

Queensland Race Walking Club Inc.

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



December 24th 2024



On behalf of the Management Committee of the Queensland Race Walking Club I would like to take this opportunity to wish you all a very Merry Christmas. Take time out to be with family and friends and come back with new goals and drive for the challenges of 2025. Thank you to all the athletes, coaches, volunteer, officials, parents and friends for all your commitment to the sport during the year. You have all played a part in the success of our athletes and of the club over the last twelve months. Stay safe and have a very Merry Christmas.



**Calling All Race Walk Coaches – Upgrade your knowledge & qualifications
Level 3 Race Walking Specific Accreditation Course
Sunday February 9th**

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 9th (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.

Coaching Session with Mark Donahoo

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.

The coaching session with athletes and coaches will run from **8am to 9am**.

There will be a focus on how to start, as this also shows how walkers walk energy going quickly.

This is a free session with Mark offering ip his time and is not associated with the AA coaching course

Please let me know if you are interested in being part of this clinic or contact Noela at noelarhoda@gmail.com

9.00 to 9.30am Morning Tea.

9 30am to 4pm Coaching Course - with a lunch break for 30 or 45 minutes.

Mark will do some video analysis if requested, so if coaches could have a video of their athlete on their phone, that would be good. Please note that Mark will not be intending to show these videos to other coaches or athletes.

Note that while the coaching session is open to all athletes and coaches attendance at the Coaching Course is by registration only [Race Walking - Performance Coach Masterclass - Athletics Australia](#)

RESULTS RESULTS RESULTS

Queensland Masters Athletics SAF

Saturday December 21st

3,000 Metre Race Walk

McKinven, Noela W82 26:54.01 (16:38.92 69.61%)

Jimenez Solis, Ignacio M59 15:21.06 (13:18.01 80.68%)

Bennett, Peter M69 19:31.63 (15:23.72 69.70%)

Age Graded Times & Percentages in Brackets

1 Mile Race Walk

McKinven, Noela W82 14:33.49

Jimenez Solis, Ignacio M59 8:02.73

Bennett, Peter M69 10:05.48

National Walk Competitions

Supernova Track 10km Walks

AIS Track Canberra January 25-26th

2025 Australian and Oceania 20km Race Walking Championships

February 16th 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 18th QA Shield QSAC 3,000/5,000 metres

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

February 22nd QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16th 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

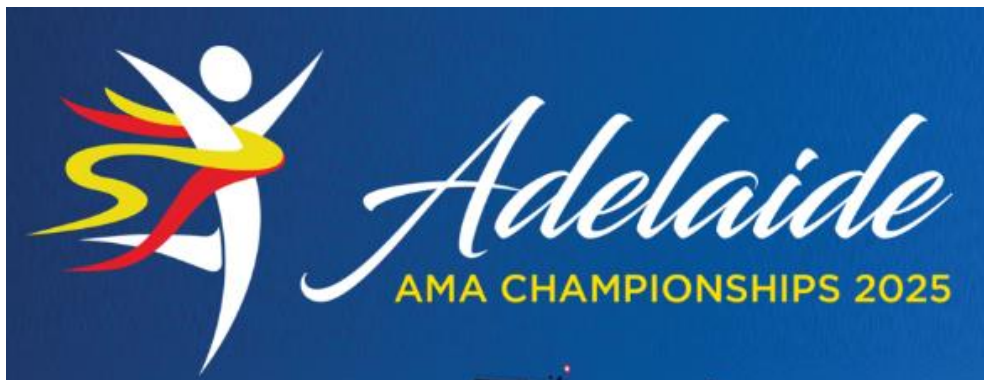
QMA State Championships, SAF

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.



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 2nd RWA Federation Carnival in Melbourne on August 25th.

[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 1st 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 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 1st

MEMBERSHIP OPTIONS 2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee [^]	Gold \$150.00 + club fee [^]	Base & Qrun \$12.00 + club fee [^]	School Student \$0 <small>(only valid for QA All Schools pre meet & 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

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Secretary: N. McKinven

Treasurer: N McKinven

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Patrons: Patrick & Maxine Sela

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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 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.



Australian Government

Community
Grants Hub

Improving your grant experience



Queensland
Government

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.’