

# Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



September 18<sup>th</sup> 2025

## 2025 Tokyo World Championship 35km Walks

AA Report: Australia's 2025 World Championship campaign began with strong performances in hot and steamy conditions for the 35km Men's and Women's Walk on Saturday morning in Tokyo.

Dual Olympian Rebecca Henderson (VIC) produced her best performance at a major championship to walk into the top 10 over the final stages, finishing ninth in 2:50.03. Only one of four Australian women to achieve the top-10 status at the World Championships, Henderson was very pleased with her race and delivering a top performance on the world stage. "I knew that on my best day I could probably be around that eighth to 12th, so to achieve that was very exciting," Henderson said. "I just tried to stay relaxed at the start and not worry if people got ahead because I knew it was hot and people were definitely going to come back to me throughout the race, which is what happened."

Olivia Sandery (SA), who was side-by-side with Henderson for most of the race, held tough over the final kilometre but dropped a few places to finish 14<sup>th</sup> in 2:51.43. Alannah Pitcher (NSW) remained composed, moving from 25<sup>th</sup> at halfway to 19<sup>th</sup> in 3:00.08.

Spain's Maria Perez defended her title, having made a break around the 25-kilometre mark and never looked back, winning comfortably by over three minutes in 2:39.01.

Rhydian Cowley (VIC), competing at his sixth World Championships, achieved his best placing across any distance with 11<sup>th</sup> in 2:33.28. The Australian record holder was in the lead pack throughout and maintained great form during a very tough and dramatic race – his first of two in Tokyo.

In their first Senior Australian Teams, World University Games medallist Will Thompson (VIC) and Canberran Mitchell Baker both produced season-best performances and held their form in the gruelling later stages, despite Thompson citing a calf strain through competition. Thompson finished 25<sup>th</sup> (2:40.19) despite having cramping from around 20 kilometres into the race, and Baker held back early and finished stronger than many of his competitors to move up to 32<sup>nd</sup> (2:51:11).

Canada's Evan Dunfee, who trains regularly in Australia, won his first global gold medal and the first gold of Tokyo 2025. Dunfee took the lead with four kilometres to race to withstand cramping and win by over 30 seconds in 2:28.22.

## QRWC End of Season BBQ/ Relay/Trophy Day

The 2025 winter road walk season wound up on Sunday at Sandgate Lagoon with our annual BBQ/ Relay/Trophy Day. A bright and sunny Sunday started with some members arriving early with equipment, boxes of trophies, deck chairs, eskies, food and drinks.

While everyone was settling in with their picnic rugs and deck chairs the relay teams were being finalised and handicaps confirmed. The judges set out along the course armed with walkie talkies to ensure every team go a fair go. Soon the eight teams were set on their way by Stuart at intervals determined by their team handicap. At first it looked like some teams had a big-time advantage but by the 4<sup>th</sup> leg the handicaps had kicked in and the field bunched up for some close finishes. Congratulations to the winning team the QLD QT's and to all athletes who took part.

Then it was time to line up for raffle tickets (thank you to Joy for co ordinating the prizes, have a chat and a cool drink as we waited for lunch. We had Shane on the BBQ and a number of other wonderful volunteers assisting with the cooking and the food preparation. Thank you to everyone who donated raffle prizes and to those who bought tickets. Lunch consisted of bbq'd sausages, beef patties (the food took longer to cook than we would have liked on a bbq with insufficient heat but gave everyone more time to chat) and a selection of salads and much more made for a very enjoyable meal with plenty left over to allow for seconds. It was a great team effort from our committee to organise the day, co-ordinated by Noela, Joy & Stuart to buy, prepare and cook the food, set up the tables and pack up and clean up afterwards so thank you to everyone involved.

With lunch out of the way it was time for the presentation of trophies for the year. This year we were honoured to have our most successfully home-grown race walker in Dane Bird-Smith on hand to present the trophies and to address and inspire the athletes. For those that won age perpetual trophies you may see Dane's name engraved on some of them.

*(A brief snapshot about Dane Bird-Smith. Dane competed at the 2016 Rio Olympics, where he was the bronze medallist in the 20km. He represented Australia at the World Championships in Athletics three times (2013, 2015, and 2017), and appeared four times at the IAAF World Race Walking Team Championships/Cup. He was the gold medallist in the 20km at the Gold Coast Commonwealth Games in 2018, the Summer Universiade in 2015 and the Oceania Race Walking Championships in 2018 and 2014.)*

Congratulations to all the recipients of club trophies and medals (full winners lists below). After the trophies were presented to the athletes a special announcement was made regarding the **Andrew Ludwig Memorial "True Sport Award"**. This award honours the memory of one our best ever club athletes who lost his life in 2009. This award is open to everyone in the club be they an athlete, coach, official, administrator, or volunteer. The criteria are based on the core values of the club in loyalty, respect of others, attitude and commitment, hard work, sportsmanship and integrity. The club was pleased to make this award in 2025 to Stuart Dale for all his hard work and dedication to the club and taking on many roles on race day without expecting reward or recognition just personal satisfaction in seeing the races run smoothly and safely.

This award has now been won by:

- Robyn Wales (2009)
- Ignacio (Iggy) Jiminez (2011)
- Shane Pearson (2016)
- Peter Bennett (2019)
- Stuart Dale (2025)

Once the trophy presentations were out of the way nobody needed any prompting to get stuck into the table full of cakes and desserts. Thank you to everyone who brought a plate to share and special thanks to Jaz for organising all the wonderful "calorie free" pastries that everyone appreciated.

This was wonderful day to end the season. Thank you to all the hard-working committee members that do so much behind the scenes all year, to all out wonderful volunteers that turn up every Sunday morning to set up, time keep, lap score & judge. The races cannot happen without you all. Thank you also to all the athletes that race at our meets, for your perseverance, commitment, sportsmanship and in having fun along the way. And to all the parents who sacrifice their Sunday mornings to bring you along to races.

Bring on the track season and see you all next road walk season.



*Dane Bird-Smith winning gold in the 20km at the 2018 Gold Coast Commonwealth Games*



*Dane presenting Amelia with the U14 Girls perpetual trophy*

**RACEWALKING QUEENSLAND TRACK CHAMPIONSHIP MEDALS 2025**  
**Open Men 5000m**

1st Ignacio Jimenez Solis

2nd Peter Bennett

**Open Women 5000m**

1st Trish Hibbs

2nd Joy Dale

3rd Noela McKinven

**U20 Men 5000m**

1st Alex Bradley

**U20 Women 5000m**

1st Phoebe Chadwick

**U18 Men 5000m**

1st Kai Dale

**U18 Women 5000m**

1st Olivia Boulton

**U16 Men 3000m**

1st Noah Cooke

2nd Koby Irvine

**U16 Women 3000m**

1st Eliza Kelly

2nd Kiara Waterman

**U14 Men 1500m**

1st Lachlan Moore

2nd Leo Hyde

**U14 Women 1500m**

1st Violetta Boyd

2nd Violet Conway

**U12 Men 1500m**

1st Jett Irvine

**U12 Women 1500m**

1st Izzy Blackburn

2nd Clara Hermus

3rd April Kelly

**U10 Men 1000m**

1st Yoshua Lee

**U10 Women 1000m**

1st Luna Boyd

2nd Lilli Chu



*Track Championship medallists Trish, Noela & Joy congratulated by Dane*

## **RACEWALKING QUEENSLAND CLUB CHAMPIONSHIPS 2025**

### **Open Men**

1st Ignacio Jimenez  
2nd Peter Bennett  
3rd Dean Nipperess

### **Open Women**

1st Nyle Sunderland  
2nd Trish Hibbs  
3rd Joy Dale

### **U20 Men**

1st Alex Bradley

### **U20 Women**

1st Phoebe Chadwick

### **U18 Men**

1st Kai Dale

### **U16 Men**

1st Noah Cooke

### **U16 Women**

1st Eliza Kelly  
2nd Kiara Waterman

### **U14 Men**

1st Lachlan Moore  
2nd Leo Ramsay

### **U14 Women**

1st Amelia Chisholm  
2nd Elspeth Hooper  
3rd Violetta Boyd

### **U12 Men**

1st Hayden Robertson

### **U12 Women**

1st Clara Hermus  
2nd Bella Sansom

### **U10 Men**

1st Yoshua Lee  
2nd Connor Robertson

### **U10 Women**

1st Lilli Chu  
2nd Luna Boyd  
3rd Eliza Park

### **Masters Medal**

#### **Men**

1st Simon Cartwright  
2nd Patrick Sela

### **Masters Medal**

#### **Women**

1st Kate Morris  
2nd Noela McKinven

## **RACEWALKING QUEENSLAND HANDICAP TROPHIES 2025**

### **A Grade Men**

1st Ignacio Jimenez Solis  
2nd Kai Dale  
3rd Peter Bennett

### **A Grade Women**

1st Joy Dale  
2nd Noela McKinven  
3rd Phoebe Chadwick

**B Grade Men**

1st Simon Cartwright

**B Grade Women**

1st Anne Weekes

2nd Eliza Kelly

**C Grade Men**

1st Leo Ramsay

2nd Lachlan Moore

**C Grade Women**

1st Kiara Waterman

**D Grade Women**

1st Jessica Gorham

2nd Clara Hermus

3rd Violet Conway

**E Grade Women**

1st Harper Waterman

**F Grade Women**

1st Lilli Chu

**RACEWALKING QUEENSLAND PERPETUAL TROPHIES 2025**

**U10 Girls Harrison Trophy** Lilli Chu

**U10 BOYS** Yoshua Lee

**U12 GIRLS** Clara Hermus

**U12 BOYS** Hayden Robertson

**U14 GIRLS** Amelia Chisholm

**U14 BOYS** Lachlan Moore

**U16 GIRLS** Eliza Kelly

**U16 BOYS 5KM** Noah Cooke

**U18 WOMEN 5KM** Milly Sharpe

**U18 MEN 10KM** Bailey Housden

**U20 WOMEN** Phoebe Chadwick

**OPEN MEN 10KM CHAMPIONSHIP** Ignacio Jimenez Solis

**OPEN WOMEN 10KM CHAMPIONSHIP** Nyle Sunderland

**OPEN MEN 15KM CHAMPIONSHIP** Ignacio Jimenez Solis

**OPEN WOMEN 15KM CHAMPIONSHIP** Joy Dale

**RELAY TEAM 2025 QLD QT's** Phoebe Chadwick Eliza Kelly,  
Savannah Dunleavy Kiara Waterman



*Dane with U18 Club Champion Kai*

### **Relay Teams Placings**

- 1 QLD QT's
- 2 SMP Slayers
- 3 Walking Warriors
- 4 Trail Blazers
- 5 SNL.2
- 6 Greenfield Mowers
- 7 Beestings
- 8 Disney Princesses

### **Individual Relay times 2025**

- Noah Cooke 6.20  
Lachlan Moore 7.09 \*30secs added  
Alex Bradley 7.18,7.12  
Taylor Chapman 7.28  
Kai Dale 7.33,7.34  
Eliza Kelly 7.52  
Olivia Boulton 8.00 \* 30secs added  
8.20  
Phoebe Chadwick 8.19  
Clara Hermus 8.27  
Bella Sansom 8.36  
Brenda Gannon 8.53  
Amelia Chisholm 8.56  
Leo Ramsay 8.57 \* 30secs added

Izzy Blackburn 9.04 \* 30secs added  
Savannah Dunleavy 9.07  
Peter Bennett 9.11  
Nyle Sunderland 9.14  
Kiara Waterman 9.21  
Trish Hibbs 9.23  
Violet Conway 9.32  
Shane Pearson 9.49  
Anne Weekes 9.53  
Lilli Chu 10.16  
Joy Dale 10.17  
Kate Morris 10.32  
April Kelly 10.58  
Luna Boyd 11.16  
Eliza Park 11.29  
Noela McKinven 13.38



*Lining up to get their just desserts*

## Oceania Masters Athletics Championships records

Congratulations to our Queensland Masters race walkers who were among the many to achieve record performances at the recent Oceania Masters Athletics Championships. Iggy broke three records and Patrick set two new records. With the 1,500 metre walk on the programme for the first time all age groups winners set a record. Well done, Trish, Nyle, Roslyn, Kate & Joy.

M60	10k Road Walk	Ignacio Jimenez-Solis	51m 17s	87.28%
M85	10k Road Walk	Patrick Sela	94m 58s	62.74%
M60	1500m Walk	Ignacio Jimenez-Solis	6m 59.87s	92.46%
M85	1500m Walk	Patrick Sela	13m 52.31s	65.63%
W30	1500m Walk	Trish Hibbs	8m 45.78s	64.31%
W55	1500m Walk	Nyle Sunderland	9m 13.59s	73.64%
W35	1500m Walk	Roslyn Kirwin	9m 39.23s	58.98%
W50	1500m Walk	Joy Dale	10m 38.57s	61.54%
W45	1500m Walk	Kate Morris	10m 32.05s	58.59%
M60	5k Walk	Ignacio Jimenez-Solis	24m 41.90s	88.99%

## THIS WEEK

## World Athletics Championships – Tokyo 25

### September 20<sup>th</sup>

07:30am W 20 Kilometres Race Walk

09:50am M 20 Kilometres Race Walk

### Australian team for the 2025 World Athletics Championship

#### Men

**20km Race Walk:** Rhydian Cowley (VIC), Declan Tingay (VIC), Tim Fraser (ACT)

#### Women

**20km Race Walk:** Rebecca Henderson (VIC), Elizabeth McMillen (NSW), Alexandra Griffin (WA)

## Little Athletics Spring Carnival

**20th September 2025**

**Bundaberg Region Athletics Facility, Enid Ethel Drive, Bundaberg.**

### 9:00am

Girls U9 700m Walk

Boys U9 700m Walk

Girls U10 1100m Walk

Boys U10 1100m Walk

Girls U11 1100m Walk

Boys U11 1100m Walk

### 9:25am

Girls U12 1500m Walk

Boys U12 1500m Walk

Girls U13 1500m Walk

Boys U13 1500m Walk

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

***North Queensland Championships***  
**26th – 28th of September Townsville Sports Precinct**



**Race Walks Friday 26<sup>th</sup>**  
**Draft programme from 5pm**

10 years M/W 800 metres  
11 years M/W 1,500 metres  
12 years M/W 1,500 metres  
13 years M/W 1,500 metres  
U14 M/W 3,000 metres  
U16 M/W 3,000 metres  
U18 M/W 5,000 metres  
U20 M/W 5,000 metres  
Open M/W 5,000 metres  
Masters M/W 1,500 metres

[NQ Championships – Athletics North Queensland](#)

**Queensland Athletics Track Season**

November 1<sup>st</sup> QSAC 3,000 metres  
November 8<sup>th</sup> UQ 5,000 metres QA Championships  
November 22<sup>nd</sup> QSAC 10,000 metres **NEW**  
November 29<sup>th</sup> QSAC 3,000/5,000 metres  
January 11<sup>th</sup> QSAC 3,000/5,000 metres  
January 17<sup>th</sup> QSAC 3,000/5,000 metres  
February 21 QSAC 3,000 metre / 10,000 metres QA Championships  
February 28<sup>th</sup> UQ 3,000 Metre Championships  
March 7<sup>th</sup> QSAC 3,000/5,000 metres  
March 25<sup>th</sup> QSAC 5,000 metres

**QA MEMBERSHIP INFORMATION 2025-2026**

**Season Period: 01 OCTOBER 2025\* – 30 SEPTEMBER 2026**

**\*season to open early for All Schools in 2025 on 01 September**

The Queensland Racewalking Club (QRWC) is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at Queensland Athletics (QA) meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the

year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership.

**Membership Fee:** \$25.00 (club fee on top of Qld Athletics membership)

Click here to register [Membership - Qld Race Walking Club - revolutioniseSPORT](#)

### Membership Options

Membership Level	Cost (plus club fee*)	QA Shield Meet Entry	QA Championship Entry	Cross Country Series	Eligible for QLD Team?
Platinum	\$250	FREE	\$10/event	\$12	✔ Yes (All events)
Gold	\$150	\$18	\$22/event	\$12	✔ Yes (All events)
Base & Qrun	\$12	\$32	\$32/event	\$12	✘ Not eligible

### Non-Competing Members

Role	QA Fee	Notes
Volunteer	\$0	Club volunteers for operations & comps
Committee Member	\$0	Must be registered members
Official	\$0	Must be accredited with Australian Athletics
Coach	\$0	Must be registered and accredited

◆ **Blue Card Required** (Working with Children Check)

📍 Check with your club or visit [bluecard.qld.gov.au](http://bluecard.qld.gov.au)

## Queensland Athletics All Schools

October 2 - October 5

The only selection trial for the Australian All Schools Championships in Melbourne.

**All entries close on the 22nd September**

**All competing athletes must be registered for the 2025/26 season**

**Thursday October 2<sup>nd</sup>**

3:30pm Under 14/15/16 Female 3000m Walk

4:00pm Under 14/15/16 Male 3000m Walk

4:30pm Under 17/18 Female/Male 5000m Walk

## Australian Marathon Race Walking Championships

Saturday, 29 November Stromlo Forest Park, Canberra

Saturday, 29 November, the inaugural [Australian Marathon Walks Championships](#); the first event of its kind in the country, will be held over the full marathon distance of 42.195km.

The event is open to both senior men and women. Athletes should only enter if they expect to finish under 4:10.

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

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>.

**Australian All Schools Championships - Draft Timetable as at 25 June 2025**

### **04-12-2025**

17:15 Female 3000m Race Walk U14 Final

17:40 Male 3000m Race Walk U14 Final

18:05 Female 5000m Race Walk U18 Final

18:05 Female 5000m Race Walk U17 Final

19:05 Male 5000m Race Walk U18 Final

19:05 Male 5000m Race Walk U17 Final

### **06-12-2025**

17:10 Female 3000m Race Walk U16 Final

17:10 Female 3000m Race Walk U15 Final

18:10 Male 3000m Race Walk U16 Final

18:10 Male 3000m Race Walk U15 Final



## Blue Cards

As part of our legal obligations and a condition of our affiliation with QA we must maintain a current Blue Card register. We have a duty to be fully aware of exactly who is coaching or providing services to our members, particularly when those members include children or young people under 18.

**Equally important is ensuring that every coach or provider engaged in child-related activities holds a current and valid Blue Card, as required under Queensland legislation.**

This is not only a matter of compliance, but also a fundamental part of maintaining a safe and trusted environment for all participants. Our club will continue to ensure that we are meeting our duty of care and fulfilling and our legal obligations under the Working with Children (Risk Management and Screening) Act 2000.

[Individuals requiring a blue card](#) | [Your rights, crime and the law](#) | [Queensland Government](#).

*If you have any questions or require assistance, please don't hesitate to contact our club Blue Co-ordinator [bluecardqrwc@gmail.com](mailto:bluecardqrwc@gmail.com)*

## 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.

[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.*

## **Racewalking Queensland Management Committee 2025/26**

**President:** P Bennett

**Vice President.** J Blackburn

**Secretary:** N. McKinven

**Treasurer** Vacant

**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** P 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.

## **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**