

Queensland Race Walking Club Inc.

ABN 59 065 512 712

Building on a fine tradition of race walking, 71 years in the making.



April 2nd 2026



Happy Easter to all our Qld Race Walking Club members!

May this Easter season fill your hearts with joy, your steps with strength, and your days with your spirit of renewed. Wishing you a happy Easter surrounded by love, laughter and, chocolate. Let's celebrate each stride and every special moment together!

From the AGM last Sunday at Kalinga Park

Congratulations to those members who have been elected to serve the club for 2025/26.

President: P Bennett **Vice President:** B Gannon

Secretary: N. McKinven **Treasurer:** N. McKinven

Committee: S Pearson, I Jimenez, R Wales, J Dale, S Dale, A Bradley

Patron: S Perkins **Registrar:** S Dale

Publicity / Media: P Chadwick / C Chadwick

Results: R Wales / N McKinven

Newsletter Editor: P. Bennett

Canteen Convenor: R Wales, J Dale

Club Captains: Phoebe Chadwick, Alex Bradley

Full listing of club nominated and appointed positions at the end of the newsletter

QRWC to Host the 2026 QA All Schools Road Walk Championships

At the QRWC Annual General Meeting on Sunday the Management Committee re affirmed its support to conduct the QA All Schools Road Walk Championships in conjunction with a club Handicap Meet. This was communicated to QA who have accepted the proposal. Further details to follow. Please mark this competition in your calendar and spread the word within your schools.

Date: Sunday July 26th

Events Under 20 10km Race Walk - Men / Women

Under 18 5km Race Walk - Men / Women

Under 16 5km Race Walk - Men / Women

Under 14 3km Race Walk - Men / Women

Under 12 2km Race Walk - Men / Women

Under 10 1km Race Walk - Men / Women

Proposed Venue Murarrie Recreation Ground

RESULTS RESULTS RESULTS

QRWC Sign On Day

Sunday March 26th

Kalinga Park

5km Men: Alex Bradley 24.59 Kai Dale 31.56 Peter Bennett 35.47.

Women: Phoebe Chadwick 28.30 Eliza Kelly 28.41 Brenda Gannon 30.56

Joy Dale 39.00 Noela McKinven 46.26.

3km Women: Violet Conway 18.20 Trish Hibbs 21.10.

Next QRWC Race

Handicap #1 Sunday April 12th

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

Entries for Members & Visitors Now Open

[QRWC Handicap #1 Sunday April 12th - Old Race Walking Club - revolutioniseSPORT](#)

Race Fees Members \$5

Visitors \$10

NEXT WEEK

World Athletics Race Walking Team Championships Brasilia, Brazil on 12 April 2026

Australian Team

Under 20 Women's 10km Race Walk – Sophie Polkinghorne (NSW), Matilda Webb (NSW), Zoe Woods (NSW)

Women's Half Marathon Race Walk – Rebecca Henderson (VIC), Elizebeth McMillen (NSW), Allanah Pitcher (NSW), Olivia Sandery (SA)

Under 20 Men's 10km Race Walk – Isaac Beacroft (NSW), John Ronan (WA), Owen Toyne (ACT)

Men's Half Marathon Race Walk – Rhydian Cowley (VIC), Timothy Fraser (ACT), Will Thompson (VIC), Declan Tingay (WA), Kyle Swan (VIC)

Men's Marathon Race Walk – Mitchell Baker (ACT), Carl Gibbons (NSW)

2026 National Junior Athletics Championships QSAC Brisbane

April 13 – 14 Australian Little Athletics Championships

Draft walks programmer

Monday 13th April

9.30am Girls U13 1500m Walk

9.50am Boys U13 1500m Walk

11.10am Girls U12 1500m Walk

11.30am Boys U12 1500m Walk

April 15 – 20: Australian Athletics Junior Championships

Thursday 16th April

10.00am 3000m Race Walk U14 Men

10.00am 3000m Race Walk U14 Women

5.25pm 5000m Race Walk U17 Women

5.25pm 5000m Race Walk U18 Women

Friday 17th April

11.15am 5000m Race Walk U17 Men

11.15am 5000m Race Walk U18 Men

Monday 20th April

10.55am 3000m Race Walk U15 Women

10.55am 3000m Race Walk U16 Women

11.45am 3000m Race Walk U15 Men

11.45am 3000m Race Walk U16 Men

LBG Walking Carnival 2026

Saturday 6th & Sunday 7 June 2026



The 59th LBG Carnival will be held on Saturday 6th & Sunday 7 June 2026 at Stromlo Forest Park in Canberra. All club members are entitled to compete and represent the State. No qualification standards, all ages, all abilities -U10- Masters. Individual, teams and handicap awards. Individual, team and handicap awards on offer.

Day 1 – Saturday, 6th June 2026

Please sign up for Saturday sessions via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/345945>

Session 1 – Racewalking: A Practical Coaching Course for Coaches

Time: 9:00am – 1:00pm | **Cost:** \$50 | **Location:** AIS

Completion is a lead-in to the Level 3 coaching course and contributes credits to the Level 3 Performance Coaching Accreditation.

Session 2 – Race Walking Judging Seminar

Time: 2:00pm – 3:00pm | **Cost:** \$5 | **Location:** AIS

Session 3 – Coaching Masterclass

David Beacroft, a highly experienced and internationally successful coach from NSW, will conduct two race walking clinics

Clinic A – Master the Basics

For: Athletes aged 9+ who are new to race walking or want help with basic technique.

Time: 2:00pm – 2:45pm | **Cost:** \$5

Clinic B – Race Walking Masterclass

For: Experienced race walkers looking to refine their technique for high performance.

Time: 3:00pm – 3:45pm | **Cost:** \$15 | **Location:** AIS

Day 2 – Sunday, 7th June 2026

Morning Session

- 7:30am: Events 1 & 2 (Open Men's & Women's Marathon)

Events 3 & 4 (Open Men's & Women's Half Marathon).

Note: 5-hour time cut-off applies.

- 11:30am: Events 5 & 6 (Under 20 Men's & Women's 10km)

Events 7 & 8 (Masters / Fitness Men's & Women's 10km).

- 12:30pm: Presentations for Morning Events.

Afternoon Session

- 1:00pm: Events 9 & 10 (Under 10 Boys & Girls 1km)

- 1:15pm: Events 11 & 12 (Under 12 Boys & Girls 2km)

- 1:40pm: Events 13 & 14 (Under 14 Boys & Girls 2km)

- 1:45pm: Presentations – Under 10 (1km)

- 2:00pm: Events 15 & 16 (Under 16 Men's & Women's 3km)

- 2:10pm: Presentations – Under 12 (2km)

- 2:30pm: Events 17 & 18 (Under 18 Men's & Women's 5km)

Events 19 & 20 (Masters / Fitness Men's & Women's 5km)

- 2:40pm: Presentations – Under 14 (2km)

- 3:00pm: Presentations – Under 16 (3km)

- 3:20pm: Events 23 & 24 (Open Men's & Women's 5km)

Events 25 & 26 (Under 20 Men's & Women's 5km).

Note: 40-minute time cut-off applies.

- 4:00pm: Presentations – Under 18 (5km) & Masters/Fitness (5km)

- 4:10pm: Presentations – Open 5km & Under 20 5km

Entries

Entries close at 6pm on Friday 29 May 2026. Late entries will not be accepted.

Capital Athletics athletes will enter via the CA online entry portal

<https://www.capitalathletics.au/events/list/>

All other competitors must complete an online entry via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/342804>

This applies to both race walks and fitness walks.

Event Entry Fees

Marathon \$50

All CA championship events \$30 (Via CA portal)

RWA events \$25 Competitors may enter up to 3 events

Entry fees are non-refundable.

Uniforms

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

For your QRWC uniform go to [Shop - Qld Race Walking Club - revolutioniseSPORT](#)

2026 QRWC Winter Road Walk Season

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.

Weekly Race Fees

Members \$5

Visitors \$10

Any membership questions please email the Registrar qrwcregistrar@gmail.com

COMING EVENTS

Handicap #1 Sunday April 12th

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

Handicap #2 Sunday April 26th

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

Handicap #3 Sunday May 3rd

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

18th Annual Gold Coast Road Walk Championships

Sunday May 31st 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

Queensland Athletics Road Walk Championships

Sunday July 12th

Brisbane International Cycle Park, Murarrie Recreation Reserve

7.00am Half Marathon Open Men

Open Women

8.00am 10km	Masters Men (30-59) U20 Men U20 Women Masters Women Masters Men (60+)
9.00am 5km	U18 Men U18 Women U 16 Men U16 Women
9.30am 3km	U14 Men U14 Women
10.00am 2km	U12 Girls U12 Boys
10.15am 1km	U10 Girls U10 Boys

UniSC Athletics Winter Carnival

August 2nd Sippy Downs

Event medalling age groups / distances:

- 8 years - 700mW
- 9/10 years - 1100mW
- 11/12 years 1500mW
- 13/14 years - 1500mW
- 15/16 years - 1500mW
- U14, U16, U18,U20, OPEN, Masters - 3000mW

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.

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

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 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 Membership

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

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

2026 - Queensland Race Walking Club Season Pass

The Queensland Race Walking Club Season Pass is a convenient way to save money and not have the worry about paying race fees with your entry each week.

The Season Pass, at a cost of \$75, enables an athlete to compete in up to 16 club meets a season (10 x handicaps, Sign On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays). This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a Queensland Race Walking Club meet.

The Pass can be purchased via [QRWC RevSport Shop](#).

How it works:

1. When you purchase a Season Pass, the Registrar will get a notification from the [QRWC RevSport Shop](#) via email.
2. The Registrar will then set up an individual discount code with the appropriate details, for each person that buys the pass.
3. An email will then be sent to the applicant with their individual discount code.
4. Once you have the code you can enter it at the check-out when you enter a race.

Note:

- The system is not automatic so please allow a day or two when you purchase a Pass to receive your discount code.
- When you enter a race, you will get to the check-out screen and it will charge you \$5, then when you enter your discount code in the field, it will reduce your race fee by 100% (i.e., \$5) so that there is a zero charge. You then will not be prompted to go to the payment screen.
- The pay as you go facility is still available to those that want to register for a race and pay their \$5 each week
- As an alternative to the Season Pass a 5 Race Pass is also now available. The 5 Race Pass costs \$25. There is no saving with this pass but it will eliminate the need to go into the separate payment screen when registering for an event. It should also help those members who have a \$10 minimum purchase with their credit card.
- Please email the Registrar (qrwcregistrar@gmail.com) if you have any questions or concerns.
- **For the first race meet of the season please purchase your pass first and allow time to receive the code before you enter the race.** After you have the code, it is just a matter of entering the race each week and keying in the discount code.

DRAFT CALENDAR

Subject to change

MONTH	DATE	EVENT	VENUE
March	29	QRWC Sign On Day/AGM	Kalinga Park
April	5	Easter Sunday	No competition
	12	QRWC Handicap #1	North Lakes
	12	WA Race Walk Team C/Ships	Brazil
	13-14	ALAA Track Championships	Brisbane
	15-20	AA Junior Track Championships	Brisbane
	22-24	UniSport Championships	Runaway Bay
	26	QRWC Handicap #2	Beenleigh
May	3	QRWC Handicap #3	Yeronga

	10	Mother's Day	No club competition
	17	QRWC Handicap #4	TBC
	19-22	Oceania Athletics Championships	Darwin
	24	QRWC Handicap #5	TBC
	31	Gold Coast Road Walk C/Ships	Mudgeeraba
June	7	LBG Federation Meet	Mt Stromlo Canberra
	14	QRWC Handicap #6	TBC
	21	QRWC Handicap #7	TBA
	28	QRWC Handicap #8	TBA
July	5	Gold Coast Marathon	Southport
	12	QA Road Walk Championships	Murarrie
	19	RWA Postal Challenge/ QMA Road Walk Championships	Beenleigh
	26	QA All Schools Road Walk Championships/ QRWC Handicap #9	TBA
	31	Comm Games 10km Men	Glasgow
August	1	Comm Games 10km Women	Glasgow
	2	UniSC Athletics Winter Carnival	Sippy Downs
	8	WA U20 Championships	Oregon USA
	9	QRWC Track Championships	UQ St Lucia
	16	QRWC Handicap #	TBA
	22- Sept 3	WMA Outdoor Championships	Daegu. South Korea
	23	AA Junior Road Walk C/Ships	Ballarat
September	6	Father's Day	No club competition
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

“L” Grade for those new to racewalking

Would you like to be a competition race walker but just not confident enough at the moment 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

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).

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](#)



ENTER HERE <https://entermastersgames.com/>

Road Walk -10km

Sunday 8 November: 7:00am Luke Harrop Cycle Circuit, Runaway Bay

Track & Field

Saturday 7 November Gold Coast Performance Centre

Sunday 8 November Gold Coast Performance Centre

Monday 9 November Gold Coast Performance Centre

A final program of events including event start times will be available after entries have closed

Games Fees

- **\$140 Early Bird** (3 March – 31 May)
- **\$155 Saver** (1 June – 31 August)
- **\$170 Standard** (from 1 September)

Sports Fees

- **Track** \$55 Admin Fee (Includes 1 Event)
\$25 for each additional event
- **10km Road Walk** \$30

2026 Oceania Athletics Championships Darwin May 2026

Tuesday 19 May

10:25am Masters Men 3,000m Race Walk

Masters Women 3,000m Race Walk

Friday 22 May

7:00am Masters Women 5000m Racewalk

Under 18 Women 5000m Racewalk

Under 20 Women 5000m Racewalk

8:00am Masters Men 5000m Racewalk

Under 18 Men 5000m Racewalk

Under 20 Men 5000m Racewalk

<https://athletics-oceania.com/oceania-athletics-area-championships/>

Important Masters Meets in 2026/27

2026 WMA Outdoor Championships

Date: August 22- September 3, 2026

Venue: Daegu Stadium, Daegu S.K.

World Masters Championships

Don't forget entries for the World Masters Championships in Daegu, Korea close 23rd June 2026.

From the 1st July 2026 the only Australian uniform that you will be able to wear is the AMA Valour uniform. All athletes intending to compete at the World Champs in Daegu will need to have the Valour competition uniform.

AMA will be opening the Uniform Shop for orders in March /April and will have sample sizes at the Australian Championships for athletes to try on.

2027 Oceania Masters Athletics Championships



The 2027 Oceania Masters Championships will be held from Wed 27 to Sun 31 January, 2027, at Ngā Puna Wai Athletics track, Christchurch, New Zealand. Registration will open on Sun AUG 30th and close on Sun DEC 13th – no late entries will be accepted. NOTE: All fees and items will be in NZ\$

- Date: January 27 – 31, 2027
- Venue: Ngā Puna Wai Sports Hub Christchurch NZ
- Entries open in August 2026

2027 AMA National T & F Championships

- Date: April 23 – 26, 2027
- Venue: WA Athletic Stadium, Floreat, WA
- **Walks Course** Perry Lakes Reserve is the location for the 10km walk. The 2km circuit is a certified relatively flat, well shaded and picturesque course around one of the Lakes.

[Perth 2027 | Australian Masters Athletics Championships](#)

2026 World Race Walking Tour Meets

25 APR Korzeniowski Warsaw Race Walking Cup Świetokrzyska Street, Warszawa POL
02 MAY 52nd International Race Walking Festival - Alytus'2026 Pulko Str., Alytus LTU
08 MAY 94th Poděbrady Walking Kolonáda, Poděbrady CZE
16 MAY 33º Grande Prémio Internacional de Rio Maior em Marcha Rio Maior POR
23 MAY XXXIX Gran Premio Cantones de A Coruna de Marcha La Coruña ESP
31 MAY V GPI Madrid Marcha Silbo Telecom Gran Via, Madrid ESP
06 JUN Záhorácka 20, 57th edition Borsky Mikulás SVK
24 OCT Lusatian Race Walking Weinauparkstadion, Zittau GER
20 DEC World Race Walking Tour St Anne's Park, Dublin IRL

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

Racewalking Queensland Management Committee 2026/27

President: P Bennett

Vice President: B Gannon

Secretary: N. McKinven

Treasurer: N. McKinven

Committee: S Pearson, I Jimenez, R Wales, J Dale, S Dale, A Bradley

Patron: S Perkins

Registrar: S Dale

Handicapper: A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media: P Chadwick / 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

Race Walk Coaching

If you are looking for a 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 Membership, coaching or general enquiries about the club

racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

Website

[Queensland Race Walking Club](#)

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.