

# Queensland Race Walking Club Inc.

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



June 12<sup>th</sup> 2025

## Chilly LBG Walking Carnival

Well done to our Queensland team on braving the elements and doing us proud on Sunday in Canberra at the annual LBG Federation race walking carnival. Despite being far removed from a sunny Queensland day our athletes performed admirably and came away with a number of individual medals and handicap trophies ([full results below](#))

*If it was like this for the judges just spare a thought for the athletes out there on the circuit in just shorts and a top.*



*Robyn rugged up but still focussing on the job at hand (photo thanks to Danielle)*  
According to one of athletes “The weather was awful. In the morning there was a strong icy wind from the snow with bits of rain spits. One of the Japanese girls had to be undressed then dressed by her friends after her race. They had to put warming packs on her. The wind was a little less in the afternoon but still had short showers “

## RESULTS RESULTS RESULTS

Apologies for any errors or omissions. ACT Walkers acknowledge that the current results spreadsheet, from which these results are taken, is not user friendly and they will be working on changes for next year. Earlier versions of the spreadsheet had a number of errors (eg medal placing to athletes that were DNS in races) which Kai Ryan has been diligently and patiently working to correct over the last two days and we sincerely thank him for his efforts.

### **58th Annual LBG Walking Carnival**

**Stromlo Forest Park, Canberra Sunday June 8<sup>th</sup>**

#### **Open 35 Km Women's**

- 1 Rebecca Henderson VRWC 2:46:55 RWA medal
- 2 Masumi Fuchise Japan (Invite) 2:57:57
- 3 Alexandra Griffin WARWC 2:59:14 RWA Medal
- 4 Yuki Yoshizumi Japan (Invite) 3:01:08
- 5 Maika Yagi Japan (Invite) 3:02:54
- 6 Hannah Bolton NSWRC 3:07:51 RWA medal
- 7 Polina Repina Kazakhstan (Invite) 3:11:32
- 8 Laura Langley NZ (Invite) 3:14:33
- 9 Mao Tatsumi Japan (Invite) 3:25:04
- 10 Sayori Matsumoto Japan (Invite) DNF
- 11 Hitomi Shimooka Japan (Invite) DNF

#### **Women's Masters 35 Km**

- 1 Masumi Fuchise Japan (Invite) 0:00:00

#### **Open Women's 15 Km**

- 1 Alanna Peart VRWC 1:12:50
- 2 **Tayla Billington QLDRWC 1:14:09**
- 3 Nellie Langford SARWC 1:15:44
- 4 Zoe Woods NSWRC 1:16:54
- 5 Ciara Cassilles NSWRC 1:30:07
- 6 Antoinette Woodward NSWRC 1:46:12
- 7 **Noela McKinven QLDRWC 2:28:34**
- 8 Chelsea Roberts NSWRC DNF
- 9 Jodie Barakat NSWRC DNS

#### **Handicap**

- 1 Antoinette Woodward NSWRC
- 2 Zoe Woods NSWRC
- 3 Ciara Cassilles NSWRC

#### **Team**

NSWRC1 A

#### **ACT 15 km Fitness (Men):**

- 1 Bryan Thomas ACTFRWC 2:07:30

#### **ACT 15 km Fitness (Women)**

Susan Archer ACT Masters Athletics DNF

#### **ACT Men 8 km Fitness**

- 1 John Nilon NSWRC 1:05:18
- 2 Geoff Barker ACTFRWC 1:25:31
- 3 John Kennedy ACT Masters Athletics DNS

#### **ACT Women 8 km Fitness**

- 1 Nicole Nilon NSWRC 1:05:17
- 2 Isabelle Nilon NSWRC 1:05:17
- 3 Caroline Campbell ACT Masters Athletics 1:13:24
- 4 Lorna England ACTFRWC 1:14:43
- 5 Susan Archer ACT Masters Athletics DNS

#### **Men's U20 10 Km**

- 1 Owen Toyne ACTFRWC 0:43:56 Rule 54.7.4 (1 min penalty added)
- 2 Riley Coughlan VRWC 0:44:44
- 3 Dylan Allabush NSWRC 0:54:21
- 4 Aidan Pospischil NSWRC 1:01:21
- 5 Peter Charlton NSWRC 1:15:41

### **Handicap**

- 1 Aidan Pospischil NSWRC
- 2 Peter Charlton NSWRC

### **Team**

- 1 NSWRC1

### **ACT Over 19 10 KM**

- 1 Michelle Bray ACTFRWC 0:53:39
- 2 Jade Chitty VRWC 0:55:11 ACT

### **Women's U20 10 Km**

- 1 Sienna Pitcher NSWRC 0:53:56
- 2 Ariana Pashutina VRWC 0:54:22
- 3 Maisie Mitchell NSWRC 0:55:36
- 4 Hana Jugovic ACTFRWC 0:55:54
- 5 Grace Beck NSWRC 0:56:47
- 6 Jessica Loring NSWRC 0:58:01
- 7 Laelia Byatt NSWRC 0:59:46
- 8 Phoebe Chadwick QLDRWC 1:04:07
- 9 Taylah Morris QLDRWC 1:07:03
- 10 Laura Corvalan Sotomayor NSWRC 1:08:28

### **Handicap**

- 1 Laelia Byatt NSWRC
- 2 Grace Beck NSWRC
- 3 Taylah Morris QLDRWC

### **Team**

- NSWRC1
- NSWRC2

### **Girls U 10 1 Km**

- 1 Lola Dixon NSWRC 0:05:01
- 2 Daisy Hooper VRWC 0:05:05
- 3 Imogen Martin NSWRC 0:05:07
- 4 Cory Lewis VRWC 0:07:09

### **Handicap**

- 1 Cory Lewis VRWC

### **Boys U 12 2 Km**

- 1 Darcy Dennis NSWRC 0:09:58
- 2 Oliver Crowl VRWC 0:10:02
- 3 Archer Lane NSWRC 0:10:18
- 4 Oliver Masik NSWRC 0:10:23
- 5 Jacob Hearnden NSWRC 0:10:50
- 6 Rhys Straub NSWRC 0:10:56
- 7 Eric Colgan NSWRC 0:11:20
- 8 Zac Anderson-Rule ACTFRWC 0:12:01
- 9 Jett Irvine QLDRWC 0:12:45

### **Handicap**

- 1 Oliver Masik NSWRC
- 2 Huxley Jones NSWRC
- 3 Rhys Straub NSWRC

### **Team**

- NSWRC1

## NSWRWC2

### Girls U 12 2 Km

- 1 Stella Wade NSWRC 0:10:17
- 2 LilyEve Everson NSWRC 0:10:43
- 3 Beth Cochrane NSWRC 0:11:27
- 4 Addison Jenkins NSWRC 0:11:50
- 5 Aria Di Benedetto VRWC 0:12:05
- 6 Anna Dubar VRWC 0:12:14
- 7 Veronica Dennett NSWRC 0:12:21
- 8 Matilda Beck-White NSWRC 0:12:31
- 9 Antonia Powter NSWRC 0:12:38
- 10 Izzy Blackburn QLDRWC 0:12:57
- 11 Nasrin Hewitt NSWRC 0:13:11
- 12 Abby Fowler VRWC 0:13:27

### Handicap

- 1 Antonia Powter NSWRC
- 2 Estrid Helgstedt ACTFRWC
- 3 Izzy Blackburn QLDRWC

### Team

- NSWRWC1  
NSWRWC2  
VRWC3

### Boys U 14 2 Km

- 1 Nate Appleyard NSWRC 0:09:25
- 2 Liam Meale NSWRC 0:10:25
- 3 Darcy Dennis NSWRC 0:10:25
- 4 Tate McQueen VRWC 0:10:40
- 5 Oliver Masik NSWRC 0:10:55
- 6 Sebastian Ryan ACTFRWC 0:11:08
- 7 Alexander Dennett NSWRC 0:11:26
- 8 Jacob Hearnden NSWRC 0:11:30
- 9 William Pratt NSWRC 0:12:04
- 10 Hugo Siciliano NSWRC 0:12:07

### Handicap

- 1 Luca Barakat NSWRC
- 2 William Pratt NSWRC
- 3 Tate McQueen VRWC

### Team

- NSWRWC1  
NSWRWC2  
NSWRWC3

### Girls U 14 2 Km

- 1 Avia Luketic NSWRC 0:09:36
- 2 Taylor Chapman QLDRWC 0:10:11
- 3 Audrey Russell NSWRC 0:10:17
- 4 Ashleigh Mansell NSWRC 0:10:30
- 5 Addison Frenken VRWC 0:11:11
- 6 Ivy Murray NSWRC 0:11:21
- 7 Clare Rice ACTFRWC 0:12:38
- 8 Veronica Dennett NSWRC 0:12:49
- 9 Matilda Beck-White NSWRC 0:12:52
- 10 Kobe Lewis VRWC 0:13:09
- 11 Beth Cochrane NSWRC DNS
- 12 Tindra Helgstedt ACTFRWC DNS

**Handicap**

- 1 Veronica Dennett NSWRC
- 2 Ivy Murray NSWRC
- 3 Ashleigh Mansell NSWRC

**Team**

- NSWRC1  
NSWRC2

**Boys U 16 3 Km**

- 1 Callum Martin NSWRC 0:13:42
- 2 Nate Appleyard NSWRC 0:14:07
- 3 Angus Shuttleworth VRWC 0:14:16
- 4 Koby Irvine QLDRWC 0:15:02
- 5 Noah Vella NSWRC 0:15:04
- 6 Noah Cooke QLDRWC 0:15:13
- 7 Sagan Jones NSWRC 0:16:39
- 8 Michael Mathison NSWRC 0:16:40
- 9 Rhys Straub NSWRC 0:16:49

**Handicap**

- 1 Luke Challinor NSWRC
- 2 Hugo Siciliano NSWRC
- 3 Noah Vella NSWRC

- NSWRC1  
NSWRC2  
NSWRC3

**Girls U 16 3 Km**

- 1 Sophie Polkinghorne NSWRC 0:14:40
- 2 MiaRose Everson NSWRC 0:15:22
- 3 Eva Parker TASRC 0:15:28
- 4 Jillian Ryan ACTFRWC 0:15:29
- 5 Sienna Wade NSWRC
- 6 Eliza Kelly QLDRWC 0:16:30
- 7 Lexie Beacroft NSWRC 0:16:58
- 8 Ashleigh Mansell NSWRC 0:17:00
- 9 Erin Cassilles NSWRC 0:17:12
- 10 Nikki Hearnden NSWRC 0:17:15

**Handicap**

- 1 Ivy Murray NSWRC
- 2 Jillian Ryan ACTFRWC
- 3 Addison Jenkins NSWRC

**Team**

- NSWRC1  
NSWRC3

**Boys U 18 5 Km**

- 1 Max Davidson VRWC 0:23:22
- 2 Christopher Nilon NSWRC 0:26:06
- 3 Koby Irvine QLDRWC 0:28:10
- 4 Mitchell McCarthy NSWRC 0:30:27
- Noah Cooke QLDRWC DNS
- Angus Shuttleworth VRWC DNS

**Handicap**

- 1 Mitchell McCarthy NSWRC

**Girls U 18 5 Km**

- 1 Angelina Legrand SARWC 00:25:45
- 2 Milly Sharpe QLDRWC 00:26:31

3 Eliza Kelly QLDRWC 00:29:02

4 Matilda Olson NSWRC 00:29:47

5 MiaRose Everson NSWRC 00:30:07

6 Ashleigh Farrugia NSWRC 00:30:39

7 Ivy Murray NSWRC 00:32:18

8 Nikki Hearnden NSWRC 00:33:37

**Handicap**

1 MiaRose Everson NSWRC

2 Ivy Murray NSWRC

3 Matilda Olson NSWRC

**Team**

NSWRC1

**Womens Open 5 Km**

1 Alanna Peart VRWC 0:22:58

2 Sophie Polkinghorne NSWRC 0:26:19

3 Milly Sharpe QLDRWC 0:26:31

4 Ariana Pashutina VRWC 0:27:04

5 Grace Beck NSWRC 0:27:08

6 Hana Jugovic ACTFRWC 0:27:36

7 Jemma Peart VRWC 0:27:41

8 Ciara Cassilles NSWRC 0:28:29

9 Laelia Byatt NSWRC 0:28:43

10 Summer Sivaraj NSWRC 0:29:12

11 Jillian Ryan ACTFRWC 0:29:41

12 Phoebe Chadwick QLDRWC 0:29:46

13 Lexie Beacroft NSWRC 0:30:05

14 Ann Jugovic ACTFRWC 0:30:51

15 Julia Grocott ACTFRWC 0:32:30

16 Matilda Rech SARWC 0:36:26

17 Sarah Challinor NSWRC 0:37:39

**Handicap**

1 Emily Challinor NSWRC

2 Phoebe Chadwick QLDRWC

3 Nicolle Challinor NSWRC

**Team**

VRWC1

NSWRC2

ACTFRWC

**Masters Women's 5 Km**

1 Ann Jugovic ACTFRWC 0:30:51

2 Jill Pearson ACTFRWC 0:37:50

3 Nicolle Challinor NSWRC 0:37:42

**Men's Open 5 Km**

1 Tim Fraser ACTFRWC 0:19:04

2 Isaac Beacroft NSWRC 0:19:09

3 Rhydian Cowley VRWC 0:19:13

4 Will Thompson VRWC 0:19:33

5 Corey Dickson VRWC 0:19:36

6 Owen Toyne ACTFRWC 0:20:25

7 Riley Coughlan VRWC 0:21:03

8 Marcus Wakim VRWC 0:21:49

9 Callum Martin NSWRC 0:23:27

10 Kim Mottrom SARWC 0:23:34

11 Cooper Rech SARWC 0:26:04

- 12 Angus Shuttleworth VRWC 0:26:18
- 13 Brendan Pospischil NSWRC 0:27:02
- 14 Shaun Lewis VRWC 0:29:35
- 15 Aidan Pospischil NSWRC 0:32:07
- 16 Peter Crump SARWC 0:34:49

### **Handicap**

- 1 Callum Martin NSWRC
- 2 Corey Dickson VRWC
- 3 Riley Coughlan VRWC

### **Team**

- VRWC1
- NSWRC3
- VRWC2

### **Men's Masters 5 Km**

- 1 Kim Mottrom SARWC 0:23:34
- 2 Peter Crump SARWC 0:34:49
- 3 Brendon Hyde NSWRC 0:52:58
- 4 Shaun Lewis VRWC 0:29:35

## ***QRWC RACE WALK JUDGING SEMINAR***

Following on from successful QRWC race walking judging seminars in 2021 & 2022 we are planning another seminar later this season. We are looking at the second half of August and before the AA Junior Road Walk Championships in Ballarat. This seminar will be open to all judges, would be judges, athletes and parents. A great chance to find out firsthand what judges do and what they don't do and to ask all those questions you may have.

The seminar is open to anyone interested in becoming a qualified Race Walk Judge, existing judges to upgrade and refresh their qualifications or to anyone who just wants to learn about the rules of Race Walking and how they should be applied.

The seminar is to both prepare for professional development as well as enabling current judges to undertake the current Athletics Australia Racewalk Judging exams. The seminar will be presented by Zoë Eastwood-Bryson, World Athletics International Race-Walking Judge.

More details to follow once dates and a venue have been locked in. In the meantime, please send an email if you're interesting in attending this event to Noela McKinven [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com) or Peter Bennett [peter.bennett@live.com](mailto:peter.bennett@live.com)

## **THIS WEEK**

### **Sunday 8th June**

### **Handicap #5 Sunday June 15<sup>th</sup>**

### **John Walker Place, 261 Brisbane Corso, Yeronga**

- 8.00am A Grade 10km
- 8.15am E Grade 1.5km
- F Grade 1km
- 8.30am B Grade 5km
- 8.45am C Grade 3km
- D Grade 2km

### **ENTER HERE**

### **[QRWC Handicap #5 Sunday June 15th - Old Race Walking Club - revolutioniseSPORT](#)**

Please note that to be eligible for Handicap trophies at the end of the season there is a requirement to compete in at least 5 of the 10 QRWC Handicap races during the season.

## NEXT WEEK

### QUEENSLAND ROAD WALKING CHAMPIONSHIPS

Sunday 22nd June QSAC

#### ENTRIES

**Entries close on Monday 16th June at 9.00am.** Late entries will remain open until Thursday 19th June, 9am for an additional fee.

[2025 Queensland Athletics Road Walk Championships - Queensland Athletics - revolutioniseSPORT](#)

- 8.00am 20km Open Women
  - Open Men
  - Masters Men (30-59)
- 10km Under 20 Men
  - Under 20 Women
  - Masters Women/Masters (30+) Men (60+)
- 9.00am 5km Under 18 Boys
  - Under 18 Girls
  - Under 16 Boys
  - Under 16 Girls
- 9.30am 3km Under 14 Girls
  - Under 14 Boys
  
- 10.00am 2km Under 12 Boys
  - Under 12 Girls
- 10.15am 1km Under 10 Girls
  - Under 10 Boys

## STILL TO COME

### Sunday July 20<sup>th</sup> Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh

- 8.00am Open M/W 10km
  - U20 M/W 10km
  - U18 M/W 8km
- 8.10am U10 M/W 1.5km
  - Invitation (Non-challenge event) 500 metres
- 8.30am Invitation 5km (non-challenge event)
  - U16 M/W 5km
  - U14 M/W 3km
  - U12 M/W 2km

### QMA Short Course Road Walks Championship

#### Sunday July 20<sup>th</sup> Logan River Parklands, Beenleigh

This event will be held in conjunction with QRWC Postal Challenge meet.

- 8.00am QMA Masters Men 10km
  - QMA Masters Men 5km (M60+ option)
  - QMA Masters Women 5km

## About The Postal Challenge

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

#### RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is now Age as at December 31<sup>st</sup> for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

### **Sunday July 27<sup>th</sup> QRWC Track Championships**

#### **University of Qld St Lucia**

- 8.00am Open M/W 5,000 metres
  - U20 M/W 5,000 metres
  - U18 M/W 5,000 metres
- 8.45am U16 B/G 3,000 metres
- 9.10am U14 B/G 1,500 metres
  - U12 B/G 1,500 metres
- 9.25am U10 B/G 1,000 metres

### **UniSC Athletics Winter Carnival**

#### **Sunday 3rd August UniSC Athletics Track, Sippy Downs**

- 9.00am 1500m Walk 11 to 16 years
- 9.30am 700m 8yr Walk
  - 1100m Walk 9 to 10yr
- 10.00am 3000m Walk 12 yrs to Masters

### **QRWC Handicap Meet #10 Sunday August 10th**

#### **John Frederick Park, Capalaba**

- 7.30am A Grade M 15km
  - A Grade W 10km
  - QRWC 15km Championship M/W
  - B Grade 8km
- 8.00am E Grade 2km
  - F Grade 1km
- 8.15am C Grade 5km
  - D Grade 3km

### **QRWC Handicap Meet #10 Sunday August 17<sup>th</sup>**

#### **Kalinga Park, Clayfield**

- 7.30am A Grade 10km
  - B Grade 8km
- 8.00am E Grade 2km
  - F Grade 1km
- 8.15am C Grade 5km
  - D Grade 3km

### **QRWC Road Walk Championships Sunday August 31<sup>st</sup>**

#### **Logan River Parklands, Beenleigh**

- 8.00am Open & Masters 10km
  - Under 20 M & W 8km

Under 18 M & W 6km  
 Invitation Open 5km (non-championship)  
 8.15am Under 10 M & W 0.75km  
 Under 12 M & W 1.5km  
 8.30am Under 14 M & W 2km  
 Under 16 M & W 4km

## 2025 Australian All Schools Athletics Championships Melbourne December 4-7<sup>th</sup>

Following the unforgettable success of last year's Chemist Warehouse Australian All School Athletics Championships, Australian Athletics is excited to announce Lakeside Stadium as the next host for the nation's premier school-aged athletics meet.

"Melbourne is a city steeped in athletics history and over the last few years has become the place to be for athletes across the world, thanks to the Maurie Plant Meet – Melbourne. We're thrilled to bring this event back to Melbourne and continue the momentum towards Brisbane 2032," Hollingsworth said.

The 2025 edition will take place from 4-7 December, with the National Schools Challenge taking place the following day on December 8<sup>th</sup>.

*Please note that there have been some amendments to the programme*

## QRWC 2025 ROAD WALK SEASON

UPDATED : AS AT 12/06/2025

March	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	8.00am
	25	Handicap Meet # 4	North Lakes	8.00am
June	1	GC Championships	Mudgeeraba	8.00am
	8	LBG Federation Meet	Canberra	7.00am
	15	Handicap Meet # 5	Yeronga	8.00am
	22	QA Road Walk Championships/ QMA Long Course C/Ships	QSAC	8.00am
	29	Handicap Meet # 6	TBA	
July	6	Handicap Meet # 7	TBA	
	13	Handicap Meet # 8	TBA	
	20	Race Walking Australia Postal Challenge/QMA Short Course C/Ships	Beenleigh	8.00am
	27	QRWC Track Championships	UQ St Lucia	8.00am

August	3	UniSC Athletics Winter Carnival	Sippy Downs	9.00am
	10	Handicap Meet # 9	Capalaba	7.30am
	17	Handicap Meet # 10	Kalinga Park	7.30am
	24	AA Junior Road Walk Championships	Ballarat, Vic	9.00am
	31	QRWC Road Walk Championships	Beenleigh	8.00am
September	6-10	Oceania Masters Athletics Championships	QSAC	
	7	Father's Day	No competition	
	14	Relay/BBQ/ Presentation Day	Sandgate	

## Australian Junior Road Race Walking Championships

### Sun 24 August Victoria Park, Ballarat

#### Draft Programme

- 09:00 Under 20 10km Race Walk - Men
- 09:00 Under 20 10km Race Walk - Women
- 10:00 Under 18 5km Race Walk - Men
- 10:00 Under 18 5km Race Walk - Women
- 10:00 Under 16 5km Race Walk - Men
- 10:00 Under 16 5km Race Walk - Women
- 10:30 Under 14 3km Race Walk - Men
- 10:30 Under 14 3km Race Walk - Women
- 10:50 Under 12 2km Race Walk - Men
- 10:50 Under 12 2km Race Walk - Women



Oceania Masters Athletics (OMA) is bringing back the official OMA Championships in 2025. The 2025 Championships will be held from 6-10 September at the State Athletics Facility in Brisbane.

Find out more about the championships or to enter go to [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

#### REGISTRATION DATES:

**Registrations close: Fri 25 July at 9:00pm (NO LATE ENTRIES)**

- Administration Fee \$90.00
- Event Fee - \$15.00

#### Walks Programme

Saturday September 6<sup>th</sup> 10km Road Walk

Monday September 8<sup>th</sup> 1,500 metre Track Walk

Wednesday September 10<sup>th</sup> 5,000 metre Track Walk

## **Temporary QMA membership option to encourage local entries to our OMA2025 Championships**

Queensland Masters Athletics (QMA) is offering a **\$10 temporary membership option** to encourage local entries to the Oceania Masters Athletics (OMA) Championships being held in Brisbane in September.

This option also hopes to attract entries from the strong expatriate communities in Brisbane and south east Queensland, who are from some of the 22 OMA member countries in the Oceania region. These entrants will still be able to represent their home country at the Oceania Masters Championships event.

This \$10 temporary membership will allow potential competitors living in Queensland to enter the championships without having to purchase a full QMA membership. As well as providing insurance cover for the 2025 Championships, the temporary membership will also include access to attend up to three (3) events of QMA's 2025–26 Summer season.

Anyone living in Queensland aged 30 years and older, and interested in the \$10 temporary QMA membership option can select this option through the online registration process for the Championships, which is located at <https://emlsports.com/registration/oceania-masters-2025>

## **Yamanishi and Perez convincing victors in La Coruña**

World 20km record-holder Toshikazu Yamanishi and double world champion Maria Perez were victorious at the Gran Premio Cantones, a World Athletics Race Walking Tour Gold meeting, held on Saturday (7) in La Coruña.

In doing so, Yamanishi completed a hat-trick of wins in the Spanish coastal city after his previous victories in 2019 and 2024 while Perez achieved her first ever win in La Coruña to become the first Spanish athlete to take top spot since 2010.

The men's race kicked off at a moderate pace, the opening couple of circuits being covered in 4:04 with all the favourites packed at the front. Following a brisker two laps, timed at 3:56/3:57, France's Gabriel Bordier moved to the front to open a slight margin on the rest of the group. He reached the 5km checkpoint in 20:02, three seconds clear of the chase pack headed by Yamanishi.

Bordier was reeled in some 26 minutes into the race, then Ecuador's David Hurtado increased the pace and reached half way in 39:47 with a five-second margin over a 20-man chase pack. That group was finally whittled down after Hurtado covered the 11th lap in a swift 3:50. Yamanishi caught Hurtado with ease before the 13th kilometre and his relentless cadence soon paid off to reduce the size of the main group to seven men, including the Chinese pair of Qiang Haifeng and Li Chenjie,

Mexico's Ricardo Ortiz, Italy's 2021 Olympic champion Massimo Stano, Spain's Diego García and Japan's world 35km bronze medallist Masatora Kawano.

By 15km, the clock read 59:14 and first Stano, then Haifeng and finally García lost ground as Yamanishi's 16th circuit was timed at a more than swift 3:47. Ortiz challenged Yamanishi for the next two laps, but with about 1.3km to go, the in-form Yamanishi broke away from the Mexican with ease and his compatriot thanks to a 3:46 penultimate lap.

The attention turned then to the fight battle for the second spot between Ortiz and Kawano; at the tape, a relaxed Yamanishi romped home unopposed in 1:18:15 while his compatriot beat Ortiz over the closing stages, some four and six seconds in arrears respectively.

"I felt strong but decided to wait until the last laps to attack," said Yamanishi. "I'm not planning more competitions before the World Championships in Tokyo but I'll likely do a training stint in altitude in Italy next month."

The women's contest opened at a slow pace, the first kilometre covered in 4:42 with China's Na Wang leading. The rhythm increased slightly over the following laps which were covered in the 4:28/4:32 range, still very comfortable for the likes of Spain's Maria Perez, Italy's Antonella Palmisano and Peru's Kimberly Garcia to reach 5km in 22:44, an easy 1:31 pace.

Garcia set the pace over the next few laps alongside Ecuador's Paula Milena Torres as halfway was reached in 45:05 with defending champion García at the helm closely followed by China's Liu Hong, Wu Quanming and Peng Li plus Peru's Evelyn Inga while Pérez and Palmisano travelled in the middle of the 25-woman heading pack.

To the delight of the crowd, Pérez moved to the front shortly before the 13th kilometre, the quickest by then in 4:16, the Spaniard's change of speed reducing the heading pack to four with about 4.5km to go, Wu, Peng, and Gonzalez being the other three as Palmisano and Garcia couldn't live with the pace.

Perez increased her cadence even more with laps of 4:13, 4:11 and a terrific 4:07 to speed away from all of her rivals apart from Gonzalez with 3.5km to go. A 4:05 penultimate lap proved too quick for Perez's Mexican rival and she kept her at bay until the end, winning in 1:27:22 to 1:27:32. Peng completed the podium another 13 seconds behind.

"I had already won Olympic and world titles but I had never succeeded here so this win is a dream come true," said Perez, who recorded halves of 45:05 and 42:19. "I suffered a minor traffic accident last Monday in Madrid and had some niggles in my neck so I'm very proud to have overcome that setback and win today."

*Emeterio Valiente for World Athletics*

### **Leading results**

#### **Men**

- 1 Toshikazu Yamanishi (JPN) 1:18:15
- 2 Matasora Kawano (JPN) 1:18:19
- 3 Ricardo Ortiz (MEX) 1:18:21
- 4 Massimo Stano (ITA) 1:18:25
- 5 Diego Garcia (ESP) 1:18:29
- 6 Qian Haifeng (CHN) 1:18:00
- 7 Li Chenjie (CHN) 1:18:19
- 8 David Hurtado (ECU) 1:18:53
- 9 Christopher Linke (GER) 1:18:55
- 10 Evan Dunfee (CAN) 1:19:00

#### **Women**

- 1 Maria Perez (ESP) 1:27:22
- 2 Alegna Gonzalez (MEX) 1:27:32
- 3 Peng Li (CHN) 1:27:45
- 4 Wu Quanming (CHN) 1:28:04
- 5 Kimberly Garcia (PER) 1:28:11
- 6 Antonella Palmisano (ITA) 1:28:29
- 7 Maryaluz Andia (PER) 1:28:48
- 8 Liu Hong (CHN) 1:29:09
- 9 Ji Haiying (CHN) 1:29:12
- 10 Evelyn Inga (PER) 1:29:19

## **WORLD RACE WALKING TOUR 2025**

**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

### **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.

**IMPORTANT UNIFORM INFORMATION**

If you are planning on going to Canberra in June for the LBG Carnival please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last-minute panic and contact the Uniform shop today. [Shop - Qld Race Walking Club - revolutioniseSPORT](#)

## Rules of Race Walking

*There are two basic rules in Race Walking:*

- *Contact: The athlete must never have both feet off the ground at once.*
- *Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground until the vertical upright position*

### Race Fees

Members \$5 / Non-Member on the day \$10

### “L” Grade Trial for those new to racewalking

Would you like to be a competition race walker but just not confident enough at present to fully put yourself out there on race day? You can now test yourself and build up your confidence during our Sunday morning winter road walk meets.

Just register as a club member and enter the distance you would like to do. It is important though that you let us know if you wish to be in L grade as our handicapper & race officials all need to be aware of this. Please email club Secretary & Handicapper Noela McKiven if you wish to have a go at race walking as an L grader at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

In L Grade the following will apply

- Receive feedback from judges and coaches
- Will not be disqualified while in L grade.
- Stay in L grade until you feel comfortable enough to enter handicap races.
- Is for all ages.
- Eligible for starting and finishing points

This will be new to us as well so if you have any questions please ask. It will be important to remember to inform the Handicapper (before a race) if you no longer wish to be an L grade walker and want to compete in a Handicap race (for points).

### QRWC Handicap Meets and Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

To maximise your points for the season it is recommended that an athlete stays in the same grade for the season. An athlete is permitted to change grades once in a season without losing points but you must notify the Secretary of your intentions beforehand.

An athlete must compete in at least 5 designated Handicap races during the season to be eligible for end of season handicap points awards.

## Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

**Starting points** are awarded for starting the event.

**Completed points** are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

**Handicap points** are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

## Racewalking Queensland Management Committee 2025/26

**President:** P Bennett

**Vice President.** J Blackburn

**Secretary:** N. McKinven

**Treasurer** T Hibbs

**Committee:** S Pearson, I Jimenez, R Wales, J Dale, B Gannon, S Dale

**Patron:** S Perkins

**Registrar:** S Dale

**Handicapper** A Guevara / N McKinven

**Uniforms:** S Dale

**Publicity / Media** J Blackburn, C Chadwick

**Results** R Wales / N McKinven

**Newsletter Editor:** P. Bennett

**Equipment Officer.** Ignacio Jimenez & Noela McKinven

**Canteen Convenor** R Wales, J Dale

**Blue Card Co-ordinator** B Gannon

**Club Captains:** Phoebe Chadwick, Alex Bradley

**Vice Captains** Mia Bergh, Kai Dale

## 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 2 Development coach

Katya Martin Level 1

### Contact emails:

[qrwc1@optusnet.com.au](mailto:qrwc1@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.



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.'

## WOOLWORTHS SUPPORTS QRWC

[Woolworths](#) has very kindly and generously provided the QRWC with a **\$500**

**Woolworths eGift Card** in recognition of what the QRWC does to foster local sport and community spirit here in Queensland. This will be used for the benefit of all of our athletes as we continue to promote the positive impacts of exercise and healthy nutrition. Thank you **#WoolworthsSportsGrants**