

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



January 29th 2026

Australian Athletics 10,000m Race Walking Championships & U20 5,000 metre Championships

Isaac Beacroft and Elizabeth McMillen reigned supreme at the Australian Athletics 10,000m Race Walking Championships breaking the tape in their respective races to be the first Australian athletes automatically nominated for the 2026 Commonwealth Games in Glasgow. It was smooth sailing for the 18-year-old Beacroft who took the title in 38:54.11 to beat home Declan Tingay, 39:13.93 and Timothy Fraser, 39:28.76, while McMillen was equally stylish when cruising to victory in 42:50.13 over Rebecca Henderson, 43:26.86 and Olivia Sandery, 44:46.41.

10,000m Race Walk Women

- 1 Elizabeth MCMILLEN NSW 42:50.13 CR
- 2 Rebecca HENDERSON VIC 43:26.86
- 3 Olivia SANDERY Notes: <<<< (1 min added) SA 44:46.41
- 4 Chelsea ROBERTS NSW 46:44.01 PB
- 5 Alexandra GRIFFIN WA 48:19.86
- 6 Samantha FINDLAY SA 48:46.24
- 7 Kate SIVIOUR VIC 50:50.21
- 8 Maddison NASH VIC 52:07.88
- 9 Hana JUGOVIC Notes: < ACT 53:43.31
- 10 Phoebe CHADWICK Notes: <<<< QLD 56:24.70
Nellie LANGFORD Notes: <<<<< SA DQ TR 54.7.5
Tayla BILLINGTON QLD DNS
Jessica LORING NSW DNS

10,000m Race Walk Men

- 1 Isaac BEACROFT NSW 38:54.11
- 2 Declan TINGAY VIC 39:13.93
- 3 Timothy FRASER ACT 39:28.76
- 4 Will THOMPSON VIC 39:42.06
- 5 Rhydian COWLEY VIC 39:46.16
- 6 Kyle SWAN VIC 40:16.61
- 7 Marcus WAKIM Notes: < VIC 40:55.48 PB
- 8 Evan DUNFEE 41:12.68 CAN
- 9 Mitchell BAKER Notes: < ACT 41:40.65
- 10 Jonah CROPP NZL 43:14.69 PB
- 11 Jack MCGINNISKIN Notes: < NSW 44:05.58
- 12 Cooper RECH Notes: << SA 51:29.48 PB
- 13 Alejandro STEPHENS VIC 52:28.13 PB
- 14 Tristan CAMILLERI Notes: <<<< SA 53:10.13

15 Brendan POSPISCHIL Notes: << NSW 54:01.29

Alex BRADLEY Notes: < QLD DNF

Joel BYATT NSW DNS

Samuel LINDSAY TAS DNS

Dylan RICHARDSON NSW DNS

5,000m Race Walk Men U20

1 Owen TOYNE Notes: ~~ ACT 19:59.42 CR, WU20Q

2 John RONAN Notes: ~~ WA 20:04.21 WU20Q

3 Riley COUGHLAN VIC 20:30.75 PB, WU20Q

4 Samuel LINDSAY Notes: ~ TAS 20:42.25 WU20Q

5 Sebastian RICHARDS Notes: ~ SA 21:17.91

6 Joel BYATT Notes: < NSW 21:48.10 PB

7 Noah COOKE QLD 22:08.85 PB

8 Angus SHUTTLEWORTH VIC 22:12.89 PB

9 Bailey HOUSDEN QLD 22:21.00

10 Myles ASHBY NSW 23:07.29

11 Dylan ALLABUSH NSW 24:15.25

12 Cooper RECH Notes: < SA 25:05.37 PB

13 Koby IRVINE QLD 25:20.05 PB

14 Alexander SINNETT Notes: << NSW 26:19.89

15 Christopher NILON NSW 27:04.00

16 Alexander BRAENDLE NSW 27:24.54 PB

Max DAVIDSON VIC DNF

5,000m Race Walk Women U20

1 Zoe WOODS NSW 23:25.46 WU20Q

2 Matilda WEBB NSW 23:34.56 PB, WU20Q

3 Sophie POLKINGHORNE NSW 23:34.62 PB, WU20Q

4 Sienna PITCHER Notes: < NSW 24:16.72

5 Angelina LEGRAND SA 24:59.57 PB

6 Milly SHARPE Notes: << QLD 25:25.99

7 Matilda READ VIC 25:30.18 PB

8 Olivia BOULTON QLD 25:30.69 PB

9 Grace BECK Notes: << NSW 26:29.12

10 Eliza KELLY QLD 26:59.67 PB

11 Jillian RYAN ACT 27:15.73 PB

12 Lilah NORDEN Kembla Joggers 27:42.81

13 Lexie BEACROFT NSW 28:12.78 PB

14 Jessica LORING NSW 28:28.79

15 Kaytee BOGAERS WA 28:56.43

16 Laura Corvalan SOTOMAYOR Notes: << NSW 31:07.09 PB

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

Last Reminder: Entries close on 28th January 23:59:00 (Sydney Time).

THERE WILL BE NO LATE ENTRIES.

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/>



ATTENTION ALL RACE WALKERS 65 YEARS AND OVER

A trial event will be held at the AMA National Championships in Canberra – Fitness Walking!

- For those athletes who are aged 65 years and over, we are trialling 'fitness walking' events at the AMA Nationals in Canberra – 1500m race Walk, 5,000m, Race Walk & the 10k Road walk.
- Race walkers 65yrs and over will have the option to race walk under World Athletics and World Masters Athletics rules just as the 30 – 64-year-old walkers do, or fitness walk where you will just be judged on 'contact' only.
- This means that you must still be walking but the 'bent knee' rule will not apply only contact.
- There will be 4 judges at the track events and six judges at the out of stadia road walk. Athletes in the fitness walk events will be able to claim medals, but not records.
- Athletes will be given a different coloured bib number for the fitness walk events and will be judged according to the contact they maintain throughout the race. The red card system will still apply.



RESULTS RESULTS RESULTS

QUEENSLAND MASTERS

Saturday January 24th QSAC

800 Metre Race Walk

Leggat, Grayson M10 4:36.47

Kirwin, Roslyn W37 4:26.87

Stott, Emma W44 5:20.27

Rapaport, David M50 4:31.02

Cartwright, Simon M56 5:33.63

Bennett, Peter M70 4:39.94

McKinven, Noela W83 7:18.65

1600 Yard Race Walk Mile

O'Dwyer-Mazur, Roisin W34 9:55.51

Kirwin, Roslyn W37 10:05.18

Rapaport, David M50 9:48.24

Cartwright, Simon M56 12:04.43

Bennett, Peter M70 9:38.97

McKinven, Noela W83 14:18.58

Sela, Patrick M86 13:51.24

THIS WEEK

Queensland Masters Athletics 31st January QSAC Main Track

8.00am 3000m Race Walk

9.55am 1500m Race Walk

Enter Here

[QMA MASTER 2025-26 #10 MEMBERS - Old Masters Athletics Association Inc - revolutioniseSPORT](#)

If you having trouble with the RevSport Members Portal try entering as a Visitor

Visitor Entry

[QMA MASTER 2025-26 #10 VISITORS - Old Masters Athletics Association Inc - 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 bluecardqrc@gmail.com

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
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

February 21 QSAC Dane Bird-Smith Meet

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

31st January 2026 QSAC

8.00am 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 - Qld 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 Saturday, Venue SAF
8.10am 3000m Race Walk

2026 AA Half Marathon Race Walking Championships
War Memorial Drive, Adelaide, South Australia
March 15th 2026

This competition includes the Half Marathon Race Walking Championship for men and women and also a 10km event for athletes under 20. The Under 20 event serves as a trial for the World Teams Race Walking event in April.

Competition Timetable

8:00am - Half Marathon Race Walk - Men and Women

8:20am - 10km Race Walk - Under 20 Men and Under 20 Women

[Roster Athletics · 2026 Australian Athletics Half Marathon Race Walking Championships](#)

World Athletics Race Walking Team Championships
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](#)

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:

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.