

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



July 31st 2025

Australian Walkers Shine at the FISU World University Games

In one of the standout performances of the Games, Elizabeth McMillen (NSW) claimed gold in the Women's 20km Race Walk, stopping the clock in 1:28:18 to break the FISU World University Games record and stamp her authority on the international stage ahead of the World Athletics Championships in Tokyo.

Claiming her first global medal, McMillen led home a powerful contingent with Olympian Olivia Sandery (SA) finishing fifth in 1:30:16, Alexandra Griffin (WA, Jared Tallent) placing eighth in 1:32.46, and Alannah Pitcher (NSW) rounding out the team in 13th with 1:34.42. Their collective efforts earned silver in the team standings, adding to Australia's impressive legacy in the race walks.

The Men's 20km Race Walk also saw Australia's squad rise to the occasion. Will Thompson (VIC) led the way in fifth place (1:21.01) with Tim Fraser (ACT) just behind in sixth in 1:21:12. Already a global medallist in his own right, teenager Isaac Beacroft (NSW,) recorded a personal best of 1:22.37 to finish 10th, and Corey Dickson (ACT) added to the team's success finishing in 19th in 1:25:58, securing silver for the Men's team in a consistent and gutsy collective showing.

Rebecca Henderson (VIC) also featured in the Women's race, registering a DNF and Mitchell Baker (ACT) raced the Men's event, disqualified with four red cards.

AA report

Top 10 Men

1	ITA	Andrea COSI	1:19:48	> FR
2	JPN	Atsuki TSUCHIYA	1:20:08	~~
3	UKR	Mykola RUSHCHAK	1:20:10	
4	JPN	Keisuke HARA	1:20:26	
5	AUS	William THOMPSON	1:21:01	~
6	AUS	Timothy FRASER	1:21:12	~~
7	CHN	HU Xuanfei	1:21:12	~>
8	CHN	HUANG Peiyang	1:22:07	~~
9	TUR	Mazlum DEMIR	1:22:13	
10	AUS	Isaac BEACROFT	1:22:37	PB

Top 10 Women

1	AUS	Elizabeth MCMILLEN	1:28:18	=FR
2	CHN	NING Jinlin	1:28:32	PB
3	CHN	JI Haiying	1:29:14	
4	TUR	Meryem BEKMEZ	1:30:00	SB
5	AUS	Olivia SANDERY	1:30:16	>
6	KAZ	Yasmina TOXANBAYEVA	1:30:18	PB

7	CHN	LUO Yue	1:31:05
8	AUS	Alexandra GRIFFIN	1:32:46
9	CZE	Ema KLIMENTOVA	1:32:58 PB
10	EST	Jekaterina MIROTVORTSEVA	1:33:04

Vale Maurice Dauphinet

Sad news with the passing of former member Maurice Dauphinet. Maurice and wife Christiane were long time members of QRWC and Qld Masters.

Maurice died peacefully in his sleep on 16th July 2025, aged 99 years and 4 months. Maurice was a member of QMA for many years and holds a number of records in sprint events and throws, the most recent being in the M95 age group. QMA members' thoughts are with Christianne and Terry.



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

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

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

QRWC Track Championships

July 27th UQ, St Lucia

After a stormy Saturday night and a wild and windy early morning it turned out to be a fine and sunny at the St Lucia track on Sunday morning for the club track championships. But the heavy rain did have the athletes dodging puddles as they raced around the track.

Well done to all the athletes who participated. It was one of our best turnouts of the season. Congratulations to Yoshua Lee who won the U10 1,000 metres in a new Championship record time of 5.50. This effort sliced 10 seconds off the mark set by Flynn Callaghan of 6:00 in 2018.

Thank you to all the judges who made up the panel on Sunday and ensured all the races were conducted under championship conditions. Without judges we don't have official races we just have a walk. A big thank you to our wonderful team of timekeepers and lap scorers who were kept busy with all the races and the athletes quickly lapping the track.

Open 5000m

Men: (1) Ignacio Jimenez 25.03 (2) Peter Bennett 32.57. John Wood DQ

Women: (1) Trish Hibbs 33.21 (2) Joy Dale 38.34 (3) Noela McKinven 48.55

U20 5000m

Men: (1) Alex Bradley 24.56

Women (1) Phoebe Chadwick 32.15

U18 5000m

Men: (1) Kai Dale 33.16

Women: (1) Olivia Boulton 29.07

U16 3000m

Men: (1) Noah Cooke 14.06(2) Koby Irvine 15.05. Leo Ramsay DQ

Women: (1) Eliza Kelly 16.23 (2) Kiara Waterman 20.45

U14 1500m

Men: (1) Lachlan Moore 7.01 (2) Leo Hyde 8.03

Women: (1) Violetta Boyd 8.37 (2) Violet Conway 9.19

U12 1500m

Men: (1) Jett Irvine 9.55

Girls: (2) Clara Hermus 9.10 (3) April Kelly 9.26 (4) Jessica Gorham 9.30

U10 1000m

Men: (1) Yoshua Lee 5.50 **Rec**

Girls: (1) Luna Boyd 5.48 (2) Lilli Chu 6.12. Mable Watts DQ.

Judge's Reports

7 k

13 k

312 kk

334 k

391 kkk

398 kk

416 cccC

420 kkc

432 kkkkKKK DQ

434 c

441 kk

446 ccC

449 k

456 kkc

509 kKc
511 kkKcc
512 kkkkKKK DQ
515 k
522 k
524 kkkKcc
527 cc
528 kK
600 DQ
1208 k

Race Walking Queensland Track Championship Records

Updated July 27th 2025

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 Yoshua Lee 5.50 2025 **NEW**
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
The seminar is free of charge. Morning tea and a light lunch provided

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. 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

Please send an email if you re interesting in attending this event to Noela McKinven noelarihoda@gmail.com or return the seminar registration form.

THIS WEEK

UniSC Athletics Winter Carnival

Sunday 3rd August UniSC Athletics Track, Sippy Downs

All the best to our athletes heading up to Sippy Downs on Sunday for the track carnival. If any of the parents making the trip can help out with the lapscoreing it would be greatly appreciated.

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

2025 Women in Coaching Conference

Three of our members will be attending the conference this weekend at Runaway Bay. The seminar is designed to bring women in coaching together to build confidence, create strong networks, and develop coaching excellence. We look forward to hearing how it all went.

NEXT WEEK

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 - Old Race Walking Club - revolutioniseSPORT](#)

STILL TO COME

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

Enjoy a sausage sizzle and chat with World Athletics Gold Race Walking Judge Zoë Eastwood-Byrson after the conclusion of the races.

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

Only a few Sundays left in the season so 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

U18 MEN 10KM

Bailey Housden

OPEN WOMEN 10KM CHAMPIONSHIP

Katya Martin

OPEN MEN 15KM CHAMPIONSHIP

Kai Dale

OPEN WOMEN 15KM CHAMPIONSHIP

Joy Dale

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

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 bluecardqrc@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**