

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 69 years in the making.



November 14th 2024

Pan Pacific Masters Games Road Walk

“That's a wrap legends!”

We did it, thank you so much to everyone involved.

The 10km road walk at the Pan Pacific Masters Games were held on Sunday 10th at the Luke Harrop Cycling Criterium Circuit, Runaway Bay. Conditions were somewhat harsh for the competitors, officials, and volunteers alike with high temperatures and oppressive humidity. Comments had been received during the week from entrants querying why the race started so early (7.00am). Before they had even toed the start line, they understood why.

For some of the entrants it was a steep learning curve on the realities of race-walking competition rules. It was good to talk to some of the newcomers after the race that while being disappointed in being disqualified, they expressed an interest in having another go at race walking during our winter road walks and to try to master the rule conditions. We had some entrants miss the race due to event scheduling clashes in travelling between Brisbane and the Gold Coast and a couple of the overseas competitors had visa issues.

This event has taken many months to prepare with endless forms and compliance documents and three compulsory pre games sports meetings to attend on the Gold Coast. We must thank Pat & Maxine for attending the first two meetings on behalf of the club and to Noela who travelled down to the coast for the third meeting and to collect race equipment and accreditations.

It was a big ask of our members to travel to Runaway Bay in the early hours of Sunday morning to set up and officiate a road walk. But a big thank you to everyone who rose to the challenge and gave up their own time to support the athletes and the sport. Unloading and setting up started before 5.30am and there was a flurry of activity setting up the pergola, check in tables, laying out the yellow witches' hats setting up the water table. Thank you to all our club judges on the panel and to and Stan from QMA.

It was good to see former club members Nyle and Paul still going strong and back competing in road walking. Scott was first in the men's event and first finisher overall in 50.32. Kelly from Victoria won the women's race overall. Her winning time of 54.00 is a new W50 Games record beating the time of 57:27 set by Felicja Schmidt in 2002. Kelly is a world record holder at Masters level and competed for Australia in the 35km at 2022 World Athletics Championships in Oregon. Next finisher was Pramesh a regular Games stalwart from Victoria. Club member Brenda was second woman overall to finish.

For most previous Games we have enjoyed the hospitality of Pat & Maxine and a cooked breakfast they provided. This year, with Pat & Maxine enjoying a well-deserved overseas trip the club put on a light breakfast instead in the shade of the cricket club outdoor area. Thank you to Julianne & Noela for arranging the breakfast of fresh fruit, Subway sandwiches,

muffins, juices, soft drinks and bottled water. The presentations of medals were made by Shane and Noela, official photos were taken and then it was time to say farewell to everyone until next time.

Thank you to everyone that made the conducting of this event possible and to those who assisted in setting up and packing up. These events don't just happen. It takes a team effort by group of hard working, dedicated, experienced and knowledgeable people to make it all run smoothly, compliant and safely. Special thanks to Ryan and the PPMG team who have gone out of their way to assist us and to the three enthusiastic Games volunteers. To Shane with his numerous hats as Race Starter, Head Timekeeper and Medal Presenter, to Stuart on the Check in desk and with the results collating, Andrew as the Recorder and Kai managing the water station. We also would like to acknowledge the support of the athletes who entered for this meet.

It was pleasing to hear some great feedback about our club and our wonderful members. Just as important we heard from athletes who said they had fun and enjoyed the morning. We are grateful to the President and members of the Runaway Bay Cricket Club for once again allowing us access to their facilities. See you back on the Gold Coast in 2026!
6 – 15 November 2026



Let's do this



"No sweat, it was hot out there" Pramesh

RESULTS RESULTS RESULTS

Men 10km Road Race Walk

BIB NO.	PLACE	NAME	AGE	COUNTRY	TIME
Men 35-39					
21		Shyam Sundar Swaminathan	37	IND	DNS
22		Kuljit Singh	35	IND	DNS
Men 40-44					
20	1st	Scott Hyland	M44.	AUS	50.32
Men 50-54					
19	1st	Pramesh Prasad	M50.	AUS	1.03.00
Men 55-59					
18	1st	Simon Cartwright	M55	AUS	1.34.41
17	2nd	Kuldeep Kumar Restogi	M58	IND	1.37.17
Men 60-64					
16	1st	Paul Lindenberg	M62.	AUS	1.15.41
Men 65-69					
11	1st	Peter Bennett	M68	AUS	1.10.55
15		Paul Gleeson	M65	AUS	DQ
12		Ian Morton	M68	NZ	DQ
14		Mohinder Singh Virk	M69	IND	DNS
13		Christopher Worsnop	M67	AUS	DQ
Men 75-79					
10		Len Lyons	M78	NZ	DQ
25		Edwin Merchant	M77	AUS	DQ
Men 80-84					
24		David Upton	M82.	AUS	DQ

Women 10km Road Race Walk

BIB NO.	PLACE	NAME	AGE.	COUNTRY	TIME
Women 35-39					
9		Charanjit Kaur	W38	IND	DNS
Women 40-44					
8		Dash Newington	W40.	AUS	DNS
Women 50-54					
23	1st	Kelly Ruddick	W51	AUS	54.00
7	2nd	Brenda Gannon	W50	AUS	1.03.34
6	3rd	Joy Dale	W53	AUS	1.27.11
Women 55-59					
5	1st	Nyle Sunderland	W57	AUS	1.16.59
Women 60-64					
4	1st	Anne Weekes	W62	AUS	1.21.44
Women 65-69					
3		Penny McIntosh	W67	AUS	DNS
Women 70-74					
2		Wendy Fuller	W72	NZ	DQ
Women 80-84					
1		Noela McKinven	W82	AUS	1.36.27



Brenda, Kelly, Joy W50 Medal winners



Scott M40 Gold medal winner

Pan Pacific Masters Games

Track Walks

November 9th QSAC

W40 3000 Metre Race Walk

1 Newington, Dash W40 AUS 21:48.03

W45 3000 Metre Race Walk

1 Pannach, Wendy W45 AUS 18:29.82

2 Kaur, Kulwinder W47 IND 25:23.70

W50 3000 Metre Race Walk

1 Dale, Joy W53 AUS 23:44.14

2 Fernando, Niroshani W53 SRI 28:07.85

W55 3000 Metre Race Walk

1 Adams, Diana W56 AUS 19:39.48

W60 3000 Metre Race Walk

- 1 Nilsson, Lynda W62 AUS 22:47.97
- 2 Weekes, Anne W62 AUS 23:31.66

W75 3000 Metre Race Walk

- 1 Yuen, Swee W76 AUS 27:19.75

W80 3000 Metre Race Walk

- 1 McKinven, Noela W82 AUS 27:18.26
- 2 Laming, Estelle W83 AUS 33:28.54

M50 3000 Metre Race Walk

- 1 Prasad, Pramesh M50 AUS 17:41.64

M55 3000 Metre Race Walk

- 1 Starr, Peter M59 AUS 28:08.19
- 2 Rastogi, Kuldeep Kumar M58 IND 28:16.28

M60 3000 Metre Race Walk

- 1 Baker, Peter M60 AUS 19:36.32
- 2 Rowe, Gregory M63 AUS 24:03.97

M65 3000 Metre Race Walk

- 1 Bennett, Peter M68 AUS 19:42.06
- 2 Morton, Ian M68 NZL 21:32.42
- 3 Virk, Mohinder Singh M66 IND 23:16.91

M75 3000 Metre Race Walk

- 1 Yuen, Tuck M76 AUS 27:52.13

W40 5000 Metre Race Walk

- 1 Newington, Dash W40 AUS 36:12.45

W45 5000 Metre Race Walk

- 1 Pannach, Wendy W45 AUS 31:30.12

W50 5000 Metre Race Walk

- 1 Dale, Joy W53 AUS 40:20.89

W55 5000 Metre Race Walk

- 1 Adams, Diana W56 AUS 33:31.77

W60 5000 Metre Race Walk

- 1 Weekes, Anne W62 AUS 39:37.43

W75 5000 Metre Race Walk

- 1 Yuen, Swee W76 AUS 45:25.18

W80 5000 Metre Race Walk

- 1 McKinven, Noela W82 AUS 45:26.18

M40 5000 Metre Race Walk

- 1 Hyland, Scott M44 AUS 24:18.47

M50 5000 Metre Race Walk

- 1 Prasad, Pramesh M50 AUS 30:16.45

M55 5000 Metre Race Walk

- 1 Rastogi, Kuldeep Kumar M58 IND 47:10.04

M60 5000 Metre Race Walk

- 1 Rowe, Gregory M63 AUS 41:41.89

M65 5000 Metre Race Walk

- 1 Bennett, Peter M68 AUS 33:14.70
- 2 Morton, Ian M68 NZL 36:36.99
- 3 Virk, Mohinder Singh M66 IND 40:18.21

M75 5000 Metre Race Walk

- 1 Yuen, Tuck M76 AUS 47:04.15

COMING UP

UQ ATHLETICS CLUB 1500M CLASSIC CELEBRATION MILE

November 30, 2024 @ 6:00 pm - 9:30 pm

UQ Athletics Club 1500M Classic - Celebration Mile (incorporating the Open Queensland Athletics Mile Championships)

Women 1 Mile Race Walk Open

4 Moore-Kirkland, Bethany 10 DDA

5 Millard, Summer 05 UNQ

6 Renton, Zoe 11 TWH

7 Boulton, Olivia 09 GCA

8 Cosgrave, Ella 10 BOR

9 Williams, Lyla 07 KCA

10 Williams, Freya 14 KCA

Men 1 Mile Race Walk Open

1 Cooke, Noah 10 QRWC

2 Housden, Bailey 07 QRWC

3 Moore, Lachlan 11 IGN

2024 Australian All Schools Athletics Championships Brisbane December 6-8th

All Schools Dates: Friday 6th - Sunday 8th December 2024

National Schools Challenge Date: Monday 9th December 2024

Venue: QSAC - Queensland Sport and Athletics Centre

Draft Walk Programme

Friday 6 December

4.45pm 5000m Race Walk Under 17 Girls

4.45pm 5000m Race Walk Under 18 Girls

5.35pm 5000m Race Walk Under 17 Boys

5.35pm 5000m Race Walk Under 18 Boys

Saturday 7 December

5.10pm 3000m Race Walk Under 15 Girls

5.10pm 3000m Race Walk Under 16 Girls

6.10pm 3000m Race Walk Under 15 Boys

6.10pm 3000m Race Walk Under 16 Boys

Sunday, 8 December

9.00am 3000m Race Walk Under 14 Girls

9.30am 3000m Race Walk Under 14 Boys

National Walk Competitions

2024 Australian 35km Race Walking Championships

Sunday 15 December 2024 Albert Park, Melbourne

7:00 am 20km Race Walk Men Senior

7:00 am 20km Race Walk Women Senior

7:00 am Australian Championship 35km Race Walk Men Senior

7:00 am Australian Championship 35km Race Walk Women Senior

Supernova Track 10km Walks

AIS Track Canberra January 25-26th

2025 Australian and Oceania 20km Race Walking Championships

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

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 2024/25

Queensland Athletics

November 23rd QA Shield QSAC 3,000/5,000 metres

January 18th QA Shield QSAC 3,000/5,000 metres

February 1st QA Shield QSAC 3,000/5,000 metres

February 22nd QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16th QA Championships QSAC

Queensland Masters Athletics 2024

14th/15th December 2024, Venue SAF

QMA Decathlon/Heptathlon Championships & other events

14th December 2024 Saturday

9.00 1500m Walk

15th December 2024 Sunday, SAF

8.15 3000m Walk

9.30 800m Walk

21st December 2024 Saturday SAF

8.00 3000m Race Walk

10.00 1 Mile Race Walk

10.50 End of Year Social Morning Tea

Draft QMA dates for 2025

January

11th Saturday morning QSAC Main Track

18th Saturday morning SAF QMA Women's Throws Pentathlon

25th Saturday morning SAF QMA Men's Throws Pentathlon

February

1st – Saturday morning SAF QMA Pentathlon and 3000m run/walk

15th Saturday morning SAF Memorial Day Events

22nd Saturday morning SAF AMA Decathlon and Heptathlon Day 1

23rd Sunday morning QSAC main track AMA Decathlon and Heptathlon Day 2

March

1st – Saturday morning QSAC Main Track

8th – Saturday morning SAF

19th - Wednesday night SAF

23rd to 30th WMA Indoors Championships

29th – Saturday morning SAF

April

5th Saturday SAF QMA State Championships Day 1

6th Sunday SAF QMA State Championships Day 2

12th Saturday morning SAF

AMA Championships in Adelaide 18th to 21st April

Level 3 Race Walking-specific accreditation course

The QRWC is in discussions with AA about the possibility of the club hosting a Level 3 Race Walking-specific accreditation course this year.

UPDATE: We are now looking at Saturday, February 1 2025 to present this course in Brisbane.

Not only will this initiative upskill the next generation of race walking coaches it will also be an opportunity for current coaches to advance their qualifications and skills.

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
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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
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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

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.’