

Queensland Race Walking Club Inc.

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



January 30th 2025

Australian Athletics is the new name for Athletics Australia

(I wonder if some guru got pai to come up the new name?)

Level 3 Race Walking Specific Accreditation Course

Sunday February 9th

Don't Miss Out

Registrations Closing February 1st

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. It has been great to see the mix of people who have registered for the course. It will not be all coaches doing their Level 3 so don't think you would be out of place if you register. We also have beginner coaches, athletes, parents and officials coming along to increase their knowledge and understanding of race walking

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.

REGISTER HERE

[Race Walking - Performance Coach Masterclass - Athletics Australia](#)

With the new name and AA website the link re-direct may not be working as intended. Here is temporary link if unable to access the open link

<https://www.revolutionise.com.au/aa/events/271405>.

ORWC 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.

The QRWC is just as famous for its morning teas and lunches as it is for its great walkers and this course will be no exception. The QRWC will provide morning tea and lunch to all attendees registered for the course.

There will be tea & coffee and iced water available throughout the day and mini muffins for morning tea. Lunch will a selection of delicious wraps and sandwiches, mini sausage rolls and pies and a fruit platter. Well worth registering just for the food!

UPDATES

- Registration has been extended until February 1st
- QAS Room and an area for practical sessions have been arranged
- All course attendees will receive a bound copy of the PowerPoint course presentation
- Participation request to wear loose clothing & runners, bring your water bottle and a pen.

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](#)

World Athletics Race Walking Tour Silver event in Canberra.

Olympic medallists Jemima Montag and Evan Dunfee have flexed their form with dominant victories at Supernova, landing on top of slick fields at the World Athletics Race Walking Tour Silver event in Canberra. Montag dismantled a world-class field on Day One, taking line honours by more than 30 seconds as she began her season in style.

Stopping the clock in 43:24.67 at the Australian Institute of Sport in Canberra, Montag took down compatriot Olivia Sandery (43:54.92,) and Colombian Lorena Arenas (44:36.58), but it was her big move with 10 laps to go that had tongues wagging.

Having walked with rising stars Sandery and Elizabeth McMillen over the first half of the race, Montag put her foot down on the accelerator with 10 laps to go, motoring past her Australian counterparts to display her dominance.

While Montag and Sandery commanded their placings early into the 25-lap race, the drama of the day was in the battle for third, with Australians McMillen, Rebecca and international rivals Arenas, Clemence Beretta (FRA), Antigoni Ntrismpioti (GRE) all see-sawing for bronze.

With McMillen up in the lead pack with Montag and Sandery for the first 12 laps, Henderson, Lorena and Beretta raced together, working to close the gap between the two packs. As Montag surged forward, Henderson did too but it was Arenas that took hold of third in the final laps of the star-studded contest.

Henderson finished in 44:38.24, placing a respectable fourth, ahead of former world number one Antigoni Ntrismpioti (44:46.42), while McMillen finished in sixth place in 44:57.37.

In the Men's race on Day Two of proceedings, it was Canada's Evan Dunfee who upset the Australian party for the second consecutive year, bettering his own national record in a swift 38:08.50 to beat home Declan Tingay in 38:31.24.

Leading much of the race with Tingay, it was Dunfee who burst away with 10 laps to go to gap the field to establish himself in a league of his own, stretching his legs over the 10,000m distance. Kyle Swan claimed third place in 39:15.16 and Rhydian Cowley held on for fourth in 39:23.75 after a hot start with the leaders.

Dunfee's time now sits 14th on the all-time list and is narrowly outside the fastest time ever clocked on Australian soil, with that title belonging to Tingay with his 38:03.78 set at 2023's instalment of Supernova.

By Sascha Ryner and Lachlan Moorhouse, Athletics Australia AKA Australian Athletics

RESULTS RESULTS RESULTS

Supernova – World Athletics Race Walking Tour

January 26-27th Canberra

10000m Race Walk Women • Senior

- 1 Jemima MONTAG VIC 43:24.67
- 2 Olivia SANDERY SA 43:54.92
- 3 Lorena ARENAS COL 44:36.58 PB
- 4 Rebecca HENDERSON VIC 44:38.24 PB
- 5 Antigoni NTRISMPIOTI GRE 44:46.41
- 6 Elizabeth MCMILLEN NSW 44:57.37
- 7 Allannah PITCHER NSW 45:41.73
- 8 Clémence BERETTA FRA 45:53.26
- 9 Alexandra GRIFFIN ~ WA 46:05.37
- 10 Alanna PEART VIC 47:58.53
- 11 Samantha FINDLAY ~ SA 47:58.87
- 12 Mansi NEGI IND 48:30.61
- 13 Chelsea ROBERTS NSW 48:37.75
- 14 Nellie LANGFORD SA 52:06.00
- 15 Angelina LEGRAND < SA 52:38.01 PB

16 Hana JUGOVIC ACT 52:58.81
17 Milly SHARPE < QLD 53:19.02 PB
18 Hannah PARKER < NSW 55:50.41 PB
19 Mia BERGH < QLD 56:45.11
20 Lilah NORDEN < NSW 58:58.21
21 Jessey BEKTAS < NSW 1:01:08.36 PB
22 Summer SIVARAJ <<< NSW 1:01:37.28 PB
- Hannah MISON NSW DNF
- Hannah BOLTON NSW DNF
- Sienna PITCHER NSW DNF
- Zoe WOODS NSW DNS
- Laelia BYATT NSW DNS
- **Tayla BILLINGTON QLD DNS**
- Kaytee BOGAERS WA DNS

10000m Race Walk Men • Senior

1 Evan DUNFEE CAN 38:08.50 PB
2 Declan TINGAY ~~ WA 38:31.24
3 Kyle SWAN ~~ VIC 39:15.16
4 Rhydian COWLEY VIC 39:23.75
5 Timothy FRASER ACT 39:36.05
6 Will THOMPSON VIC 39:48.04 PB
7 Isaac BEACROFT NSW 41:08.66
8 Carl GIBBONS NSW 42:04.35
9 Marcus WAKIM < VIC 42:16.46
10 Bailey HOUSDEN QLD 42:34.46
11 Riley COUGHLAN VIC 43:08.62
12 Owen TOYNE ACT 44:07.04
13 Samuel LINDSAY ~ TAS 44:07.20 PB
14 Kodi CLARKSON ACT 44:11.19 PB
15 Gwyllym YOUNG ACT 44:34.14
16 Sam MCCURE < SA 44:44.15
17 Jonah CROPP NZL 45:34.33
18 Dylan RICHARDSON NSW 45:36.62
19 Fraser SAUNDER VIC 45:38.04
20 Jack MCGINNISKIN < NSW 46:17.29
21 Joel BYATT < NSW 46:24.15 PB
22 Sebastian RICHARDS < SA 47:10.94 PB
23 Toby Paul O'RORKE NZL 47:31.85 PB
24 Myles ASHBY NSW 51:03.88
25 Alex BRADLEY < QLD 51:10.58
- John RONAN ~ WA DNF
- Dylan ALLABUSH NSW DNS
- Tristan CAMILLERI SA DNS
- Mitchell BAKER ACT DNS

Qld Masters Athletics

January 18th SAF

3000 Meter Race Walk

Ramsay, Leo M12 Unattached 19:38.58
McKinven, Noela W82 Qld Masters 26:08.22 (16:10.58 71.64%)
Sela, Patrick M85 Qld Masters 26:07.32 (16:17.07 65.89%)

Age Graded Times & Percentages in Brackets

QA Shield Series

January 18th SAF

Women 3000 Metre Race Walk Open

- 1 Welch, Isabella 12 IGN 15:33.58
- 2 Chisholm, Amelia 13 GCV 18:18.09
- Waterman, Kiara 11 QRWC DNF

Men 3000 Metre Race Walk Open

- 1 Moore, Lachlan 11 IGN 15:16.01
- 2 Irvine, Koby 10 BUN 15:55.42
- 3 Lockwood, Cory 11 GCA 16:31.90
- 4 Hyde, Leo 13 QRWC 17:29.31
- 5 Melinz, Eli 10 NAC 18:14.52

Women 5000 Metre Race Walk Open

- 1 Boulton, Olivia 09 GCA 26:27.65
- 2 Morris, Taylah 07 GCV 33:00.28
- 3 Chadwick, Phoebe 06 QRWC 34:54.09

Men 5000 Metre Race Walk Open

- 1 Dale, Kai 08 QRWC 26:57.91

THIS WEEK

Queensland Masters Athletics

1st February 2025, SAF

- Entries close at 7.30am
- 8.10am 3000m Walk QMA Championships
- 9.40am 1500m Walk

QMA 3000m Run/Walk

[QMA 3000M AND PENTATHLON CHAMPIONSHIPS - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

Other Events Members

[QMA MASTER 2025 #12 - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

Other Events Visitors

[QMA MASTER 2025 #12 VISITOR'S ENTRY - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

If the portal has closed please enter on the day before 7.30am

Queensland Athletics

February 1st QA Shield QSAC

- 7.45pm 3,000 metres
- 8.10pm 5,000 metres

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 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 1st QA Shield QSAC

7.45pm 3,000 metres

8.10pm 5,000 metres

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

1st February 2025, SAF

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

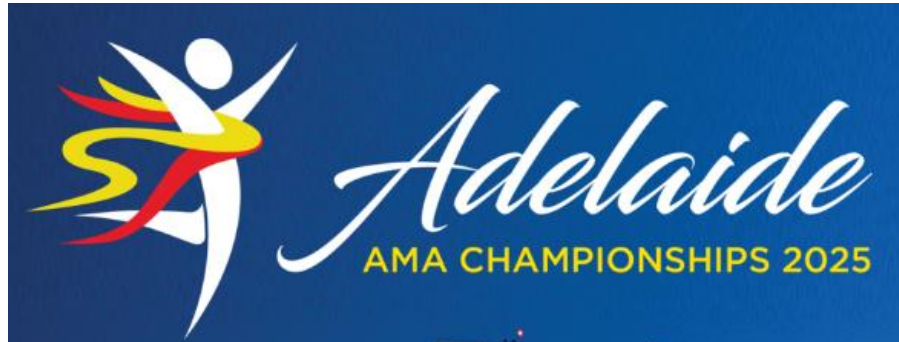
QMA State Championships, SAF

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 <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.

Early Bird Entries Closing 31st January

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		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	
	2				
	9				
	13-16		QA Track Championships	Main Track QSAC	No Walks
	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		Handicap Meet		
May	4				
	11		Mother's Day	No club competition	
	18				
	25		Handicap Meet		
June	1		Handicap Meet		
	8		LBG Federation Meet	Canberra	
	15		Handicap Meet		
	22		Handicap Meet		
	29		Handicap Meet		
July	6		Gold Coast Marathon	Southport	
	13		QA Road Walk Championships	TBC	
	20		Race Walking Australia Postal Challenge	Beenleigh	
	27				

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 traditionally held on the Kings Birthday weekend (NSW, Vic, ACT) making it Sunday July 8th this year . This has been confirmed by the ACT Walkers Club.

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.



Mark your calendars! Darkness to Daylight returns for **its 12th year in May 2025**, bringing communities together to stand against domestic and family violence. **Throughout the month of May**, participants are encouraged to run or walk 110 km, with each kilometre representing a life lost to domestic and family violence in Australia every year.

The challenge culminates in our marquee event on the **29th and 30th of May at Parliament House Brisbane**, where participants can come together to complete the final 3 km, 10 km, or the full 110 km during the night and early morning. This event is our biggest yet, raising vital funds and awareness to help end domestic and family violence.

Registration for Darkness to Daylight 2025 opens on 6th February! Learn more, register your interest, or donate today at darknesstodaylight.org.

Together, we can bring domestic and family violence out of the darkness and into the daylight.

WORLD RACE WALKING TOUR 2025

- 02 FEB 2025** XXXVI Gran Premio de Marcha Atlética Ciudad de Guadix Guadix ESP C Bronze
- 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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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:

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.'