

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



April 30th 2026

Help Shape the Future of Coaching & Officiating in Australia– Australian Sports Commission

National survey now open to shape the future for coaching and officiating—the Australian Sports Commission, led by the recently established Coaching and Officiating Advisory Groups, is partnering with the sport sector to co-design a Coaching Action Plan and an Officiating Action Plan, setting a clear direction to reposition coaches and officials as leaders within the sporting environment.

A national survey is now available as one way to hear about the perspectives and experiences of those in the sport sector.

https://survey.bendelta.com/jfe/form/SV_50Sr9qWQZgIRPH8

RESULTS RESULTS RESULTS

Australian Athletics UniSport Championships Gold Coast Performance Centre, Runaway Bay

5000m Race Walk Men Senior

- 1 Marcus WAKIM MELB 20:37.20
- 2 Sam MCCURE USYD 21:08.72 SB
- 3 Jack MCGINNISKIN UON 21:40.38
- 4 Myles ASHBY UNSW 24:00.65
- 5 Alexander SINNETT USYD 24:41.36
- 6 Alex BRADLEY UniSQ 24:42.38 SB
- 7 Brendan POSPISCHIL UTS 26:10.48 SB
Cooper RECH AU DQ TR54.7.1

5000m Race Walk Women Senior

- 1 Chelsea ROBERTS USYD 22:28.21 PB
- 2 Nellie LANGFORD AU 22:56.15 SB
- 3 Hana JUGOVIC UC 24:08.00 PB
- 4 Sienna PITCHER ACU 25:18.42
- 5 Phoebe CHADWICK UniSC 25:34.03 PB
- 6 Laelia BYATT ACPE 26:53.60 PB
- 7 Summer MILLARD UniSC 32:28.29 SB
- 8 Taylah MORRIS MON 37:40.98 SB
- 6 Emily SMITH MELB DQ TR54.7.1

QRWC Handicap #2

Logan River Parklands April 26th

A Grade 10km Men: (1). Alex Bradley 53.00 (2) Ignacio Jimenez 55.49 SB (3). Paul Lindenberg 1.08.53 (4) Peter Bennett 1.09.51

Women: (1) Phoebe Chadwick 1.00.11 SB (2). Eliza Kelly 1.00.18 SB (3). Nyle Sunderland 1.07.15 (4) Roslyn Kirwin 1.14.12 (5) Joy Dale 1.24.52 SB (6.) Noela McKinven 1.36.20

B Grade 5km Women: (1). Anne Weekes 31.27 (2) Trish Hibbs 36.00 (3) Kate Morris 38.20

C Grade 3km Men: (1). Hayden Robertson 15.23. Leo Ramsay DNS

Women: (1) Violet Conway 19.01

D Grade 2km Men: (1) Yoshua Lee 13.43

Women: (1.) Amelia Chisholm 10.24 (2) Clara Hermus 11.24 SB (3). Bella Sansom 11.35 SB (4). Lilli Chu 14.48

E Grade 1km

Men: (1) Caleb Lee 6.47

F Grade 0.5km

Women: (1) Mikayla Lee 3.32

London Marathon – Sunday April 26th

Brenda Gannon 5:19:25

Congratulations to Brenda who was one of 59,000 starters in the race so it was quite difficult to race freely with a crowd like that. There were about 1.13 million people who entered the ballot to be selected to participate in this year's historic race year which saw the first two place getters both breaking two hours!

THIS WEEK

QRWC 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

<https://www.revolutionise.com.au/qldracewalkingclub/events/356260>

Race Fees Members \$5

Visitors \$10 enter on the day (due to governance issues we are unable to continue to take visitor entries via RevSport)

Get ready for race day

- Get you entry in online before midday Saturday (Members)
- Give yourself plenty of time to familiarise yourself with the course (10km use a 2km loop, all other races use the 1km loop).
- If you are entering on the day please arrive 30 minutes before the start of your race.
- Existing Members don't forget wear your Race Numbers.
- New Members pick up your Race Numbers from the Check In desk (all entrants must be wearing race numbers back & front)
- Be on the start line at least 10 minutes before the scheduled start time of your race.
- Volunteer to lap score or time keep.
- Race hard & have fun.

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/>

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.

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 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 Experienced race walkers looking to refine their technique for high performance. **Time:** 3:00pm – 3:45pm | **Cost:** \$15 | **Location:** AIS

Sunday, 7th June 2026

Morning Session

7:30am Open Men's & Women's Marathon
Open Men's & Women's Half Marathon.

11:30am Under 20 Men's & Women's 10km
Masters / Fitness Men's & Women's 10km

Afternoon Session

1:00pm Under 10 Boys & Girls 1km
1:15pm Under 12 Boys & Girls 2km

1:40pm Under 14 Boys & Girls 2km
2:00pm Under 16 Men's & Women's 3km
2:30pm: Under 18 Men's & Women's 5km
Masters / Fitness Men's & Women's 5km
3:20pm: Open Men's & Women's 5km
Under 20 Men's & Women's 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](#)



WMA Outdoor Championships August 22-September 3 Daegu Stadium, Daegu S.K.

Entries close 23rd June

Walk Schedule

August 22nd 10km Road Walk
August 29th 20km Road Walk
September 2nd 5,000 metre Track Walk

COMING EVENTS

QRWC 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

May 10th Mother's Day – No Club Competition

QRWC Handicap #4 Sunday May 17th

John Frederick Park, 2-14 Old Cleveland Road Capalaba

7.30am A Grade M 15km
A Grade W 10km

B Grade 8km
8.00am E Grade 2km
F Grade 1km
8.15am C Grade 5km
D Grade 3km

QRWC Handicap Meet #5 Sunday May 24th

Kalinga Park, Clayfield

7.30am A Grade 10km
8.00am E Grade 1.5km
F Grade 1km
8.15am B Grade 5km
C Grade 3km
D Grade 2km

18th Annual Gold Coast Road Walk Championships

Sunday May 31st Mudgeeraba

7.30am Open M/W 10km
8.00 am U10 M/W 1km
U8 M/W 0.5km
8.10am 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

4th Annual Coast2Coast International Meet 2026

Gold Coast Performance Centre, 1 Sports Drive, Runaway Bay

Draft Timetable

Monday 6 July 2026

9.55am - 3000m Race Walk & 5000m Race
10.30am Walks

[2026 Coast2Coast - Gold Coast Victory Athletics Club - revolutioniseSPORT](#)

Queensland Athletics Road Walk Championships

Sunday July 12th

Brisbane International Cycle Park, Murarrie Recreation Reserve

7.00am Half Marathon Open Men
Open Women
Masters Men (30-59)
8.00am 10km 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

10.15am 1km U12 Boys
U10 Girls
U10 Boys

Sunday July 19th Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh

8.00am Open M/W 10km
U20 M/W 10km
U18 M/W 8km
8.10am U10 M/W 1.5km
Invitation (Non-challenge event) 500 metres
8.30am Invitation 5km (non-challenge event)
U16 M/W 5km
U14 M/W 3km
U12 M/W 2km

QMA Short Course Road Walks Championship Sunday July 19th Logan River Parklands, Beenleigh

This event will be held in conjunction with QRWC Postal Challenge meet.

8.00am QMA Masters Men 10km
QMA Masters Men 5km (M60+ option)
QMA Masters Women 5km

QA All Schools Road Walk Championships / QRWC Handicap #9 Sunday July 26th



All Schools Road Walk 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

QRWC Handicap Events

A Grade 10km
B Grade 5km
C Grade 3km
D Grade 2km
E Grade 1km

Proposed Venue Murarrie Recreation Ground

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

DRAFT CALENDAR

Subject to change

MONTH	DATE	EVENT	VENUE
April	26	QRWC Handicap #2	Beenleigh
May	3	QRWC Handicap #3	Yeronga
	10	Mother's Day	No club competition
	17	QRWC Handicap #4	Capalaba
	19-22	Oceania Athletics Championships	Darwin
	24	QRWC Handicap #5	Kalinga Park
	31	Gold Coast Road Walk C/Ships	Mudgeeraba
June	7	LBG Federation Meet	Mt Stromlo Canberra
	14	QRWC Handicap #6	Yeronga
	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 Short course 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 #10	TBA
	22- Sept 3	WMA Outdoor Championships	Daegu. South Korea
	23	AA Junior Road Walk C/Ships	Ballarat
	30	QRWC Road Walk C/Ships	Beenleigh
September	6	Father's Day	No club competition
	13	Presentations/Relays/BBQ Day	Sandgate
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

2026 QRWC Winter Road Walk Season

Walking is a simple yet powerful activity that improves heart health, strengthens muscles and bones, boosts mood, and can extend your lifespan.

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

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)

“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 with 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

The AA National Coaching Conference & Women in Coaching & Leadership Day

brings together coaches from across Australia and around the world to connect, learn, and lead the future of athlete development in athletics.

Hosted at the University of Queensland in Brisbane from Friday 9 to Sunday 11 October 2026, this three-day conference will explore what it means to be future-ready as we build toward the Brisbane 2032 Olympic and Paralympic Games.

The conference will feature leading experts from Australia, Oceania, and internationally, alongside strong opportunities for connection and collaboration through structured networking sessions. The conference centres on equipping coaches with the tools, knowledge, and network needed to evolve training environments, athlete support systems, and performance practice. From community participation through to high performance, the program will deliver practical, real-world insights where technical mastery meets innovation and impact.

Dates: 9–11 October 2026

Location: University of Queensland, Brisbane

Registration Fees

Early Bird: (closes 1 June 2026):

2-Day Pass: \$300

3-Day Pass (AANCC + Women in Coaching & Leadership Day): \$300

Standard:

2-Day Pass: \$350

1-Day Pass: \$250

3-Day Pass (AANCC + Women in Coaching & Leadership Day): \$400
Women in Coaching & Leadership Day Only: \$100

Register Here

[National Coaching Conference and Women in Coaching and Leadership Day - Australian Athletics - revolutioniseSPORT](#)

Important Masters Meets in 2027

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

02 MAY 52nd International Race Walking Festival - Alytus'2026 Pulko Str., Alytus LTU
08 MAY 94th Poděbrady Walking Kolonáda, Poděbrady CZE
16 MAY 33° 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 Záhорácka 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

Local Sporting Champions Grants

Applications for Round 4 2025/26 will close on 30 April 2026

Grants for competitors, coaches and officials aged 12-18 participating in state, national and international championships.

The Local Sporting Champions (LSC) program provides financial assistance for coaches, officials and competitors aged 12-18 participating in state, national or international championships.

If successful, applicants will receive \$500-\$750 towards the cost of attending their championships.

- Base Grant: **\$500**
- Applicants travelling 800km - 1999km to their nominated championships: + **\$100**

- Applicants travelling internationally or greater than 2000km to their nominated championships: + \$200
 - Applicants residing in a rural electorate: + \$50
- [Local Sporting Champions Round 4 - 2025/26 - Australian Sports Commission](#)

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.

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 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.