paris in 1:19:09.

He ended the series with a score of 4072, putting him just four points ahead of Olympic champion Brian Daniel Pintado. Olympic bronze medallist Alvaro Martin was third in the standings with 4035.

The 2025 World Race Walking Tour – which has events in Europe, Asia, North America and Oceania – kicks off on 12 January with the USA 35km Race Walking Championships. The first Gold level meeting of the season will be held on 1-2 March in Taicang.

### **2024 World Race Walking Tour final standings**

#### **Women**

- 1 Yang Jiayu (CHN) 3998
- 2 Jemima Montag (AUS) 3938
- 3 Kimberly Garcia (PER) 3901
- 4 Alegna Gonzalez (MEX) 3873
- 5 Lorena Arenas (COL) 3836
- 6 Ma Zhenxia (CHN) 3788
- 7 Liu Hong (CHN) 3776
- 8 Laura Garcia-Caro (ESP) 3773

#### **Men**

- 1 Caio Bonfim (BRA) 4072
- 2 Brian Pintado (ECU) 4068
- 3 Alvaro Martin (ESP) 4035
- 4 Massimo Stano (ITA) 3987
- 5 Evan Dunfee (CAN) 3946
- 6 Toshikazu Yamanishi (JPN) 3889
- 7 Zhang Jun (CHN) 3889
- 8 Diego Garcia Carrera (ESP) 3817

**Calling All Race Walk Coaches – Upgrade your knowledge & qualifications  
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](#)

*QRWC members who wish to get their course fee reimbursed please forward your receipt to Noela..*

### **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.**

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)

## AA 35km Race Walking Championship

Olympian Olivia Sandery has overcome an early penalty to set an Australian record in winning the 35km national race walking championship. Sandery crossed the line in 2:45:31 at Melbourne's Albert Park on Sunday despite suffering a 3.5 minute penalty before the halfway mark. Her time was more than two minutes better than the previous best of 2:47.34 set by Rebecca Henderson.

In the men's event, Rhydian Cowley took his third 35km title from as many starts, finishing in 2:32.33, with both winners posting qualifying times for the 2025 world athletic championships in Tokyo.

Leading early alongside runner-up Elizabeth McMillen, Sandery came out firing after serving her penalty for a third card. "As soon as I left the box, my one goal was to catch up to Lizzie [McMillen]. Once I got there, I was feeling good and thought why not go for it," she said. "That's what I'm proudest of, not getting too in my own head about it. It would have been easy to pull out or give up, but I knew how fit I was and really didn't want to waste the opportunity." McMillen clocked 2:47:26 to sneak under the 2:48:00 world championships standard, while Allanah Pitcher finished third in 2:57:51.

In the early stages of the men's event, Cowley kept pace alongside rising stars Will Thompson and Mitchell Baker before striding away to finish more than a minute clear of his nearest rival. Thompson finished second in 2:34:15 with Baker posting 2:35:06.

"It was great to walk together with Thommo and Mitch most of the way and drag them through to some good times," Cowley said. "It has been hard work getting back into training after the Olympics but I know those young fellas are coming for me, so I had to put in a bit of work to keep them off."

## RESULTS RESULTS RESULTS

### 20km Invitation Race Walk Men

- 1 Declan TINGAY WA 1:25:54 ~~
- 2 Jack MCGINNISKIN NSW 1:31:47 <
- 3 Marcus WAKIM VIC 1:31:48 <<
- 4 Alejandro STEPHENS VIC 1:40:22
- 5 Fraser SAUNDER VIC DNF

### 20km Invitation Race Walk Women

- 1 Alexandra GRIFFIN WA 1:36:32

2 Hannah BOLTON NSW 1:43:55  
3 Nellie LANGFORD SA 1:45:50 <  
- Tayla BILLINGTON QLD DNF  
- Alanna PEART VIC DNF  
- Char HAY VIC DNF : <<

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

1 Rhydian COWLEY VIC 2:32:33  
2 Will THOMPSON VIC 2:34:15  
3 Mitchell BAKER ACT 2:35:06  
4 Carl GIBBONS NSW 2:36:58 <  
5 Dylan RICHARDSON NSW 2:47:02 <  
- Corey DICKSON VIC DNF  
- Timothy FRASER ACTSCR

### **35km Race Walk Australian Championship Women**

1 Olivia SANDERY SA 2:45:31 <<< PZ  
2 Elizabeth MCMILLEN NSW 2:47:26  
3 Allannah PITCHER NSW 2:57:51 ~  
4 Kelly RUDDICK VIC 3:09:53  
5 Hannah MISON NSW 3:11:42  
6 Bridget BELL NSW 3:13:36  
- Christina PAPADOPOULOU GRE DNF <<  
- Rebecca HENDERSON VIC SCR

## **QMA Brisbane Meet**

### **Sunday December 15<sup>th</sup> SAF**

#### **800 Metre Race Walk**

McKinven, Noela W82 Qld Masters 7:13.17  
Bennett, Peter M69 Qld Masters 5:01.0

#### **3000 Metre Race Walk**

McKinven, Noela W82 Qld Masters 26:24.99  
Bennett, Peter M69 Qld Masters 20:00.57

## **THIS WEEK**

### **Queensland Masters Athletics**

#### **21st December 2024 Saturday SAF**

8.00 3000m Race Walk  
10.00 1 Mile Race Walk  
10.50 End of Year Social Morning Tea

**[Enter Here](#)**

#### **Members**

**[QMA MASTER 2024 #8 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)**

#### **Non Members**

**[QMA MASTER 2024 #8 VISITOR ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)**

## **Masters 1 Mile Records**

### **WOMEN 1 MILE TRACK WALK**

W30 Roslyn Kirwin 2021 11.23.64  
W35 Lara Nurmi 2001 14.56.7  
W40 Brenda Gannon 2019 8.16.90  
W45 Brenda Gannon 2019 8.49.82  
W50 Erika Woodward 2020 9.17.06  
W55 Erika Woodward 2022 8.55.36

W60 Merle Johnston 2001 11.47.3  
W65 Sally Lynch 2011 10.44.18  
W70 Noela McKinven 2014 12.15.69  
W75 Noela McKinven 2018 12.50.66  
W80 Christiane Dauphinet 2014 12.12.99  
W85 Christiane Dauphinet 2017 13.29.56  
**MEN 1 MILE TRACK WALK**  
M40 Dean Nipperess 2011 7.15.75  
M45 Argenis Guevara 2016 8.14.76  
M50 Ignacio Jimenez 2016 7.15.42  
M55 Peter Bennett 2014 7.29.75  
M60 Peter Bennett 2016 7.55.53  
M65 Ian Richardson 2014 8.22.08  
M75 Patrick Sela 2015 11.13.83  
M80 Richard Lynch 2011 12.10.37  
M85 Russell Grigg 2015 15.42.38  
M90 Russell Grigg 2017 15.44.37

## **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

## **Qld 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 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

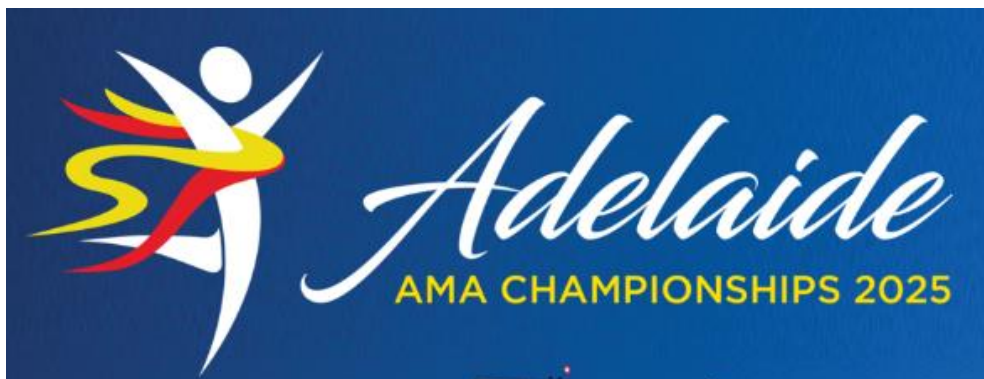
9.40 1500m Walk

**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**

<b>VOLUNTEER</b>	<b>COMMITTEE MEMBER</b>	<b>OFFICIAL</b>	<b>COACH</b>
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.

<b>\$0</b> + CLUB FEE	<b>\$0</b> + CLUB FEE	<b>\$0</b> + CLUB FEE	<b>\$0</b> + CLUB FEE
--------------------------	--------------------------	--------------------------	--------------------------

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>^</sup>	Gold \$150.00 + club fee <sup>^</sup>	Base & Qrun \$12.00 + club fee <sup>^</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**

**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.

## **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.’