

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



August 21st 2025

QRWC RACE WALK JUDGING SEMINAR ***“The Meeting Place” University of Queensland Athletics Facility St Lucia*** ***Saturday August 16th***



Zoë Eastwood-Bryson, World Athletics Gold Race Walking Judge with Peter and Trish

It was great to welcome Zoe back to sunny Queensland to conduct another race walk judging. And it was good to see the mix of attendees in the room from old faces to new, young athletes, experienced judges, beginners, representatives not only from QRWC but from Little A's clubs, QA clubs and Qld Masters.

The day started with an overview of race-walking judging rules, ethics, guidelines for judges and the pathways for development as a judge.

Robyn then delivered a presentation on nutrition with focus on pre and post training and competition hydration and fuelling. It was good to see the attendees engaging in the discussions and offering their own insights. Zoe reminder everyone that judges as well as the athletes need to be mindful of their hydration and energy levels during a meet as judges can be on the course for many hours in hot and humid conditions.

Then it was down to the track to observe in practice the guidelines for judges we had heard from Zoe earlier. All with the help of some volunteer “demonstrator” walkers.

After lunch it was into the important area of accurately completing judging paperwork, filling out a red card, the judges record sheet, and the judging summary sheet. Zoe rounded off the day testing everyone's judging ability with a video trial followed by a quiz.

It was great to see the level of engagement and collaboration of those who attended.

Thank you to those who answered the call and put their hand up to assist with the judging at the Oceania Masters Athletics Championships in a few weeks. And special thank you to Zoe and to Robyn for your presentations to make it an interesting and enjoyable seminar.

Australian Junior Road Race Walking Championships **Sun 24 August Victoria Park, Ballarat**



Ballarat will host the Australian Junior Race Walking Championships on Sunday morning, headlined by rising star Isaac Beacroft (NSW) who has already made his mark on the world stage – winning global gold at the World Athletics Race Walking Teams Championships in 2024. All the best to our Queensland race walkers in Ballarat on Sunday and we hope you achieve your goals and finish the road walk season on a high note. Have a safe trip everyone.

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

RESULTS RESULTS RESULTS

QRWC Handicap #10 Kalinga Park

August 17th

A Grade 10km

Men: (1) Ignacio Jimenez 50.11 SB (2) Kai Dale 1.01.43 (3) Peter Bennett 1.06.11 SB

Women: (1) Phoebe Chadwick 1.03.02 (2) Joy Dale 1.18.04 SB (3) Noela McKinven 1.40.54

B Grade 8km

Men: (1) Simon Cartwright 1.09.01

Women: (1) Anne Weekes 58.32

C Grade 5km

Men: (1) Noah Cooke 25.07

Women: (1) Kiara Waterman 35.01

D Grade 3km

Men: (1) Lachlan Moore 14.37 (2) Leo Ramsay 18.26

Women: (1) Lyla Williams (VIS) 18.13. Freya Williams DQ

E Grade 2km

Girls: (1) Izzy Blackburn 13.02 (2) Violet Conway 13.07 (3) Harper Waterman 19.40

F Grade 1km

Men: (1) Yoshua Lee 6.44

Women: (1) Lilli Chu 6.41

Judge's Reports

7 kK
388 kk
389 kkkKKK DQ
398 k
416 ck
428 ck
432 kcC
446 cccC
514 kkkkKK
524 kkK
1208 C

Thank you to everyone who took part in the meet on Sunday. It was wonderful to have a full panel of judges under the watchful eye of Zoe in what was ideal preparation for the AA road walks in Ballarat this weekend. A big thank you to our lapscorers and timekeepers and to Kaden for his dedication in keeping the sausage sizzle going until everyone was finished.

NEXT WEEK

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

Enter Here

[QRWC Road Walk Championships Sunday August 31st - Old Race Walking Club - revolutioniseSPORT](#)

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
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
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

Women's Open 10 km Karen Foan 2002 49:15.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00
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

STILL TO COME



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.

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](#)

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	

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**