

# Queensland Race Walking Club Inc.

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



April 17<sup>th</sup> 2025



Have a safe and happy Easter to all our members

## ***LBG Walking Carnival***



RACE WALKING  
AUSTRALIA  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

***Entries Opening Soon***

Information pack and entry Fees for 2025 will be available shortly  
<https://www.actwalkingclub.com.au/lbgcarnival>

**IMPORTANT UPDATE:** Age groups for Federation carnival will now be determined as age as of December 31<sup>st</sup> (same as QA/AA).

*The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite members of affiliated race walking clubs and race walkers affiliated*

*with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 8th June 2025.*

*All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.*

*The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.*

*All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.*

*The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.*

### **Venue**

*The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking. Please note there is now a charge for parking which is a maximum of \$3.90. All parking funds are reinvested back into the facility.*

*Note that our headline events, the Robin Whyte Classic and Val Chesterton Classic have been increased to 35km to reflect the longer race distance World Athletics have announced for the World Championships in Japan for 2025. These events will be recognised as qualifying events under World Athletics Bronze requirements.*

## **RESULTS RESULTS RESULTS**

### **Australian Open & Under 20 Championships**

Well done to our Queensland women's team who competed the 10,000 metres at the Australian track Championships in Perth. Congratulations to Millie Sharpe for picking up the bronze medal in the U20 event to go with the gold medal Millie won earlier in the U18 5,000 metres.

#### **10000m Race Walk Women Open**

- 1 Lorena ARENAS COL 44:17.50 SB
- 2 Allanah PITCHER NSW 47:08.80
- 3 Hannah BOLTON NSW 47:21.39 SB
- 4 Alexandra GRIFFIN WA 47:33.67
- 5 Samantha FINDLAY SA 49:48.08
- 6 Alanna PEART VIC 50:12.26
- 7 Nellie LANGFORD SA 51:52.38 SB
- 8 Camryn PRICE QLD 52:13.91 PB
- 9 Arnika NELSON NZL 53:38.24
- 10 Mia BERGH QLD 55:17.75
- Hannah PARKER NSW DQ TR54.7.5
- Melissa LEWIS WA DNS

### **10000m Race Walk Women U20**

- 1 Chelsea ROBERTS NSW 50:14.97
- 2 Zoe WOODS NSW 52:03.29 SB
- 3 Milly SHARPE QLD 53:35.95
- 4 Hana JUGOVIC ACT 55:41.35
- 5 Ariana PASHUTINA VIC 58:30.50 PB
- 6 Kaytee BOGAERS WA 59:14.69 PB
- 7 Laelia BYATT NSW 1:00:04.27 SB
- 8 Ciara CASSILLES NSW 1:00:07.71 SB
- 9 Summer SIVARAJ NSW 1:03:30.32 PB
- 10 Phoebe CHADWICK QLD 1:04:22.12 PB
- Jessey BEKTAS NSW DQ TR54.7.5
- Taylah MORRIS QLD DQ TR54.7.5
- Sienna PITCHER NSW DNS

### **Old Masters Athletics SAF April 12<sup>th</sup>**

#### **1,500 Metre Race Walk**

- McKinven, Noela W82 13:37.29
- Jimenez Solis, Ignacio M60 7:27.53
- Bennett, Peter M69 9:24.38

#### **3,000 Metre Race Walk**

- Gannon, Brenda W50 18:01.96 (15:40.55 73.93%)
- McKinven, Noela W82 26:51.47 (16:37.34 69.72%)
- Jimenez Solis, Ignacio M60 14:56.57 (12:22.19 86.75%)
- Bennett, Peter M69 19:48.60 (15:37.10 68.71%)

*Age Graded Times & Percentages in Brackets*

### **Grande Prémio Internacional de Rio Maior em Marcha Rio Maior (POR) April 12<sup>th</sup>**

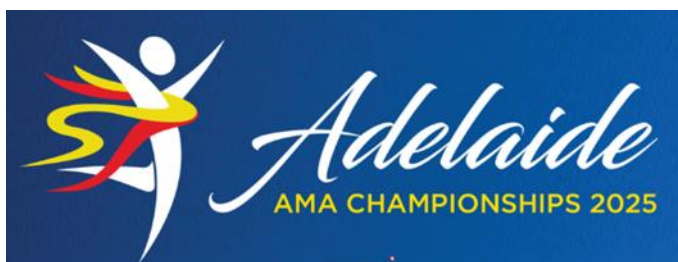
#### **Men's 20 Kilometres Race Walk**

- 1. Caio BONFIM BRA 1:20:47
- 2. Perseus KARLSTRÖM SWE 1:21:26
- 3. Callum WILKINSON GBR 1:24:08
- 4. João VIEIRA POR 1:24:12
- 5. Gianluca PICCHIOTTINO ITA 1:25:32
- 6. Tiago RAMOS POR 1:28:43
- 7. João OLIM POR 1:35:45
- 8. Manuel MARQUES POR 1:36:04
- 9. David SÁNCHEZ ESP 1:58:24
- İlhan GÖVCE TUR DQ

#### **Women's 20 Kilometres Race Walk**

- 1. Paula Milena TORRES ECU 1:29:37
- 2. Kimberly GARCÍA LEÓN PER 1:29:52
- 3. Laura GARCÍA-CARO ESP 1:32:18
- 4. Johana ORDÓÑEZ ECU 1:33:35
- 5. Inês MENDES POR 1:36:55
- 6. Lucy Alejandra MENDOZA MALAGON COL 39:43
- 7. Adriana VIVEIROS POR 1:40:47
- 8. Tülin EK TUR 1:41:54
- 9. Ana MONTEIRO POR 1:43:03
- 10. Juliana GALVÃO POR 1:45:13
- Ayşe TEKDAL TUR DQ

## THIS WEEK



### 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

All the best to those Masters race walkers competing in the Nationals in Adelaide over Easter.

### UniSport Nationals Athletics 2025



**Gold Coast Performance Centre Runaway Bay 22-24 April**

**Wednesday 23 April**

4:30 PM Open Men 5000m Walk

4:30 PM Open Women 5000m Walk

## QRWC 2025 ROAD WALK SEASON

|          |       |  |                    |          |
|----------|-------|--|--------------------|----------|
| February | 16    | AA 20KM Road Championships   | Adelaide SA        |          |
|          | 22    | <u>3,000 metres Championships U15 &amp; U16</u><br><u>M&amp;F</u><br>QA 10,000 metres Track C/ships U20 & Open | SAF                |          |
| March    | 1     | 5,000m U17 & U18 State Championship  | UQ St Lucia        |          |
|          | 13-16 | QA Track Championships   | Main Track<br>QSAC | No Walks |
|          | 21-23 | QLAA State Championships   | QSAC               |          |
|          | 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            | 7.30am |
|           | 25   | Handicap Meet # 4  | North Lakes         | 8.00am |
| June      | 1    | GC Championships   | Mudgeeraba          | 8.00am |
|           | 8    | LBG Federation Meet  | Canberra            |        |
|           | 15   | Handicap Meet # 5  | TBA                 |        |
|           | 22   | QA Road Walk Championships/ QMA Long Course C/Ships              | QSAC                |        |
|           | 29   | Handicap Meet # 6  | TBA                 |        |
| July      | 6    | Gold Coast Marathon  | Southport           |        |
|           | 13   | Handicap Meet # 7  | TBA                 |        |
|           | 20   | Race Walking Australia Postal Challenge/QMA Short Course C/Ships | Beenleigh           |        |
|           | 27   | QRWC Track Championships   | UQ St Lucia         |        |
| August    | 3    | Handicap Meet # 8  | TBA                 |        |
|           | 10   | Handicap Meet # 9  | TBA                 |        |
|           | 17   | Handicap Meet # 10   | TBA                 |        |
|           | 24   | AA Junior Road Walk Championships                                | Ballarat, Vic       |        |
|           | 31   | QRWC Road Walk Championships                                     | TBA                 |        |
| September | 6-10 | Oceania Masters Athletics Championships                          | QSAC                |        |
|           | 7    | Father's Day   | No competition      |        |
|           | 14   | Relay/BBQ/ Presentation Day                                      | Sandgate            |        |

## 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*

### **Handicap #1 Sunday April 27<sup>th</sup> Logan River Parklands, Beenleigh**

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

**Check in is at the picnic tables adjacent to the carpark at the end of Blackbird Street, Beenleigh. Note: this is on the western side of the M1 motorway (the opposite side to the public boat ramp).**

The course is a circular circuit around picturesque bushland. Each lap is just less than 900m. Thus, each race requires an additional distance to be covered at the completion of the last circular lap. This involves continuing past the start/finish line, up to the marked kilometre cone for your distance. Turn around at the cone and then head back to the finish. Please listen carefully to the instructions given at the start of the race to avoid confusion.

## **Race Fees**

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

This is the first handicap meet of the season so please take the time to read the information on point scoring below and to take the time to assess which grade you should compete in. If you are not sure which grade you should enter, please talk to your coach. Points are calculated from the grade you start the season in so it is beneficial to remain in the same grade for the season to maximise points. You are allowed one change of grade during the season but please inform the Secretary beforehand.

### **“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).

### **Handicap #2 Sunday May 4<sup>th</sup>**

**John Walker Place, 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

### **Handicap #3 Sunday May 18<sup>th</sup>**

**John Frederick Park, Capalaba**

8.00am A Grade 10km

8.15am E Grade 1km / F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km / D Grade 2km

### **Handicap #4 Sunday May 25<sup>th</sup>**

## **Aurora Park, Expedition Drive, North Lakes**

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

## **17<sup>th</sup> Annual Gold Coast Road Walk Championships**

### **Sunday June 1<sup>st</sup> Mudgeeraba**

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W 0.5km

8.15am U20 M/W 5km

U18 M/W 5km

Invitational M/W 5km (non-championship event)

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

### **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.

### **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](#)



## 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.

## Women in Sport Grant

We still have funds from this grant which must be acquitted before the end of June. Please let us know if are interested in any of the following

**First Aid Courses** To obtain First Aid qualifications or to do a refresher course. The club will re-imburse the course fees.

[First Aid Training - St John Ambulance Australia](#)

[First Aid Pro - Providing First Aid Course & CPR Training In Australia](#)

[HLTAID011 Provide First Aid | Australia Wide First Aid](#)

**Coaching Courses** [Coach Education - Queensland Athletics](#)

[2025 Women in Coaching Conference — Athletics Coach by Athletics Australia](#)

AA are conducting this two day seminar at Runaway Bay on the Gold Coast on **August 2-3rd**

Please let us know if you register for this seminar (or are intending to) so that we can set funds from the grant aside to cover the seminar fee, accommodation, dinner and a travel subsidy. If you are interested, please contact Noela McKinven [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)





## 2025 Women in Coaching Conference — Athletics Coach by Athletics Australia

AA are conducting this two day seminar at Runaway Bay on the Gold Coast on August 2-3rd  
[2025 Women in Coaching Conference — Athletics Coach by Athletics Australia](#)

**The two-day conference** is designed to bring **women in coaching** together to **build confidence, create strong networks, and develop coaching excellence**. Whether you're new to coaching or an experienced leader, this event will provide practical insights, shared experiences, and tools to help you and your athletes thrive.

This conference is designed for **women who coach**, providing a space for female coaches to connect, grow, and thrive.

## The Official OMA Championships return to Queensland



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, which is part of the Queensland Sport and Athletics Centre (QSAC), the state's premier athletics facility. Masters athletes travelling from across the Oceania-Pacific region will compete in track and field events, as well as the out of stadia Cross Country. **This is a great opportunity for our regional Masters athletes to wear their national uniform and represent their country with pride.**

Find out more about the championships on our website: [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

### Registrations Now OPEN

To register to compete, athletes must be a current financial member of an affiliated country's Masters Association, and entrants must wear their approved National masters uniform during the competition.

#### REGISTRATION DATES:

Early bird discount (save \$30) will end: **Sunday 11 May at 9:00pm.**

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

#### FEES

- Administration Fee \$90.00 (Early Bird Admin fee is \$60.00)
- 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

## WORLD RACE WALKING TOUR 2025

**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 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.'