

Queensland Race Walking Club Inc.

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



February 6th 2025

It is Finally Here AA Race Walking Specific Accreditation Course Sunday February 9th

Information for attendees

- As there are Little A's Regional Championships at the SAF parking will be at a premium so arrive early.
- **We are in the QSAC Lecture Room on Level 1.** Doors will be open from 7:30am.
- Coffee, tea & cold water from 8am.
- Coaching course starts at 9.00am. Lunch 11.45am. Finish before 4pm
- Wear a pair of runners and wear loose clothes, bring a pen and a pad.
- The QRWC will provide morning tea & lunch.
- QSAC security know we will be accessing the track directly through the venue.

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

All athletes don't forget the **FREE Athlete Coaching Session with Mark Donahoo** which will be held on the **main stadium track from 8.00am**. Participants in the coaching course are welcome to come along

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

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.

RESULTS RESULTS RESULTS

QMA Saturday February 1st

3,000 Metre Race Walk Championship

W35 1 Kirwin, Roslyn W36 Qld Masters 24:19.23 (24:14.13 47.82%)

W50 1 Dale, Joy W53 Qld Masters 23:32.31 (20:27.73 56.64%)

W80 1 McKinven, Noela W82 Qld Masters 25:53.29 (16:01.34 72.33%)
M50 1 Patterson, Adam M52 Qld Masters 24:08.00 (21:49.14 49.18%)
M55 1 Jimenez Solis, Ignacio M59 Qld Masters 15:17.94 (13:15.31 80.95%)
M65 1 Bennett, Peter M69 Qld Masters 19:00.11 (14:58.87 71.63%)
M85 1 Sela, Patrick M85 Qld Masters 26:06.45 (16:16.53 65.93%)

Age Graded Times & Percentages in Brackets

1500 Metre Race Walk

Kirwin, Roslyn W36 Qld Masters 11:18.19
McKinven, Noela W82 Qld Masters 13:01.89
Cartwright, Simon M55 Unattached 11:19.70
Bennett, Peter M69 Qld Masters 9:38.62
Sela, Patrick M85 Qld Masters 12:57.28

QA Shield Meet Saturday February 1st SAF

Women 3000m RW Open

1 Milly Sharpe Gladstone Athletics Club 14:37.56
2 Eliza Kelly Qld Race Walking Club 17:05.57
3 Phoebe Chadwick Qld Race Walking Club 17:34.29
4 Elspeth Hooper Gold Coast Victory 17:58.64
5 Kiara Waterman Qld Race Walking Club 18:29.73
6 Mackenzie Bandidt University of Queensland 19:56.98

Men 3000m RW Open

1 Lachlan Moore Ignition 15:28.36

Women 5000m RW Open

1 Mia Bergh Gold Coast Victory 25:34.17
2 Taylah Morris Gold Coast Victory 31:22.75
- Summer Millard University of Queensland DQ TR 54.7.1
- Olivia Boulton Gold Coast Athletics DQ TR 54.7.1

Men 5000m RW Open

1 Noah Cooke Qld Race Walking Club 25:17.74
2 Kai Dale Qld Race Walking Club 27:52.13

THIS WEEK

QLA REGIONAL CHAMPIONSHIPS

Met North 7th – 9th February John Oxley Reserve

Friday

6:30pm

1. Girls U9 700m Walk
2. Boys U9 700m Walk

6:45pm

9. Girls U10 1100m Walk
10. Boys U10 1100m Walk
11. Girls U11 1100m Walk
12. Boys U11 1100m Walk

7:00pm

13. Girls U12 1500m Walk
14. Boys U12 1500m Walk
15. Girls U13 1500m Walk
16. Boys U13 1500m Walk
17. Girls U14 1500m Walk
18. Boys U14 1500m Walk
19. Girls U15 1500m Walk

20. Boys U15 1500m Walk
21. Girls U16 1500m Walk
22. Boys U16 1500m Walk
23. Girls U17 1500m Walk
24. Boys U17 1500m Walk

Met West 8th & 9th February UQ

Sunday

2:00pm

363. Girls U10 1100m Walk
364. Boys U10 1100m Walk
365. Girls U11 1100m Walk
366. Boys U11 1100m Walk
367. Girls U9 700m Walk
368. Boys U9 700m Walk

2:30pm

371. Girls U12 1500m Walk
372. Boys U12 1500m Walk
373. Girls U13 1500m Walk
374. Boys U13 1500m Walk
375. Girls U14 1500m Walk
376. Boys U14 1500m Walk
377. Girls U15 1500m Walk
378. Boys U15 1500m Walk
379. Girls U16 1500m Walk
380. Boys U16 1500m Walk
381. Girls U17 1500m Walk
382. Boys U17 1500m Walk

South Coast 7th – 9th February Ashmore

Friday

5:00pm

1. Girls U9 700m Walk
2. Boys U9 700m Walk
3. Girls U10 1100m Walk
4. Boys U10 1100m Walk
5. Girls U11 1100m Walk
6. Boys U11 1100m Walk
7. Boys U12 1500m Walk
8. Boys U13 1500m Walk
9. Boys U14 1500m Walk
10. Boys U15 1500m Walk
11. Boys U16 1500m Walk
12. Boys U17 1500m Walk
13. Girls U12 1500m Walk
14. Girls U13 1500m Walk
15. Girls U14 1500m Walk
16. Girls U15 1500m Walk
17. Girls U16 1500m Walk
18. Girls U17 1500m Walk

South East 8th & 9th February QSAC

Saturday

7:30am

1. Boys U14 1500m Race Walk
2. Girls U14 1500m Race Walk
3. Boys U15 1500m Race Walk
4. Girls U15 1500m Race Walk
5. Boys U16 1500m Race Walk
6. Girls U16 1500m Race Walk
7. Boys U17 1500m Race Walk
8. Girls U17 1500m Race Walk
9. Boys U12 1500m Race Walk
10. Girls U12 1500m Race Walk
11. Boys U13 1500m Race Walk
12. Girls U13 1500m Race Walk
13. Boys U9 700m Race Walk
14. Girls U9 700m Race Walk
15. Boys U10 1100m Race Walk
16. Girls U10 1100m Race Walk
17. Boys U11 1100m Race Walk
18. Girls U11 1100m Race Walk

Sun Coast 8th & 9th February Sippy Downs**Saturday****3:00pm**

Girls U9 700m Walk

Boys U9 700m Walk

3:15pm

Girls U10 1100m Walk

Boys U10 1100m Walk

3:30pm

Girls U11 1100m Walk

Boys U11 1100m Walk

3:45pm

Girls U12 1500m Walk

Boys U12 1500m Walk

4:00pm

Girls U13 1500m Walk

Boys U13 1500m Walk

4:15pm

Girls U14 1500m Walk

Boys U14 1500m Walk

Girls U15 1500m Walk

Boys U15 1500m Walk

Girls U16 1500m Walk

Boys U16 1500m Walk

Girls U17 1500m Walk

Boys U17 1500m Walk

NEXT WEEK

2025 Australian & Oceania 20km Race Walking Championships

February 16th 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 Allanah 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

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 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

March 1st 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

Qld Track Season 2025

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

March 1st QA 5000m Walk Championships UQ Sport & Athletics Centre

4.45pm 5,000 metres U17 & U18 M&F

Queensland Masters Athletics

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

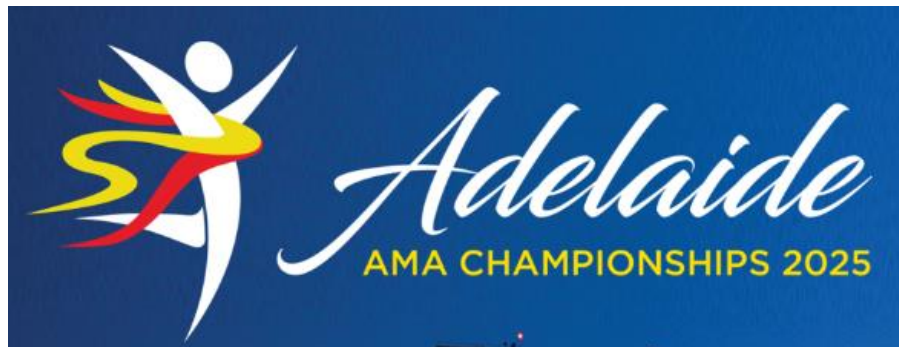
8.15 3000m Walk

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 <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.

Note : We have been alerted that the venue may have changed to the Karen Rolton oval but are awaiting confirmation.

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		<u>3,000 metres Championships U15 & U16 M&F</u> 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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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
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Newsletter Editor: P. Bennett
Equipment Officer. Ignacio Jimenez & Noela McKinven
Canteen Convenor. Vacant, but to be by roster.
Club Captains: Bailey Housden, Phoebe Chadwick

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 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.



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.'