

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



June 4th 2026

18th Annual Gold Coast Road Walk Championships



It was a somewhat chilly start to the day early on but it turned out to be a beautiful sunny morning at Mudgeeraba for the Gold Coast Championships on Sunday. Thank to all the athletes, parents and volunteer officials who supported and contributed to the running of the event and made it such wonderful morning.

Our special thanks to Robyn and the Gold Coast Victory Athletics Club for their ongoing and generous support in providing placegetter medals and to our hosts, the Mudgeeraba Little Athletics Club, for making their facilities available to us.

Congratulations to all the medal winners on Sunday and a warm welcome to our visitors Angela Legrande & the Miers family.

Well done to Iggy & Alex for cooking the well supported sausage sizzle and to Joy & Stuart for all the preparation and buying the provisions. Co Club Captain Alex then lined up after his cooking duties to support Robyn for the medal presentations .



RESULTS RESULTS RESULTS

Gold Coast Championships, Mudgeeraba

Sunday May 31st

Open 10km Men: (1) Ignacio Jimenez 52.57 (2) Peter Bennett 1.04.51 (3) David Rapaport 1.06.45 (4) Paul Lindenberg 1.08.02

Women: (1) Nyle Sunderland 1.04.38 (2) Joy Dale 1.23.57 (3) Noela McKinven 1.33.56. Visitor: Angela Legrande 53.41 DNS: Trish Hibbs

U20 5km Men: (1) Kai Dale 31.50

U18 5km Women: (1) Olivia Boulton 27.17 (2) Eliza Kelly 28.59

U16 3km Men: (1) Koby Irvine 13.39 (2) Corey Lockwood 15.44 (3) Leo Ramsay 16.21
U14 2km Men: (1) Caleb Lee 9.57 (2) Lachlan Miers 10.23
Women: (1) Amelia Chisholm 10.26 (2) Violet Conway 11.41 (3) Izzy Blackburn 12.06
U12 2km Women: (1) Clara Hermus 11.24 (2) Lilli Chu 13.11
U10 1km Men: (1) Yoshua Lee 5.22 (2) Noah Scott 6.46
Women: (1) Mikayla Lee 6.06 (2) Eliza Park 6.10 (3) Alyssa Miers 6.47

THIS WEEK

LBG Walking Carnival 2026

Sunday 7 June 2026

The 59th LBG Carnival will be held this Sunday 7 June 2026 at Stromlo Forest Park in Canberra. All the best to our brave band of Queenslanders making the trip to the nations capital to compete on Sunday. Make sure your pack plenty of warm layers of clothing and most importantly don't forget to pack your club uniform! Race hard and have fun.

The weather on Sunday is looking quite good for Canberra at this time of year.

Sunday



Partly Cloudy Sunday, temperatures as high as 14°C, low temperature around 0°C, chance of rain 6%, wind out of the SSW 6 km/h. Barometric pressure 1032 mb, visibility 10 km, humidity 80%.

Lo: 0°C

Hi: 14°C

QRWC Team

Alex Bradley – Open Men's Half Marathon
Brenda Gannon – Open Women's Half Marathon / Open Women's 5km
Phoebe Chadwick - Open Women's Half Marathon / Open Women's 5km
Milly Sharpe – U20 Women's 10km / U20 Women's 5km
Anne Weekes – Masters Women's 10km / Open Women's 5km
Violet Conway – U14 Girls 2km / U16 Girls 3km
Izzy Blackburn - U14 Girls 2km / U16 Girls 3km
Nina Trickey - U14 Girls 2km / U16 Girls 3km
Koby Irvine – U18 Men's 5km / U20 Men's 5km
Eliza Kelly – U18 Women's 5km / U20 Women's 5km
Claire Chadwick - Open Women's 5km
Trish Hibbs - Open Women's 5km

Programme

7:30am Open Men's & Women's Marathon
Open Men's & Women's Half Marathon.
11:30am Under 20 Men's & Women's 10km
Masters / Fitness Men's & Women's 10km
1:00pm Under 10 Boys & Girls 1km
1:15pm Under 12 Boys & Girls 2km
1:40pm Under 14 Boys & Girls 2km
2:00pm Under 16 Men's & Women's 3km
2:30pm: Under 18 Men's & Women's 5km
Masters / Fitness Men's & Women's 5km
3:20pm: Open Men's & Women's 5km
Under 20 Men's & Women's 5km).

All Race Walking Australia competitors MUST wear the uniform of their Club. Failure to do so may result in disqualification.

COMING EVENTS

QRWC Handicap #6 Sunday June 14th

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

C Grade 3km

D Grade 2km

Handicap #7 Sunday June 21st

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

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

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 & 5000m Race

10.30am Walks

Enter Here

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

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 lapscoreing. 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

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)

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

UniSC Athletics Winter Carnival

August 2nd Sippy Downs

Event medalling age groups / distances:

- 8 years - 700mW
- 9/10 years - 1100mW
- 11/12 years 1500mW
- 13/14 years - 1500mW
- 15/16 years - 1500mW
- U14, U16, U18, U20, OPEN, Masters - 3000mW

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”

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 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

- Monday May 25th - 'Valour' uniform & apparel orders close. Order Now!!
- 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: WA Athletic Stadium, Floreat, 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](#)

2026 World Race Walking Tour Meets

06 JUN Záhorská 20, 57th edition Borsky Mikulás SVK

24 OCT Lusatian Race Walking Weinauparkstadion, Zittau GER

20 DEC World Race Walking Tour St Anne's Park, Dublin IRL

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.