

Queensland Race Walking Club Inc.

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



February 20th 2025

Australian 20km Race Walking Championships

The Australian Athletics 20km Racewalking Championships were held in Adelaide on the weekend. Mia Bergh in her 20km debut walked a wonderful 1:46:48 with Kirstin Shaw demolishing her PB with a time of 1:50:18. Former Club Captain Sam McCure, now studying and training in Adelaide, walked an excellent first up 20km time of 1:29:20 .

Rodney Clarke has generously put together this report on the venue and the Queensland competitors.

It was a new course that greeted athletes and officials following a change by Adelaide City Council to their minimum booking lead in time from the previous 3 months to now 6 months. Karen Rolton Oval, right on the fringe of the CBD was the location for this years championship and we were told by well known Australian walks identity Bob Cruise that the course is in fact a very popular training venue for walkers in the area.

The only negatives that could be apportioned to the course was its width (especially at the start line), a small hill mid circuit (but I am sure as the laps were counted down this small hill seemed to get larger), tree roots breaking the surface in parts and finally the circuit not being a full 1km meaning a start line for both the 20,000m and 10,000m distances in different locations all designed to ensure the athletes completed their events on the same finish line.

On the 20,000m start line due to the width of the pathway it was decided to have the three fastest men and three fastest women at the front and all others to line up behind them. Added to this just to make things nice and easy it was a downhill start, a fence line on one side of the pathway and a drop off on the other meant not a lot of room for athletes to maneuverer in the early stages but safe to say they all got away without incident. From my perspective as the start line judge it did add an extra element something I had not experienced until now.

For QLD we have a strong women's contingent present in both athletes and officials. From an athletes perspective, first timer to the distance was Mia Bergh finishing in 1:46.48 and perhaps one of the biggest smiles I have seen from an athlete in a long time. I am though not sure if dad did more meters though than Mia as he crisscrossed the oval providing encouragement and support to her during the event. I know at one stage he was being observed with the possible question around athlete support raised, I am glad nothing eventuated and nothing more than a super proud parent doing all he could do. In addition to Mia was Kirsten Shaw with her very distinguishable headband who is becoming a stalwart in these longer events as she gracefully made her way around the course finishing not far behind in 1:50.18 which provided plenty of entertainment for the athletes with air ambulance helicopters buzzing overhead, trains dashing by every so often, lovely surrounds and park going pedestrians with their canines all vying for the same piece of pathway. Sadly, our third women's athlete Tayla Billington did not finish although it can be said when she was racing

she was carving up the course, lets hope she returns in the QLD 10,000 this coming weekend to show what we know she can do.

In the men's 20,000m we did not have any Queenslanders but in the 10,000m we did have Alex Bradley who unfortunately was disqualified but knowing Alex though he will be back on the start line this coming weekend to do it all again.

And from an officials perspective, we did have Liz Bradley judge her first ever National Walks Championship event which was very exciting especially when you have the caliber of numerous Olympians in the field such as Evan Dunfee from Canada and our very own bronze medal relay team members of Jemima Montag and Rhydian Cowley. And to clarify, we didn't have a relay event on, Rhydian and Jemima were in their own separate races.

AA 20km Race Report *By Sascha Ryner, Australian Athletics*

Australia's top race walkers have wasted no time making their mark in 2025, with Olympic medallists Jemima Montag (VIC) and Rhydian Cowley (VIC) claiming victory at the Australian 20km Race Walking Championships in Adelaide, as Canada's Evan Dunfee breaks the 25-year-old Australian All Comers Record.

Setting the pace at the World Athletics Race Walking Tour Bronze meet, Montag continue her dominance claiming her sixth consecutive title in 1:27:47 in her second of two wins in the new season, while Cowley reinforced his reputation as one of the country's most consistent performers, crowned Australian champion in 1:18:35 – only beaten to the finish line by Canada's Olympic medallist Evan Dunfee (1:17:39).

“When it's a championship race, it's about getting that job done and trying to win with the auto qualifier, so I stayed with the pack and around the 7-kilometre mark, I wanted to push the pace a little and for the second two-third of the race there was a lot of movement behind me which kept me quite honest and I had to go much quicker than I expected to,” Montag said. “High 27's is where I want to start the season, and it's similar to where I've started the previous two seasons [with global medals in 2023 and 2024], and so cool to see some of the other girls like Bec [Henderson] and Lizzie [McMillen] doing PBs behind me.”

Cowley, who claimed his maiden Olympic medal with Montag in the Mixed Marathon Race Walking Relay in Paris said: “This is a new course for us in Adelaide, and while there's no pin turns, there are hills on this course but we got really lucky with the weather conditions for a really fast race,” Cowley said. “Knowing that the younger fellas are coming up pretty quick and fast was motivating for me to come back quickly after Paris, but it's great to get the double [after claiming the 35km Race Walking Championship in December] and my second 20km title to my name.”

Elizabeth McMillen (1:28:11) and Rebecca Henderson (1:1:28:35) completed the women's podium with personal best times and below the World Athletics Championships qualifying standard and Kyle Swan and Will Thompson won silver and bronze respectively at the National championship meet.

The event also delivered international and Under 20 record-breaking performances, with Dunfee of Canada setting a new North American record of 1:17:39, claiming line honours by almost one minute and eclipsing the Australian All Comers Record of 1:18:59 held by Robert Korzeniowski since 2000; a feat he has been attempting to achieve for almost 20 years.

“It was perfect conditions today, amazing course and great atmosphere so we knew it would be quick and Kyle (Swan) set the pace pretty early on. We were targeting that 1:18:59, the All

Comers record from the Sydney Olympics and I came through 5km bang on pace and felt really good and I just turned up the gears a tiny bit and was chipping away,” Dunfee said. “With nine laps to go, I thought I could do something special here, and figured out the math, and pushed harder each lap and I got the area record and the record I’ve been eyeing for nearly 20 years. My coach and I talked about doing this, and it seemed audacious or out there so I’m so happy that I could do it.”

Rising star and junior global medallist Isaac Beacroft shattered the Australian Under 20 record with a stunning 1:22:52, securing a new personal best in his first Open age championships. “There is plenty to take out of that! This was my first 20km obviously, so we hit some longer sessions and toned down the pace a little bit. Coming here I just wanted to walk 1:26 to qualify for the World University Games,” Beacroft said. “I picked up a few boys and treated it as a progression; I played to my strengths and walked my own race.”



Mia on the move in Adelaide
Photo provided by Robyn Wales

RESULTS RESULTS RESULTS

20km Race Walk • Final

Australian Championship 20km Men

- 1 Evan DUNFEE CAN 1:17:39
- 2 Rhydian COWLEY Notes: ~ VIC 1:18:35
- 3 Timothy FRASER Notes: <~ ACT 1:19:43
- 4 Will THOMPSON VIC 1:21:18
- 5 Kyle SWAN Notes: ~~~ VIC 1:22:43
- 6 Isaac BEACROFT NSW 1:22:52
- 7 Mitchell BAKER Notes: ~< ACT 1:23:42
- 8 Carl GIBBONS NSW 1:25:26
- 9 Corey DICKSON Notes: < VIC 1:25:56
- 10 Jack MCGINNISKIN Notes: ~~ NSW 1:26:16
- 11 Dylan RICHARDSON NSW 1:27:54
- 12 Sam MCCURE Notes: ~ SA 1:29:20
- 13 Marcus WAKIM Notes: << VIC 1:30:05
- 14 Jonah CROPP NZL 1:31:14
- 15 Fraser SAUNDER Notes: > VIC 1:32:52
- 16 Kim MOTTROM Notes: < SA 1:35:18
- 17 Bradley MANN Notes: < WA 1:37:03
 - Declan TINGAY Notes: <~~~~ VIC DQ TR54.7.5
 - Alexander Hamilton BROWN NZL DNS
 - Tristan CAMILLERI SA DNS

Australian Championship 20km Women

- 1 Jemima MONTAG VIC 1:27:47
- 2 Rebecca HENDERSON VIC 1:28:11
- 3 Elizabeth MCMILLEN NSW 1:28:35
- 4 Olivia SANDERY Notes: << SA 1:29:19
- 5 Allanah PITCHER NSW 1:32:14
- 6 Alexandra GRIFFIN WA 1:32:43
- 7 Alanna PEART VIC 1:35:24
- 8 Laura Paige LANGLEY NZL 1:38:14
- 9 Hannah BOLTON Notes: < NSW 1:39:01
- 10 Nellie LANGFORD Notes: <<< SA 1:41:39
- 11 Samantha FINDLAY SA 1:42:00
- 12 Mia BERGH Notes: << QLD 1:46:48
- 13 Kirstin SHAW QLD 1:50:18
 - Hannah MISON NSW DNF
 - Tayla BILLINGTON QLD DNF
 - Antigoni NTRISMPIOTI GRE DNF
 - Lorena ARENAS COL DNF
 - Kelly RUDDICK VIC DNS
 - Sharon Lisseth HERRERA CRC DNS

10km Race Walk Invitational • Men • U20

- 1 Owen TOYNE ACT 41:14
- 2 John RONAN Notes: inc +1min WA 42:22
- 3 Riley COUGHLAN VIC 43:26
- 4 Samuel LINDSAY TAS 43:45
- 5 Sebastian RICHARDS SA 46:08
- 6 Myles ASHBY NSW 46:38
- 7 Cooper RECH SA 52:12
 - Alex BRADLEY QLD DQ TR54.7.1

10km Race Walk Invitational • Women • U20

1 Chelsea ROBERTS NSW 49:06

2 Sienna PITCHER NSW 50:35

QLA REGIONAL CHAMPIONSHIPS

South East 8th & 9th February QSAC

Girls U 9 700 Meter Race Walk

1 Schipplock, Eve Redlands Lac 5:48.01

--- Chu, Lilli Springwood L DQ

--- Imalong, Jenelle Sunnybank LA DQ

Girls U 10 1100 Meter Race Walk

1 Dobson, Ruby Springwood L 9:22.85

Girls U 11 1100 Meter Race Walk

1 Nelis, Saoirse Redlands Lac 7:37.21

--- Wright, Sahara Mt Gravatt L DQ

Girls U 12 1500 Meter Race Walk

1 Fisher, Tully Redlands Lac 10:37.96

Girls U 13 1500 Meter Race Walk

1 Welch, Isabella Springwood L 8:10.78

2 Schipplock, Abigail Redlands Lac 12:33.75

3 Boon, Chelsea Jimboomba LA 12:34.41

Girls U 15 1500 Meter Race Walk

--- Van Zyl, Heidi Redlands Lac DQ

Girls U 16 1500 Meter Race Walk

1 Hamilton, Jenny Springwood L 10:50.31

Boys U 9 700 Meter Race Walk

1 Lee, Yoshua Sunnybank LA 5:17.88

2 Mills, Leo Mt Gravatt L 5:18.54

Boys U 10 1100 Meter Race Walk

1 Leggat, Grayson Algester Lit 7:20.83

2 Georgiou, Leo Algester Lit 7:50.39

3 Marley, Brock Springwood L 7:52.16

Boys U 11 1100 Meter Race Walk

--- Robertson, Hayden Algester Lit DQ

Boys U 12 1500 Meter Race Walk

1 Georgiou, Luca Algester Lit 10:06.07

2 Moore, Dylan Springwood L 10:45.00

Boys U 13 1500 Meter Race Walk

1 Ramsay, Leo Redlands Lac 9:50.24

Boys U 14 1500 Meter Race Walk

1 Moore, Lachlan Springwood L 7:53.90

Queensland Masters Athletics

February 15th SAC

3,000 Metre Race Walk

McKinven, Noela W82 Qld Masters 26:53.77 (16:38.77 69.62%)

Jimenez Solis, Ignacio M59 Qld Masters 15:03.00 (13:02.36 82.29%)

Bennett, Peter M69 Qld Masters 18:56.53 (14:56.05 71.85%)

Sela, Patrick M85 Qld Masters 25:41.49 (16:00.97 67.00%)

Age Graded Times & Percentages in Brackets

800 Metre Race Walk

McKinven, Noela W82 Qld Masters 7:02.90

Jimenez Solis, Ignacio M59 Qld Masters 3:47.21

Bennett, Peter M69 Qld Masters 4:38.36

THIS WEEK

QLD Athletics State Walk Championships



February 22nd 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

Entries close Friday 21st February 9.00am

The 3000m Race Walk Championships are for Under 14 – Under 16 Inclusive (Minimum age 12 in year of competition).

The 10,000m Race Walk Championships are for Under 20 and Open athletes (minimum age is 16 in the year of competition).

Important Information from the Judges

ALL walkers, coaches and parents are encouraged to read the Technical Regulations which I have been told are on the QA website now with particular reference to TR 54.4.1 which is the final 100m rule.

This will be in play for this event and in short means the CRWJ can disqualify an athlete with a single red card irrespective of how many other red cards have been received from other judges.

To athletes...please make sure you compete the race correctly which includes crossing the finish line.

Penalty zone will also be in play with a 1 minute penalty for any athlete that receives a third red card from three different judges.

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

QA 5000m Walk Championships UQ Sport & Athletics Centre

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

Queensland Masters Athletics

Two days of race walking for Masters athletes this weekend.

22nd February 2025 Saturday, SAF

9.00am 1500m walk

Member entry

[QMA MASTER 2025 #14 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitor entry

[QMA MASTER 2025#14 VISITOR ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

23rd February 2025 Sunday, QSAC Main Track

8.15am 3000m Walk

9.30am 800m Walk

Member entry

[QMA MASTER 2025 #15 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitor entry

[QMA MASTER 2025 #15 VISITOR ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

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

Australian Athletics Women in Coaching and Officiating Working Group

We are seeking passionate coaches and officials to join the Women in Coaching and Officiating Working Group, and we'd love for you to join us!

Your expertise can help shape initiatives such as coach education, mentoring programs, professional development opportunities, and strategies to increase female representation in leadership roles. Your expertise will help shape initiatives, such as:

- ✓ Coach education programs
- ✓ Mentoring and networking opportunities
- ✓ Professional development pathways
- ✓ Strategies to increase female leadership representation

By joining, your voice and experience can make a real difference in ensuring women and girls feel supported, valued, and empowered to thrive in coaching and officiating.

Purpose: The Women in Coaching and Officiating Working Group will provide advice, share insights to inform and guide initiatives to support and enhance the participation, development, and progression of women and girls in coaching and officiating within athletics.

Time Commitment: The group will meet every three months, with the initial meeting in June 2025. Subsequent meetings will take place in September 2025, December 2025, March 2026, June 2026, September 2026, December 2026, March 2027.

Eligibility Criteria: All accredited members (coaches, officials, and athletes at any level) can apply.

Desired skills, experience, and perspective:

- Extensive experience in athletics coaching or officiating across community, school, development, or high-performance levels.

- Experience mentoring and/or developing female coaches and officials and engaging local clubs and schools to increase participation in coaching and officiating, with a focus on sustainable growth.
- A keen advocate and a willingness to drive cultural change on topics including gender equity, inclusive practices, and safeguarding in sport, with a commitment to breaking down barriers for women and underrepresented groups.

Groups Role: The Women's Coaching and Officiating Working Group will provide advice, insights, and recommendations in relation to the following areas:

- Challenges, barriers, issues faced by women and girls
- Education and professional development
- Pathways and career progression
- Initiatives to enhance women and girl's opportunities and experiences within coaching and officiating in athletics and any other areas of coaching/officiating or women's related topics as required

Application Process: Complete the form to apply! We'll assess applications based on skills, experience, location, and background to build a diverse group. You'll be notified within three weeks of the deadline.

Key Dates: Deadline for applications is **Friday 28th February 2025**. The first meeting will be held in April or May as an optional introductory session, providing an opportunity for members to connect, discuss key priorities, and set the foundation for future meetings.

The commitment involves quarterly meetings, starting in mid-2025. The application process is simple and takes just 10–15 minutes to complete.

For more information or questions, please contact:

Nicolai Morris Australian Athletics

M: +61 447 493 238 E: nicolai.morris@athletics.org.au

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

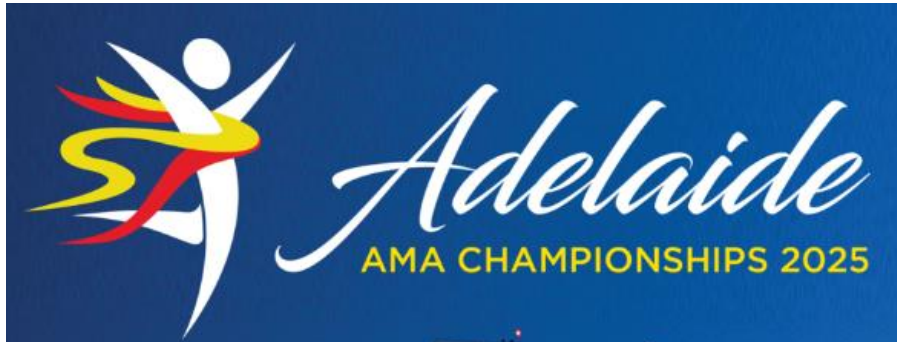
QMA State Championships, SAF

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	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	
	13-16	QA Track Championships	Main Track QSAC	No Walks
	21-23	QLAA State Championships	QSAC	
	30	Sign On / AGM	Kalinga Park	8.00am
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	8.00am
May	4	Handicap Meet # 2	Yeronga	8.00am
	11	Mother's Day	No club competition	
	18	Handicap Meet # 3	Capalaba	7.30am
	25	Handicap Meet # 4	TBA	
June	1	GC Championships	Mudgeeraba	8.00am
	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	
	24	AA Junior Road Walk Championships	Ballarat, Vic	
	31	QRWC Road Walk Championships	TBA	
September	7	Father's Day	No competition	
	14	Relay/BBQ/ Presentation Day	Sandgate	

Note: This is a draft calendar only and is subject to change. Additional venues and dates will be added (or changed) when confirmed.

Please regularly check the club website Queensland Race Walking Club or the club weekly newsletter for the latest updates. To subscribe to the QRWC newsletter please email racewalkqld@outlook.com

Race day programmes of events of events will be rolled out once dates and venues are finalised.

WORLD RACE WALKING TOUR 2025

22 FEB 2025 International Race Walking EXPO 2016 Botanic Park, Aksu TUR C
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:

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.'