

# Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



August 28<sup>th</sup> 2025

## Australian Junior Road Race Walking Championships

Sun 24 August Victoria Park, Ballarat

### Isaac Beacroft Australian Under 20 record

*Rising star Isaac Beacroft (NSW) who stole the show at the Australian Athletics Junior Race Walking Championships, blazing his way to an Australian Under 20 record and the fifth fastest Under 20 time in history in the 10km race walk. The 18-year-old stopped the clock in a stunning 38:55 on the roads of Victoria Park to carve 61 seconds off his former national record, cementing his status as one of the discipline's brightest young stars. "I'm probably the most overtrained athlete of all time for these championships, I've just come back down from three weeks at Saint Mortiz – that helped out," Beacroft said. "I went through the first kilometre exactly how I wanted, but the second and third I went a bit quicker than I would've liked to which took a bit of sting out of my legs. I know what I'm capable of so I just want to hit my own targets."*

*Ela Uzun (VIC) also hit the national record books en route to the Australian title when lowering her Under 16 Girls 5km Race Walk mark, while the Under 20 Women's 10km was won by Zoe Woods (NSW) in a new personal best of 48:17. AA Report*

Congratulations and well done to the Queensland walkers who performed with distinction in Ballarat and did the State proud.

### Here are our super Maroon medal winners

#### **GOLD**

Noah COOKE 5km Race Walk Men U16

Milly SHARPE 5km Race Walk Women U18

Hayden ROBERTSON 2km Race Walk Men U12

#### **SILVER**

Bethany MOORE-KIRKLAND 5km Race Walk Women U16

Leo HYDE QLD 3km Race Walk Men U14

Isabella WELCH 3km Race Walk Women U14

#### **BRONZE**

Olivia BOULTON 5km Race Walk Women U18

## RESULTS RESULTS RESULTS

### 10km Race Walk Men U20

1 Isaac BEACROFT NSW 38:55

2 Marcus WAKIM VIC 42:40 <<<

3 Sam MCCURE SA 42:46  
4 Samuel LINDSAY TAS 42:52  
5 Cooper RECH SA 50:04  
6 Peter CHARLTON NSW 1:13:24 <  
Riley COUGHLAN VIC DNF  
Owen TOYNE ACT DNF <~<

**Bailey HOUSDEN QLD DNS**

**10km Race Walk Women U20**

1 Zoe WOODS NSW 48:17 <  
2 Sienna PITCHER NSW 50:04 <  
3 Hana JUGOVIC ACT 53:53  
4 Kaytee BOGAERS WA 57:37  
5 Phoebe CHADWICK QLD 59:56 <  
6 Taylah MORRIS QLD 1:08:27  
Maddison NASH VIC DNS  
Ariana PASHUTINA VIC DNS

**5km Race Walk Men U16**

1 Noah COOKE QLD 22:41  
2 Callum MARTIN NSW 22:50  
3 Angus SHUTTLEWORTH VIC 24:00 <<  
4 Koby IRVINE QLD 24:09  
5 Noah VELLA NSW 25:21 <<<  
6 Michael MATHISON NSW 26:55  
Lachlan MOORE QLD DNS

**5km Race Walk Men U18**

1 Sebastian RICHARDS SA 21:47 <  
2 Max DAVIDSON VIC 22:51  
3 Dylan ALLABUSH NSW 23:38  
4 Kai DALE QLD 28:18  
Christopher NILON NSW DNS

**5km Race Walk Women U16**

1 Ela UZUN VIC 22:57  
2 Bethany MOORE-KIRKLAND QLD 26:06  
3 Eva Grace PARKER TAS 26:16  
4 Eliza May KELLY QLD 27:19  
5 Havana ALI VIC 27:21 <  
6 Lily Rose LAMBERT VIC 30:10  
7 Sierra THOMPSON WA 33:04  
8 Matilda RECH SA 34:55

**5km Race Walk Women U18**

1 Milly SHARPE QLD 24:55  
2 Grace BECK NSW 25:25 <  
3 Olivia BOULTON QLD 26:47  
Emma Paige GROCOTT ACT DNS

**3km Race Walk Men U14**

1 Nate APPLEYARD NSW 14:27 ~  
2 Leo HYDE QLD 15:44 <  
3 Fiete Halvar DIERS VIC 15:49 ~  
4 Tate MCQUEEN VIC 16:00  
5 Mathias HUTCHENS NSW 16:40  
6 Harrison RYAN VIC 16:47  
7 Brodie WELSH VIC 18:55  
8 Liam MEALE NSW 19:18 ~<  
Hugo SICILIANO NSW DNF ~

### **3km Race Walk · Women U14**

- 1 Avia LUKETIC NSW 14:59
- 2 Isabella WELCH QLD 15:43
- 3 Scarlett NUNN WA 15:58 <
- 4 Molly MILLER NSW 16:13
- 5 Makenzie SILLITTO WA 16:23 <
- 6 Willow WHEELER WA 16:48
- 7 Addison FRENKEN VIC 16:53
- 8 Felicity RUDD NSW 18:07
- 9 Kobe LEWIS VIC 18:40
- 10 Adele WOODWARD TAS 18:51
- 11 Chloe BEVIS WA 19:22
- 12 Rachel PEMBERTON SA 21:57  
Audrey RUSSELL NSW DNS  
April Louise KELLY QLD DNS

### **2km Race Walk Men U12**

- 1 Hayden ROBERTSON QLD 9:47
- 2 Eric COLGAN NSW 10:08
- 3 Fletcher Brett REID VIC 10:22
- 4 Blair Michael HOSKING VIC 11:25
- 5 Jack GREYLING VIC 12:00
- 6 Samuel HUCKER TAS 14:39 <  
Darcy DENNIS NSW DQ <<< TR54.7.1  
Oliver CROWL DNS

### **2km Race Walk Women U12**

- 1 Alaska May BREMNER VIC 10:05 ~<
- 2 Stella WADE NSW 10:14 ~
- 3 Anna DUBAR VIC 10:39
- 4 Beth COCHRANE NSW 10:42
- 5 Aria DI BENEDETTO VIC 11:33
- 6 Rahni FOWLER WA 12:20 <<
- 7 Nina TRICKEY QLD 12:22
- 8 Izzy BLACKBURN QLD 12:42
- 9 Savannah NUNN WA 12:52
- 10 Jessica GORHAM QLD 13:06
- 11 Payton WELSH VIC 13:26
- 12 Ruby KILWORTH WA 13:47
- 13 Sophie MENZ VIC 14:16  
Elsie WOODWARD TAS DQ <<<< TR54.7.1

## **THIS WEEK**

### **QRWC Road Walk Championships Sunday August 31<sup>st</sup> 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

**SAUSAGE SIZZLE \$2.50**



**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

## South Coast Regional Schools

On return to sunny Queensland after the freezing weekend in Ballarat we saw some of the athletes earning their way to the State All Schools the official way.



*L to R Violet, Elspeth, Cory, Kai and Olivia*

*Photo courtesy Robyn Wales*

## World Athletics Championships – Tokyo 25 September 13 - September 21

### Jemima Montag Out of the World Championships

Dual Olympic walking medallist Jemima Montag has made the heart-breaking decision to undergo hamstring surgery, ruling her out of a red-hot tilt for gold at next month's world athletics championships in Tokyo.

Montag has been one of Australia's very best performers on the global stage in recent years, claiming silver at the 2023 world titles in Budapest and bronze in the 20km and the marathon mixed relay at the Paris Olympics.

Gold was very much on the agenda on Tokyo for the 27-year-old until she suffered a recurrence of a distal hamstring injury at an altitude camp in St Moritz earlier this month.



Jemima Montag. (Dean Lewins/AAP PHOTOS)

"Knowing at that point we would only have five or six weeks until Tokyo and that this hamstring tendon injury has the propensity to recur, ultimately the medical team decided it was best to fly home, get it operated on and prioritise the longer-term vision," Montag told AAP on Tuesday.



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

### **Final Walks Programme**

#### **Saturday September 6<sup>th</sup>**

8.00am 10km Road Walk M/W Ring Road QSAC

#### **Monday September 8<sup>th</sup>**

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 10<sup>th</sup>**

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 – 7.30am to 3:00pm

Sun 7 – 7.30am to 3:00pm

Mon 8 – 8:00am to 3:00pm

Tue 9 – 8:00am to 3:00pm

[www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

## **STILL TO COME**

### **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 OR enter via the online portal**

**[2025 Queensland Race Walking Club Relay - Qld Race Walking Club - revolutioniseSPORT](#)**

## **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 [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)
- 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.
- **The cost will be: \$15 a single, \$25 for two or \$35 for a family of 3 to 5. Additional family members at the single rate.**

- Register and pay for the lunch online at [2025 Presentation Day Lunch and Awards - Old Race Walking Club - revolutioniseSPORT](#) or email Noela [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com) to let her know you will be attending

## **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 26<sup>th</sup>**

#### **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 4-7<sup>th</sup>**

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 8<sup>th</sup>.

**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](mailto: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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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**