

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



August 14th 2025

QRWC Wins 2025 RWA Postal Challenge Shield

Our club has successfully defended the Shield we won outright for the first time last year when we were named the winner of the RWA Postal Challenge. Congratulations to all our athletes that competed at Beenleigh in July to score points for the club. Special mention to our four age group category winners: Noah, Milly, Iggy & Kai.

RWA State Challenge

Results

Clubs	QRWC	SARWC	TAS	VRWC	WARWC	ACTW	NSWRWC
Totals	45	65	74	37	71	69	51
Fairness calculation	1.8	2.2	2.2	1.1	2	1.8	1.1
Final Total	25.00	29.55	33.64	33.64	35.50	38.33	46.36
Placings	1	2	3	3	5	6	7

Rules:

1. Points are awarded to the fastest individual per club. If a club does not have a competitor, they receive 5 points.
2. Member numbers for fairness calculations are based on the membership paid to RWA.

Under 10 1.5km Female

		Time	Club	Place
Lily	Bowkett	00:08:22	VRWC	1
Summer	Patten	00:09:12	VRWC	2
Lilli	Chu	00:09:12	QLD	2
Nasrin	Hewitt	00:09:13	NSWRWC	4
Estrid	Helgstedt	Race	ACT	5
Cory	Lewis	00:11:06	VRWC	6
Ava	Pravednikov	00:11:31	VRWC	7
Abigail	Verity	00:11:43	VRWC	8

Under 10 1.5km Male

		Time	Club	Place
Bowie	Clarke	00:08:56	VRWC	1
Ryder	Reid	00:08:58	VRWC	2
Dimitri	Pashutin	00:09:12	VRWC	3

Yoshua	Lee	00:09:18	QLD	4
Zac	Anderson-Rule	00:09:35	ACT	5
Grayson	Allison	00:10:49	VRWC	6
Ruby	Kilworth	00:10:45	WARWC	7
Avery	Allison	00:11:27	VRWC	8
Martin	Crabb	00:17:50	SARWC	10

Under 12 2km Female		Time	Club	Place
Lily Eve	Everson	00:09:56	NSWRWC	1
Bella	Sansom	00:11:40	QLD	2
Aria	Di Benedetto	00:12:05	VRWC	3
Anna	Dubar	00:12:08	VRWC	4
Hannah	Clausnitzer	00:12:13	WARWC	5
Luna	Boyd	00:12:19	QLD	6
Natalie	Ramirez	00:13:01	VRWC	7
Jessica	Gorham	0:13:04	QLD	8
Elsie	Woodward	00:15:01	TRWC	9
Abby	Fowler	00:15:04	VRWC	10
Bianca	Sugiarto	00:17:14	TRWC	11
Dot	Suusmilch Leitch	00:20:17	TRWC	12

Under 12 2km Male		Time	Club	Place
Darcy	Dennis	00:09:47	NSWRWC	1
Fletcher	Reid	00:10:39	VRWC	2
Logan	Allison	00:11:13	VRWC	3
Felix	Skurka	00:12:50	VRWC	4
Saxon	King	00:15:09	SARWC	5
Samuel	Hucker	00:16:31	TRWC	6
Austin	Hucker	00:18:11	TRWC	7

Under 14 3km Female		Time	Club	Place
Avia	Luketic	00:13:53	NSWRWC	1
Liliana	Templer	00:16:20	SARWC	2
Addison	Frenken	00:16:46	VRWC	3
Indigo	Marshall-Moodie	00:17:03	VRWC	4
Amelia	Chisholm	00:17:48	QLD	5
Violetta	Boyd	00:18:02	QLD	6
Caitlyn	Shipham	00:18:45	VRWC	7
Tindra	Helgstedt	00:19:08	ACT	8
Katharina	Johnson	00:19:18	ACT	9
Adele	Woodward	00:19:54	TRWC	10
Violet	Conway	00:20:05	QLD	11
Charlotte	Dix	00:21:03	TRWC	12
Kobe	Lewis	00:21:04	VRWC	13
Chloe	Bevis	00:21:10	WARWC	14
Mackenzie	Wormald	00:22:17	QLD	15
Rachel	Pemberton	00:23:25	SARWC	16

Under 14 3km**Male**

		Time	Club	Place
Nate	Appleyard	00:13:38	NSWRWC	1
Oliver	Crowl	00:16:19	VRWC	2
Leo	Ramsay	00:17:36	QLD	3
Sebastian	Ryan	00:18:31	ACT	4
Robert	Crabb	00:23:17	SARWC	5

Under 16 5km Female

		Time	Club	Place
Sophie	Polkinghorne	00:24:56	NSWRWC	1
Mya	McClure	00:24:57	VRWC	2
Eva	Parker	00:26:55	TRWC	3
Eliza	Kelly	00:29:14	QLD	4
Aangi	Shah	00:33:46	VRWC	5
Sierra	Thomson	00:34:22	WARWC	6
Lauren	Davis	00:37:15	WARWC	7

Under 16 5km Male

		Time	Club	Place
Noah	Cooke	00:24:14	QLD	1
Angus	Shuttleworth	00:24:57	VRWC	2
Lachlan	Moore	00:25:26	QLD	3

Under 18 8km Female

		Time	Club	Place
Milly	Sharpe	00:41:13	QLD	1
Kaytee	Bogaers	00:47:50	WARWC	2
Jessica	Loring	00:47:54	NSWRWC	3

Under 18 8km Male

		Time	Club	Place
Kai	Dale	00:48:04	QLD	1
Cooper	Rech	00:52:12	SARWC	2

Under 20 10km Female

		Time	Club	Place
Ariana	Pashutina	00:53:56	VRWC	2
Hana	Jugovic	00:54:24	ACT	3

Under 20 10km Male

		Time	Club	Place
Riley	Coughlan	00:44:38	VRWC	1
Sam	Lindsay	00:49:20	TRWC	2
Aidan	Pospischil	01:07:32	NSWRWC	3

Open 10km Female

		Time	Club	Place
Samantha	Findlay	00:49:24	SARWC	
Nyle	Sunderland	01:06:04	Qld	
Emilie	Garside	01:08:48	VRWC	
Joy	Dale	01:18:41	QLD	

Open 10km Male

		Time	Club	Place
Alejandro	Stephens	00:52:03	VRWC	1
Brendan	Pospischil	00:52:04	NSWRWC	2
Brad	Mann	00:54:52	WARWC	3
Paul	Lindenberg	01:06:03	QLD	4
Peter	Crump	01:07:57	SARWC	5

Simon	Cartwright		01:17:01	QLD	6
Masters 10km Female		Age Grading	Time	Club	Place
Ann	Staunton-Jugovic	86.15%	01:01:03	ACT	1
Carolyn	Rosenbrock	85.59%	01:02:07	VRWC	2
Gwen	Steed	83.75%	01:21:02	VRWC	3
Caroline	Campbell	78.56%	01:27:42	ACT	4
Karyn	O'Neill	77.23%	01:14:39	VRWC	5
Noela	McKinven	73.29%	01:34:00	QLD	6
Fiona	van Heerwaarden	68.86%	01:06:38	WARWC	7
Melissa	Grantham	67.70%	01:03:56	SARWC	8
Marcela	Ruiz	65.61%	01:21:56	WARWC	9
Masters 10km Male		Age Grading	Time	Club	Place
Ignacio	Jimenez Solis	86.50%	00:51:45	QLD	1
Kim	Mottrom	84.95%	00:45:29	SARWC	2
John	Nottle	75.81%	01:07:38	VRWC	3
Terry	O'Neill	73.28%	01:06:25	VRWC	4
Peter	Bennett	71.80%	01:07:47	QLD	5
Victor	Munoz	71.09%	01:09:09	WARWC	6
Victor	Munoz	70.38%	01:09:09	WARWC	7
Shaun	Lewis	68.82%	00:58:23	VRWC	8
Paul	Moritz	64.74%	01:12:19	VRWC	9
Wayne	Fletcher	51.59%	01:43:57	TRWC	10
Alex	McEwan	50.93%	01:24:20	SARWC	11
Steve	Travell	50.36%	01:34:46	WARWC	12

QRWC RACE WALK JUDGING SEMINAR

"The Meeting Place" University of Queensland Athletics Facility St Lucia

Saturday August 16th

Presented by **Zoë Eastwood-Bryson**, World Athletics Gold Race Walking Judge.

What to bring. Your questions, a pen., a hard folder or a clipboard to write on. We will need a couple of walkers for the practical judging instructions please dress for the occasion if can assist.

Morning tea, bottled water and lunch provided.

Final Seminar programme

Saturday

9:00am	Registration
9:15am	Race Walk Judging: Rules, Ethics, Guidelines, Officials, Pathways
11:00am	Break
11:15am	Nutrition
11:45am	Practical on track
12:30pm	Lunch
1:00pm	Completing paperwork. Red Cards, Judges Record Sheet, Summary Sheet
1:45pm	Video Trial and Quiz
2:30pm	Close

If you have registered but cannot attend, please email Noela noelarhoda@gmail.com

THIS WEEK

Last chance of the season to score handicap & seasons best points this Sunday at Clayfield.

QRWC Handicap Meet #10 Sunday August 17th

Kalinga Park, Clayfield

7.30am A Grade 10km

B Grade 8km

8.00am E Grade 2km

F Grade 1km

8.15am C Grade 5km

D Grade 3km

Zoë Eastwood-Bryson, World Athletics Gold Race Walking Judge will be in attendance at the meet on Sunday .

Enter Here

[QRWC Handicap #10 Sunday August 17th - Qld Race Walking Club - revolutioniseSPORT](#)

Race Fees \$5 / \$10 on the day



Sausage Sizzle \$2.50

Poppers \$ 1.50

Please remember to bring along CASH this week for the sausage sizzle as we may not have our card reader in operation for the duration of the meet.

We would welcome your assistance on Sunday with lapcoring, time keeping and assisting on the bbq with the sausage sizzle.

PERPETUAL TROPHIES

If the following perpetual trophy winners from 2024 could assist by returning their trophies it would be greatly appreciated.

U14 GIRLS

Isabella Welch

U18 MEN 10KM

Bailey Housden

OPEN WOMEN 10KM CHAMPIONSHIP

Katya Martin

MOST OUTSTANDING MEMBER

Bailey Housden

Please contact Noela if you are unable to attend one of our remaining road walk meets so that alternate arrangements can be made to drop off or pick up your trophy.

RESULTS RESULTS RESULTS

QRWC Handicap #9 Capalaba

August 10th

A Grade Men 15km/championship

Men: (1) Ignacio Jimenez 1.22.04 (2) Kai Dale 1.38.05 (3) Peter Bennett 1.42.31

Women 15km championship

Women: (1) Joy Dale 2.08.48. Noela McKinven DNF

A Grade Women 10km

Women: (1) Joy Dale 1.24.57 (2) Noela McKinven 1.33.46

B Grade 8km

Men: (1) Simon Cartwright 1.01.36

C Grade 5km

Men: (1) Noah Cooke 23.02 SB

Women: (1) Kiara Waterman 35.25

D Grade 3km

Men: (1) Lachlan Moore 14.26 (2) Leo Ramsay 18.41

Women: (1) Clara Remus 18.38

E Grade 2km

Girls: (1) Harper Waterman 19.36

F Grade 1km

Men: (1) Yoshua Lee 6.08 SB

Women: (1) Lilli Chu 6.06

Judge's Reports

416 c

432 kkK

446 cC

511 ck

Thank you to our judges, time keepers and lap scorers on Sunday.

NEXT WEEK

Australian Junior Road Race Walking Championships

Sun 24 August Victoria Park, Ballarat

Important : You must wear your State (QA) uniform at these championships i.e. not a club or QRWC uniform .Contact greg.ison@qldathletics.org.au or shanen.layden@qldathletics.org.au

Programme

08:45 Under 20 10km Race Walk - Men

08:45 Under 20 10km Race Walk - Women

09:30 Under 18 5km Race Walk - Men

09:30 Under 18 5km Race Walk - Women

09:30 Under 16 5km Race Walk - Men

09:30 Under 16 5km Race Walk - Women

10:30 Under 14 3km Race Walk - Men

10:30 Under 14 3km Race Walk - Women

10:50 Under 12 2km Race Walk - Men

10:50 Under 12 2km Race Walk – Women

Entry Lists

10km Race Walk Men U20

1 Sam MCCURE SA

2 Isaac BEACROFT NSW

3 Riley COUGHLAN VIC

4 Bailey HOUSDEN QLD

5 Owen TOYNE ACT

6 Peter CHARLTON NSW

7 Samuel LINDSAY TAS

8 Cooper RECH SA
9 Marcus WAKIM VIC

10km Race Walk Women · U20

1 Zoe WOODS NSW
2 Maddison NASH VIC
3 Phoebe CHADWICK QLD
4 Ariana PASHUTINA VIC
5 Sienna PITCHER NSW
6 Kaytee BOGAERS WA
7 Hana JUGOVIC ACT
8 Taylah MORRIS QLD

5km Race Walk Men · U18

1 Christopher NILON NSW
2 Kai DALE QLD
3 Max DAVIDSON VIC
4 Sebastian RICHARDS SA
5 Dylan ALLABUSH NSW

5km Race Walk Men U16

1 Lachlan MOORE QLD
2 Michael MATHISON NSW
3 Noah VELLA NSW
4 Noah COOKE QLD
5 Callum MARTIN NSW
6 Angus SHUTTLEWORTH VIC
7 Koby IRVINE QLD

5km Race Walk Women U16

1 Sierra THOMPSON WA
2 Eva Grace PARKER TAS
3 Bethany MOORE-KIRKLAND QLD
4 Lily Rose LAMBERT VIC
5 Havana ALI VIC
6 Eliza May KELLY QLD
7 Matilda RECH SA
8 Ela UZUN VIC

5km Race Walk Women U18

1 Grace BECK NSW
2 Emma Paige GROCOTT ACT
3 Olivia BOULTON QLD
4 Milly SHARPE QLD

3km Race Walk Men U14

1 Fiete Halvar DIERS VIC
2 Brodie WELSH VIC
3 Tate MCQUEEN VIC
4 Harrison RYAN VIC
5 Nate APPLEYARD NSW
6 Leo HYDE QLD

7 Liam MEALE NSW
8 Hugo SICILIANO NSW
9 Mathias HUTCHENS NSW

3km Race Walk Women U14

1 Molly MILLER NSW
2 Avia LUKETIC NSW
3 Chloe BEVIS WA
4 Rachel PEMBERTON SA

5 Audrey RUSSELL NSW
6 Scarlett NUNN WA
7 Addison FRENKEN VIC
8 Kobe LEWIS VIC
9 Isabella WELCH QLD
10 Felicity RUDD NSW
11 Adele WOODWARD TAS
12 Makenzie SILLITTO WA
13 Willow WHEELER WA
14 April Louise KELLY QLD

2km Race Walk Men U12

1 Darcy DENNIS NSW
2 Hayden ROBERTSON QLD
3 Oliver CROWL
4 Fletcher Brett REID VIC
5 Jack GREYLING VIC
6 Samuel HUCKER TAS
7 Blair Michael HOSKING VIC
8 Eric COLGAN NSW

2km Race Walk Women U12

1 Payton WELSH VIC
2 Ruby KILWORTH WA
3 Lily BOWKETT
4 Jessica GORHAM QLD
5 Anna DUBAR VIC
6 Nina TRICKEY QLD
7 Stella WADE NSW
8 Rahni FOWLER WA
9 Sophie MENZ VIC

STILL TO COME

**QRWC Road Walk Championships Sunday August 31st
Logan River Parklands, Beenleigh**

8.00am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
 Invitation Open 5km (non-championship)
8.15am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
8.30am Under 14 M & W 2km
 Under 16 M & W 4km

Note

- Age is taken as Age on the Day
- Athletes eligible for awards in their own age group event only.
- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.
- For Masters Athletes the first three finishers of club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Entry Fee Members \$10

Non-Members \$15 (not eligible for championship awards)

Invitation 5km \$5

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00
Under 16 Men 4 km Bailey Housden 2023 16.44.00
Under 14 Boys 2 km Bailey Housden 2020 8.59.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7.28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00

Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00



Oceania Masters Athletics 2025 Championships 6-10 September at the SAC, Brisbane

Final Walks Programme

Saturday September 6th

8.00am 10km Road Walk M/W

Monday September 8th

9.00am 1,500 metre Track Walk W60+

9.15am 1,500 metre Track Walk M60+

9.30am 1,500 metre Track Walk W30-59

9.45am 1,500 metre Track Walk M30-59

Wednesday September 10th

8.00am 5,000 metre Track Walk W30+

8.45am 5,000 metre Track Walk M30+

Entry Numbers

6 September - Road Walk - 41

8 September- 1500 metre track walks - 59

10 September- 5000 metres track walk- 44

ATHLETE PACK COLLECTION

Athlete packs include competition bibs and must be collected before your first event. The OMA2025 Registration Area will be located on the ground floor of the main QSAC building..

Collection dates & times in September

Fri 5 – 12:00pm to 6:00pm

Sat 6 – 8:00am to 3:00pm

Sun 7 – 8:00am to 3:00pm

Mon 8 – 8:00am to 3:00pm

Tue 9 – 8:00am to 3:00pm

www.oceania-masters-athletics.org

Officials and Volunteers:

Now you have the times for your events, if you find you have some spare time during your stay in Brisbane, **please consider volunteering** to help us deliver an awesome Championships. Every little bit helps, and we have lots of jobs to get done.

Register to volunteer at this link: <https://forms.gle/h1WWsC1f9cBqjwj49>

Help is especially needed for this event

Road Walk – Saturday 6 (QSAC stadium vicinity)

Qualified Officials are welcome to register: <https://forms.gle/Vu6dZwpqG3rc7NqQ6>

(Note that officials are paid a daily rate, and receive a long sleeve officials polo shirt, more information located at <https://www.oceania-masters-athletics.org/officials-information/>)

GET READY FOR OUR END OF SEASON DAY

QRWC Relay/Trophy/BBQ Day Sunday September 14th

Dowse Lagoon, Brighton Road, Sandgate

9.00am 4 x 1,500 metre Relay

For the relays please be ready to compete by 9am as we need to finalise handicaps, teams and your competing order in your team. All this takes time and we want teams to be started by 9.30am.

The Relay This is a handicapped relay, so it is not really about being the fastest. Get your team together now and come up with an apt team name. You don't have to be a competitive walker to take part so this is the opportunity for all parents, coaches, judges, volunteers and other family members to have a go.

There will be a sheet at the Sign In desk to nominate your team or if you wish to be allocated to a team and closer to the day there will be an online entry portal opened.

10.00am – 12.00am BBQ & Presentations

TROPHIES All the medals from the QRWC track championships, Grade Handicap points trophies, Club Road Walk championships trophies and the perpetual trophies will be presented.

RAFFLES For a bit of fun and to raise some money for the club we have a tradition of having a multi draw raffle at the lunch.

If you would like to donate a raffle prize (check your cupboards for any unwanted Christmas gifts or “surplus” bottles of wine) we would be pleased to hear from you or bring them along to Kalinga Park on Sunday or at the Beenleigh Club Championships.

LUNCH We will be having a BBQ lunch following the relays. The club will provide the BBQ fare. If you would like to help out in the food department, please let Noela know. **We do ask if members could please bring along a plate to share for dessert or a fruit platter is always welcome.** Light beer & soft drinks will be in sale. Please bring along your deck chairs or a picnic rug.

CRITERIA FOR QRWC PERPETUAL TROPHIES

Male

Age Distance First Presented Criteria

David Smith Shield Open 20km 2007 20km stated as Dave Smith race

Open Men’s 15km Open 15km 1978 Stated as 15km Championship

Open Men’s Cup Open 10km 1978 Club 10km Championship

U14 Boys 12,13yrs 2km 2019 Club Championships

U12 Boys 10,11 1.5km 2019 Club Championships

U10 Boys not yet 10yrs .75km 2019 Club Championships

Under 18 Men’s 10km Any male club athlete who is not yet 18 at the time of achieving the best 10km time of the season. Not restricted to the “U18 Group” First presented in 2019

Under 16 Boys 5km Any male club athlete who is not yet 16 at the time of achieving the best 5km time of the season. Not restricted to the “U16 Group” First presented 2014

Female

Open Women 15km Shield

Open 15km 2019 Stated as 15km Championship

Open Women 10km Open 10km 2019 Club Championships

Under 20 Women 18,19 8km 2019 Club Championships

U16 Girls 14,15 4km 2019 Club Championships

U14 Girls 12,13 2km 2016 Club Championships

Under 12 Girls 10,11 1.5km 1979 Club Championships

Under 18 Girls 5km Any female club athlete who is not yet 18 at the time of achieving the best 5km time of the season. Not restricted to the “U18 Group” First presented in 1982

Under 10 Girls Any girl who is not yet 10 and has been friendly and helpful in the Club. First presented in 1991. If no suitable candidate – not presented.

Bill Cook Trophy for Team winning the Fun Relay. First presented 1981

Most Outstanding Member. This is our most prestigious trophy and is not restricted to athletes. No member can hold it for consecutive years, but may be judged by the Committee for further years that are not consecutive. If no suitable candidate for the year, it will not be presented. First presented in 2016.

QRWC HANDICAP TROPHIES

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. 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. **To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.**

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



Race Walks Friday 26th

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](#)



Play On! Sports Vouchers are here!

Queensland's brand-new \$200 Play On! Sports Voucher program is now open – and it's all about helping more kids get active, stay healthy, and be part of their local sporting community.

Families — apply now!

Parents and carers of eligible children aged 5–17 can now apply for a \$200 voucher.

Make sure you have:

- An Enquire account
- Your child's Medicare card
- A valid Health Care Card (HCC) or Pensioner Concession Card (PCC) if applicable

Apply here [Play On! Sports Vouchers | Recreation, sport and arts | Queensland Government](#)

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 4-7th

Following the unforgettable success of last year's Chemist Warehouse Australian All School Athletics Championships, Australian Athletics is excited to announce Lakeside Stadium as the next host for the nation's premier school-aged athletics meet.

The 2025 edition will take place from 4-7 December, with the National Schools Challenge taking place the following day on December 8th.

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

2026



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.

Thank you for your cooperation in helping us create a safe and supportive environment for our young athletes.

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

For further details regarding the guidelines and obligations, please refer to this link <https://www.qld.gov.au/law/laws-regulated-industries-and-accountability/queensland-laws-and-regulations/regulated-industries-and-licensing/blue-card/system/system-explained> where you can find the full requirements and process for Blue Card system.

If you have any questions or require assistance, please don't hesitate to contact our club Blue Co-ordinator 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

QRWC 2025 ROAD WALK SEASON

UPDATED : AS AT 26/06/2025

March	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	8.00am
	25	Handicap Meet # 4	North Lakes	8.00am
June	1	GC Championships	Mudgeeraba	8.00am
	8	LBG Federation Meet	Canberra	7.00am

	15	Handicap Meet # 5	Yeronga	8.00am
	22	QA Road Walk Championships/ QMA Long Course C/Ships	QSAC	8.00am
	29	Handicap Meet # 6	Kalinga Park	7.30am
July	6	Handicap Meet # 7	North Lakes	8.00am
	13	Handicap Meet # 8	Yeronga	8.00am
	20	Race Walking Australia Postal Challenge/QMA Short Course C/Ships	Beenleigh	8.00am
	27	QRWC Track Championships	UQ St Lucia	8.00am
August	3	UniSC Athletics Winter Carnival	Sippy Downs	9.00am
	10	Handicap Meet # 9	Capalaba	7.30am
	17	Handicap Meet # 10	Kalinga Park	7.30am
	24	AA Junior Road Walk Championships	Ballarat, Vic	9.00am
	31	QRWC Road Walk Championships	Beenleigh	8.00am
September	6-10	Oceania Masters Athletics Championships	QSAC	
	7	Father's Day	No competition	
	14	Relay/BBQ/ Presentation Day	Sandgate	

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.

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.

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 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.

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**