

Queensland Race Walking Club Inc.

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



June 26th 2025

Little Athletics Queensland Frank Knight Memorial Coach Of The Year 2025 Shane Pearson



Photo courtesy of Jaz Blackburn

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 is to prepare both for professional development as well as enabling current judges to undertake Australian Athletics Racewalk Judging exams.

The seminar will be presented by **Zoë Eastwood-Bryson**, World Athletics Gold Race Walking Judge. Zoë was awarded the Athletics Australia 2019 Official of the Year. She has been involved in athletics since 1975, starting out as a competitor in the javelin and discus then she first began officiating in 1980.



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

Don't miss out ! Please send an email if you re interesting in attending this event to Noela McKinven noelarhoda@gmail.com or return the seminar registration form.

If you have any topics or questions you want addressed at the seminar please feel free to email them to me at peter.bennett@live.com I will pass them on to Zoe to add to the programme

Antarctic Canberra Weather

It may have been wet and cold for the LBG a few weeks ago but just think what it would have been like racing in Canberra last Sunday where temperatures were sitting at a crisp -7.6 degrees before 6am. It was the nation's capital's coldest morning in eight years and also the iciest June morning in 39 years.

In Goulburn, the temperature reached a freezing -10 degrees that morning – which was colder than Davis Station in Antarctica, which hit a minimum of -8.4 degrees.

RESULTS RESULTS RESULTS

Congratulations to all the 2025 State Road Walking champions from the titles at QSAC on Sunday . Well done to everyone who participated and did their very best.

Queensland Athletics Road Walk Championships June 22nd

Qld Sport & Athletic Centre

Men 20000 Metre Race Walk Open

1 Bradley, Alex 19 Qld Race Walking 1:51:10.00

Men 50-59 20000 Metre Race Walk Masters 30-59

-- Cartwright, Simon 56 Qld Masters DQ

Women 20000 Metre Race Walk Open

1 Gannon, Brenda 51 Qld Masters 2:13:09.00

Women 10000 Metre Race Walk Under 20

1 Chadwick, Phoebe 19 Qld Race Walking 59:43.00

Men 10000 Metre Race Walk Under 20

1 Housden, Bailey 18 Qld Race Walking 49:25.00

Women 30-39 10000 Metre Race Walk Masters 30+

1 Hibbs, Patricia 34 Qld Race Walking 1:12:11.00

Women 50-59 10000 Metre Race Walk Masters 30+

1 Gannon, Brenda 51 Qld Masters 1:04:40.00

2 Dale, Joy 54 Qld Masters 1:20:00.00

-- Sunderland, Nyle 58 Qld Race Walking DQ

Women 60-69 10000 Metre Race Walk Masters 30+

1 Weekes, Anne 63 QA 1:13:49.00

Women 80-89 10000 Metre Race Walk Masters 30+

1 McKinven, Noela 83 Qld Masters 1:46:21.00 +1 minute

Men 60-69 10000 Metre Race Walk Masters 60+

1 Jimenez Solis, Ignacio 60 Qld Masters 53:56.00

Women 5000 Metre Race Walk Under 18

1 Sharpe, Milly 17 Qld Race Walking 26:47.00

2 Boulton, Olivia 16 GCA 27:40.00

Men 5000 Metre Race Walk Under 18

1 Dale, Kai 17 Qld Race Walking 30:05.00

Women 5000 Metre Race Walk Under 16

1 Kelly, Eliza 15 Qld Race Walking 30:12.00 Burpengary

2 Waterman, Kiara 14 Qld Race Walking 34:27.00

Men 5000 Metre Race Walk Under 16

1 Cooke, Noah 15 Qld Race Walking 24:36.00

2 Moore, Lachlan 14 Qld Race Walking 25:45.00

3 Irvine, Koby 15 Bundaberg 26:08.00

Women 3000 Metre Race Walk Under 14

1 Chapman, Taylor 12 Qld Race Walking 15:03.00

2 Welch, Isabella 13 Qld Race Walking 16:02.00

3 Hooper, Elspeth 13 Gold Coast Victory 18:02.00

4 Boyd, Violetta 13 Qld Race Walking 19:04.00

5 Conway, Violet 12 Qld Race Walking 20:43.00

6 Wormald, Mackenzie 13 Gold Coast Victory 21:07.00

Men 3000 Metre Race Walk Under 14

1 Ramsay, Leo 13 Qld Race Walking 18:43.00

-- Moore, Dylan 12 Qld Race Walking DQ

Girls 2000 Metre Race Walk Under 12

1 Williams, Freya 11 Kingscliff A 11:21.00

2 Sansom, Bella 10 Qld Race Walking 11:50.00

3 Hermus, Clara 10 Qld Race Walking 12:19.00

4 Gorham, Jessica 11 Qld Race Walking 12:27.00

5 Boyd, Luna 10 Qld Race Walking 12:32.00

6 Blackburn, Izzy 11 Qld Race Walking 12:43.00

7 Trickey, Nina 11 QA 13:09.00

8 Sio, Willa 11 Qld Race Walking 14:49.00

Boys 2000 Metre Race Walk Under 12

1 Robertson, Hayden 11 Qld Race Walking 11:43.00

Girls 1000 Metre Race Walk Under 10

1 Chu, Lilli 9 Qld Race Walking 5:55.00
2 Schipplock, Eve 9 Starfish Tri 6:14.00
3 Park, Eliza 9 Qld Race Walking 7:13.00
Boys 1000 Metre Race Walk Under 10
1 Lee, Yoshua 9 Qld Race Walking 6:13.00

If anyone wants their lap times from the QA Championships, they will be in the RESULTS folder (the black one) at the Check In table at Kalinga Park this Sunday.

Play On! Sport vouchers for kids

The Queensland Government is delivering cost of living relief for Queensland families and helping keep kids active, with \$200 Play On! sport vouchers.

From Monday 4 August, Queensland families can claim a \$200 Play On! Vou

Here's what you need to know:

Each voucher is worth \$200

the vouchers will be provided over two rounds, for summer or winter sports

there is a dedicated allocation for kids in regional and country Queensland

there will be more accessible sports to give children of all abilities the chance play sport.

[Play On! Queensland | Department of Sport, Racing and Olympic and Paralympic Games](#)

THIS WEEK

QRWC Handicap Meet #6 Sunday June 29th

Kalinga Park, Clayfield

7.30am A Grade 10km

8.00am D Grade 2km

E Grade 1.5km

F Grade 1km

8.15am B Grade 5km

C Grade 3km

We have scheduled earlier race start times and a compacted programme as this is a popular park and can get quite busy later in the morning. The course is a 1km loop out and back. We will be using half the road only so keep the kerb to your left on the way out and the coloured cones on your left on the return leg.

Please be aware of cyclists at all times during the morning. We will have hi viz vests for volunteers to wear when the competition is on.

As always volunteer lapscorers and timekeepers will be greatly appreciated.

ENTER HERE

[QRWC Handicap #6 Sunday June 29th - Qld Race Walking Club - revolutioniseSPORT](#)

Race Fees \$5 / \$ 10 on the day

NEXT WEEK

QRWC Handicap Meet #7 Sunday July 6th

Aurora 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

STILL TO COME

QRWC Handicap Meet #8 Sunday July 13th

John Walker Place, Brisbane Corso, Yeronga

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

COAST2COAST

July 13 Gold Coast Performance Centre

Please note: The race walking programme has been cancelled at this meet

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

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

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.

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

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

Please note that there have been some amendments to the programme

QRWC 2025 ROAD WALK SEASON

UPDATED : AS AT 12/06/2025

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 club or QRWC
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](#)



Oceania Masters Athletics (OMA) is bringing back the official OMA Championships in 2025. The 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

The programme will be finalised once entries close on 25 July

Queensland Masters Athletics (QMA) is offering a **\$10 temporary membership option** to encourage local entries to the Oceania Masters Athletics (OMA) Championships being held in Brisbane in September.

This option also hopes to attract entries from the strong expatriate communities in Brisbane and south east Queensland, who are from some of the 22 OMA member countries in the Oceania region. These entrants will still be able to represent their home country at the Oceania Masters Championships event.

This \$10 temporary membership will allow potential competitors living in Queensland to enter the championships without having to purchase a full QMA membership. As well as providing insurance cover for the 2025 Championships, the temporary membership will also include access to attend up to three (3) events of QMA's 2025–26 Summer season.

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>

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

WORLD RACE WALKING TOUR 2025

25 OCT 2025 Lusatian Race Walking Weinauparkstadion, Zittau GER B Silver

14 DEC 2025 World Race Walking Tour St Anne's Park, Dublin IRL C Bronze

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**