

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



July 17th 2025

DON'T MISS OUT ENTRIES CLOSING IN 8 DAYS



The Oceania Masters Athletics 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

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 6th 10km Road Walk

Monday September 8th 1,500 metre Track Walk

Wednesday September 10th 5,000 metre Track Walk

QMA is offering a **\$10 temporary membership option** to encourage local entries

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>

RESULTS RESULTS RESULTS

QRWC Handicap #8

July 13th Yeronga

A Grade 10km

Men: (1) Ignacio Jimenez 53.30 (2) Peter Bennett 1.07.03 SB

Women: (1) Brenda Gannon 1.02.55 SB (2) Noela McKinven 1.34.36.

B Grade 5km

Men: (1) Simon Cartwright 39.31

Women: (1) Anne Weekes 34.53 SB

C Grade 3km

Women: (1) Kiara Waterman 20.05

D Grade 2km

Girls: (1) Jessica Gorham 13.09 (4) Willa Sio 14.40

F Grade 1km

Men: (1) Yoshua Lee 6.18 SB

Girls: (1) Lilli Chu 6.10

Judge's Reports

524 kk

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

Coast2Coast

July 13th Runaway Bay

Open 5000m walk

1. Patricia Hibbs 34 Qld 34:05.89 PB
2. Joy Dale 54 Qld 37:17.61
Kate Morris 47 Qld Dq

U18 5000m walk

1. Phoebe Chadwick 19 Qld 28:29.66 MR

U16 3000m walk

1. Taylor Chapman 12 Qld 14:49.87 MR PB
2. Isabella Welch 13 Qld 15:07.32 PB
3. Eliza Kelly 15 Qld 16:24.56
4. Mackenzie Wormald 13 Qld 23:03.05

U20 Men 5000m walk

1. Alex Bradley 19 Qld 24:45.72 MR

U18 Men 5000m walk

1. Kai Dale 17 Qld 28:11.56

U16 Men 3000m walk

1. Lachlan Moore 14 Q 14:53.26
2. Leo Ramsay 13 Qld 17:49.25

MR Meet Record

THIS WEEK

This is a state versus state competition where you get to test yourselves against your peers from around the country without the all the travelling. To do well in this competition we need competitors in as many events as possible in all age groups. The QRWC won this competition outright last year so let's give it another crack in 2025. Your chance to represent your club and your State.

Sunday July 20th 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 31st

[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

Bring some pocket money along on Sunday and support our sausage sizzle. The aroma of cooking sausages and onions really gets the athletes moving!!



Sausage Sizzle \$2.50

Poppers \$ 1.50

We would welcome your assistance on Sunday with lapcoring, time keeping and assisting on the bbq with the sausage sizzle.

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 31st 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 20th 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.

NEXT WEEK

Sunday July 27th 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 26th

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 27th 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

QRWC RACE WALK JUDGING SEMINAR **Saturday August 16th**

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

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	Break Athlete Nutrition talk 20-30 minutes with Q&A Prac. on the track when judging
12.30pm	Lunch 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

Please send an email if you re interesting in attending this event to Noela McKinven noelarhoda@gmail.com or return the seminar registration form. It is imperative that you register as soon as possible so that our presenter knows the number of attendees to plan what resources to bring, that we have sufficient seating and we cater correctly for the morning tea and lunch.

STILL TO COME

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 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

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

Age is “Age on the Day”

PERPETUAL TROPHIES

This is the time of year when we start planning for our end of season trophy day. Over the next few Sunday meets 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
U16 GIRLS	Olivia Boulton
U16 BOYS 5KM	Noah Cooke
U18 WOMEN 5KM	Milly Sharpe
U18 MEN 10KM	Bailey Housden
OPEN WOMEN 10KM CHAMPIONSHIP	Katya Martin
OPEN MEN 15KM CHAMPIONSHIP	Kai Dale
OPEN WOMEN 15KM CHAMPIONSHIP	Joy Dale
RELAY TEAM	“The Boyz”
	Noah Cooke, Kai Norton,
	Shane Pearson, Bailey Housden
MOST OUTSTANDING MEMBER	Bailey Housden

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 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

Entries

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



The Rhine-Ruhr 2025 FISU World University Games Sunday July 27th

08:00am Men's 20km Race Walk Final
08:01am Women's 20km Race Walk Final

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](#)

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

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 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.

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 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.



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**