

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



July 24th 2025

World Race Walking Team Championships

Did you know?

Walking is the most popular form of physical activity in the world, and the World Race Walking Team Championships can help to promote healthy, safe and sustainable host cities and communities.

The World Race Walking Team Championships brings together the world's best race walkers to compete for their nations on the big stage. Held over one day, all the races take place on a flat 1-2km looped course with around 450 athletes from 55 countries.

The World Race Walking Team Championships in 2028 and 2030 will now feature the new marathon and half marathon races, along with the pre-existing U20 10km races, and the 2028 edition will be a qualifier for the Los Angeles 2028 Olympic Games.

The next edition of the World Race Walking Team Championships will be held in Brasilia, Brazil, on 12 April 2026.

LAST CHANCE – DON'T MISS OUT
Entries Close Tomorrow – Friday July 25th 7pm



Oceania Masters Athletics 2025 Championships 6-10 September at the SAC, Brisbane.

Walks Programme

Saturday September 6th 10km Road Walk

Monday September 8th 1,500 metre Track Walk

Wednesday September 10th 5,000 metre Track Walk

Programme to be finalised once entries have closed.

ATHLETE PACK COLLECTION

Your Athlete pack includes your competition bibs and must be collected before your first event. The OMA2025 Registration Area will be located on the ground floor of the main QSAC building. All packs are to be collected from there.

Collection dates & times in September

Fri 5 – 12:00pm to 6:00pm

Sat 6 – 8:00am to 3:00pm

Sun 7 – 8:00am to 3:00pm

Mon 8 – 8:00am to 3:00pm

Tue 9 – 8:00am to 3:00pm

OFFICIALS

Oceania Masters Athletics invites you to officiate at our 2025 Championship event in Brisbane, to help deliver an excellent event experience for our masters athletes .

OFFICIALS PAYMENT: Oceania Masters Athletics has introduced the payment of technical officials for this Championship event, to help with personal expenses associated with volunteering. Technical Officials will receive: \$80 per full day or \$40 per half day as a token of appreciation for their time and dedication to our sport.

Officials will also receive a Long Sleeve event polo shirt

Nominations for Officials will close at 9:00pm, on Fri 29 August.

www.oceania-masters-athletics.org

VOLUNTEERS NEEDED!

Oceania Masters will need a number of volunteers to help deliver an amazing event in, so we ask that you consider giving us some time to help. Volunteers will receive an event t-shirt for one full day, or two half days of support

Help is especially needed for these events:

Road Walk – Saturday 6 (QSAC stadium vicinity)

Please consider giving some of your time to assist.

RESULTS RESULTS RESULTS

Well done to the athletes who came along to Beenleigh on Sunday to participate in the QRWC leg of the RWA Postal Challenge. The results will now be sent of to Victoria to be collated with the results of the other States to determine the outcome. Thank you to everyone who supported our fund-raising sausage sizzle on Sunday, to our canteen coordinators Stuart & Joy and to the wonderful parents who stepped in to cook and collect the money.

Sunday July 20th

RWA Postal Challenge & QMA Short Course Championships

Logan River Parklands, Beenleigh

Open 10km

Men: (1) Ignacio Jimenez 51.45 **SB** (2) Paul Lindenberg 1.06.03 **SB** (3) Peter Bennett 1.07.47
(3) Simon Cartwright 1.17.01

Women: (1) Nyle Sunderland 1.06.04 **SB** (2) Joy Dale 1.18.41 (3) Noela McKinven 1.34.00.

U18 8km

Men: (1) Kai Dale 48.04

Women: (1) Milly Sharpe 41.13

U16 5km

Men: (1) Noah Cooke 24.14 (2) Lachlan Moore 25.26 **SB**

Women: (1) Eliza Kelly 29.14

Non-Challenge 5km

Women: (1) Trish Hibbs 33.17 (2) Anne Weekes 34.03 **SB** (3) Deb Lindenberg 38.25

U14 3km

Men: (1) Leo Ramsay 17.36 **SB**

Women: (1) Amelia Chisholm 17.48 (2) Violetta Boyd 18.02 (3) Violet Conway 20.05 **SB** (4)

Mackenzie Wormald 22.17

U12 2km

Girls: (1) Bella Sansom 11.40 **SB** (2) Luna Boyd 12.19 (4) Jessica Gorham 13.04

U10 1.5km

Men: (1) Yoshua Lee 9.18

Girls: (1) Lilli Chu 9.12

Judge's Reports

191 kkKK

371 c

413 kk

416 c

428 k

432 ckk

446 c

449 k

524 kk

QMA Short Course Championships

10km Men

M55-59 Simon Cartwright 1.17.01

M60-64 Ignacio Jimenez Solis 51.45

M65-69 Peter Bennett 1.07.47

5km Women

W30-34 Trish Hibbs 33.17

W50-54 Joy Dale 37.44*

W55-59 Nyle Sunderland 32.31*

W60-64 Anne Weekes 34.03

W80-84 Noela McKinven 46.30*

*Denotes 5km during 10km

Thank you to our judges, time keepers, lapscorers, bbq cooks sand volunteer helpers on Sunday.

THIS 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"

HELP ! Being a track meet we will need a number of lapscorers and timekeepers on Sunday. Your help will be greatly appreciated if it is for only one race and being on the finish line is a great place to watch the races

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 not be presented on Sunday but will be presented at the Club Relay / Trophy Day on Sunday September 11th.
- 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.

Final Seminar programme

Saturday

9:00am	Registration
9:15am	Race Walk Judging: Rules, Ethics, Guidelines, Officials, Pathways
11:00am	Break
11:15am	Nutrition
11:45am	Practical on track
12:30pm	Lunch
1:00pm	Completing paperwork. Red Cards, Judges Record Sheet, Summary Sheet
1:45pm	Video Trial and Quiz
2:30pm	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.

QRWC Queensland Seniors Month grant application unsuccessful

“We regrettably are not able to provide subsidies to every applicant and I am writing to advise you that on this occasion unfortunately your application for Learn to walk.... Fast has been unsuccessful.”

A big thank you to Brenda for driving this initiative and all her input into our application in addressing the criteria and obtaining letters of support.

Queensland Seniors Month is an annual month-long event held in October which focuses on increasing social connectedness in communities. The aim is to promote diversity and inclusivity, where older Queenslanders can feel a sense of belonging and have a better quality of life.

POSITION VACANT Club Treasurer

Please be advised that Trish Hibbs has tendered her resignation from the position of Treasurer of the QRWC. We now have a vacancy on the management committee for a Treasurer for the rest of the season. If you are good with figures and spreadsheets we would like to hear from you. At this stage of the season the main work involves keying transactional data into the established spreadsheet. We are only a small club so there is not too much work involved. If you are interested in taking on the role please contact the Secretary Noela McKinven at noelarhoda@gmail.com

In other club news Jaz Blackburn has stepped aside from her shared role with the club social media platforms. Phoebe will be continuing on with the updating of content to the club Facebook & Instagram accounts. Please give Phoebe your support.

NEXT WEEK

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

STILL TO COME

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

*Women in the 15km Championships will have their split time recorded for the A Grade 10km event

Enter Here

[QRWC Handicap #9 Sunday August 10th - Qld Race Walking Club - revolutioniseSPORT](#)

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 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](#)

Entries Close August 5th



**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.

[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 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.

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.

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**