

Queensland Race Walking Club Inc.

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



December 31st 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 safe and prosperous New Year 2025.
See you all next year!

For those with new year resolutions read on. Whether your goal is to walk more often, get a qualifier, make a State or National team or just to eat a healthier diet there's a SMART way to go about it.

SMART

The acronym stands for
Keep your goals **SPECIFIC**
Make your progress **MEASURABLE**
Make your resolution **ATTAINABLE**
Keep it **RELEVANT** to you
Your resolution must be **TIME-BOUND**

Be kind to yourself! New Year's resolutions are a way to herald new goals and habits into our lives. It is not always easy. The important thing is to remind yourself why you committed yourself to your resolution in the first place, keep your eyes on the rewards, and celebrate your small successes along the way.

Make a plan and stick to it.

Look for the positives of why you can do something and don't look for the negatives of why you can't do it. Surround yourself with positive people and don't let people put you down or tell you that you will not be able to achieve your goal.

NO EXCUSES!

Robyn Wales forwarded the below photo of former long time club member Beryl Doocey at a Parkrun at Redcliffe. Beryl and her family were all club stalwarts in the 1980's and 90's. Now 93 Beryl is still out there and being active. Her shirt epitomises her philosophy
"Not allowed to run, but still having fun"



**Have you registered yet?
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.

FEB
9



Race Walks Workshop (Level 3 Performance Coach)

📍 QSAC, Brisbane

[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 in his own 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 noelarihoda@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](#)

The Year that was ... Race Walking 2024

Women's 20km race walk




Season top list

1:24:31	Elvira Chepareva (RUS)	Sochi	27 February
1:24:47	Reykhana Kagramanova (RUS)	Sochi	27 February
1:25:54	Yang Jiayu (CHN)	Paris	1 August
1:26:07	Ma Zhenxia (CHN)	Taicang	3 March
1:26:19	Maria Perez (ESP)	Paris	1 August

World Athletics rankings

1	Yang Jiayu (CHN)	1332
2	Maria Perez (ESP)	1326
3	Jemima Montag (AUS)	1323
4	Kimberly Garcia (PER)	1300
5	Alegna Gonzalez (MEX)	1295

Olympic medallists

	Yang Jiayu (CHN)	1:25:54 SB
	Maria Perez (ESP)	1:26:19 SB
	Jemima Montag (AUS)	1:26:25 AR
Full results		

Major winners

Olympic Games: Yang Jiayu (CHN) 1:25:54

World Athletics Race Walking Tour: Yang Jiayu (CHN) 3998

World Race Walking Team Championships: Kimberly Garcia (PER) 1:27:12

European Championships: Antonella Palmisano (ITA) 1:28:08

African Championships: Sintayehu Masire (ETH) 1:37:46

Oceanian Championships: Jemima Montag (AUS) 1:27:09

World U20 Championships (10,000m): Baima Zhuoma (CHN) 43:26.60

Season snapshot

- The seventh edition of the women's 20km race walk at the Olympic Games delivered a fourth title to powerhouse China, as 2017 world champion Yang Jiayu triumphed by 25 seconds in Paris. Yang gapped the field at the 5km mark and, try as they might, the large and well-credentialed chasing back could not track her down.

Yang Jiayu on her way to 20km race walk victory at the Paris 2024 Olympic Games (© Dan Vernon)

- World champion Maria Perez of Spain proved to be the best of the rest (silver in 1:26:19), fending off Australia's Jemima Montag (1:26:25), who added Olympic bronze to her world silver from Hungary last year.
- Earlier in the year, 2022 world champion Kimberly Garcia triumphed at the World Race Walking Team Championships, while Tokyo Olympic champion Antonella Palmisano, who did not finish the Paris race, took the European title at home in Rome.

- Yang Jiayu was confirmed as the overall winner in the World Athletics Race Walking Tour, adding a runner-up finish in Taicang and a sixth-place spot in a high-quality race in La Coruna to her Olympic title win.
- Two Russian athletes head the top list for the year – Elvira Chepareva (1:24:32) and Reykhan Kagramanova (1:24:47) – but their times were set in Sochi in February, in conditions much more conducive to fast times than Paris in August. Neither athlete was on the starting line in Paris due to Russia’s ongoing suspension from international sport.

Men’s 20km race walk




Season top list

1:16:51	Koki Ikeda (JPN)	Kobe	18 February
1:17:26	Zhang Jun (CHN)	Taicang	3 March
1:17:26	Massimo Stano (ITA)	Taicang	3 March
1:17:42	Ryo Hamanishi (JPN)	Kobe	18 February
1:17:44	Caio Bonfim (BRA)	Taicang	3 March

World Athletics rankings

1	Alvaro Martin (ESP)	1372
2	Caio Bonfim (BRA)	1362
3	Brian Pintado (ECU)	1356
4	Perseus Karlstrom (SWE)	1335
5	Evan Dunfee (CAN)	1326

Olympic medallists

	Brian Pintado (ECU)	1:18:55
	Caio Bonfim (BRA)	1:19:09
	Alvaro Martin (ESP)	1:19:11
Full results		

Major winners

Olympic Games: Brian Pintado (ECU) 1:18:55

World Athletics Race Walking Tour: Caio Bonfim (BRA) 4072

World Race Walking Team Championships: Perseus Karlstrom (SWE) 1:18:49

European Championships: Perseus Karlstrom (SWE) 1:19:13

African Championships: Misgana Wakuma (ETH) 1:22:49

Oceania Championships: Evan Dunfee (CAN) 1:19:23 (first place), Kyle Swan (AUS) 1:19:52 (first from Oceania)

World U20 Championships (10,000m): Rayen Cherni (TUN) 39:24.85

Season snapshot

- Sweden’s Perseus Karlstrom started the season in fine form, winning the 20km at the World Race Walking Team Championships in Antalya in April and then the European title in Rome in June, but he faded out of the medal race in Paris in August.
- Instead, it was South America’s day in the sun in Paris, as Ecuador’s Brian Pintado claimed the first athletics gold medal of the Games after a fascinating duel with Brazil’s Caio Bonfim over the closing kilometres. Pintado (1:18:55) continued his country’s fine tradition in this event, becoming the second Ecuadorian to win this title after 1996 champion Jefferson Perez.

Brian Pintado on his way to winning the men's 20km race walk at the Paris 2024 Olympic Games (© Christel Saneh for World Athletics)

- Budapest bronze medallist Bonfim moved up to silver in Paris (1:19:09), gaining his first Olympic medal and holding off world champion Alvaro Martin (1:19:11), who took the bronze ahead of defending champion Massimo Stano in fourth.
- It was Bonfim who claimed the overall title in the World Athletics Race Walking Tour, his consistency rewarded after he achieved podium finishes in all his five tour races. His score of 4072 put him just four points ahead of Pintado.
- The two fastest races of 2024 came in Taicang (Chinese Race Walking Grand Prix) and Kobe (the Japanese Race Walking Championships) in the first quarter of the year, producing the top seven times. Taicang, part of the World Athletics Race Walking Tour, produced a thrilling finish after winner Zhang Jun and runner-up Stano could only be separated by a photo finish after both clocked 1:17:26, the equal second fastest times of the year. But Japan's Koki Ikeda set the fastest time this year in Kobe, winning his national title in 1:16:51, which places him third on the all-time list.

Women's 35km race walk

Season top list

2:40:23	Klavdiya Afanasyeva (RUS)	Sochi	27 February
2:45:31	Olivia Sandery (AUS)	Melbourne	15 December
2:45:55	Katarzyna Zdziebło (POL)	Zittau	26 October
2:46:44	Lorena Arenas (COL)	Zittau	26 October
2:47:26	Elizabeth McMillen (AUS)	Melbourne	15 December

World Athletics rankings

1	Viviane Lyra (BRA)	1230
2	Lorena Arenas (COL)	1151
3	Masumi Fuchise (JPN)	1142
4	Alejandra Ortega (MEX)	1136
5	Viktoria Madarasz (HUN)	1126

Major winners

South American Championships: Viviane Lyra (BRA) 2:52.26

Season snapshot

- There were limited opportunities over the 35km race walk in 2024 as the event was not on the programme for the Olympics or the World Race Walking Team Championships. The best race of the year was at the Lusatian International Race Walking Meeting held in Zittau in Germany in October, where two of the top five times of the year were set.
- Poland's Katarzyna Zdziebło was the winner there in 2:45:55, the third-fastest time of the year, and she was followed home by Colombia's Lorena Arenas (2:46:44) and Italy's Nicole Colombi (2:47:29).
- Russia's Klavdiya Afanasyeva had by far the fastest time of the year, 2:40:23 set in Sochi in February, but did not compete internationally due to the Russian Federation ban.
- In a late entry to the top list, Australia's Olivia Sandery, coached by 2012 Olympic 50km champion Jared Tallent, charged into the top five at No.2 in December, setting a national record of 2:45:31 to win the Australian title in Melbourne, displacing compatriot Rebecca Henderson (2:47:34), who was shuffled down from No. 5 to No.7

on the list. Another Australian athlete – Elizabeth McMillen – also made the top five with a 2:47:26 performance in Melbourne.

- Brazil's Viviane Lyra ends the year with the world No.1 ranking courtesy of a win at the South American Championships, following on from her fourth-place finish at the World Championships in Budapest last year.

Men's 35km race walk

Season top list

2:21:47	Masatora Kawano (JPN)	Takahata	27 October
2:24:19	Massimo Stano (ITA)	Dublin	15 December
2:26:18	Satoshi Maruo (JPN)	Takahata	27 October
2:26:15	Ricardo Ortiz (MEX)	Dublin	15 December
2:26:25	Kazuki Takahashi (JPN)	Takahata	27 October

World Athletics rankings

1	Masatora Kawano (JPN)	1323
2	Evan Dunfee (CAN)	1246
3	Satoshi Maruo (JPN)	1215
4	Andrea Agrusti (ITA)	1172
5	Caio Bonfim (BRA)	1170

Major winners




South American Championships: Diego Pereira Lima (BRA) 3:11:40

Season snapshot

- With no global championship available over 35km this year, the All Japan Race Walking meeting in Takahata in October became the feature event, attracting race walkers from around the world to test themselves against the best competition available. Consequently, the race produced the first official world record over the relatively new distance, and four of the top six times of the year, all by Japanese athletes.
- Two-time world medallist Masatora Kawano claimed the world record in 2:21:47, although his time was 16 seconds outside the 18-year-old world best. Kawano was more than three minutes clear of second-placed Satoshi Maruo in Takahata.
- Italy's Massimo Stano made his mark late in the season, clocking 2:24:19 to win at the World Athletics Race Walking Tour Bronze meeting in Dublin on 15 December. That time is the second-fastest of his career and an automatic qualifying mark for the World Athletics Championships in Tokyo next September. He won by almost two minutes ahead of Ricardo Ortiz of Mexico.

Marathon race walk mixed relay

Olympic medallists

	Spain (Alvaro Martin, Maria Perez)	2:50:31
	Ecuador (Brian Pintado, Glenda Morejon)	2:51:22
	Australia (Rhydian Cowley, Jemima Montag)	2:51:38

Major winners

Olympic Games: Spain 2:50:31

World Race Walking Team Championships: Italy 2:56:45

Season snapshot

- The World Race Walking Team Championships in Antalya served as both a qualifying event and a rehearsal for the newest athletics event on the Olympic schedule, comprising teams of two athletes (one male, one female) racing alternately to complete four legs of approximately 10km over the marathon distance of 42.195km.
- Italy's No.2 team of Francesco Fortunato and Valentina Trapletti won the event in Antalya (2:56:45), 19 seconds clear of Japan, with Spain a further 43 seconds behind.
- However, when it came to the Games, Spain brought its A team, comprising Alvaro Martin and Maria Perez. Both world champions in Budapest, they dominated to win the inaugural Olympic gold medal in 2:50:31.

- Ecuador's 20km gold medallist Brian Pintado combined with 2017 world U18 champion Glenda Morejon to take the silver medal (2:51:22), while 20km bronze medallist Jemima Montag teamed with triple Olympian Rhydian Cowley to take the bronze for Australia.

Nicole Jeffery for World Athletics

First Queensland track races for 2025

Queensland Masters Athletics

11th January SAF

8.00 2000m Walk

18th January Saturday, SAF

8.00 5000m Walk

Queensland Athletics

January 18th QA Shield QSAC

3,000/5,000 metres

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

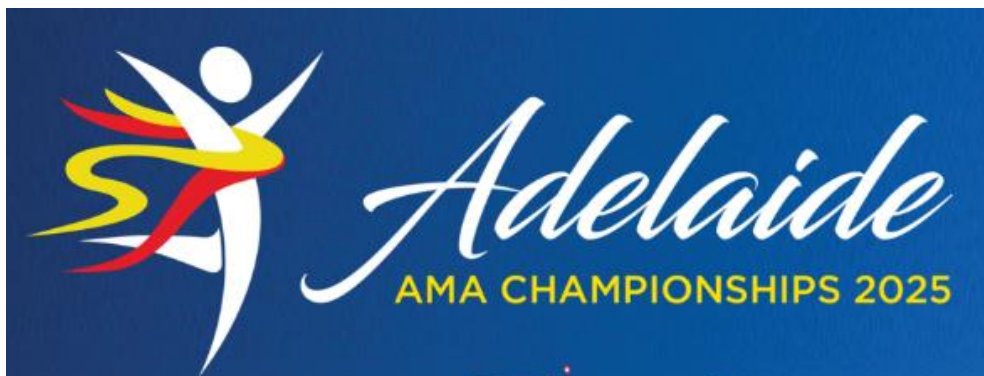
QMA State Championships, SAF

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

Vice President. J-R McRoberts

Secretary: N. McKinven

Treasurer N McKinven

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

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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



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.'