

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



AA Women in Coaching Conference Runaway Bay 1st to 3rd August, 2025

Last weekend on the Gold Coast three of our members Robyn, Liz & Noela attended a women in coaching conference and from all reports it was a big success. It was a chance to hear high level speakers on a variety of subjects and to collaborate and network with other women coaches from around the country.

Thank you to Liz for sending this report and how she viewed the conference and what she took away from it .

“I strive for progress, not perfection”.

“I create a positive and empowering environment”

Australian Athletics hosted a women’s in coaching conference at Runaway Bay Sport complex, on the first weekend of August 2025. Australian Athletics opened the conference with the idea, to open the national network hub for women coaching athletics, thus opening the pathway to connect, collaborate and grow together. The conference opened the door to connect all levels of coaches from grass roots up to elite athlete coaches and those that also coach masters’ athletes, plus the coaches who coach all ages from tiny tots through to the masters.

The amazing participants came from all disciplines and from all over Australia; marathon/ultra marathon coaches, throws coaches, sprint coaches, jump coaches, along with our small group of walks coaches, to collaborate and strengthen the sport. As the weekend progressed it was interesting to note that the presenters were also collaborating with participants, as they themselves are also coaches within athletics.

As a personal reflection, moving from the amazing officials within athletics to mixing with coaches, there had to be a slight mind shift. The way a coach sees their athletes versus the way an official sees the athlete is quite different. The official is driven by the requirements and interpretation of the rules within the rule book, where as the coach is driven by the above quotes. The coach and the official seem to forget that they also must perform. The athlete and their accolades are what they have to produce. This coaching conference was about reminding the coach that they also need to perform – delivery of a product, from the point of view of the athlete it is their performance in their chosen event, for the coach it is producing a “rounded” athlete, making sure that all aspects of the athletes’ life, on and off the track become balanced. In order for the coach to achieve this they require on going education (similar to the official), in so doing, to be mindful that there is a code of conduct for coaches

where they respect and honor is displayed to other coaches no matter the level of athlete they coach (same for officials – yes there is an official's code of conduct). This all adds to the pressure for the coach/official. But in order for them to perform at their best the coach/official have to remember to get sleep, eat well and not to forget about their mental health.

Weekends of this calibre are vital for a female coach, as it allows them to validate and communicate to their hearts content.

Please note, that all the wonderful people in attendance, have the best interests of their athletes in mind. These coaches will be forever grateful to their athletes, for the person that athlete is evolving to be, and for allowing their coach to evolve to become a better coach, and to those athletes that they are still to meet. THANK YOU!!

Thank you to Noela for this overview of the weekend activities, the speakers and the subjects they spoke about. Some interesting topics were presented including looking after and developing the athlete in and out of the sport .

Friday Night: Group walked to Runaway Bay Tavern for a meal

Saturday

After breakfast registration and handout of accreditation and T-shirt Nicolai welcomed all and apologised for Jane Flemming being unable to come.

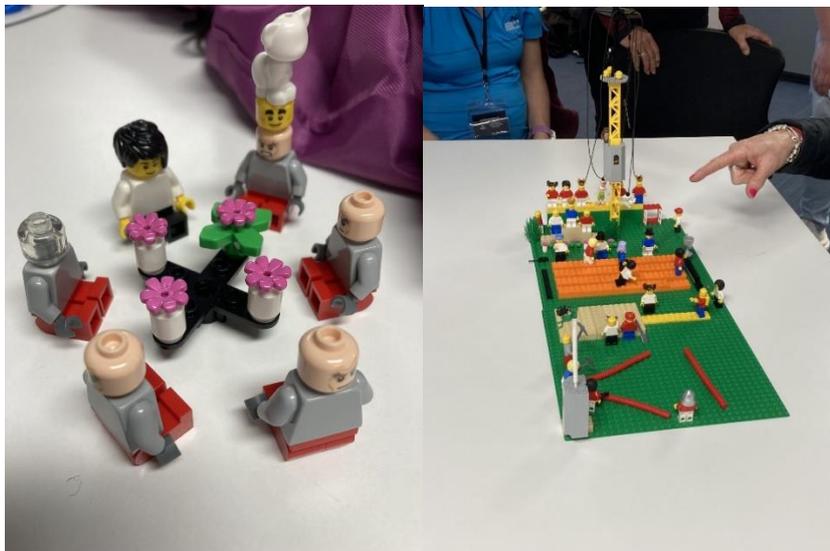
Vicki Huyton – Interesting speech on Coach as a Performer. New thoughts of the more important way to consider our role, particularly for women, but for all. Preparation and connection of female coaches for fast-changing systems.

Dr Di Huxley and Susan Krummins – the pathways to High Performance Coaching (Outside) **Ranell Hobson:** Underlying factors that inhibit Sprint Performance – energy blocks, shoulders, etc.

Lunch: A4 sheet handed to each attendee marked with squares containing details to be collected by 5.30 Sunday and prizes given. Details such as “holds registration as a coach with AA” or “Coaches para-athletes” or “Has coached an athlete to Olympic medal”, or “are you an official”, etc. There were about 20 or 25 squares and a different person's name had to be filled in each suitable one. It was a wonderful ice-breaker, getting much rushing about and swapping names and questioning at each break for the rest of the weekend.

Lego Play – Lucas O'Ceallachain (Irish soccer coach)

Understanding yourself. Tables of six or so were each given a giant bag of mixed Lego. The first exercise was to build any tower arrangement with yourself in (or to go in) the middle, as an illustration of your own approach to coaching. Each person then had to explain to the table what it was saying. Much discussion with this and more such exercises one by the whole table.



Brett Robinson – The business of Coaching: Turning Passion into a Stable Profession
Trivia Most topics were athletic based, last ones not so much, but Aussie.

Dinner:

Sunday

Breakfast:

Michelle de Highden: Developing Your Leadership Qualities.

Caroline Bailey: Very interesting psychologist. Psychological Principles for Coaches of Adolescent Athletes. Said that boys/men reach adulthood at 22, women at 27-29!! She advanced reasons for the drop-out of girls about 15 and wants further research into it. One of the reasons she has seen include the clothes, Ahe said it is often not the reason they give about wanting a change, but something else. She spoke at length regarding motivation in children and the differences for teens. Also mentioned problems such as Success Addiction.

Morning Tea

Rekortan: This system is inbuilt now in the track and jumps areas at Runaway Bay. It is quite amazing for sprinters and jumpers, but not of much use for walk at present.

Ranell Hobson: Exercises, and use of Rekortan in personal data collection.

Lunch:

Helen Brown: Implementation Science. Ways and addresses to search for or who to approach for information or help towards High Performance Coaching

Melinda Gainsford Taylor & Katie Edwards: Effective Co-Coaching Strategies for Success. Both work together, allowing each to have time for their families, etc. They also have Para athletes and spoke of how they work with them.

Afternoon Tea

Emma Beckman: Para Athletics Opportunities Toward 2032. A classifier for Para athletes. Decides on the athlete's category. Spoke of how usually one disablement is not necessarily enough. (being legally blind is not enough) How it must actually impact on their event and in which manner. Very, very difficult, not understood by families and often not liked.

Sharon Hannan: Growing and Success as a Coach. Sharon arrived in her Olympic uniform complete with shoes with all of the names of the Aussie team printed on the insole

RESULTS RESULTS RESULTS

UniSC Athletics Winter Carnival

Sippy Downs Sunday August 3rd

Well done to everyone who participated at Sippy Downs on Sunday, some great performances recorded .

Girls 11-12 1500 Meter Race Walk Under 18

1 Chapman, Taylor	12 Qld Race Walk	7:06.08
3 Conway, Violet	12 Qld Race Walk	9:14.32
4 Gorham, Jessica	11 Ipswich & District	9:58.34
5 Plummer, Chernaya	11 UniSC Athletics	11:04.42

Girls 13-14 1500 Meter Race Walk Under 18

1 Waycott, Grace	13 UniSC Athletics	9:52.01
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Girls 15-16 1500 Meter Race Walk Under 18

1 Kelly, Eliza	15 Qld Race Walk	7:56.09
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Girls 9-10 1100 Meter Race Walk Under 12

1 Hermus, Clara	10 Qld Race Walk	6:25.97
2 Chu, Lilli	9 Ashgrove Ran	7:09.08
3 Foreman, Evie	9 UniSC Athletics	8:30.25

Girls 13-15 3000 Meter Race Walk Under 20

1 Moore-Kirkland, Bethany	15 Darling Down	15:19.49
2 Kelly, Eliza	15 Qld Race Walk	16:39.13

Girls 18-19 3000 Meter Race Walk Under 20

1 Chadwick, Phoebe 19 Qld Race Walk 16:34.44
2 Hibbs, Patricia 34 Queensland M 19:47.47
3 Dale, Joy 54 Queensland M 22:21.18

Boys 11-12 1500 Meter Race Walk Under 18

1 Menner, Tommy 12 UniSC Athletics 10:49.48

Boys 15-16 1500 Meter Race Walk Under 18

1 Irvine, Koby 15 Qld Race Wal 6:41.11

Boys 9-10 1100 Meter Race Walk Under 12

1 Lee, Yoshua 9 University o 8:08.43

Boys 13-15 3000 Meter Race Walk Under 20

1 Irvine, Koby 15 Qld Race Wal 14:21.84

2 Ramsay, Leo 13 Qld Race Wal 18:41.71

Boys 16-17 3000 Meter Race Walk Under 20

1 Dale, Kai 17 Qld Race Wal 16:51.7



Thank you to Shane for sending through these photos with all the happy medal winners !

QRWC RACE WALK JUDGING SEMINAR

Saturday August 16th

Final call for attendees

Venue : “The Meeting Place” University of Queensland athletics facility St Lucia
The seminar is free of charge. Morning tea and a light lunch provided

The seminar will be presented by **Zoë Eastwood-Bryson**, World Athletics Gold Race Walking Judge.

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

Please email Noela McKinven noelarhoda@gmail.com if you wish to attend

THIS WEEK

NOTE: Only two races left in the season to score Handicap Points and to make sure you have competed in a minimum of 5 Handicap races to be eligible for points trophies. Read all the information towards the end of the newsletter on how the handicap points are allocated

QRWC Handicap Meet #9 Sunday August 10th

John Frederick Park, Capalaba

- 7.30am A Grade M 15km
- A Grade W 10km
- QRWC 15km Championship M/W *
- B Grade 8km
- 8.00am E Grade 2km
- F Grade 1km
- 8.15am C Grade 5km
- D Grade 3km
- *Women in the 15km Championships will have their split time recorded for the A Grade 10km event

Enter Here

[QRWC Handicap #9 Sunday August 10th - Qld Race Walking Club - revolutioniseSPORT](#)

NEXT WEEK

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

Enter Here

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

Enjoy a sausage sizzle and chat with World Athletics Gold Race Walking Judge Zoë Eastwood-Bryson after the conclusion of the races.

PERPETUAL TROPHIES

Only a few Sundays left in the season so if perpetual trophy winners from 2024 could assist by returning their trophies it would be greatly appreciated.

U14 GIRLS	Isabella Welch
U14 BOYS	Lachlan Moore
U18 MEN 10KM	Bailey Housden
OPEN WOMEN 10KM CHAMPIONSHIP	Katya Martin
OPEN MEN 15KM CHAMPIONSHIP	Kai Dale
OPEN WOMEN 15KM CHAMPIONSHIP	Joy Dale
MOST OUTSTANDING MEMBER	Bailey Housden

STILL TO COME

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

Draft Programme

- 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 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

Judges Wanted

Oceania Masters are looking for more qualified judges to officiate on one or all of the three days of race walking. If you can assist go to www.oceania-masters-athletics.org

ATHLETE PACK COLLECTION

Your Athlete pack includes your 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. All packs are to be collected from there.

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

VOLUNTEERS NEEDED!

Oceania Masters will need a number of volunteers to help deliver an amazing event in, so we ask that you consider giving us some time to help. Volunteers will receive an event t-shirt for one full day, or two half days of support

Help is especially needed for these events:

Road Walk – Saturday 6 (QSAC stadium vicinity)

Please consider giving some of your time to assist.

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](http://www.nqchampionships.com.au)



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:

qrwcl@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**