

Queensland Race Walking Club Inc.

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



January 16th 2025

Ashmore Little Athletics Walks Day

Sunday January 19th
Ashmore Little Athletics
5 Community Drive, Ashmore

Please join us for our annual WALKS Day. Together with Race Walking QLD we offer a competition specifically designed for walkers. This will include the opportunity to receive an official time, prior to regionals and also receive valuable feedback from our specialist judges. A great day for all elite and aspiring walkers! Registration is open to everyone

U9-17, \$5 per athlete, register on the day

Events:

700m Walk U/9

1100m Walk U10 / U 11

1500m Walk U12- U17

For more information contact

Aaron Norton: 0400742391

Debbie Spence: 0438392230

Email: ashmorelittleathletics@gmail.com

REGISTRATIONS CLOSING SOON

Upgrade your knowledge & qualifications

Level 3 Race Walking Specific Accreditation Course

Sunday February 9th

For the first time ever in Queensland a specialist race walk coach course will be held in Brisbane by Athletics Australia.

Do not miss this exciting opportunity to upskill or to start on your coaching journey.

The most common question we get asked as a club is "*where can I find a race walking coach in my area?*"

Please pass this invitation onto your coaches , volunteers, parents at your QA club or Little Athletics centre to register and attend this course.

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 in the QAS meeting room.

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.

FREE Athlete 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. Don't miss out. Please let me know if you are interested in being part of this clinic or contact Noela at noelarhoda@gmail.com

8.00 to 9am Free Coaching session

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 January 11th

2000 Metre Race Walk

Gannon, Brenda W50 Qld Masters 11:02.77

McKinven, Noela W82 Qld Masters 17:16.37

Bennett, Peter M69 Qld Masters 12:26.04

Sela, Patrick M85 Qld Masters 17:18.41

800 Metre Race Walk

Webber, Janet W50 Qld Masters 5:32.15

McKinven, Noela W82 Qld Masters 7:00.77

Bennett, Peter M69 Qld Masters 4:35.58

Sela, Patrick M85 Qld Masters 6:47.38

The first Masters meet for 2025 and there were 5 records broken or established on Saturday . Pat set a new record for the M85 800 metres with a time of 6:47.38.

In the 2,000 metres Pat broke the long-standing record of 18.40 held by Russel Grigg since 2013 with a new time of 17.18.41.

Brenda broke the W50 record held by Erika Woodward (11.33.20 2020) with a new record time of 11.02.77

Janet Webber established a new W50 record for the 800 metres with a time of 5.32.15.

Peter took a second off his own M65 800 record with a time of 4.35.58.

THIS WEEK

Queensland Masters Athletics

18th January Saturday, SAF

8.00 5000 metres Walk

9.00am 800 metres Walk

Members Entry

[QMA MASTER 2024 #10 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Non Members/Visitors Entry

[QMA MASTER 2024 #10 VISITORS ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Or enter on the day before 7.30am

Note : Juniors welcome

Queensland Athletics

January 18th QA Shield QSAC

6.00pm 3,000 metres walk

6.30pm 5,000 metres walk

NEXT WEEK

Supernova Track 10km Walks

AIS Track Canberra January 26-27th

January 26th

8:15 am 10000m Race Walk · Women Senior

January 27th

8:15 am 10000m Race Walk · Men Senior

COMING UP

2025 Australian and Oceania 20km Race Walking Championships

February 16th War Memorial Drive, between Froome and Bunday's Roads, 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

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 Athletics

February 1st QA Shield QSAC

7.45pm 3,000 metres

8.10pm 5,000 metres

February 22nd 6.00pm QA Shield QSAC 3,000

6.30pm QA 10,000 metres Championships

March 13-16th QA Championships QSAC

Queensland Masters Athletics

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

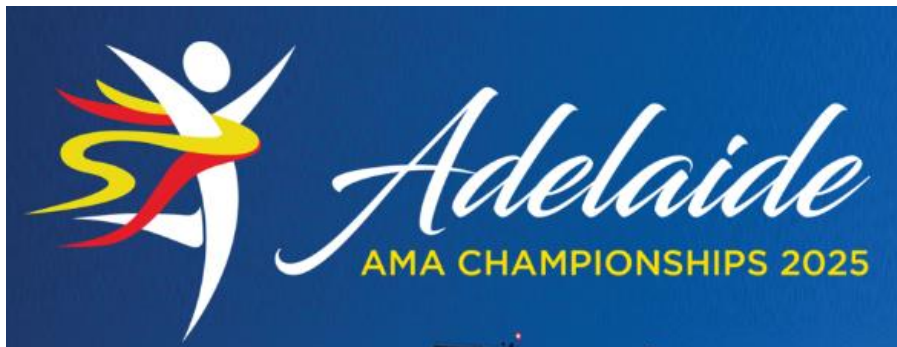
10.00 1500m Race Walk

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.



DRAFT QRWC 2025 ROAD WALK SEASON

MONTH	DATE		EVENT	VENUE	TIME
February	1		QMA 3,000 Metres Championships	SAF	
	16		AA 20KM Road Championships	Adelaide SA	
	22		QA 10,000 metres Track C/ships	SAF	
March	2				
	9				
	13-16		QA Track Championships	Main Track QSAC	
	21-23		QLAA State Championships	QSAC	
	30				
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				
May	4				
	11		Gold Coast Championships	Mudgeeraba	
	18		Mother's Day	No club competition	
	25				
June	1				
	8		LBG Federation Meet	Canberra	
	15				
	22				
	29				
July	6		Gold Coast Marathon	Southport	
	13		QA Road Walk Championships	TBC	

It is time to start drafting the club 2025 winter race walking calendar. We have started with the dates of events that we know and then work to fit in all our handicap meets and championships. If you know of any dates where there are other important events on that may clash with a Sunday meet, please let us know.

April is quite busy this year so the first QRWC Handicap race looks like being on April 27th. **QA indicated last year that the Road Walking Championships would most like be held on July 13th.**

The **Canberra LBG Carnival** is traditional held on the Kings Birthday weekend (NSW, Vic, ACT) making it Sunday July 8th this year. There has been no confirming at the venue with be at Mt Stromlo once again.

A date or venue for the **2nd Federation Carnival** has not been announced or if there will be an AA Winter Road Walk championships (in conjunction with the Federation carnival or as a standalone meet).

Please let us know your thoughts on dates of club events and venues. From feedback received to date the thought is to have Sign On Day /AGM on Sunday March 30th with the first Handicap Meet on Sunday April 27th.

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
-------------------	-------------------	-------------------	-------------------

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

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

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.



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.'