

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



January 15th 2026



10km Road Walk

Dates & Times

Sunday 8 November

Venue

Luke Harrop Cycle Circuit

Age Requirements

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

Age Divisions

- 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

Event Divisions

- 10km Road Walk

Sport Fees

- \$30 per person

Games Fees

- **\$140 Early Bird** (3 March – 31 May 2026)
- **\$155 Saver** (1 June – 31 August 2026)
- **\$170 Standard** (from 1 September 2026)

Entries Close

- Individual Entries Close: Sunday 29th October (11:59PM AEST)

THIS WEEK

Queensland Masters Athletics

17th January Saturday QSAC Main Track

7.30am QMA 3000m Race Walk Championship

[Register Here](#) Registration for this event is only available if you have an active account with Australian Athletics.

LAST CHANCE : Registration closes Thursday 15th January

No late entries (i.e. no entries on the day)

9.50am 1 Mile Race Walk

[Event registration - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

Queensland Athletics

January 17th Saturday QSAC Main Track

5.30pm 3,000 metres

5.55pm 5,000 metres

Entries

[2025/26 Qld Athletics Shield Series: Alana Boyd Shield - Queensland Athletics - revolutioniseSPORT](#)

Entries Close: Friday 16th January, 9am

RESULTS RESULTS RESULTS

QA Shield Meet QSAC Sunday January 11th

Women 3000m RW Open

- 1 Milly Sharpe Gladstone Athletics Club 14:48.47
- 2 Elsa Chan Athletics North 15:22.69
- 3 Phoebe Chadwick Qld Race Walking Club 15:34.85
- 4 Isabella Welch Starfish Tri-Athletic Club 16:14.16
- 5 Eliza Kelly Qld Race Walking Club 16:29.03
- 6 Izzy Blackburn Qld Race Walking Club 23:01.85
Amelia Chisholm Gold Coast Victory DQ TR54.7.1

Men 3000m RW Open

- 1 Noah Cooke Qld Race Walking Club 13:16.60
- 2 Koby Irvine Bundaberg 13:46.08
- 3 Lachlan Moore Ignition 15:06.86
- 4 Hayden Robertson Qld Race Walking Club 16:21.07
- 5 Leo Hyde Gold Coast Victory 16:21.76
- 6 Leo Ramsay Qld Race Walking Club 18:27.53

Women 5000m RW Open

- 1 Olivia Boulton Gold Coast Athletics 26:36.31

Race report from the Glynnis Nunn Shield meet Sunday January 11th

“Conditions were hot and humid for our three races held over 3,000m and 5,000m (held as a combined event). The number of athletes participating was good with 7 in the Women's 3,000m, six in the Men's 3,000m and just the one in the Women's 5,000m. Pleasing to see only the one disqualification which came in the Women's 3,000m event.

A big thank you is extended to Leanne Boulton who stepped up when asked to judge following the withdrawal of one of our appointed walks judges. Again, the experience gained becomes invaluable for Leanne and increases our pool of walks officials. We look forward to seeing further opportunity afforded to Leanne to develop.

What was observed in the event was how poor fitting race clothing can impact your

performance be it time based or worse still technique. Whilst not the place of an official to advise athletes on what to wear and what not to wear as we are only concerning ourselves with the technical rules, wearing race wear that inhibits your performance that results in a compromise of the rules of racewalking is a tough position for all.

It is not for judges to sympathise with an athlete that is obviously in distress from injury, chaffing, blisters etc, we cannot allow for these. Therefore, the message is simple, wear what you know works for you, try things out at training first and not on race day as the fallout can be so much greater than you hoped for. “

Update from the officials report from last week

"Last week an officials update was provided to readers which contained a significant omission. During the All-Schools Championships in Melbourne in December we actually had three QLD officials sit the World Athletics Bronze Walks exam. In addition to both Liz and Jaz we also had Peter Sharpe sit the exam.

Peter is the father of one of local rising stars Milly and given they both reside in Gladstone, would have to be one of our most dedicated walks judges. I would like to extend my apologies to Peter for this omission.

Results are still not known for all three but let's hope we achieve success which will deepen the standard of our walks officials and provide greater opportunity for our athletes and flexibility for our officials in roles within the event itself."

NEXT WEEK

Queensland Masters Athletics

24th January 2026 SAF

7.15am 1 Mile Race Walk

10.00am 800 Race Walk

AA 10,000m Race Walking Championships & U20 AA 5,000 metre Championships

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](#)

QRWC Winter Road Walk Season

With National & State track championships dominating the first quarter of 2026 we are looking at beginning the winter road walk season on Sunday March 29th with the QRWC Sign On Meet & AGM. The first Handicap meet is looking like being on April 12th. While we work with other athletics bodies to avoid clashes and to maximise opportunities to compete there may be times when an athlete will have to make a decision on what event to participate in.

MONTH	DATE	EVENT	VENUE
January	17	QMA 3,000 Metres Championships	QSAC
	25-26	AA 10,000 metres Track C/ships	Canberra

February	21-22	QMA Track Championships	SAF
	21	QA 10,000 metres Championships	QSAC
March	6-9	AMA National Championships	Canberra
	15	AA Half Marathon Championships	Adelaide
	20-22	QLAA State Championships	QSAC
	29	QRWC Sign On Day	TBC
April	5	Easter Sunday	No competition
	12	QRWC Handicap #1	TBC
	12	WA Race Walk Team C/Ships	Brazil
	13-14	ALAA Track Championships	Brisbane
	15-20	AA Junior Track Championships	Brisbane
	22-24	UniSport Championships	Runaway Bay
May	10	Mother's Day	No club competition
	19-22	Oceania Athletics Championships	Darwin
June	7	LBG Federation Meet	Mt Stromlo Canberra
July	5	Gold Coast Marathon	Southport
	31	Comm Games 10km Men	Glasgow
August	1	Comm Games 10km Women	Glasgow
	8	WA U20 Championships	Oregon USA
	22- Sept 3	WMA Outdoor Championships	Daegu. South Korea
	23	AA Junior Road Walk C/Ships	Ballarat
September	6	Father's Day	No club competition
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

Queensland Athletics Track Season

January 17th QSAC

5.30pm 3,000 metres

5.55pm 5,000 metres

February 21 QSAC

6.45pm 3,000 metres

7.15pm 10,000 metres QA Championships

Entries

[2025/26 Qld Athletics Championships: 10000m Walk & Track Mile - Queensland Athletics - revolutioniseSPORT](#)

February 28th UQ

4.45pm 3,000 Metre Championships U14/15/16

March 7th QSAC

5.30pm 3,000 metres

5.55pm 5,000 metres

March 25th QSAC Wednesday

7.20pm 5,000 metres

Queensland Masters Athletics Track Season

17th January 2026 Saturday Main Track

7.30am 3000m Race Walk Championship

9.50am 1 Mile Race Walk

24th January 2026 SAF

7.15am 1 Mile Race Walk

10.00am 800 Race Walk

31st January 2026 SAF

7.30am 3000m Race Walk

9.55am 1500m 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 State Athletics Facility

QMA State Championships

Entries Now Open

[QMA TRACK & FIELD CHAMPIONSHIPS 2026 - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

EARLY BIRD ENTRIES CLOSE FRIDAY 6TH FEBRUARY

LATE ENTRIES TILL FRIDAY 13TH FEBRUARY WITH A LATE FEE OF \$30

9.00am **5000m Walk Championship**

Sunday – 22nd February

9.30am **1500m Walk Championship**

28th February 2026 Saturday, Venue SAF

8.10am 3000m Race Walk

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
BRASÍLIA 26**

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



Selection standards and policy on which Australian Athletics will select its representative team for the World Race Walking Team Championships in Brasilia, Brazil, 12 April 2026

Men	Event	Women
43:00 at 10km or 10,000m	10km (Under 20)	50:00 at 10km or 10,000m
1:26:00 at 20km or 1:31:30 at half marathon	Half Marathon	1:36:00 at 20km or 1:42:00 at half marathon
2:40:00 at 35km or 3:18:00 at marathon	Marathon	2:58:00 at 35km or 3:40:00 at marathon

The qualification period is:

Events	Dates
10km, half marathon, marathon race walk	1 January 2025 – 15 March 2026

All performances must be achieved during official competitions which must be sanctioned by World Athletics. A complete list of sanctioned competitions is available online. Performances on both the track and the road are accepted as qualifying performances. All performances accepted by World Athletics and appear in World Athletics lists as valid performances will be accepted by Australian Athletics.

A selection trial will be held for all events as per the table below:

Events	Competition	Dates
Under 20 10km race walk	Specific Trial, Adelaide	15 March 2026
Senior half marathon race walk	Australian Championships, Adelaide	15 March 2026
Senior marathon race walk	Australian Championships, Canberra	29 November 2025

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 13 – 14 Australian Little Athletics Championships

Draft walks programmer

Monday 13th April

9.30am Girls U13 1500m Walk
9.50am Boys U13 1500m Walk
11.10am Girls U12 1500m Walk
11.30am Boys U12 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.

2026 Oceania Athletics Championships Darwin May 2026

Tuesday 19 May

10:25am Masters Men 3,000m Race Walk
Masters Women 3,000m Race Walk

Friday 22 May

7:00am Masters Women 5000m Racewalk
Under 18 Women 5000m Racewalk
Under 20 Women 5000m Racewalk
8:00am Masters Men 5000m Racewalk
Under 18 Men 5000m Racewalk

Under 20 Men 5000m Racewalk

<https://athletics-oceania.com/oceania-athletics-area-championships/>

Note:

The 10,000m Walk Oceania Championships will be conducted at a different venue and time, with further information to be provided to Federations in early 2026.

The Open team will be operated by Australian Athletics, while the U18 team will be run by Queensland Athletics.

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 - Qld Race Walking Club - revolutioniseSPORT](#)

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](#)

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.*

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:

grwcl@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.