

# Queensland Race Walking Club Inc.

ABN 59 065 512 712

*Building on a fine tradition of race walking, 71 years in the making.*



June 18<sup>th</sup> 2026

## THE HIDDEN DANGER

As athletes continue further in their chosen sport, the list of things to take into consideration begins to grow. We all know about training, shoes, good nutrition and sleep. Then there is the type of course and when and where to travel.

Add in school or uni, possibly work, and life in general and it can be hard to remember that substances that we may see as normal, or “natural” or even prescribed by your doctor can put a sudden end to your life in sport. Some medication can only be used if you apply for permission – a Therapeutic Use Exemption (TUE). This must be obtained before competing.

There is no minimum age to be drug tested and WADA (and Sport Integrity Australia -SIA) accept NO excuse - “I didn't know: My doctor said it's okay: I just bought it at the chemist”. NO What you put in your body is your problem. ALWAYS CHECK FIRST.

### World Anti-Doping Agency Prohibited List

[2026 Prohibited List | Sport Integrity Australia](#)

[Athletes | Sport Integrity Australia](#) As an Australian athlete, you are part of a sporting community that values safe, clean and fair sport

[Coaches and officials | Sport Integrity Australia](#) Helping coaches and officials understand their roles and responsibilities in sport

#### Athlete warning: IV infusions

Sport Integrity Australia is aware of a number of wellness clinics offering IV infusions for wellbeing, lifestyle or hangover recovery purposes

Athletes are warned that any IV infusion over 100ml of ANY substance can result in a doping violation and a ban from sport. There are exceptions for [legitimate medical treatments or emergencies](#), but in general – vitamin infusions to improve your skin, or saline infusions to help you recover from a hangover are definitely not OK.

## Latest findings on children's online experiences in sport

eSafety has released new research, '[The digital sideline](#)', exploring cyberbullying and online hate by people connected to children's sports.

It found:

- Nearly 1 in 5 children report experiencing cyberbullying from someone connected to their sport.
- Those responsible were most commonly peers, such as teammates or competitors.
- These experiences most often occur in direct messages, group chats, calls or emails, as well as on social media and club-run digital platforms.

Key report recommendations include:

- Raise awareness of the issue
- Build staff and volunteer capacity
- Set clear expectations for online behaviours
- Establish accessible ways to report online issues
- Moderate sport-run platforms.

With digital technologies constantly evolving, sporting organisations will need to adjust how they identify and respond to online harms.

## **RESULTS RESULTS RESULTS**

### **QRWC Handicap #6 June 14<sup>th</sup>**

#### **Yeronga**

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

Men: (1) Ignacio Jimenez 52.27 (2) Peter Bennett 1.06.42

Women: (1) Eliza Kelly 1.02.47 (2) Brenda Gannon 1.04.23 (3) Phoebe Chadwick 1.06.10 (4) Joy Dale 1.23.23 SB (5) Noela McKinven 1.34.27

DNS: R Kirwin

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

Men: (1) Leo Ramsay 29.45

DNS: T. Hibbs, C. Chadwick, A. Weekes

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

Men: (1) Hayden Robertson 16.49

DNS: V. Conway

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

Men: (1) Yoshua Lee 12.51

Women: (1) Lilli Chu 14.43

E Grade 1.5km

Men: (1) Caleb Lee 8.56 SB

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

Women: (1) Mikayla Lee 6.13 (2) Cassandra Chohoner 6.22 SB

### **Judge's Report**

531 c

## **THIS WEEK**

### **Handicap #7 Sunday June 21<sup>st</sup>**

**Aurora Boulevard Park, Expedition Drive, North Lakes**

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

### **Enter Here**

<https://www.revolutionise.com.au/qldracewalkingclub/events/363403>

We will need volunteers to judge, lap score and assist with the timekeeping on Sunday. Your help will be greatly appreciated to allow all races to start on time. Thank you.

**Race Fees Members \$5**

**Visitors \$10 enter on the day**

## Get ready for race day

- Get you entry in online before midday Saturday (Members)
- Give yourself plenty of time to familiarise yourself with the course (
- If you are entering on the day please arrive 30 minutes before the start of your race.
- Existing Members don't forget wear your Race Numbers.
- New Members pick up your Race Numbers from the Check In desk (all entrants must be wearing race numbers back & front)
- Be on the start line at least 10 minutes before the scheduled start time of your race.
- Volunteer to lap score or time keep.
- Race hard & have fun.

## NEXT WEEK

### QRWC Handicap Meet #8 Sunday June 28<sup>th</sup>

#### Kalinga Park, Clayfield

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

## COMING EVENTS

### 4th Annual Coast2Coast International Meet 2026

#### Gold Coast Performance Centre, 1 Sports Drive, Runaway Bay

#### Draft Timetable

##### Monday 6 July 2026

9.55am - 3000m Race Walk

10.30am 5000m Race Walks

#### Enter Here

[2026 Coast2Coast - Gold Coast Victory Athletics Club - revolutioniseSPORT](#)

**A reminder to all athletes and coaches that entries to the 2026 Coast to Coast meet close at 11:59 pm on Tuesday 23rd June. This year NO LATE ENTRIES will be accepted.**

Medals will be awarded to the top three place getters in each age group.

## Queensland Athletics Road Walk Championships

### Sunday July 12<sup>th</sup>

#### Brisbane International Cycle Park, Murarrie Recreation Reserve

7.00am Half Marathon Open Men

Open Women

Masters Men ( 30-59)

8.00am 10km

U20 Men

U20 Women

Masters Women

Masters Men ( 60+)

9.00am 5km

U18 Men

U18 Women

U 16 Men

U16 Women

9.30am 3km	U14 Men U14 Women
10.00am 2km	U12 Girls U12 Boys
10.15am 1km	U10 Girls U10 Boys

## **Entries Now Open**

[2026 Queensland Athletics Road Walk Championships - Queensland Athletics - revolutioniseSPORT](#)

**Entries close Tuesday 07 July 2026 9am**

Open athletes will be doing a half marathon so they will start at a different start point (97.5m) from everyone else and do that distance plus 21 full laps of the 1km loop. so will need 2 extra "lap" slots to cover the 1st 97.5m and the extra lap.

QA will require assistance in regards to timekeeping and lapscoreing. If you are available please email [info@qldathletics.org.au](mailto:info@qldathletics.org.au)

## **Sunday July 19th Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh**

- 7.30am Open M/W 10km
  - U20 M/W 10km
  - U18 M/W 8km
- 8.00am U10 M/W 1.5km
  - Invitation (Non-challenge event) 500 metres
- 8.15am 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>

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 19th Logan River Parklands, Beenleigh**

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

- 7.30am QMA Masters Men 10km
  - QMA Masters Men 5km (M60+ option)
  - QMA Masters Women 5km

## **QA All Schools Road Walk Championships / QRWC Handicap #9**

**Sunday July 26<sup>th</sup>**

**Brisbane International Cycle Park, Murarrie Recreation Reserve**

*The course has been officially measured and has been approved by World Athletics.  
If three Silver or Bronze Race Walking Judges are officiating the results can be submitted to World Athletics.*



### **All Schools Road Walk Events**

- Under 20 10km Race Walk - Men / Women
- Under 18 5km Race Walk - Men / Women
- Under 16 5km Race Walk - Men / Women
- Under 14 3km Race Walk - Men / Women
- Under 12 2km Race Walk - Men / Women
- Under 10 1km Race Walk - Men / Women

### **Entries Now Open**

[2026 Queensland All Schools Road Walk Championships - Queensland Athletics - revolutioniseSPORT](#)

**Entries close Tuesday 21 July 2026 9am**

### **QRWC Handicap Events (Subject to change)**

- QRWC 15km Championships M/W
- A Grade 10km
- B Grade 5km
- C Grade 3km
- D Grade 2km
- E Grade 1km

We will require assistance in regards to timekeeping and lapscoreing. If you are available, please email [info@qldathletics.org.au](mailto:info@qldathletics.org.au)

### **UniSC Athletics Winter Carnival**

#### **August 2<sup>nd</sup> Sippy Downs**

- 9.00am 1500m Walk 11 to 16 years Men/Women
- 9.30am 700m & 1100m Walk 8yr - 700mW & 9 to 10yr  
1100mW Men/Women
- 10.00am 3000m Walk 12 yrs to Masters

### **Enter Here**

[2026 UniSC Athletics Winter Track & Field Carnival - University of the Sunshine Coast Athletics Club - revolutioniseSPORT](#)

**Nominations Close: Wednesday 29<sup>th</sup> July 9am**

*\*NO LATE nominations accepted*

**Medals :** This is a *UniSC Athletics Carnival*, medals will be awarded based on the below categories **ONLY**.

- **8 years:** 700mW
- **9-10 years:** 1100mW
- **11-12 years:** 1500mW
- **13-14 years:** 1500mW

- 15-16 years: 1500mW  
PLUS - U14, U16, U18, U20, Open, Masters: 3000mW

### **Volunteers Needed**

This annual carnival is run by a volunteer committee to support local athletes. To make it a success, we need parents, friends, and family to step up on the day.

**Contact:** Email - [events.uscac@gmail.com](mailto:events.uscac@gmail.com) / Phone: [0450 439 913](tel:0450439913)

## **QRWC Track Championships Sunday August 9<sup>th</sup>**

### **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"

## **QRWC Handicap Meet #10 Sunday August 16<sup>th</sup>**

### **John Frederick Park, Capalaba**

7.30am A Grade M 15km

A Grade W 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 30<sup>th</sup>**

### **Logan River Parklands, Beenleigh**

7.30am 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"

## **QRWC Relay/Trophy/BBQ Day Sunday September 13<sup>th</sup>**

### **Dowse Lagoon, Brighton Road, Sandgate**

9.00am 4 x 1,500 metre Relay

## **2026 WALKS CALENDAR**

*Walking is a simple yet powerful activity that improves heart health, strengthens muscles and bones, boosts mood, and can extend your lifespan.*

### *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.*

MONTH	DATE	EVENT	VENUE
June	7	LBG Federation Meet	Mt Stromlo Canberra
	14	QRWC Handicap #6	Yeronga
	21	QRWC Handicap #7	North Lakes
	28	QRWC Handicap #8	Kalinga Park
July	5	Gold Coast Marathon	Southport
	12	QA Road Walk Championships	Murarrie
	19	RWA Postal Challenge/ QMA Short course Road Walk Championships	Beenleigh
	26	QA All Schools Road Walk Championships/ QRWC Handicap #9	TBC
	31	Comm Games 10km Men	Glasgow
August	1	Comm Games 10km Women	Glasgow
	2	UniSC Athletics Winter Carnival	Sippy Downs
	8	WA U20 Championships	Oregon USA
	9	QRWC Track Championships	UQ St Lucia
	16	QRWC Handicap #10	Capalaba
	22- Sept 3	WMA Outdoor Championships	Daegu. South Korea
	23	AA Junior Road Walk C/Ships	Ballarat
	30	QRWC Road Walk C/Ships	Beenleigh
September	6	Father's Day	No club competition
	13	Presentations/Relays/BBQ Day	Sandgate Lagoon
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

### 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](#)

### 2026 World Under 20 Championships Eugene, USA 5<sup>th</sup> – 9<sup>th</sup> August

#### Australian Race Walking Team

**5,000m Racewalk Men:** Isaac Beacroft (NSW), Owen Toyne (ACT)

**5,000m Racewalk Women:** Sophie Polkinghorne (NSW), Zoe Woods (NSW)



**WMA Outdoor Championships August 22-September 3**

## Daegu Stadium, Daegu S.K.

Entries close 23rd June

### Walk Schedule

August 22nd 10km Road Walk

August 29th 20km Road Walk

September 2nd 5,000 metre Track Walk

### Key Dates for Daegu

- WMA Daegu Entries close Tuesday, June 23rd
- Opening Ceremony Daegu 21st August 2026
- Championship dates: August 22nd - September 3rd 2026



**ENTER HERE** <https://entermastersgames.com/>

### Road Walk -10km

Sunday 8 November: 7:00am Luke Harrop Cycle Circuit, Runaway Bay

### Track & Field

Saturday 7 November Gold Coast Performance Centre – 5,000 metre walk

Sunday 8 November Gold Coast Performance Centre – 3,000 metre walk (PM )

*A final program of events including event start times will be available after entries have closed*

### Games Fees

- **\$155 Saver** (1 June – 31 August)
- **\$170 Standard** (from 1 September)

### Sports Fees

- **Track** \$55 Admin Fee (Includes 1 Event)  
\$25 for each additional event
- **10km Road Walk** \$30

## 2027 Oceania Masters Athletics Championships Christchurch New Zealand



The 2027 Oceania Masters Championships will be held from Wed 27 to Sun 31 January,

**Venue:** Nga Puna Wai Sports Centre Augustine Drive Wigram Christchurch 8025 (7.1km from CBD)

### DRAFT PROGRAMME

Wednesday 27th January 2027 3,000m Track Walk

Friday 29th January 2027 1,500m Track

Sunday 31st January 2027 5,000m Track Walk

**Early Bird Registration Open** (1st September 2026) NZD \$60.00

**Normal Registration** (26th October 2026) NZD \$90.00

**Event Fee** NZD \$20.00

## Entries CLOSE Sunday 13th December 2026

### Masters accommodation special

#### [Oceania Masters Track & Field Championships - Accor Meetings & Events](#)

*“Just a 7 minute drive to Nga Puna Wai and on a major bus route, BreakFree on Cashel is delighted to welcome the participants and supporters coming to the Oceania Masters Track & Field Championships 2027 with discounted rates available from 25th - 31st January 2027. We are pleased to offer a preferred accommodation discount\* of 10% off the Best Unrestricted (Flexible) Rate of the day which can be booked and paid via this dedicated platform. Experience a non-traditional yet stylish and vibrant hotel, located right in Christchurch CBD. “*

## Important Masters Meets in 2027

### 2027 AMA National T & F Championships

- Date: April 23 – 26, 2027
- Venue: ~~Athletic Stadium, Floreat~~, **WA Change of Venue**  
Ern Clark Athletics Stadium Cannington. WA
- **Walks Course** Perry Lakes Reserve is the location for the 10km walk. The 2km circuit is a certified relatively flat, well shaded and picturesque course around one of the Lakes.  
[Perth 2027 | Australian Masters Athletics Championships](#)

### 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.
- 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
- 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 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.

### QRWC Membership

[Membership - Qld Race Walking Club - revolutioniseSPORT](#)

**QRWC Membership Fee \$25.00** ((club fee on top of Qld Athletics membership)

**Racewalking Queensland Management Committee 2026/27**

**President:** P Bennett

**Vice President:** B Gannon  
**Secretary:** N. McKinven  
**Treasurer:** N. McKinven  
**Committee:** S Pearson, I Jimenez, R Wales, J Dale, S Dale, A Bradley  
**Patron:** S Perkins  
**Registrar:** S Dale  
**Handicapper:** A Guevara / N McKinven  
**Uniforms:** S Dale  
**Publicity / Media:** P Chadwick / 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

## 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.**

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

## 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.

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.