

Queensland Race Walking Club Inc.

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



April 24th 2025



Anzac Day

LEST WE FORGET

"At the going down of the
sun and in the morning,
We will remember them"

Australians commemorate Anzac Day on 25 April every year. This is the anniversary of the day when Australian and New Zealand soldiers landed on Gallipoli in 1915 as part of the Allies' invasion.

Anzac Day is a time for all Australians to recognise the more than 1.5 million service men and women who have served our country in all conflicts, wars and peacekeeping operations. It's also a time to remember the over 103,000 Australians who sacrificed their lives in our country's name.

LBG Walking Carnival



RACE WALKING
AUSTRALIA

AUSTRALIAN FEDERATION
OF RACE WALKING CLUBS

Entries Now Open

Canberra - 58th LBG Mt Stromlo Race Walk Carnival (RWA) - Victorian Race Walking Club - revolutioniseSPORT

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 5km, 10km, 15km and 35km race walking events are all World Rankings Competition events.

Race walking event participants must be members of

- a club affiliated with Race Walking Australia (State or territory race walking club)
OR
- an overseas World Athletics affiliated athletic club OR
- a Capital Athletics affiliated club (U10-18 events only) OR
- the ACT Masters Athletics club (all fitness walking events, 5km & 10km race walk events only)

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.

Events

No. Event Start Time Handicap Base Time

- 1* Robin Whyte Classic Men 35 km 7:30 AM 127mins
- 2* Val Chesterton Classic Women 35km 7:30 AM 127mins
- 3 ACT Fitness 35 km 7:30 AM Non Hcp/Judged contact only
- 4* RWA Open Women's 15 km 8:00 AM 69 mins-Includes RWA Masters 15km
- 5* RWA Open Men's 15 km 8:00 AM 65 mins-Includes RWA Masters 15km
- 6 ACT Fitness 15 km 8:00 AM Non Hcp/Judged contact only
- 7 ACT Fitness 8 km 9:15 AM Non Hcp/Judged contact only
- 8* Athletics ACT/ RWA Men's U20 10 km 9:45 AM 42 mins
- 9* ACT Open (Over 19 years) 10 km 9:45 AM Non Handicap Event
- 10* Athletics ACT/RWA Women's U20 10 km 9:45 AM 47 mins

Morning presentations - 8/10/15km races 11:30 AM

- 11 RWA Boys Under 10 1 km 12:00 PM 4 mins 30 secs
- 12 RWA Girls Under 10 1km 12:00 PM 4 mins 30 secs
- 13 RWA Boys Under 12 2km 12:30 PM 9 mins 20 secs
- 14 RWA Girls Under 12 2km 12:30 PM 9 mins 20 secs
- 15 RWA Boys Under 14 2km 1:00 PM 9 mins 20 secs
- 16 RWA Girls Under 14 2km 1:00 PM 9 mins 20 secs

Presentations - 35km races, U10 & U12 1:20 PM

- 17 RWA Boys Under 16 3km 1:50 PM 13 mins
- 18 RWA Girls Under 16 3km 1:50 PM 13 mins
- 19* RWA Boys Under 18 5km 2:20 PM 22 mins
- 20* RWA Girls Under 18 5km 2:20 PM 23 mins

Presentations - U14 & U16 3:00 PM

- 21* RWA Women's Open 5km 3:20 PM 20 mins
- 22* RWA Men's Open 5km 3:20 PM 20 mins

Presentations - U18 and Open 5km 4:10 PM

Uniforms

All competitors MUST wear the uniform of their Club. Failure to do so may result in disqualification.

Event check in

All athletes will need to check in 15 minutes prior to their race. Where an athlete is planning on competing in two back to back events, they must check in for both events prior to the first race. They will be allowed to withdraw from the second event prior to the race.

Coaching Clinics with David Beacroft

David Beacroft, the highly experienced coach from NSW, will be conducting two race walking clinics on the 7th June 2025 (the day before the LBG Carnival) at the Stromlo Forest Park Criterion Track. We are expecting the masterclass to sell out, so get in quickly.

Session 1 - Learn to race walk

For: Athletes from 9-11 and older children/adults who are new to race walking

Time: 2pm-2:40pm Number of spaces available: Unlimited Cost: \$5

Session 2 - Race walking masterclass

For: Experienced race walkers (12 and older) (LBG athletes will receive first preference)

Time: 2:45pm-3:30pm Number of spaces available: ~20 Cost: \$15

All questions/ queries to lbgcarnival@gmail.com

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

See full details in the information pack

[LBG Carnival / ACT Race And Fitness Walking Club](#)

RESULTS RESULTS RESULTS

Australian Masters Championships Adelaide

Women 1500m Walk Friday

1	3522	Roslyn Kirwin QMA	10:52.09
1	4006	Michelle Bray ACTMA	7:09.48
2	4012	Lindsay Crump NSWMA	12:12.97
1	4536	Laura McLennan VMA	9:35.79
2	4543	Cassie Neubauer SAMA	12:15.61
1	5048	Donna Palmer SAMA	12:53.71
1	5528	Sandy Hoy NSWMA	11:03.17
	5531	Julie Jones QMA	DQ
1	6082	Kerryn Walshe VMA	8:38.09
2	6050	Marie Maxted SAMA	9:18.04
3	6025	Donna-Marie Elms VMA	9:26.86
4	6061	Marcela Ruiz MAWA	10:33.46
1	6564	Antoinette Woodward NSWMA 65-69	9:38.29
2	7510	Heather Carr VMA 75-79	10:17.97
3	7066	Julie Wilson MAWA 70-74	10:39.54
4	7502	Susan Archer ACTMA 75-79	10:39.65
5	8026	Gwen Steed VMA 80-84	10:42.43
6	8004	Kerry Bray NSWMA 80-84	10:44.86
7	7507	Anne Boyd NSWMA 75-79	10:46.82
8	6551	Trish Stallard NSWMA 65-69	11:15.43
9	6511	Liz Downs SAMA 65-69	11:22.44
10	8010	Peggy Macliver MAWA 80-84	11:32.04
11	7042	Margaret McIntosh SAMA 70-74	11:42.07
12	8014	Valmai Padget SAMA 80-84	12:06.35
13	7047	Liz Neubauer SAMA 70-74	12:10.55

Men 1500m Walk Friday

1	4048	Kim Mottrom SAMA 40-44	6:00.58
2	6072	Mark Thomas VMA 60-64	7:09.48
3	6010	Kevin Cassidy VMA 60-64	8:09.81
4	5054	Pramesh Prasad VMA 50-54	8:16.68
5	6004	Peter Baker ACTMA 60-64	8:19.50
6	6034	Garry Hastie MAWA 60-64	8:25.11
7	4555	David Styles VMA 45-49	8:35.11
8	5543	Alex McEwan SAMA 55-59	11:39.99

1	6514	Simon Evans	VMA	65-69	8:06.92
2	7049	John Nottle	VMA	70-74	9:13.83
3	7045	Victor Munoz	MAWA	70-74	9:17.57
4	6519	Albin Hess	VMA	65-69	9:30.96
5	7058	John Russell	SAMA	70-74	9:33.65
6	7545	George White	SAMA	75-79	9:47.98
7	8507	Robert Gardiner	VMA	85-89	10:45.41
8	7041	Gil McIntosh	SAMA	70-74	10:54.92
9	6544	Christopher Pollard	VMA	65-69	11:29.35
10	8028	Bryan Thomas	ACTMA	80-84	11:39.34

Women 5000m Walk Saturday

1	4006	Michelle Bray	ACTMA	40-44	26:07.40
2	4019	Melissa Grantham	SAMA	40-44	29:44.98
3	6050	Marie Maxted	SAMA	60-64	34:23.90
4	6025	Donna-Marie Elms	VMA	60-64	34:38.00
5	4049	Dash Newington	QMA	40-44	38:00.63
6	6061	Marcela Ruiz	MAWA	60-64	38:57.66
7	5528	Sandy Hoy	NSWMA	55-59	40:16.06
8	3522	Roslyn Kirwin	QMA	35-39	43:34.67
1	6564	Antoinette Woodward	NSWMA	65-69	34:23.71
2	7051	Karyn O'Neill	VMA	70-74	36:11.16
3	8026	Gwen Steed	VMA	80-84	37:56.67
4	7502	Susan Archer	ACTMA	75-79	37:58.01
5	7507	Anne Boyd	NSWMA	75-79	38:13.72
6	8010	Peggy Macliver	MAWA	80-84	39:17.54
7	7042	Margaret McIntosh	SAMA	70-74	41:50.52
8	8014	Valmai Padget	SAMA	80-84	42:15.28
9	7047	Liz Neubauer	SAMA	70-74	42:50.89
10	7533	Michele Mison	NSWMA	75-79	44:38.92

Men 5000m Walk Saturday

1	4048	Kim Mottrom	SAMA	40-44	21:57.41
2	6072	Mark Thomas	VMA	60-64	25:55.59
3	4555	David Styles	VMA	45-49	28:31.96
4	5054	Pramesh Prasad	VMA	50-54	29:10.34
5	6010	Kevin Cassidy	VMA	60-64	29:44.65
6	6034	Garry Hastie	MAWA	60-64	30:54.45
7	6018	Peter Crump	SAMA	60-64	33:24.49
8	5543	Alex McEwan	SAMA	55-59	40:56.98
1	6539	Terry O'Neill	VMA	65-69	32:14.65
2	7049	John Nottle	VMA	70-74	32:43.42
3	7045	Victor Munoz	MAWA	70-74	33:06.25
4	7545	George White	SAMA	75-79	33:07.37
5	6519	Albin Hess	VMA	65-69	35:58.15
6	7058	John Russell	SAMA	70-74	36:26.76
7	8507	Robert Gardiner	VMA	85-89	39:10.32
8	6544	Christopher Pollard	VMA	65-69	41:07.14
9	8028	Bryan Thomas	ACTMA	80-84	41:28.46
	7041	Gil McIntosh	SAMA	70-74	DQ TR54.7.1

Women 10km Walk Road Race

1	3522	Roslyn Kirwin	QMA	1:18:24
1	4019	Melissa Grantham	SAMA	1:05:32
1	5026	Brenda Gannon	QMA	1:02:43
1	6050	Marie Maxted	SAMA	1:09:50

2	6025	Donna-Marie Elms	VMA	1:13:58
3	6061	Marcela Ruiz	MAWA	1:17:00
1	6564	Antoinette Woodward	NSWMA	1:08:30
1	7051	Karyn O'Neill	VMA	1:14:14
2	7042	Margaret McIntosh	SAMA	1:28:58
1	7510	Heather Carr	VMA	1:14:39
2	7502	Susan Archer	ACTMA	1:18:28
3	7533	Michele Mison	NSWMA	1:29:25
1	8026	Gwen Steed	VMA	1:18:41
2	8009	Judith Kenyon	NSWMA	1:37:16

Men 10km Walk Road Race

1	4048	Kim Mottrom	SAMA	43:56
1	4555	David Styles	VMA	58:27
1	5054	Pramesh Prasad	VMA	59:57
1	5543	Alex McEwan	SAMA	1:24:06
1	6072	Mark Thomas	VMA	55:15
2	6010	Kevin Cassidy	VMA	1:00:42
3	6018	Peter Crump	SAMA	1:06:23
1	6539	Terry O'Neill	VMA	1:05:50
2	6541	Steve Parkin	SAMA	1:17:35
3	6544	Christopher Pollard	VMA	1:21:55
4	6519	Albin Hess	VMA	1:10:35
1	7045	Victor Munoz	MAWA	1:06:06
2	7058	John Russell	SAMA	1:13:28
3	7041	Gil McIntosh	SAMA	1:18:41
4	7049	John Nottle	VMA	1:06:02
1	7545	George White	SAMA	1:06:31
1	8028	Bryan Thomas	ACTMA	1:26:37

For the road walk event the athletes report that the weather was quite good, (not too cold for Queenslanders) it was humid and about 10-13 degrees. But they found the course a little disappointing. It was a 2km loop, quite isolated most of the way and partly on pedestrian paths, with lack of people around and few trees.

Congratulations to Queensland Masters walkers:

Ros with three golds (1,500, 5,000 & 10km)

Brenda gold in the 10km (plus silver in the steeplechase)

Dash bronze in the 5,000 metres (along with her results in a myriad of other events)

UniSport Nationals Athletics 2025



Gold Coast Performance Centre Runaway Bay

Congratulations to Alex on taking out the Silver medal at the Unisport Nationals

Wednesday 23rd April

5000m Race Walk Men

1	Marcus WAKIM	MELB	20:40.32	SB
2	Alex BRADLEY	UniSQ	24:32.71	SB
3	Rain LANGFORD	FU	25:10.38	SB
4	Brendan POSPISCHIL	UTS	25:45.94	
	Eden MORGAN	DEAK	DQ	TR54.7.1

5000m Race Walk Women

- 1 Rebecca HENDERSON MELB 21:41.03 CR, PB
 - 2 Hannah BOLTON ACU 22:49.92
 - 3 Chelsea ROBERTS USYD 23:12.39 PB
 - 4 Nellie LANGFORD UniSA 23:30.90 PB
 - 5 Hana JUGOVIC UC 25:44.67 SB
 - 6 Char HAY MELB 26:52.73
 - 7 Ciara CASSILLES UTS 27:00.44 SB
 - 8 Mia BERGH GU 27:43.81
 - 9 Phoebe CHADWICK UniSC 28:57.49 SB
 - 10 Summer MILLARD UniSC 30:02.24 SB
 - 11 Taylah MORRIS MON 30:45.95 PB
- Hannah MISON RMIT DNF
Emily SMITH MELB DQ TR54.7.1
Allanah PITCHER USYD DNS



Alex & Marcus celebrate their medal winning performances

Photo courtesy of Liz Bradley

Australian Little Athletics Championships SA Athletics Stadium, Adelaide



All the best to our Queensland walkers at the Little A's nationals on Saturday.

Walk Programme

Saturday April 26th

- 9:30 am Boys U14 1500m RW
- 9:30 am Girls U14 1500m RW
- 9:50 am Boys U15 1500m RW
- 9:50 am Girls U15 1500m RW
- 11:40 am Boys U13 1500m RW
- 12:00 pm Girls U13 1500m RW

\$500 Woolworths eGift Card

The Queensland Race Walking Club, has been nominated by Queensland Athletics to receive a \$500 Woolworths eGift Card.

This grant is part of the Woolworths Sports Grants program, a joint initiative with the Australian Olympic Committee, aimed at supporting grassroots sports clubs across Australia.

Thank you, Woolworths.

QRWC 2025 ROAD WALK SEASON

February	16	AA 20KM Road Championships	Adelaide SA	
	22	<u>3,000 metres Championships U15 & U16</u> <u>M&F</u> 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 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

THIS WEEK

Winter roads walks kick off in earnest this Sunday at the Logan River Parklands at Beenleigh with our first Handicap meet.

There are 10 handicap meets during the season in which athletes can earn points towards end of season trophies (see below newsletter for full details on how the points system works).

You will need to ensure you are current member before you can register on line for to compete in the Handicap meet and score points.

[Membership - Qld Race Walking Club - revolutioniseSPORT](#)

Visitors are welcome to enter on the day.

Volunteers needed for Sunday. We welcome all race walk judges, time keepers and lap scorers. Without officials in place, we cannot start the race.

Handicap #1 Sunday April 27th

Logan River Parklands, Blackbird Street, 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

ENTER HERE NOW

[QRWC Handicap #1 Sunday April 27th - Qld Race Walking Club - revolutioniseSPORT](#)

On line entries close mid-day Saturday

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 McKinven if you wish to have a go at race walking as an L grader at 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 4th

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 18th

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 25th

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

17th Annual Gold Coast Road Walk Championships

Sunday June 1st 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



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

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 6th 10km Road Walk

Monday September 8th 1,500 metre Track Walk

Wednesday September 10th 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:

grwc1@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.



Australian Government

Community
Grants Hub

Improving your grant experience



Queensland
Government

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.’