

# Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 70 years in the making.*



February 13<sup>th</sup> 2025

FEB  
9



**Race Walks Workshop (Level 3 Performance Coach)**

📍 QSAC, Brisbane

Thank you to Mark Donahoo who made the trip up from Melbourne to deliver the first ever Level 3 Performance Coach Course in Queensland. This was indeed a comprehensive one-day workshop where attendees not only deepened their understanding of race-walking training methodologies but also had their previous notions and ideas about race walking challenged. Well done to everyone who attended and we must thank Blair Taylor at AA for all the work he put in to facilitate this course. With all the positive feedback AA is already asking if we would like to run another course next year to build on the success of Sunday

It was a full day of activity and discussion

- 8:00 AM: Training Session – Race Starts and Their Effect on Style (*Practical*)
- 9:00 AM: Morning Tea
- 9:30 AM: Race Walking Technical Model (*Theory & Practical*)
- 10:15 AM: Peer Coaching – Observation and Analysis (*Practical*)
- 11:00 AM: Training Methods & Planning Sessions (*Theory*)
- 11:45 AM: Lunch
- 12:30 PM: Common Errors & Corrections (*Theory & Practical*)
- 2:00 PM: Drills (*Practical*)
- 2:45 PM: Video Analysis (*Theory*)
- 3:45 PM: Questions & Conclusion
- 4:40 PM: End of Day

Everyone was active and on their feet throughout the day changing roles from athlete to coach. Even when we were not on the track the sessions in the training room with Mark had us on our feet walking around the room.



*The class of 2025 – and the sport is Race Walking*



*The video analysis session challenged coaches judges and athlete alike*



*Practical did mean practical! Well done to those who had never race walked before*



Everyone enjoyed the delicious lunch to keep their strength up

*“I just loved being there, listening, taking in new info and trying it out on that amazing track. Have been making notes today.... lots of concepts to take home and incorporate.”*

*“I thought the course contents had a big appeal and I personally, as a non-coach, can understand better the mechanics of race walking and judging.”*

*Lots of learnings today, I loved the way Mark kept everyone engaged and challenged our beliefs”*

*“Surprised to find out after many years in the sport that there are so many things I didn’t know that I didn’t know”*

## **THIS WEEK**

### **Queensland Masters Athletics**

**15th February 2025 Saturday, SAF**

8.10 3000m Walk

9.40am 800 Walk

Members enter here

[QMA MASTER 2025 #13 - Old Masters Athletics Association Inc - revolutioniseSPORT](https://www.revolutionise.com.au/qldmastersathletics/events/register/281300)

Visitors ( including Juniors ) enter here

<https://www.revolutionise.com.au/qldmastersathletics/events/register/281300>

**Or enter on the day before 7.30am in the white building**

## 2025 Australian & Oceania 20km Race Walking Championships

### **AA Preview**

*Australia's race walkers will have a slice of history to compete for at Sunday's Australian 20km Race Walking Championships in Adelaide, lining up for the final national title over the distance as World Athletics transitions to the Half Marathon distance from January 1, 2026.*

*With Olympic medallists Jemima Montag and Rhydian Cowley leading a host of world-class athletes at the World Athletics Race Walking Tour – Bronze competition as part of the Chemist Warehouse Summer Series, the 52nd edition of the championships for men and 42nd for the women looms as a fitting finale for the distance.*

*Winning five consecutive Australian titles in the event before racing to Olympic bronze in the 20km Race Walk and Marathon Race Walk Mixed Relay in Paris, Montag will be out to uphold her dominance at the top, but Olympic teammates Rebecca Henderson and Olivia Sandery will mount a challenge.*

*Montag holds the national record at 1:26:25 and occupies eight of the top nine fastest times in history by Australian women, with Henderson and Sandery coming in at third and fourth on the Australian all-time list with personal bests of 1:28:43 and 1:28:52 respectively, while Elizabeth McMillen (NSW, Jared Tallent) looms as an improver with a best of 1:30:47.*

*The additions of Olympic silver medallist Lorena Arenas (COL, 1:27:03) and World Championships bronze medallist Antigoni Ntrismpioti (GRE, 1:28:12) add further star-power to the affair; well acquainted with the Australian circuit and athletes as regular training partners down under.*

*With the Men's and Women's 20km Race Walking events both set to begin at 8:00am ACDT on Sunday, the likes of Declan Tingay, Olympic medallists Cowley and Evan Dunfee (CAN), and Kyle Swan) will pave the way for the field of 38 across the two events.*

*International competitors Perseus Karlstrom (SWE) and Dunfee have spoiled the Australian party with line honours in the last two years, with Tingay now on a mission to reclaim victory and the national title which was won by Swan in 2024. Little separates the top four seedings on paper who all own personal bests between Dunfee's 1:18:03 and Swan's 1:18:59, but it was the Canadian who stole the show at last month's Supernova 10,000m when bettering his own national record in 38:08.50.*

*On that occasion, Tingay was the first Australian across the line in 38:31.50 by a margin of 45-seconds ahead of Swan, and coupled with his 11th place finish at the Olympic Games makes him a deserving Australian favourite for Sunday's showdown. The seasoned veteran Cowley is not to be discarded if a war of attrition eventuates, while the next wave of Australia's race walkers including Isaac Beacroft and Alexandra Griffin will put their best foot forward for this year's World University Games.*

*Ahead of the 2025 World Athletics Championships in Tokyo, Japan this September, Montag, Cowley and Swan are the only Australian athletes with the 20km Race Walk qualifying standard – which stands at 1:19:20 for men and 1:29:00 for women.*



## February 16<sup>th</sup> War Memorial Drive, Adelaide

### Events

- 8:00 am Australian Championship 20km Race Walk · Men Senior
- 8:00 am Australian Championship 20km Race Walk · Women Senior
- 8:10 am Invitational 10km Race Walk · Men U20
- 8:10 am Invitational 10km Race Walk Women U20

### 20km Race Walk · Men · Senior

- 1 Corey DICKSON VIC 1:24:31
- 2 Carl GIBBONS NSW 1:23:20
- 3 Kim MOTTROM SA 1:31:26
- 4 Declan TINGAY VIC 1:18:30
- 5 Jonah CROPP NZL
- 6 Alexander Hamilton BROWN NZL
- 7 Mitchell BAKER ACT 1:23:58
- 8 Marcus WAKIM VIC 1:31:48
- 9 Timothy FRASER ACT 1:21:01
- 10 Sam MCCURE QLD
- 11 Isaac BEACROFT NSW
- 12 Jack MCGINNISKIN NSW 1:27:57
- 13 Will THOMPSON VIC 1:20:34
- 14 Bradley MANN WA
- 15 Rhydian COWLEY VIC 1:18:33
- 16 Kyle SWAN VIC 1:18:59
- 17 Tristan CAMILLERI SA 1:29:55
- 18 Evan DUNFEE CAN 1:18:03
- 19 Dylan RICHARDSON NSW 1:24:11

### 20km Race Walk · Women · Senior

- 1 Hannah MISON NSW 1:35:21
- 2 Nellie LANGFORD SA 1:45:50
- 3 Kirstin SHAW QLD 2:07:23
- 4 Jemima MONTAG VIC 1:26:25
- 5 Kelly RUDDICK VIC 1:33:15
- 6 Olivia SANDERY SA 1:28:52
- 7 Alanna PEART VIC 1:39:08
- 8 Sharon Lisseth HERRERA CRC 1:35:48
- 9 Elizabeth MCMILLEN NSW 1:30:47
- 10 Rebecca HENDERSON VIC 1:28:43
- 11 Tayla BILLINGTON QLD 1:36:27
- 12 Laura Paige LANGLEY NZL 1:40:41
- 13 Mia BERGH QLD
- 14 Allannah PITCHER NSW 1:33:17
- 15 Samantha FINDLAY SA 1:36:43
- 16 Antigoni NTRISMPIOTI GRE
- 17 Lorena ARENAS COL 1:27:03
- 18 Alexandra GRIFFIN WA 1:36:32

### 10km Race Walk Invitational · Men · U20

- 1 Samuel LINDSAY TAS 44:56
- 2 Myles ASHBY NSW
- 3 Sebastian RICHARDS SA
- 4 Owen TOYNE ACT 43:55
- 5 Cooper RECH SA
- 6 Alex BRADLEY QLD 53:54
- 7 John RONAN WA 43:08

8 Riley COUGHLAN VIC 41:03  
**10km Race Walk Invitational · Women · U20**  
1 Chelsea ROBERTS NSW 50:49  
2 Sienna PITCHER NSW 50:43  
3 Zoe WOODS NSW 48:36

## **RESULTS RESULTS RESULTS**

### **QLA REGIONAL CHAMPIONSHIPS**

**Met North 7th – 9th February John Oxley Reserve**

#### **Girls 700m RW 8&U**

1 Evie Masefield Arana LAC 5:12.78

#### **Girls 1100m RW 9&U**

1 Zoe Silk Arana LAC 7:07.68

- Isla Panuccio Arana LAC DNS

#### **Boys 1100m RW 9&U**

1 James Gammon Arana LAC 10:18.32

- Henry Dale Arana LAC DNF

#### **Boys 1100m RW 10&U**

1 Jackson Millar Strathpine LAC 7:13.69

2 Lucas Dyer Aspley LAC 7:19.55

3 Harrison Bray The Gap LAC 14:24.93

#### **Girls 1500m RW 11&U**

1 Abiramy Pirabakaran Aspley LAC 11:38.32

#### **Girls 1500m RW 12&U**

1 Charlotte Don Aspley LAC 9:19.85

#### **Boys 1500m RW 12&U**

- Lachlan Millar Strathpine LAC DQ

#### **Boys 1500m RW 14&U**

1 Noah Cooke Arana LAC 6:40.26

#### **Girls 1500m RW 16&U**

1 Katie Bray The Gap LAC 9:02.31

**Met West 8<sup>th</sup> – 9<sup>th</sup> February UQ St Lucia**

#### **Girls 1100m RW 9&U**

1 Stasa Jankovic Toowong Harriers LAC 7:50.24

2 Chloe Ninnes Ipswich LAC 7:55.43

3 Pippa Ellis Ipswich LAC 8:07.64

4 Theia Anderson Toowong Harriers LAC 8:58.52

- Chloe Lam Toowong Harriers LAC DQ

- Stella Alexandra Chow Toowong Harriers LAC DQ

- Molly Zischke Toowong Harriers LAC DNS

#### **Boys 1100m RW 9&U**

1 Conor Geagea Toowong Harriers LAC 7:24.89

#### **Girls 1100m RW 10&U**

1 Jessica Gorham Ipswich LAC 6:48.84

2 Chloe Gower Toowong Harriers LAC 6:50.66

3 Georgie Bozhoff Ipswich LAC 7:36.73

4 Alice Hall Toowong Harriers LAC 8:06.48

5 Millie Blanch Toowong Harriers LAC 8:17.97

#### **Boys 1100m RW 10&U**

1 Lachlan Miers Toowong Harriers LAC 8:05.76

**Girls 700m RW 8&U**

- 1 Layla Harmon Ipswich LAC 5:32.46
- 2 Billie Rochford Ipswich LAC 5:41.87
- 3 Harriet Sanday Ipswich LAC 7:02.40

**Boys 700m RW 8&U**

- 1 Cooper Vayro Ipswich LAC 7:38.20
  - Grayson Pearsall Ipswich LAC DQ
  - Owen Trenton Toowong Harriers LAC DQ
  - Adam Anthony Toowong Harriers LAC DQ

**Girls 1500m RW 11&U**

- 1 Piper Bozhoff Ipswich LAC 10:46.24
  - 2 Matilda Schodde Ipswich LAC 11:03.29
  - 3 Kellsey Passfield Ipswich LAC 13:50.94
    - Akshi Rameshkumar Centenary LAC DNS
- Clarah Turnbull Ipswich LAC DNS

**Boys 1500m RW 11&U**

- 1 Tony Geagea Toowong Harriers LAC 12:32.92

**Girls 1500m RW 12&U**

- 1 Kaydence Russell Ipswich LAC 10:32.12

**Girls 1500m RW 13&U**

- 1 Zoe Renton Toowong Harriers LAC 9:03.67

**Boys 1500m RW 13&U**

- 1 Thomas Berry Ipswich LAC 11:04.37
  - Tristan Holloway Souths LAC DQ

**South Coast 7th – 9th February Ashmore****Girls 700m RW 8&U**

- 1 Mable Watts Mudgeeraba LAC 4:51.79
- 2 Kalea Irvine Gold Coast LAC 5:00.18
- 3 Indi Brady Ashmore LAC 5:01.21
- 4 Isla Millett Tweed LAC 5:08.37
- 5 Lucia-Rose Schwarz Gold Coast LAC 5:12.16

**Boys 700m RW 8&U**

- 1 Kai Murray Helensvale LAC 6:09.69

**Girls 1100m RW 9&U**

- 1 Luna Boyd Gold Coast LAC 7:16.85
- 2 Tehani Siegenthaler Mudgeeraba LAC 7:59.91
- 3 Alexandra (Sasha) Sliva Gold Coast LAC 8:06.89
  - Hosanna Parsons Ashmore LAC DNS

**Boys 1100m RW 9&U**

- 1 Daniel Heath Ashmore LAC 8:24.52
  - Daniel Louw Mudgeeraba LAC DNS

**Girls 1100m RW 10&U**

- 1 Freya Williams Tweed LAC 6:24.81
- 2 Izzy Blackburn Gold Coast LAC 6:37.41
- 3 Zoe Peters Gold Coast LAC 7:29.44
- 4 Sienna Wozniuk Gold Coast LAC 8:21.45
- 5 Khloe Madsen Mudgeeraba LAC 9:02.02

**Boys 1100m RW 10&U**

- 1 Brayden Potts Gold Coast LAC 8:08.69
- 2 Flynn Negline Gold Coast LAC 8:10.90

**Boys 1500m RW 11&U**

- 1 Leo Hyde Mudgeeraba LAC 8:26.01
  - Massimiliano Fontainas Gold Coast LAC DQ

**Boys 1500m RW 12&U**

1 Isaac Schwarz Gold Coast LAC 11:04.70

2 Jordan Jeffress Gold Coast LAC 14:56.83

**Boys 1500m RW 13&U**

1 Cory Lockwood Mudgeeraba LAC 7:44.37

**Boys 1500m RW 16&U**

1 Kai Dale Ormeau LAC 7:14.25

**Girls 1500m RW 11&U**

1 Amelia Chisholm Ormeau LAC 9:52.17

2 Caitlin Papworth Runaway Bay LAC 10:19.07

3 Zyaire Weir Runaway Bay LAC 11:14.79

4 Addison Mayes Runaway Bay LAC 14:59.07

- Cate Thierjung Tweed LAC DNS

**Girls 1500m RW 12&U**

1 Elspeth Hooper Ashmore LAC 8:37.87

2 Violetta Boyd Gold Coast LAC 9:24.01

3 Mackenzie Wormald Runaway Bay LAC 10:20.22

- Rhianna Middleton Tweed LAC DNS

**Girls 1500m RW 13&U**

1 Mia Quinn Tweed LAC 11:13.76

**Girls 1500m RW 14&U**

1 Ella Cosgrave Ashmore LAC 8:59.87

2 Makayla McDonald Ormeau LAC 10:37.47

**Girls 1500m RW 15&U**

1 Olivia Boulton Gold Coast LAC 7:17.77

**Girls 1500m RW 16&U**

1 Delilah Teague Tweed LAC 11:13.26

- Taylor Barkworth Tweed LAC DNS

**South East 8th & 9th February QSAC**

**TBA**

**Sun Coast 8th & 9th February Sippy Downs**

**Girls 700m RW 8&U**

1 Tayla Penglase Noosa LAC 5:10.63

2 Harriet Winkel Bli Bli LAC 5:11.25

3 Mackenzie Hyde Noosa LAC 5:46.48

- Mikina Burhan Caloundra LAC DQ

- Juliet Sullivan Caloundra LAC DNS

**Boys 700m RW 8&U**

1 Koby Smith Bribie District LAC 5:08.38

2 Jack Tyssen Deception Bay LAC 5:10.99

- Luca Alagich Nambour LAC DQ

- Tanner Neilen Nanango LAC DQ

**Girls 1100m RW 9&U**

1 Bella Sansom Deception Bay LAC 6:26.98

2 Clara Hermus Noosa LAC 6:51.29

3 Jade Hill Deception Bay LAC 7:07.92

4 Rhylee Chapman Caloundra LAC 7:23.94

5 Emilia Field South Burnett LAC 7:38.10

6 Everly Mackinlay University of Sunshine Coast 9:08.93

- Adelene Traves University of Sunshine Coast DQ

**Boys 1100m RW 9&U**

1 Jacob Duncan Deception Bay LAC 7:40.30

2 Benjamin Trent Deception Bay LAC 8:10.86



- Declan Conway Caboolture LAC DQ
- Benjamin Eastcott Maroochy LAC DQ

**Girls 1100m RW 10&U**

- 1 Isla Cooper Caloundra LAC 6:27.24
  - 2 Scarlett Rose Deception Bay LAC 7:49.73
  - 3 Emily Day Glasshouse District LAC 7:50.13
  - 4 Chernaya Plummer Caloundra LAC 7:52.69
  - 5 Kylah Davidson University of Sunshine Coast 8:05.69
  - 6 Layla Hagen Caloundra LAC 8:48.92
- Caleece Gibbons Glasshouse District LAC DNF

**Boys 1100m RW 10&U**

- 1 Jake Dunleavy Deception Bay LAC 6:07.10
- 2 Henry Pallentine Bribie District LAC 7:54.70

**Girls 1500m RW 11&U**

- 1 Taylor Chapman Caloundra LAC 7:32.93
  - 2 Bayleigh Tickle Caloundra LAC 9:29.58
  - 3 April Kelly Deception Bay LAC 10:03.08
  - 4 Violet Conway Caboolture LAC 10:10.61
  - 5 Amelia-Leah Davidson University of Sunshine Coast 11:47.46
  - 6 Annabelle Chapman Nambour LAC 13:12.74
- Holly Heeks Nambour LAC DQ
  - Charlotte Holloway Bribie District LAC DNS
  - Lucy McGregor University of Sunshine Coast DNS
  - Olivia Thomas Deception Bay LAC DNS

**Boys 1500m RW 11&U**

- 1 Jonathan Myerthall Caloundra LAC 9:18.87
- 2 Declan O'Neill Maroochy LAC 10:08.83
- 3 Tommy Menner Caloundra LAC 10:31.21
- 4 Benji Ellem Deception Bay LAC 10:33.35
- 5 Alexander Blake Deception Bay LAC 12:49.30
- 6 Isaac Thomas Deception Bay LAC 14:05.78

**Girls 1500m RW 12&U**

- 1 Savannah Dunleavy Deception Bay LAC 9:53.05

**Boys 1500m RW 12&U**

- 1 Chrysler McLoughlin Deception Bay LAC 11:59.13

**Girls 1500m RW 13&U**

- 1 Kiara Waterman Deception Bay LAC 8:46.29
  - 2 Kyla Harknett University of Sunshine Coast 10:39.39
  - 3 Katelyn Trent Deception Bay LAC 11:37.83
- Sian Stewart University of Sunshine Coast DNS
  - Abigail Rogers Deception Bay LAC DNS

**Boys 1500m RW 13&U**

- Brax Gibbons Glasshouse District LAC DQ

**Girls 1500m RW 14&U**

- 1 Eliza Kelly Deception Bay LAC 8:06.36

**Boys 1500m RW 14&U**

- 1 Eli Melinz Noosa LAC 8:37.46

**Girls 1500m RW 15&U**

- 1 Mia Stewart University of Sunshine Coast 8:25.32

**Boys 1500m RW 15&U**

- Jack Slater Bribie District LAC DQ

**Boys 1500m RW 16&U**

- 1 Micah White Deception Bay LAC 8:10.13

## Central Coast Gladstone LAC grounds - 8/02/2025 to 9/02/202

### Girls U 9 700 Meter Race Walk

1 Ford, Annabelle Maryborough 5:40.13

### Girls U 11 1100 Meter Race Walk

1 Waycott, Ava Maryborough 8:28.59

2 Seth, Georgie Gladstone 8:59.19

3 Ford, Kaitlin Maryborough 10:25.80

4 Owens, Aramaya Gladstone 12:03.94

--- Bolton, Georgia Gladstone DQ

### Girls U 12 1500 Meter Race Walk

1 Dunn, Megan Gladstone 12:36.41

### Girls U 13 1500 Meter Race Walk

1 Waycott, Grace Maryborough 10:01.90

2 Elkins, Layla Gladstone 10:13.35

3 Harris, Charli Gladstone 13:49.35

### Girls U 17 1500 Meter Race Walk

1 Sharpe, Milly Gladstone 7:09.18`

### Boys U 10 1100 Meter Race Walk

1 Wilson, Colin West Bundaberg 10:18.35

### Boys U 11 1100 Meter Race Walk

1 Irvine, Jett West Bundaberg 7:37.91

### Boys U 13 1500 Meter Race Walk

1 Walton, Noah Gladstone 10:54.52

2 Powell, Jack Gladstone 10:58.31

### Boys U 15 1500 Meter Race Walk

1 Irvine, Koby West Bundaberg 6:59.33`

2 Ford, Benjamin Maryborough 10:50.98

### Boys U 17 1500 Meter Race Walk

1 Lucas, Jaydon West Bundaberg 9:29.62

--- Ellis, Ryan Maryborough DQ

## Downs Sth West Kratzke Rd., Recreational Reserve - 1/02 to 2/02

### Girls U 9 700 Meter Race Walk

1 Ward, Skyla Toowoomba 5:01.76

2 Coulston, Phoebe Toowoomba 5:08.76

3 Park, Eliza Granite Belt 6:17.24

4 Box, Chelsea Warwick 6:41.6

### Girls U 10 1100 Meter Race Walk

1 Rankin, Stephanie Laidley 8:29.41

### Girls U 11 1100 Meter Race Walk

1 Ayii, Ajah Toowoomba 7:41.73

2 Heinemann, Ruby Warwick 8:21.05

3 Taylor, Alex Toowoomba 9:37.10

--- Hine, Kathryn Toowoomba DQ

### Girls U 12 1500 Meter Race Walk

1 Alchin, Ariyah Toowoomba 9:45.67

### Girls U 13 1500 Meter Race Walk

1 Atkinson, Indy Warwick 11:49.97

2 Rankin, Laura Laidley 13:04.92

### Girls U 14 1500 Meter Race Walk

1 Gaudie, Zahra Laidley 10:23.69

2 Jok, Atoor Toowoomba 11:10.46

### Girls U 15 1500 Meter Race Walk

1 Moore-Kirkland, Bethany Warwick 8:01.71`

**Girls U 16 1500 Meter Race Walk**

1 Graske-Borst, Rhianna Upper Lockyer 9:45.92

**Boys U 9 700 Meter Race Walk**

1 Bruggemann, Jed Highfields 5:54.41

--- Gaudie, Mason Laidley DQ

**Boys U 11 1100 Meter Race Walk**

1 Coward, Quade Laidley 7:42.29

2 Griffiths, Austin Highfields 7:58.87

--- Short, Xavier Highfields DQ

## NEXT WEEK

### QLD Athletics State Walk Championships

**February 22<sup>nd</sup>** Dane Bird Smith Shield

6.00pm QA 3,000 metres Championships U15 & U16 M&F

6.30pm QA 10,000 metres Championships U20 & Open M&F

**March 1<sup>st</sup>** QA 5000m Walk Championships UQ Sport & Athletics Centre

4.45pm 5,000 metres Under 17 & Under 18 Men & Women

Entries: Entries close Friday 21st February 9.00am.

To enter the 3000m or 10,000m Race Walk State Championships

[Queensland 3000m and 10,000m Race Walk Championships - Queensland Athletics](#)

**Saturday 1st March - UQ 5,000m U17 & U18 State Championship**

## COMING UP

### 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 2025

**Queensland Masters Athletics**

**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**

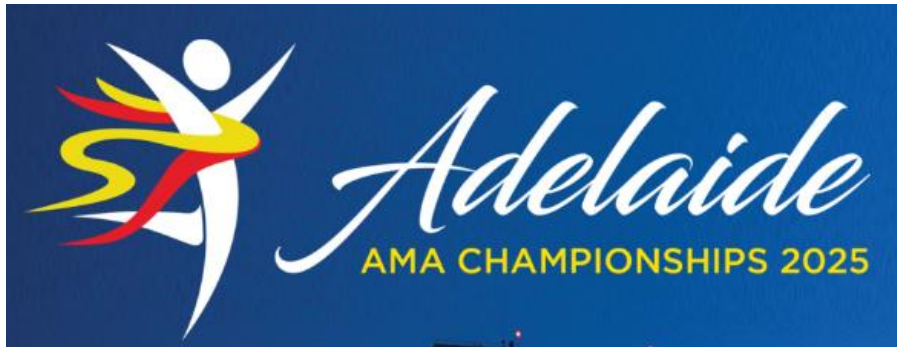
**QMA State Championships, SAF**

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** <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.

## **Blue Cards**

### **Message from Dave Brown Operations Manager Queensland Athletics**

*As part of our ongoing commitment to the safety and wellbeing of all athletes, we would like to remind you that any coaches, volunteers, or individuals working with athletes under the age of 16 are required to hold a current Blue Card. This is essential to ensure compliance with child protection regulations and to maintain a safe environment for all participants.*

*We ask that your club thoroughly checks and verifies the Blue Card status of all relevant personnel. It is the club's responsibility to ensure that everyone working with minors is appropriately vetted. For further details regarding the guidelines and obligations, please refer to this link <https://www.qld.gov.au/law/laws-regulated-industries-and-accountability/queensland-laws-and-regulations/regulated-industries-and-licensing/blue-card/system/system-explained> where you can find the full requirements and process for Blue Card system.*

*If you have any questions or require assistance, please don't hesitate to contact us.*

*Thank you for your cooperation in helping us create a safe and supportive environment for our young athletes.*

# QRWC 2025 ROAD WALK SEASON

MONTH	DATE		EVENT	VENUE	TIME
February	4	-	QMA 3,000 Metres Championships	SAF	
	16		AA 20KM Road Championships	Adelaide SA	
	22		3,000 metres Championships U15 & U16 M&F QA 10,000 metres Track C/ships U20 & Open	SAF	
March	1		5,000m U17 & U18 State Championship	UQ St Lucia	
No walks	13-16		QA Track Championships	Main Track QSAC	
	21-23		QLAA State Championships	QSAC	
	30		Sign On / AGM	Kalinga Park	
April	4-8		AA U13-U18 Track Championships	Perth	
	5-6		QMA Track Championships	SAF	
	10-13		AA U20-Open Track Championships	Perth	
	18-21		AMA National Championships	Adelaide	
	20		Easter Sunday	No competition	
	27		Handicap Meet # 1	Beenleigh	
May	4		Handicap Meet # 2	Yeronga	
	11		Mother's Day	No club competition	
	18		Handicap Meet # 3	Capalaba	
	25		Handicap Meet # 4	TBA	
June	1		GC Championships	Mudgeeraba	
	8		LBG Federation Meet	Canberra	
	15		Handicap Meet # 5	TBA	
	22		Handicap Meet # 6	TBA	
	29		Handicap Meet # 7	TBA	
July	6		Gold Coast Marathon	Southport	
	13		QA Road Walk Championships	QSAC	
	20		Race Walking Australia Postal Challenge	Beenleigh	
	27		QRWC Track Championships	UQ St Lucia	
August	3		Handicap Meet # 8	TBA	
	10		Handicap Meet # 9	TBA	
	17		Handicap Meet # 10	TBA	

## WORLD RACE WALKING TOUR 2025

**16 FEB 2025** Australian Walking Championships WMD, Adelaide C Bronze

**16 FEB 2025** Japanese 20km Race Walking Championships

Rokko Island Konan Univ. West side, Kobe) JPN B Bronze

**22 FEB 2025** International Race Walking Bronze Level

EXPO 2016 Botanic Park, Aksu TUR C Bronze

**01-02 MAR 2025** Chinese Grand Prix Taicang CHN A Gold



**08 MAR 2025** 6° Circuito Internacional de Caminata 2025  
Malecón de Coatzacoalcos, Coatzacoalcos MEX C Bronze  
**16 MAR 2025** Asian Race Walking Championships Nomi JPN A Bronze  
**22 MAR 2025** 44rd Dudinska 50 Dudince SVK A Gold  
**12 APR 2025** 32° Grande Prémio Internacional de Rio Maior em Marcha  
Rio Maior POR A Gold  
**26 APR 2025** The Penn Relays Franklin Field, Philadelphia, PA USA B Silver  
**26 APR 2025** Záhorácka Dvadsiatka Borsky Mikulás SVKB Silver  
**04 MAY 2025** 4th Korzeniowski Warsaw Race Walking Cup Warszawa POL A Gold  
**18 MAY 2025** European Race Walking Team Championships Poděbrady CZE A Gold  
**01 JUN 2025** IV GP Internacional Madrid Marcha Silbo Telecom Madrid ESP A Gold  
**07 JUN 2025** XXXVII Gran Premio Cantones de A Coruna de Marcha ESP A Gold  
**12 JUN 2025** 51st International Race Walking Festival Alytus'Alytus LTU B Silver  
**25 OCT 2025** Lusatian Race Walking Weinauparkstadion, Zittau GER B Silver  
**14 DEC 2025** World Race Walking Tour St Anne's Park, Dublin IRL C Bronze

## **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

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## 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:

[grwc1@optusnet.com.au](mailto:grwc1@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.



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.'