

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



December 4th 2025

AA Junior Athletics Guidelines

Adam Bishop | General Manager, Growth and Development | Australian Athletics

The following resources have been developed to assist coaches, parents, athletes, teachers, administrators, and clubs in providing appropriate athletics experiences for children across a range of settings and ages. The FIT Model is an evidence-based framework to help guide the provision of age and developmentally appropriate activities for junior participants with a focus on providing a positive experience that facilitate long term, healthy involvement in athletics and sport.

"The development of physical literacy, the importance of play, and the encouragement of sampling in the early years are crucial for setting the foundations for the future. Providing age-appropriate activities and loads across each developmental stage is vital as it not only has far reaching impacts for future sporting success, including reducing the likelihood of injury and burnout, but it can also have profound impacts upon a child's participation in sport and physical activity into adulthood."

The six areas considered important for the experience for children in athletics in Australia are:

- Holistic child development, safety, health and wellness
- Coaching and the role of the coach
- The role of parents and guardians
- Age-appropriate activities and competitions
- Athletics in schools and the role of the teacher
- Meeting the changing needs of families and society

In essence, children's participation in athletics should focus on their holistic development; be conducted in such a way that it is safe, fun, and inclusive; consist of age and developmentally appropriate activities; and be delivered in a way that reflects the evolving needs of participants and society more broadly.

Read the full guidelines here [Junior Athletics Guidelines | Australian Athletics](#)

Minimum Age Recommendations for Road (Running and Race Walking)

Distance Events

Research shows that athletics is a sport associated with high injury rates and in younger athletes this has been linked to higher training intensity and competition loads and for many eventual drop out from the sport. To ensure long term participation and enjoyment in the sport, Australian Athletics has developed these guidelines and recommendations for training and participation to minimise dropouts, particularly through injury and/or inappropriate competition loads.

Given the significant variation in physical and mental development amongst children and young adults of the same chronological age, the listed minimum ages may or may not be appropriate for every individual child/ adolescent.

- Just because a child or adolescent is capable of completing a particular distance doesn't necessarily mean they should participate or compete over that distance at a given age. We encourage coaches and parents to exercise caution, particularly over longer distances for growing bodies in the interests of a child's longer-term health, wellbeing, and development.

Event / Event Range	Minimum Age Recommendation(s) for Participation
5km	Participation from 12 years onwards
10km	Participation from 16 years onwards
Half Marathon	Participation from 17 - 18 years onwards
Marathon	Participation from at least 18 years onwards
Ultra	Participation from 18 – 20 years + for Marathon to 100km ultras

THIS WEEK

2025 Australian All Schools Athletics Championships Melbourne December 4-7th

Australian Athletics All Schools Championships return to Melbourne's Lakeside Stadium tomorrow. The four-day championships have attracted 2073 entries across 1328 athletes, representing nine teams – Australian Capital Territory, New South Wales, North Queensland, Northern Territory, Queensland, South Australia, Tasmania, Victoria, Western Australia. All the very best to our Queensland race walkers competing in Melbourne from tomorrow evening.

Thursday 04-12-2025

17:15 Female 3000m Race Walk U14

17:40 Male 3000m Race Walk U14

18:05 Female 5000m Race Walk U18

18:05 Female 5000m Race Walk U17

19:05 Male 5000m Race Walk U18

19:05 Male 5000m Race Walk U17

Saturday 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

Entrants (with PB & SB)

3000m Race Walk U14 Women-

Violetta BOYD Queensland 17:48.10

Charlotte DIX Tasmania 19:32.30

Kate HAMLYN South Australia 21:05.00

Ashleigh MANSELL New South Wales 14:37.65 14:37.65

Indigo MARSHALL-MOODIE Victoria

Pippa READ Victoria 15:53.84 15:53.84

Makenzie SILLITTO Western Australia 15:55.87 15:55.87

Liliana TEMPLER South Australia 18:18.02 16:20.00

Isabella WELCH Queensland 15:13.15 15:07.30

Adele WOODWARD Tasmania 19:35.10

3000m Race Walk U14 Men

Alexander DENNETT New South Wales 16:43.47 16:43.40

Fiete Halvar DIERS Victoria

Tate MCQUEEN Victoria 15:32.75 15:32.75

Lincoln MOORE New South Wales 15:30.36 15:30.36

Tayte MOORE Western Australia 16:56.14 16:56.00

Leo RAMSAY Queensland 17:36.00

Sebastian RYAN Australian Capital Territory 17:46.11 17:29.40

5000m Race Walk U17 Women

Katica BORSIC Western Australia 28:00.71 28:00.00

Olivia BOULTON Queensland 26:27.65 26:27.00

Ashleigh FARRUGIA New South Wales 31:22.20

Chelsey IRELAND Western Australia 30:41.86 30:41.80

Mietta MORGAN Victoria Stella PINCHES New South Wales 27:16.80 27:14.00

Ela UZUN Victoria 22:42.45 22:42.45

5000m Race Walk U18 Women

Grace BECK New South Wales 26:05.53 25:25.00

Laura Corvalan SOTOMAYOR New South Wales 31:49.88 29:21.30

Angelina LEGRAND South Australia 22:59.20 22:59.20

Jillian RYAN Australian Capital Territory 29:41.00

Milly SHARPE Queensland 24:39.70 24:39.70

5000m Race Walk U17 Men

Max DAVIDSON Victoria 22:52.00 22:52.00

Liam FREUNDT South Australia 26:34.99 24:36.20

Christopher NILON New South Wales 25:55.99 25:55.99

Ali ZNAD Western Australia 25:28.66 25:00.00

5000m Race Walk U18 Men

Kai DALE Queensland 26:07.60 26:57.00

Samuel LINDSAY Tasmania 20:32.63 20:32.63

Sebastian RICHARDS South Australia 22:39.03 21:46.00

Alexander SINNETT New South Wales 25:08.74 24:50.00

3000m Race Walk U15 Women

Havana ALI Victoria 15:36.00 15:36.00

Tory D'ALESSIO Western Australia 15:35.31 15:35.31

Miarose EVERSON New South Wales 15:49.85 15:49.85

Nikki HEARNDEN New South Wales 16:00.17 16:00.20

Mya MCCLURE Victoria 14:08.80 14:09.74

3000m Race Walk U16 Women

Lexie BEACROFT New South Wales 16:09.56 16:09.00

Trinity DOULIS Western Australia 15:37.03 15:37.00

Eliza KELLY Queensland 15:49.47 15:45.00

Lily Rose LAMBERT Victoria

Bethany MOORE-KIRKLAND Queensland 15:06.40 15:06.00

Eva PARKER Tasmania 15:52.00 15:17.10

Matilda READ Victoria 13:58.83 13:58.83

Matilda RECH South Australia 17:50.28 17:15.00

Jillian RYAN Australian Capital Territory 15:15.25 15:28.00

Sierra THOMPSON Western Australia 19:26.19 18:46.00

3000m Race Walk U15 Men

Orlando GRANTHAM South Australia 18:00.00 19:11.10

Cory LOCKWOOD Queensland 16:10.00

Callum MARTIN New South Wales 12:54.60 12:54.60

Lachlan MOORE Queensland 14:38.47 14:38.47

Angus SHUTTLEWORTH Victoria 13:06.90 13:06.90

Noah VELLA New South Wales 15:21.55 15:21.55

3000m Race Walk U16 Men

Rhys CHANDLER New South Wales 15:10.75 14:14.10

Noah COOKE Queensland 12:59.26 12:59.26

Koby IRVINE Queensland 13:58.19 13:58.19

Michael MATHISON New South Wales 16:15.78 15:57.60

Queensland Masters Athletics

6th December 2025 Saturday Main Track*

7.30am 3,000m Race Walk

9.35am 800m Race Walk

Members entry

[QMA BRISBANE 2025-26 #5 MEMBERS - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitors' entry

[QMA BRISBANE 2025-26 #5 VISITORS - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

On line entries close Thursday 4th December 7pm

Entry Fee \$12

You can enter on the day (at least 30 minutes before the scheduled race start)

Australian Marathon Race Walking Championships

Saturday, 29 November Stromlo Forest Park, Canberra

AA Report

Olympians Olivia Sandery and Rhydian Cowley have been crowned the inaugural Australian champions in the Marathon Race Walk, lighting up an eventful morning in Canberra for the Chemist Warehouse Winter Series. The 42.195km bout saw the Canberra skies throw down fierce sun and at times heavy rain, but through it all Sandery (SA) and Cowley (VIC) remained calm to stand on the top step of the podium after over three hours of racing.

At 22-years-old, Sandery was a comprehensive winner by a margin of almost 20 minutes following the withdrawal of training partner and race leader Elizabeth McMillen (SA) not long after halfway, leaving the Olympian to coast to victory in a time of 3:35:58. "My goal was to feel comfortable and in control, and I managed to do that. Things can fall apart quickly if you go out too fast or haven't got your fuelling right, so I'm happy with today," Sandery

said. “It’s a long way, so even if someone does get ahead of you, there is usually time to catch up. I will be looking more at the 10km and Half Marathon because those are the distances for the Commonwealth Games and World Championships going forward.”

Hannah Bolton (NSW) clinched the silver medal when stopping the clock in 3:55:19, finishing ahead of Alanna Peart (VIC) who took home bronze in 3:56:50.

Olympic medallist Cowley added another Australian title to his resume as his experience shone, biding his time before putting his rivals to the sword in the last 10km – completing the marathon circuit in 3:19:58. “It wasn’t easy today, just from where I’m at in my preparation after a long season. Some of it is just the training age and experience, one thing I’ve learned is that you have to stay calm and conserve your mental energy,” Cowley said. “There was a point at about 30km where I thought that if I could get to 35km and then pull out, that would be good enough, but I got to that point and thought I guess I’m winning.”

Dylan Richardson (NSW) and Mitchell Baker (ACT) both launched attacks in an attempt to become the first ever national champion in the event, with Baker fighting valiantly in the lead before cramps struck in the final six kilometres. The local picked himself up to secure bronze in 3:25:46, behind silver medallist Richardson in 3:22:17.

In the Half Marathon Race Walk events, Declan Tingay (WA) and Samantha Findlay (SA) landed on top after 21 laps with times of 1:31:40 and 1:47:41 respectively.

RESULTS RESULTS RESULTS

AA Marathon Race Walk Championship Men ·

- 1 Rhydian COWLEY VIC 3:19:58
- 2 Dylan RICHARDSON NSW 3:22:17
- 3 Mitchell BAKER ACT 3:25:47
- 4 Kim MOTTROM SA 3:54:45
- Will THOMPSON VIC DNF
- Carl GIBBONS NSW DNF
- Jack MCGINNISKIN NSW DQ TR54.7.

AA Marathon Race Walk Championship Women

- 1 Olivia SANDERY SA 3:35:58
- 2 Hannah BOLTON NSW 3:55:19 Notes: 4 minutes added
- 3 Alanna PEART VIC 3:56:50
- 4 Nellie LANGFORD SA 3:59:48
- Elizabeth MCMILLEN NSW DNF

Half Marathon Race Walk Men – Non-Championship

- 1 Declan TINGAY VIC 1:31:40
- 2 Timothy FRASER ACT 1:31:45
- 3 Marcus WAKIM VIC 1:38:35
- 4 Alex BRADLEY QLD 1:57:31

Half Marathon Race Walk Women – Non-Championship

- 1 Samantha FINDLAY SA 1:47:41
- 2 Zoe WOODS NSW 1:49:50
- 3 Chelsea ROBERTS NSW 1:54:55

QA Shield Meet QSAC

November 29th

Women 3,000m

- 1 Olivia Boulton Gold Coast Athletics 14:32.11
- 2 Bethany Moore-Kirkland Darling Downs 14:47.37
- 3 Phoebe Chadwick Qld Race Walking Club 16:00.60

4 Eliza Kelly Qld Race Walking Club 17:04.08
5 Amelia Chisholm Gold Coast Victory 17:05.12
6 Elsa Chan Athletics North 17:19.64

Men 3,000m

1 Koby Irvine Bundaberg 13:43.17
2 Cory Lockwood Gold Coast Athletics 15:13.41
3 Kai Dale Qld Race Walking Club 15:43.81
4 Leo Ramsay QA X17:16.59

QMA QSAC

November 22nd

1,500 Metre Race Walk

Gannon, Brenda W51 9:03.75
Dale, Joy W54 11:30.08
Bennett, Peter M70 9:34.17
Sela, Patrick M86 13:28.42

5,000 Metre Race Walk

Gannon, Brenda W51 31:33.73 (28:03.91 71.37%)
Dale, Joy W54 39:45.11 (35:20.85 56.67%)
Jimenez Solis, Ignacio M60 25:41.40 (21:08.73 85.56%)
Sela, Patrick M86 45:19.81 (27:50.24 64.99%)

Age Graded Times & Percentages in Brackets

Queensland Athletics Track Season

January 11th QSAC 3,000/5,000 metres
January 17th QSAC 3,000/5,000 metres
February 21 QSAC 3,000 metre / 10,000 metres QA Championships
February 28th UQ 3,000 Metre Championships
March 7th QSAC 3,000/5,000 metres
March 25th QSAC 5,000 metres

Queensland Masters Athletics Track Season

Programmes – subject to change depending on track availability now that the SAF is being resurfaced .

20th December 2025 Saturday, Main Track*

9.00am 1500m Race Walk

21st December 2025 Sunday Main Track*

8.15am 3000m Race Walk

9.30am 800m Race Walk

17th January 2026 Saturday Main Track*

7.30am **3000m Race Walk Championship**

9.50am 1 Mile Race Walk

24th January 2026 SAF*

9.40am 1500m Race Walk

31st January 2026 SAF*

7.30am 3000m Race Walk

9.55am 800m Race Walk

14th February 2026 Saturday, Venue SAF

9.00am 1500m Race Walk

15th February 2026 Sunday, Venue SAF

8.15am 3000m Race Walk

9.30am 800m Race Walk

Saturday 21st February 2026 - Track Events State Athletics Facility

QMA State Championships

9.00am **5000m Walk Championship**

Sunday – 22nd February

9.30am **1500m Walk Championship**

28th February 2026 Saturday, Venue SAF

8.10am 3000m Race Walk

**2026 AA 10,000m Race Walking Championships
& U20 AA 5,000 metre Championships – Supernova
AIS Athletics Track, Bruce, Canberra, ACT**

January 25th

8:15 am 10000m Race Walk Women Senior

9:25 am 5000m Race Walk Men U20

January 26th

8:15 am 10000m Race Walk Men Senior

9:15 am 5000m Race Walk Women U20

Entries [Roster Athletics · 2026 Supernova - Australian Championships & World Athletics Race Walking Tour Silver](#)

**Australian Masters Athletics Championships
Australian Institute of Sport, Leverrier Street, Bruce ACT
March 6-9th 2026**

Draft Walks Programme

Friday 6th 1,500 metres AIS track

Saturday 7th 5,000 metres AIS track

Monday 9th 10km Stromlo Forest Park

Website : <https://canberra2026.com.au/>

2026 AA Half Marathon Race Walking Championships

War Memorial Drive, Adelaide, South Australia

March 15th 2026

Details and entries to follow



WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
BRASILIA 26

**World Athletics Race Walking Team Championships will be held
in Brasilia, Brazil on 12 April 2026**

2026 National Junior Athletics Championships QSAC Brisbane

Australian Athletics (AA), and Little Athletics Australia (LAA), are pleased to announce dates for the inaugural aligned athletics championships in Brisbane in 2026.

April 12 – 14: Australian Little Athletics Championships

Events on Offer

U12 athletes

- 1500m Walk

U13 athletes

- 1500m Walk

April 15 – 20: Australian Athletics Junior Championships

Thursday 16th April

10.00am 3000m Race Walk U14 Men

10.00am 3000m Race Walk U14 Women

5.25pm 5000m Race Walk U17 Women

5.25pm 5000m Race Walk U18 Women

Friday 17th April

11.15am 5000m Race Walk U17 Men

11.15am 5000m Race Walk U18 Men

Monday 20th April

10.55am 3000m Race Walk U15 Women

10.55am 3000m Race Walk U16 Women

11.45am 3000m Race Walk U15 Men

11.45am 3000m Race Walk U16 Men

LBG Walking Carnival 2026



The LBG Carnival will be held on Sunday 8 June 2026 at Stromlo Forest Park in Canberra. All club members are entitled to compete. No qualification standards, all ages, all abilities - U10- Masters. Individual, teams and handicap awards.

The ACT Walkers Club & the Australian Federation of Race Walking Clubs will release full details shortly/

QRWC host of 10km walk 2026 Pan Pacific Masters Games

The Athletics – 10km Road Race Walk as part of the 2026 Pan Pacific Masters Games will be held on **Sunday November 8th** on the Luke Harrop Criterium cycling circuit at Runaway Bay starting at 7am.

Track and field events at these Games will be on Saturday 7th, Sunday 8th & Monday 9th

Entries Open 3 March 2026 (9am AEST - QLD time)

Games fee periods

\$140 Early Bird (3 March – 31 May 2026)

\$155 Saver (1 June – 31 August 2026)

\$170 Standard (from 1 September 2026)

Road Walk Age Requirements

- Age is determined as of Sunday 8th November 2026
- Minimum age for competition is 30 Years

10km Road Walk Sport Fees: \$30 per person

Road Walk Entries Close: Sunday 29th October 2026 (11:59PM AEST)

Important Masters Meets in 2026/27

2026 WMA Outdoor Championships

Date: August 22- September 3, 2026

Venue: Daegu Stadium, Daegu S.K.

From the 1st July 2026 the only Australian uniform that you will be able to wear is the AMA Valour uniform. All athletes intending to compete at the World Champs in Daegu will need to have the Valour competition uniform.

AMA will be opening the Uniform Shop for orders in March /April and will have sample sizes at the Australian Championships for athletes to try on.

2027 OMA Championships

- Date: January 27 – 31, 2027
- Venue: Christchurch NZ

2027 AMA National T & F Championships

- Date: April 23 – 26, 2027
- Venue: WA Athletic Stadium, Floreat, WA

QA MEMBERSHIP INFORMATION 2025-2026

Season Period: 01 OCTOBER 2025 – 30 SEPTEMBER 2026

The Queensland Racewalking Club (QRWC) is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at Queensland Athletics (QA) meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership.

Membership Fee: \$25.00 (club fee on top of Qld Athletics membership)

[Click here to register Membership – Old Race Walking Club – revolutioniseSPORT](#)

Membership Options

Membership Level	Cost (plus club fee*)	QA Shield Meet Entry	QA Championship Entry	Cross Country Series	Eligible for QLD Team?
Platinum	\$250	FREE	\$10/event	\$12	✔ Yes (All events)
Gold	\$150	\$18	\$22/event	\$12	✔ Yes (All events)
Base & Qrun	\$12	\$32	\$32/event	\$12	✘ Not eligible

Non-Competing Members

Role	QA Fee	Notes
Volunteer	\$0	Club volunteers for operations & comps
Committee Member	\$0	Must be registered members
Official	\$0	Must be accredited with Australian Athletics
Coach	\$0	Must be registered and accredited

◆ **Blue Card Required** (Working with Children Check)
📍 Check with your club or visit bluecard.qld.gov.au

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.

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.

[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

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](#)

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.

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. We value your input.