Queensland Race Walking Club Inc.

ABN 59 065 512 712

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

June 25th 2026

Glasgow Commonwealth Games Team Announced

A formidable Australian Athletics Team is bound for Glasgow 2026, with 52 track and field athletes added to complete an 86-strong contingent across able-bodied and Para events.

The final selections feature some of Australia's biggest athletics names, including Matt Denny (Discus Throw), Oliver Hoare (mile), Jessica Hull (Mile, 5000m), Jemima Montag (10,000m Race Walk) and Kurtis Marschall (pole vault), alongside a raft of emerging talent that have been making names for themselves on the international stage.

10,000m Walk Men
Declan Tingay WA
Isaac Beacroft NSW
Timothy Fraser ACT
10,000m Walk Women
Elizabeth McMillen NSW
Jemima Montag VIC
Rebecca Henderson VIC

RESULTS RESULTS RESULTS

QRWC Handicap #7 June 21st
North Lakes

A Grade 10km
Men: (1) Peter Bennett 1.08.57
Women: (1) Eliza Kelly 1.02.58 (2) Brenda Gannon 1.05.45 (3) Joy Dale 1.23.14 SB (4) Noela McKinven 1.34.13
DNS. R. Kirwin, P Chadwick.
B Grade 5km
Men: (1) Leo Ramsay 29.39
Women: (1) A. Weekes 29.56 SB (2) Trish Hibbs 32.30 SB
C Grade 3km
Women: (1) Scarlett Rose 21.26

THIS WEEK

QRWC Handicap Meet #8 Sunday June 28th
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

QRWC Handicap #8 Sunday June 28th - Qld Race Walking Club - revolutioniseSPORT
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 tome of your race.
- Volunteer to lap score or time keep.
- Race hard & have fun.

NEXT WEEK

No Club Competition on Sunday July 5th

COAST2COAST

4th Annual Coast2Coast International Meet 2026
Gold Coast Performance Centre, 1 Sports Drive, Runaway Bay

Monday 6 July 2026
9.55am - 3000m Race Walk
10.30am 5000m Race Walks

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

COMING EVENTS

Queensland Athletics Road Walk Championships

Sunday July 12th
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 lapscoring. If you are available please email 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 31st
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 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 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 26th
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)

QWRC 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 lapscoring. If you are available, please email info@qldathletics.org.au

UniSC Athletics Winter Carnival

August 2nd 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 29th 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** / Phone: 0450 439 913

QRWC Track Championships Sunday August 9th

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 16th

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 30th

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 13th

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**	**Murarrie**
	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
5th – 9th 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

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.
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.