

# Queensland Race Walking Club Inc.

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



October 24<sup>th</sup> 2024

## Race Walking World Rankings

### Women's 20km Race Walking (5km-10km-15km)

#### World Rankings as of 22 Oct 2024

1	Jiayu YANG	18 FEB 1996	CHN	1332	20km Walk
2	María PÉREZ	29 APR 1996	ESP	1332	20km Walk
3	Jemima MONTAG	15 FEB 1998	AUS	1323	20km Walk
4	Kimberly GARCÍA LEÓN	19 OCT 1993	PER	1313	20km Walk
5	Alegna GONZÁLEZ	02 JAN 1999	MEX	1306	20km Walk
6	Glenda MOREJÓN	30 MAY 2000	ECU	1277	20km Walk
7	Evelyn INGA	16 APR 1998	PER	1271	20km Walk
8	Lorena ARENAS	17 SEP 1993	COL	1268	20km Walk [10,000m Walk]
9	Zhenxia MA	01 AUG 1998	CHN	1268	20km Walk
10	Laura GARCÍA-CARO	16 APR 1995	ESP	1264	20km Walk
42	Rebecca HENDERSON	04 JUL 2001	AUS	1153	20km Walk [10,000m Walk]
57	Christina PAPADOPOULOU	05 SEP 1996	GRE	1125	20km Walk [5000m Walk]
58	Olga CHOJECKA	30 JUN 1997	POL	1125	20km Walk [10,000m Walk]
59	Sofia RAMOS RODRÍGUEZ	25 AUG 2002	MEX	1122	20km Walk
60	Olivia SANDERY	22 JAN 2003	AUS	1121	20km Walk [10,000m Walk]
70	Elizabeth MCMILLEN	10 APR 2004	AUS	1107	20km Walk [10,000m Walk]
82	Hannah MISON	14 NOV 2001	AUS	1088	20km Walk [5000m Walk]
90	Allanah PITCHER	19 SEP 2003	AUS	1068	20km Walk [10,000m Walk]

### Men's 20km Race Walking (5km-10km-15km)

#### World Rankings as of 22 Oct 2024

1	Álvaro MARTÍN	18 JUN 1994	ESP	1372	20km Walk
2	Caio BONFIM	19 MAR 1991	BRA	1369	20km Walk
3	Brian Daniel PINTADO	29 JUL 1995	ECU	1362	20km Walk
4	Perseus KARLSTRÖM	02 MAY 1990	SWE	1335	20km Walk
5	Massimo STANO	27 FEB 1992	ITA	1326	20km Walk
6	Evan DUNFEE	28 SEP 1990	CAN	1326	20km Walk
7	Koki IKEDA	03 MAY 1998	JPN	1322	20km Walk
8	Paul MCGRATH	07 MAR 2002	ESP	1305	20km Walk
9	Yuta KOGA	15 JUL 1999	JPN	1303	20km Walk
10	Jun ZHANG	20 JUL 1998	CHN	1296	20km Walk
18	Declan TINGAY	06 FEB 1999	AUS	1256	20km Walk [10,000m Walk]
19	Rhydian COWLEY	04 JAN 1991	AUS	1255	20km Walk
22	Kyle SWAN	28 MAR 1999	AUS	1247	20km Walk [10,000m Walk]
59	Tim FRASER	22 FEB 2000	AUS	1187	20km Walk [10,000m Walk]
76	Will THOMPSON	18 NOV 2002	AUS	1172	20km Walk

### Men's 35km Race Walking (30km-50km)

#### World Rankings as of 22 Oct 2024

1	Álvaro MARTÍN	18 JUN 1994	ESP	1324	35km Walk
2	Christopher LINKE	24 OCT 1988	GER	1266	35km Walk
3	Miguel Ángel LÓPEZ	03 JUL 1988	ESP	1217	35km Walk
4	Aurélien QUINION	27 JAN 1993	FRA	1214	35km Walk

5	Rhydian COWLEY	04 JAN 1991	AUS	1205	35km Walk
6	Andrea AGRUSTI	30 AUG 1995	ITA	1189	35km Walk
7	Caio BONFIM	19 MAR 1991	BRA	1170	35km Walk
8	Riccardo ORSONI	20 JAN 2000	ITA	1169	35km Walk
9	Teodorico CAPORASO	14 SEP 1987	ITA	1166	35km Walk
10	Ivan BANZERUK	09 FEB 1990	UKRR	1156	35km Walk
15	Mitchell BAKER	06 JUL 2001	AUS	1120	35km Walk
24	Carl GIBBONS	19 JUN 1996	AUS	1025	35km Walk

### Women's 35km Race Walking (30km-50km)

#### World Rankings as of 22 Oct 2024

1	María PÉREZ	29 APR 1996	ESP	1380	35km Walk
2	Cristina MONTESINOS	12 JUL 1994	ESP	1238	35km Walk
3	Viviane LYRA	29 JUL 1993	BRA	1230	35km Walk
4	Raquel GONZÁLEZ	16 NOV 1989	ESP	1186	35km Walk
5	Rebecca HENDERSON	04 JUL 2001	AUS	1170	35km Walk
6	Federica CURIAZZI	14 AUG 1992	ITA	1151	35km Walk
7	Masumi FUCHISE	02 SEP 1986	JPN	1112	35km Walk
8	Vasylyna SYDORCHUK	30 APR 1990	UKR	1101	35km Walk
9	Sara VITIELLO	06 AUG 1996	ITA	1098	35km Walk
10	Gabriela DE SOUSA	12 JUN 2002	BRA	1096	35,000m Walk,35km Walk
19	Allanah PITCHER	19 SEP 2003	AUS	1018	35km Walk

## RESULTS RESULTS RESULTS

### Queensland Masters Athletics

#### Saturday October 19<sup>th</sup> QSAC

##### 1,500 Metre Race Walk

Stott, Emma W42 13:06.31

McKinven, Noela W82 13:10.20

Bennett, Peter M68 10:00.56

##### 3,000 Metre Race Walk

Gannon, Brenda W50 19:11.87 (16:41.33 69.44%)

Bennett, Peter M68 20:43.28 (16:20.21 65.68%)

McKinven, Noela W82 26:46.03 (16:33.98 69.96%)

*Age Graded Times & Percentages in Brackets*

### 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.

**To be eligible to undertake the Level 3 course applications will need to hold a Level 2 certification so now is the time to make sure you qualify by doing a Level 1 and Level 2 coaching course if required.**

Please note that the QRWC can re-imburse your coaching course fees, if required, though our current volunteer education grant.

#### QA Courses coming up

06 Nov 2024 **Level 2 Advanced Recreational Running Course** Online QLD

27 Nov 2024 **Level 1 Youth Coach Course** Online Queensland

28 Nov 2024 **Level 1 Recreational Running Coach** Online Queensland

21 Dec 2024 **Level 2 Development Coach** QSAC Queensland

04 Jan 2025 **Level 1 Recreational Running Coach - Face to Face** QSAC QLD

05 Jan 2025 **Level 1 Youth Coach Course** QSAC QLD



**Athletics -  
Track & Field**

**Track Walk Programme (Entries closed)**

**Friday 8 November**

3.50pm M30+ 5,000 Metre Race Walk

4.25pm W30+ 5,000 Metre Race Walk

**Saturday 9 November**

4.00pm M30+ 3000 Metre Race Walk

4.30pm W30+ 3000 Metre Race Walk



**Athletics -  
Road Race Walk**

**Sunday 10 November 7:00am start**

**Luke Harrop Cycle Circuit Runaway Bay**

**Entries Close Wednesday 6 November 2024 (11:59pm AEST)**



**See the event on Facebook-**

**<https://www.facebook.com/PanPacMasters/videos/502695062668015>**

- The competition circuit will be a 1km loop.
  - All participants will start together.
  - A First Aid officer will be present. There will be a water station on the circuit.
  - Uniforms are not compulsory.
  - Age category placegetter medals will be presented at the venue at the conclusion of the competition.
  - Parking and toilet facilities are located adjacent to the competition circuit
- Age is determined as at race day / Minimum age for competition is 30 years**  
**Uniforms are not compulsory**

## THIS WEEK

### Queensland Little Athletics Summer Carnival 26th October State Athletics Facility, Nathan

#### Draft Walks Programme

##### 7:30am

Girls U13 1500m Walk  
Boys U13 1500m Walk  
Girls U12 1500m Walk  
Boys U12 1500m Walk

##### 8:00am

Girls U10 1100m Walk  
Boys U10 1100m Walk  
Girls U11 1100m Walk  
Boys U11 1100m Walk

##### 8:20am

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  
Girls U9 700m Walk  
Boys U9 700m Walk

## COMING UP

### Queensland Athletics All Schools incorporating the Selection Trials for the Australian All Schools QSAC Sunday November 3<sup>rd</sup>

#### Draft Walks Programme

09:15AM Under 14/15/16 Female 3000m Walk  
09:40AM Under 14/15/16 Male 3000m Walk  
10:05AM Under 17/18 Female/Male 5000m Walk

## UQ ATHLETICS CLUB 1500M CLASSIC CELEBRATION MILE

Wednesday 13 November 2024

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

The UQ Athletics Club is pleased to announce that it is hosting the annual UQ Athletics Club 1500m Classic – Celebration Mile on **Wednesday 13 November 2024**.

All races on the program (race walking, school aged, masters and open) will be one mile (1609 m) in distance, in place of the usual 1500m, to celebrate the 70<sup>th</sup> anniversary of the running of the first sub 4 minute mile by Roger Bannister in 1954.

6:00 PM Girls One Mile Walk  
6:00 PM Boys One Mile Walk

## **2024 Australian All Schools Athletics Championships Brisbane December 6-8<sup>th</sup>**

**All Schools Dates: Friday 6<sup>th</sup> - Sunday 8<sup>th</sup> December 2024**

**National Schools Challenge Date: Monday 9<sup>th</sup> 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 25-26<sup>th</sup>

### **2025 Australian and Oceania 20km Race Walking Championships**

February 16<sup>th</sup> 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**

Oct 31<sup>st</sup> – Nov 3<sup>rd</sup> QA All Schools QSAC

November 13<sup>th</sup> Wednesday UQ Classic 1,500 metres

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

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

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

February 22<sup>nd</sup> QA Shield QSAC 3,000

QA 10,000 metres Championships

March 13-16<sup>th</sup> QA Championships QSAC

### **Queensland Masters Athletics 2024**

**8<sup>th</sup> -10<sup>th</sup> November 2024 SAF**

**PanPac Masters Athletics**

**14<sup>th</sup>/15<sup>th</sup> December 2024, Venue SAF**

**QMA Decathlon/Heptathlon Championships & other events**

**14<sup>th</sup> 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

## **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 2<sup>nd</sup> RWA Federation Carnival in Melbourne on August 25<sup>th</sup>.

[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 1<sup>st</sup> 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](http://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 1<sup>st</sup>

MEMBERSHIP OPTIONS  
2024-2025

Season Period: 01 OCTOBER 2024 – 30 SEPTEMBER 2025



	Platinum \$250.00 + club fee <sup>^</sup>	Gold \$150.00 + club fee <sup>^</sup>	Base & Qrun \$12.00 + club fee <sup>^</sup>	School Student \$0 <small>(only valid for QA All Schools pre meet &amp; 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

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**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](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.'