

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



August 6th 2026

Double Gold in Glasgow for our Race Walkers



19-year-old race walker Isaac Beacroft walked his way into Commonwealth Games history with a clinical performance in the Men's 10,000m Race Walk, breaking away with Stephan Ndangiri Kihu (KEN) in a two-man showdown over 25 laps.

Beacroft slammed the accelerator down the back straight of the final lap, opening up a lead on his Kenyan rival before asking the crowd to stand and applaud in the home straight as he won gold in 38:45.51. "He was kind of talking to me the entire race, telling me to go around and lead it. I was just saying 'in your dreams champ' and I knew he would come back around me," Beacroft said. "It's rare that we get to race with a stadium crowd because we are usually on the roads. Being on the track was really special for me and I think I thrived off those cheers." "It's good to be here and to have a good first Commonwealth Games experience." Kihu was forced to settle for the silver in 38:46.57, while Declan Tingay took fourth place in 40:03.39 after serving a one-minute penalty and Timothy Fraser was disqualified.

Jemima Montag successfully defended her Birmingham crown when leading home an Australian sweep in the 10,000m Race Walk, as teammates Elizabeth McMillen and Rebecca Henderson joined her on the podium.

Montag stopped the clock in 42:13.40, followed by McMillen (42:39.87) who led 23 of the 25 laps for silver and Henderson (43:27.46) in bronze.

"I knew I had to be on my absolute A-game today to win and I never underestimated how strong the other Aussies are. Today was a PB, so they are keeping me on my toes," Montag said.



RESULTS RESULTS RESULTS

Commonwealth Games Glasgow

Men's 10,000 Metres Race Walk

1. Isaac BEACROFT AUS 38:45.51
2. Stephen Ndangiri KIHU KEN 38:46.57
3. Evan DUNFEE CAN 40:03.39
4. Declan TINGAY AUS 41:06.05
- Tim FRASER AUS DQ

Women's 10,000 Metres Race Walk

1. Jemima MONTAG AUS 42:13.40
2. Elizabeth MCMILLEN AUS 42:39.87
3. Rebecca HENDERSON AUS 43:27.46
4. PRIYANKA IND 45:53.93
5. Silvia Jerono KEMBOI KEN 51:30.80
- RAVINA IND DQ

UniSC Athletics Winter Track & Field Carnival

Boys 3000m RW 13-19 Under 20

- 1 Leo Ramsay Qld Race Walking Club 17:42.55

Girls 3000m RW 13-19 Under 20

- 1 Taylor Chapman UniSC Athletics 14:10.41
- 2 Eliza Kelly Qld Race Walking Club 16:49.96
- Violet Conway Qld Race Walking Club DNS

Women 3000m RW 20+ Open

- 1 Phoebe Chadwick Qld Race Walking Club 15:39.12

2 Jodie Wilson Queensland Masters Athletics 17:34.08
3 Patricia Hibbs Qld Race Walking Club 18:17.32
4 Joy Dale Queensland Masters Athletics 22:20.99
--Danni Stokes Queensland Masters Athletics DNS

Girls 1100m RW 9-10 Under 12

1 Eliza Park Qld Race Walking Club 7:10.78

Girls 1500m RW 11-16 Under 18

1 Clara Hermus Qld Race Walking Club 8:13.59
2 Bella Sansom Deception Bay 8:14.47
3 Izzy Blackburn Qld Race Walking Club 8:57.68
4 Isla Cooper UniSC Athletics 9:27.96
5 Chernaya Plummer UniSC Athletics 10:48.19
--Violet Conway Qld Race Walking Club DNS

THIS WEEK



Saturday August 8th

Local Time Our Time

10:25 03:25 M 5000 Metres Race Walk Final
11:00 04:00 W 5000 Metres Race Walk Final

Australian Race Walking Team

5,000m Men: Isaac Beacroft (NSW), Owen Toyne (ACT)

5,000m Women: Sophie Polkinghorne (NSW), Zoe Woods (NSW)

Top ranked Australian athlete in the team is walker Isaac Beacroft who comes to Eugene having won the Commonwealth Gold medal for Australia in Scotland, winning legions of new fans back home. Beacroft, 19, came fourth in Peru, and is looking to medal as well in Eugene. He arrived in Eugene on Monday night.

The 5km walking team of Beacroft, Owen Toyne, 19, Zoe Woods, 18, and Sophie Polkinghorne, 16 is one of the strongest disciplines on the Australian team.

“It’s such an honour to be part of this team, the Australian walking team is so good,” Woods said. Woods, 18, goes into the U20 Championships ranked two in the world, but realises there are going to be surprise athletes that are likely to pop up for nowhere in the event.

QRWC Track Championships Sunday August 9th

University of Qld St Lucia

8.00am Open M/W 5,000 metres
U20 M/W 5,000 metres
U18 M/W 5,000 metres
8.45am U16 B/G 3,000 metres
9.10am U14 B/G 1,500 metres
U12 B/G 1,500 metres
9.25am U10 B/G 1,000 metres

Age is “Age on the Day”

ENTER HERE

[QRWC Track Championships Sunday August 9th - Qld Race Walking Club - revolutioniseSPORT](#)

Please Note

- **Entry Fees: Members \$10 / Non-Members \$15** (This includes UQ Track Fee)
- No charge for season pass holders
- Age is age as at 9th August 2026 e.g.: U10 (aged 9 and under), U12 (aged 10 and 11), U14 (aged 12 and 13) etc.
- Medals for these Championships will not be presented on the day but will be presented at the Club Relay / Trophy Day on Sunday September 13th.
- Athletes must compete in their own age group to be eligible for a medal.

*We will require lapscorers for every event so please help out even if for just the one race.
Your assistance will be greatly appreciated.*

Race Walking Queensland Track Championship Records

Open Men 5,000m Dane Bird-Smith 19:22.22 2012
Open Women 5,000m Jessica Pickles 23:03 2017
Under 20 Men 5,000m Luke McCutcheon 21:48.98 2016
Under 20 Women 5,000m Jessica Pickles 24:26.00 2013
Under 18 Men 5,000m Brad Aiton 22:25.90 2010
Under 18 Women 5,000m Katie Hayward 21:56 2017
Under 16 Boys 3,000m Nelson McCutcheon 13:20 2017
Under 16 Girls 3,000m Katie Hayward 13:23.97 2015
Under 14 Boys 1,500m Bailey Housden 6:30 2021
Under 14 Girls 1,500m Jayda Anderson 6:46 2018
Under 12 Boys 1,500m Jonathan Wearne 7:00.24 2015
Under 12 Girls 1,500m Lyla Williams 7:18.00 2019
Under 10 Boys 1,000m Yoshua Lee 5.50 2025
Under 10 Girls 1,000m Lyla Williams 5:22.27 2016

Racewalking Queensland Perpetual Trophies 2025

As we prepare for the end of season Trophy Day on September 13th, we would ask that the 2025 trophy winners to **please bring your trophy along to the track championships at UQ on Sunday August 9th**. If you can't make it on the day please arrange for a friend or your coach to return your trophy. Alternatively, please contact Noela at noelarhoda@gmail.com to make arrangement for the return of your trophy. Thank you.

U10 Girls Harrison Trophy Lilli Chu
U10 BOYS Yoshua Lee
U14 GIRLS Amelia Chisholm
U14 BOYS Lachlan Moore
U16 GIRLS Eliza Kelly
U16 BOYS 5KM Noah Cooke
U18 WOMEN 5KM Milly Sharpe
U18 MEN 10KM Bailey Housden
U20 WOMEN Phoebe Chadwick
OPEN MEN 10KM CHAMPIONSHIP Ignacio Jimenez Solis
OPEN WOMEN 10KM CHAMPIONSHIP Nyle Sunderland
OPEN MEN 15KM CHAMPIONSHIP Ignacio Jimenez Solis
OPEN WOMEN 15KM CHAMPIONSHIP Joy Dale
RELAY TEAM 2025 QLD QT's Phoebe Chadwick Eliza Kelly,
Savannah Dunleavy Kiara Waterman

QRWC Handicap Meet #10 Sunday August 16th
John Frederick Park, 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

ENTER HERE

[QRWC Handicap #10 Sunday August 16th - Qld Race Walking Club - revolutioniseSPORT](#)

COMING EVENTS

AA Junior Race Walking Championships Sunday August 23rd

Victoria Park, Ballarat, Victoria

Draft Timetable

09:00 Under 20 10km Race Walk - Men
09:00 Under 20 10km Race Walk - Women
10:00 Under 18 5km Race Walk - Men
10:00 Under 18 5km Race Walk - Women
10:00 Under 16 5km Race Walk - Men
10:00 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

QRWC Road Walk Championships Sunday August 30th

Logan River Parklands, Beenleigh

7.30am 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

Age is “Age on the Day”

QRWC Club Championship Records

Men's Open 10 km Rhyddian 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

QRWC Relay/Trophy/BBQ Day Sunday September 13th

Dowse Lagoon, Brighton Road, Sandgate

9.00am 4 x 1,500 metre Relay

Federation Update

A meeting on Tuesday night of Australian Federation of Race Walking Clubs has set the date of **June 12-13th 2027** for the renamed “**Canberra Walking Carnival**”. More details to follow when they become available.

Club members who were in teams that placed in Canberra this year will now get medals. A mistake was made this year and the meeting agreed to uphold the constitution bylaws on teams medals and the fact that the teams medals had been advertised in the meet information pack.

In other news Mark Donahoo from Victoria was appointed Federation Secretary and the official results of the Federation Postal Challenge will be released shortly (but I will keep you in suspense until next week).

2026 WALKS CALENDAR

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.

MONTH	DATE	EVENT	VENUE
August	8	WA U20 Championships	Oregon USA
	9	QRWC Track Championships	UQ St Lucia
	16	QRWC Handicap #10	Capalaba
	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 Lagoon
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

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](#)

Shortage of Tracks for Summer QMA Meets

Brisbane Summer Meets at QSAC. QMA have been working with QSAC to book dates for the 26/27 summer season. **The Main Stadium will be closed from November to the end of March for renovation work.** We will have to share the SAF with QA, LAQ, QAS elite

training and other events. QSAC have told us we will have very little access on Saturday mornings, so we will need to look at other times for most of this summer's competitions.



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 – 5,000 metre walk

Sunday 8 November Gold Coast Performance Centre – 3,000 metre walk (pm)

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

Games Fees

- **\$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

DIGITAL ACCREDITATION

Participants will be required to download an app to access your accreditation for the games period. More details and instructions on how to download will be sent mid-October 2026. For those without a mobile phone, a physical option available.

Why are we going digital?

The transition to digital passes brings a range of benefits including athlete convenience, waste reduction, enhanced athlete identification and easier entry to events.



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

Key Dates for Daegu

- WMA Daegu Entries close Tuesday, June 23rd
- Opening Ceremony Daegu 21st August 2026
- Championship dates: August 22nd - September 3rd 2026

2026 QUEENSLAND ATHLETICS ALL SCHOOLS CHAMPIONSHIPS
incl the Selection Trials for the Australian All Schools

Draft Timetable

Thursday October 1st QSAC

03:30PM Under 14/15/16 Female 3000m Race Walk
04:00PM Under 14/15/16 Male 3000m Race Walk Final
04:30PM Under 17/18 Female/Male 5000m Race Walk
Entries will open on 2nd September

Membership (new season opens on 1st September 2026)

- Athletes **must turn 12** by **31 December 2026**
- Athletes **must be under 18** on **31 December 2026**
- **No Under 20** age group (not offered at Australian All Schools Championships)

2027 Oceania Masters Athletics Championships Christchurch New Zealand



The 2027 Oceania Masters Championships will be held from Wed 27 to Sun 31 January,

Venue: Nga Puna Wai Sports Centre Augustine Drive Wigram Christchurch 8025 (7.1km from CBD)

DRAFT PROGRAMME

Wednesday 27th January 2027 3,000m Track Walk

Friday 29th January 2027 1,500m Track

Sunday 31st January 2027 5,000m Track Walk

Early Bird Registration Open (1st September 2026) NZD \$60.00

Normal Registration (26th October 2026) NZD \$90.00

Event Fee NZD \$20.00

Entries CLOSE Sunday 13th December 2026

Masters' accommodation special

Oceania Masters Track & Field Championships - Accor Meetings & Events

"Just a 7 minute drive to Nga Puna Wai and on a major bus route, BreakFree on Cashel is delighted to welcome the participants and supporters coming to the Oceania Masters Track & Field Championships 2027 with discounted rates available from 25th - 31st January 2027. We are pleased to offer a preferred accommodation discount of 10% off the Best Unrestricted (Flexible) Rate of the day which can be booked and paid via this dedicated platform. Experience a non-traditional yet stylish and vibrant hotel, located right in Christchurch CBD. "*

Important Masters Meets in 2027

2027 AMA National T & F Championships

- Date: April 23 – 26, 2027
- Venue: ~~Athletic Stadium, Floreat~~, **WA Change of Venue**
Ern Clark Athletics Stadium Cannington. 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](#)

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)

Local Sporting Champions Travel Grants

Apply Now

Who it is for: Young athletes, coaches and officials aged 13 to 18 years competing at eligible state, national or international championships.

What it supports: Helping cover the costs of travel and participation in sporting championships across Australia and overseas.

Funding amount: Grants of \$500 to \$750, depending on travel distance and location.

Open: Round 1 closes 31 August 2026.

- Participants turning 13-18 attending state championships
- Participants turning 14-18 attending state or national championships
- Participants turning 15-18 attending 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 | ASC](#)

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

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

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.