

# Queensland Race Walking Club Inc.

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



July 10<sup>th</sup> 2025



## AA and Little Athletics Australia will co-ordinate to stage the 2026 Australian Junior Athletics Championships and the Australian Little Athletics Championships

### Brisbane April 2026

In an historic step toward aligning the pathway for athletics in the nation, Australian Athletics (AA) and Little Athletics Australia (LAA) will stage the 2026 Australian Junior Athletics Championships (AJAC) and the Coles Australian Little Athletics Championships (ALAC) side-by-side for the first time, creating the largest celebration of youth/junior athletics ever held at a national level. Traditionally hosted as separate championships conducted by their respective national bodies, 2026 will see both events run consecutively at the same venue. The aligned championships will break new ground for athletics in Australia, establishing a clearer pathway for emerging athletes on the road to Brisbane 2032 and beyond.

The championships, to be hosted mid-April in Brisbane, will offer young athletes, parents, coaches, officials, and supporters a more integrated event experience while reducing travel costs and maximising the event atmosphere for our budding young athletes.

This progress is more than just coordinating dates and locations. It has also involved AA, LAA and their respective Member Associations agreeing to program changes that reduce the existing overlap of having two separate events. **In broad terms, ALAC will focus on teams-based competition up to ages 12 and 13, while the AJAC component will focus on individual events for ages 13 and above.**

Australian Athletics President Jane Flemming OAM OLY highlighted the significance of the milestone. “This is a landmark moment for athletics in Australia. This new approach will not only create a better experience for young athletes and their families – we’re also showcasing a united sport with a clear, cohesive pathway,” Flemming said.

The concept is equally endorsed by Little Athletics Australia President Sherrie Boulter who noted: “This is a huge step in the right direction for Athletics. For the first time ever, all junior athletes will compete in aligned National events, removing duplication and providing clearer pathways in our sport whilst still retaining and building upon the unique teams-based aspect of ALAC.”

## 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](mailto:bluecardqrwc@gmail.com)*

## **QRWC RACE WALK JUDGING SEMINAR** **Saturday August 16<sup>th</sup>**

**Don't miss out, numbers are filling fast.**

**Venue :** "The Meeting Place" University of Queensland athletics facility St Lucia

This seminar is open to anyone interested in becoming a qualified Race Walk Judge, existing judges to upgrade and refresh their qualifications or to anyone who just wants to learn about the rules of Race Walking and how they should be applied. We invite parents and athletes to attend from all clubs, Little Athletics clubs or even those outside the sport who want to find out what race walking is really about. The seminar is to prepare both for professional development as well as enabling current judges to undertake Australian Athletics Racewalk Judging exams.

The seminar will be presented by **Zoë Eastwood-Bryson**, World Athletics Gold Race Walking Judge. Zoë was awarded the Athletics Australia 2019 Official of the Year. She has been involved in athletics since 1975, starting out as a competitor in the javelin and discus then she first began officiating in 1980.



## **Draft seminar programme**

### **Saturday**

09:00am	Registration
09:15am	Race Walk Rules Roles of judges and other competition officials . Pathways for judges - beginner to International events .
11:00am	<b>Break</b> Athlete Nutrition talk 20-30 minutes with Q&A Prac. on the track when judging
12.30pm	<b>Lunch</b> Completing paperwork Red Cards, Judges Record Sheet, Summary Sheet Video presentation: Judging Knees Video Trial
15:30pm	Close

**The seminar is free of charge. Morning tea and a light lunch provided**

**Don't miss out !** Please send an email if you re interesting in attending this event to Noela McKinven [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com) or return the seminar registration form. If you have any topics or questions you want addressed at the seminar please feel free to email them to me at [peter.bennett@live.com](mailto:peter.bennett@live.com) I will pass them on to Zoe to add to the programme

## **RESULTS RESULTS RESULTS**

### **QRWC Handicap #7 North Lakes July 6<sup>th</sup>**

#### **A Grade 10km**

Men: (1) Ignacio Jimenez 54.26 (2) Kai Dale 59.14 SB (3) Peter Bennett 1.08.51  
Women: (1) Phoebe Chadwick 1.01.12 (2) Brenda Gannon 1.04.08 SB (3) Joy Dale 1.18.15  
SB (3) Noela McKinven 1.38.00.

#### **B Grade 5km**

Men: (1) Simon Cartwright 36.48  
Women: (1) Eliza Kelly 29.21 (2) Trish Hibbs 34.14 SB (3) Anne Weekes 35.17

#### **C Grade 3km**

Men: (1) Lachlan Moore 14.43  
Women: (1) Taylor Chapman 16.00 (2) Kiara Waterman 20.10

#### **D Grade 2km**

Men: Dylan Moore DNS  
Girls: (1) eq. Clara Hermus SB, Bella Sansom SB, 11.45 (3) Jessica Gorham 14.17 (4) Willa Sio 14.28 SB.

#### **F Grade 1km**

Girls: (1) Lilli Chu DNS

#### **Judge's Reports**

13 k  
416 c

*Thank you to our judges, time keepers & lapscorers on Sunday.*

## THIS WEEK

Just a reminder that after this meet there are only two more Handicap meets left in the season to score points or to meet the minimum 5 handicap races to be eligible for end of season trophies.

### **QRWC Handicap Meet #8 Sunday July 13<sup>th</sup>**

**John Walker Place, Brisbane Corso, Yeronga**

7.30am A Grade 10km

8.00am E Grade 1.5km

F Grade 1km

8.15am B Grade 5km

C Grade 3km

D Grade 2km

**Enter Here**

[QRWC Handicap Meet #8 Sunday July 13th - Qld Race Walking Club - revolutioniseSPORT](#)

**Race Fees** \$5 / \$10 on the day

The programme this week has been compacted and all 10km walkers will start at 7.30am. All the best to members competing in the back on again walk events at the C2C meet also on Sunday on the Gold Coast.

## NEXT WEEK

### **Sunday July 20<sup>th</sup> Racewalking Australia Postal Challenge**

**Logan River Parklands, Beenleigh**

8.00am Open M/W 10km

U20 M/W 10km

U18 M/W 8km

8.10am U10 M/W 1.5km

Invitation (Non-challenge event) 500 metres

8.30am Invitation 5km (non-challenge event)

U16 M/W 5km

U14 M/W 3km

U12 M/W 2km

**Note:** Age for this competition is Age as at December 31<sup>st</sup>

**Enter Here**

[Racewalking Australia Postal Challenge Sunday July 20th 2025 - Qld Race Walking Club - revolutioniseSPORT](#)

**Race Fees** \$5 / \$10 on the day

Your Season Pass covers entry to this event

## About The Postal Challenge

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

### **RWA Rules**

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is now Age as at December 31<sup>st</sup> for all walkers including Masters.

4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

## **QMA Short Course Road Walks Championship**

**Sunday July 20<sup>th</sup> Logan River Parklands, Beenleigh**

This event will be held in conjunction with QRWC Postal Challenge meet.

8.00am QMA Masters Men 10km

QMA Masters Men 5km (M60+ option)

QMA Masters Women 5km

**QMA Medals will be awarded on the day**

**Enter Here**

<https://www.revolutionise.com.au/qldmastersathletics/events/302459>

Entry fee to the QMA Championships is in addition to the QRWC Postal Challenge meet.

## **STILL TO COME**

**Sunday July 27<sup>th</sup> QRWC Track Championships**

**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 July 27th - Qld Race Walking Club - revolutioniseSPORT](#)

**Entries Close** Midday Saturday July 26<sup>th</sup>

**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 27<sup>th</sup> July 2025 E.g.: U10 (aged 9 and under), U12 (aged 10 and 11), U14 (aged 12 and 13) etc.
- Medals for these Championships will be presented at the Club Relay / Trophy Day.
- Athletes must compete in their own age group to be eligible for a medal.

## **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 Flynn Callaghan 6:00 2018  
 Under 10 Girls 1,000m Lyla Williams 5:22.27 2016

**UniSC Athletics Winter Carnival**

**Sunday 3rd August UniSC Athletics Track, Sippy Downs**

9.00am 1500m Walk 11 to 16 years  
 9.30am 700m 8yr Walk  
       1100m Walk 9 to 10yr  
 10.00am 3000m Walk 12 yrs to Masters

**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

**QRWC Handicap Meet #10 Sunday August 17<sup>th</sup>**

**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

**QRWC Road Walk Championships Sunday August 31<sup>st</sup>**

**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

Age is "Age on the Day"

*Please note that there have been some amendments to the programme*

**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	

## 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](mailto:greg.ison@qldathletics.org.au) or [shanen.layden@qldathletics.org.au](mailto: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

#### **Entries**

[Roster Athletics · 2025 Australian Junior Race Walking Championships](#)



Oceania Masters Athletics (OMA) is bringing back the official OMA Championships in 2025. The 2025 Championships will be held from 6-10 September at the State Athletics Facility in Brisbane.

Find out more about the championships or to enter go to [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

**REGISTRATION DATES:**

**Registrations close: Fri 25 July at 9:00pm (NO LATE ENTRIES)**

- Administration Fee \$90.00
- Event Fee - \$15.00

**Walks Programme**

Saturday September 6<sup>th</sup> 10km Road Walk

Monday September 8<sup>th</sup> 1,500 metre Track Walk

Wednesday September 10<sup>th</sup> 5,000 metre Track Walk

**The programme will be finalised once entries close on 25 July**

Queensland Masters Athletics (QMA) is offering a **\$10 temporary membership option** to encourage local entries to the Oceania Masters Athletics (OMA) Championships being held in Brisbane in September.

This option also hopes to attract entries from the strong expatriate communities in Brisbane and south east Queensland, who are from some of the 22 OMA member countries in the Oceania region. These entrants will still be able to represent their home country at the Oceania Masters Championships event.

This \$10 temporary membership will allow potential competitors living in Queensland to enter the championships without having to purchase a full QMA membership. As well as providing insurance cover for the 2025 Championships, the temporary membership will also include access to attend up to three (3) events of QMA's 2025–26 Summer season.

Anyone living in Queensland aged 30 years and older, and interested in the \$10 temporary QMA membership option can select this option through the online registration process for the Championships, which is located at <https://emlsports.com/registration/oceania-masters-2025>

## **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 4-7<sup>th</sup>**

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 8<sup>th</sup>.

**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

## **WORLD RACE WALKING TOUR 2025**

**25 OCT 2025** Lusatian Race Walking Weinauparkstadion, Zittau GER B Silver

**14 DEC 2025** World Race Walking Tour St Anne's Park, Dublin IRL C Bronze

## **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.

### **IMPORTANT UNIFORM INFORMATION**

If you are planning on going to Canberra in June for the LBG Carnival please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last-minute panic and contact the Uniform shop today. [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 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** T Hibbs

**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** J Blackburn, 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  
**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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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.



Department of  
Tourism and Sport

The Queensland Government provided \$2,500 to the Queensland Race Walking Club to assist training and education volunteers to enable Queenslanders to participate in sport and recreation activities.'

## 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**