

# Queensland Race Walking Club Inc.

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



June 5<sup>th</sup> 2025

## 17<sup>th</sup> Annual Gold Coast Road Walk Championships

After a wet Saturday we were blessed with a fine Sunday morning at Mudgeeraba for the Gold Coast Championships hosted by the QRWC. We had our best turn out of the year by far. There were some great results headlined by a record-breaking performance by Noah Cooke, Noah sliced two seconds of the record set by Nelson McCutcheon in 2017.

We have to thank Robyn Wales & Gold Coast Victory for their support over the 17 years of the carnival and for providing the medals. Thank you also to Mudgeeraba Little Athletics, the judges, time keepers, officials, volunteers and the Sausage sizzle cooks.

## RESULTS RESULTS RESULTS

### Gold Coast Championships June 1<sup>st</sup>

#### Mudgeeraba

#### Open 10km

Men: (1) Ignacio Jimenez 53.22 (2) Paul Lindenberg 1.07.08 (3) Peter Bennett 1.09.42.  
Simon Cartwright 1.15.59.

Women: (1) Brenda Gannon 1.04.07 (2) Kate Morris 1.19.05 (3) Joy Dale 1.19.07.

#### U20 5km

Women: (1) Phoebe Chadwick 28.41.

#### U18 5km

Men: (1) Kai Dale 29.21.

Women: Olivia Boulton 29.49.

#### U16 3km

Men: (1) Noah Cooke 13.18 **Record** (2) Cory Lockwood 16.50

Women: (1) Eliza Kelly 16.55 (2) Kiara Waterman 19.17.

#### U14 2km

Boys: (1) Lachlan Moore 9.21 (2) Leo Ramsay 12.14

Girls: (1) Taylor Chapman 10.14 (2) Isabella Welch 11.01 (3) Elspeth Hooper 11.51.

Mackenzie Wormald 14.03.

#### U12 2km

Boys: (1) Leo Hyde 11.05.

Girls: (1) Amelia Chisholm 12.05 (2) Jessica Gorham 12.18 (3) Izzy Blackburn 12.30.

Violet Conway 12.37.

#### U10 1km

Boys: (1) Yoshua Lee 6.18.

Girls: (1) Lilli Chu 6.07 (2) Luna Boyd 6.20 (3) Mabel Watts 7.03.

Eliza Park 7.17 Harper Waterman 8.43.

#### U8 0.5km

Girls: (1) Mikayla Lee 3.44 (2) Ebony Park 4.42.

#### Invitation 5km

Anne Weekes 37.22 Deborah Lindenberg 39.03 Noela McKinven 47.59.

## Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012  
 Open 10km Women: Tayla Billington 47.45 2023  
 U20 5km Men: L. McCutcheon 21.14 2017  
 U20 5km Women: J. Pickles 25:04 2013  
 U18 5km Men: J. Osborne 21:30 2011  
 U18 5km Women: K. Hayward 22.39 2018  
 U16 3km Men: Noah Cooke 13.18 2025 **NEW**  
 U16 3km Women: K Hayward 13:26 2015  
 U14 2km Men: B. Housden 9.03 2020  
 U14 2km Girls: J. Anderson 9.18 2019  
 U12 2km Boys: K Hayward 10:04 2016  
 U12 2km Girls: J. Anderson 9.50 2017  
 U10 1km Boys: K Hayward 5:09 2014  
 U10 1km Girls: L. Williams 5.18 2017  
 U8 .50km Boys: K Hayward 2:30 2012  
 U8 .50km Girls F Williams 2.42 2022

### Great Barrier Reef Masters Games Barlow Park

Our club member Nyle kindly sent this report from Cairns.

“Cairns turned on the weather for us. It was perfect temperature, the only annoying part was the wind! The 3k & 5k were combined, so racing wise that was awesome as you always had someone to pick off and chase. Then 4 hours later we lined up again for the 1500m. The men went first and when they finished the woman kicked out “.

Nyle , cheered on her grandkids came home with 3 golds and 3 games records (breaking 2 of her own records). Congratulations Nyle and also to Adam ( 1 silver ) & Dash (2 golds )

W55 3000 m Race Walk 1 Sunderland, Nyle W57 QRWC 19:36.43 16:13.15 71.45%

W60 3000 m Race Walk 1 Nilsson, Lynda W62 GBRM 21:57.22 17:14.42 67.22%

M65 3000 m Race Walk 1 Worsnop, Christopher M67 OXA 29:22.41 23:09.49 46.34%

W75 3000 m Race Walk 1 Leitch, Mary W75 GBRM 29:19.35 19:21.70 59.86%

W30 5000 m Race Walk 1 Wilson, Jodie W30 GBRM 42:13.89 42:13.90 47.43%

W40 5000 m Race Walk 1 Newington, Dash W40 CQA 35:17.35 34:00.92 58.89% Event 163

W55 5000 m Race Walk 1 Sunderland, Nyle W57 QRWC 33:01.46 28:04.25 71.36%

W60 5000 m Race Walk 1 Boulis, Julie W63 GBRM 48:17.10 39:05.79 51.23%

M70 5000 m Race Walk 1 Cook, Ray M72 GBRM 47:00.94 34:55.40 51.80% 1/06/2025

M40 1500 m Race Walk 1 Jones, Mark M43 Maitland Athletics 14:03.77 14:03.78 36.62%

M50 1500 m Race Walk 1 Byram, Wayne M53 Qld Masters 9:14.22 9:14.23 55.75%

2 Patterson, Adam M53 QRWC 10:38.90 10:38.91 48.36%

M60 1500 m Race Walk 1 Ochess, Billy M60 GBRM 14:46.03 14:46.04 34.87%

M65 1500 m Race Walk 1 Worsnop, Christopher M67 OXA 13:28.25 13:28.26 38.23%

M70 1500 m Race Walk 1 Riddoch, Clyde M71 Victorian Masters 11:17.64 11:17.65 45.60%

2 Cook, Ray M72 GBRM 13:27.34 13:27.35 38.27%

M75 1500 m Race Walk 1 Gross, John M78 GBRM 12:55.50 12:55.51 39.84%

M85 1500 m Race Walk 1 Metzeling, Chris M85 GBRM 13:21.05 13:21.06 38.57%

W30 1500 m Race Walk 1 Wilson, Jodie W30 GBRM 9:23.40 9:23.41 59.81%

W40 1500 m Race Walk 1 Newington, Dash W40 CQA 9:25.30 9:25.31 59.61%

W50 1500 m Race Walk 1 Palmer, Donna W52 SAM 11:27.50 11:27.51 49.02%

W55 1500 m Race Walk 1 Sunderland, Nyle W57 QRWC 9:20.69 9:20.70 60.10%

2 Peak, Kim W59 Victorian Masters 13:02.45 13:02.46 43.07%

W60 1500 m Race Walk 1 Nilsson, Lynda W62 GBRM 10:20.61 10:20.62 54.30%

2 Boulis, Julie W63 GBRM 14:05.78 14:05.79 39.84%

W65 1 Stallard, Trish W67 Qld Masters 11:50.04 11:50.05

## ***LBG Walking Carnival***



***RACE WALKING  
AUSTRALIA***  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

**Sunday 8th June**

**Venue** Stromlo Forest Park, Opperman Avenue / Dave McInness Road.

All the best to our QRWC athletes on Sunday in Canberra. Race hard, remain focussed, have fun and stay warm (and don't forget to pack your uniform). We also thank the coaches and officials travelling to Canberra to support the athletes and the carnival .

### **QRWC LBG Entrants**

Tayla Billington, Open W15km  
Noela McKinven Open W15km  
Taylah Morris U20 W10km  
Phoebe Chadwick U20 10km, Open W5km  
Izzy Blackburn U12G 2km  
Eliza Kelly U16G 3km, U18G 5km  
Milly Sharpe U18G 5km, Open W5km  
Taylor Chapman U14G 2km  
Alex Bradley Open M15km  
Jett Irvine U12B 2km  
Koby Irvine U16B 3km  
Noah Cooke U16B 3km, U18B 5km

It was minus 3 in Canberra this morning (and -7 in Goulburn) and it looks like it is going to be wet, windy and zero degrees on Sunday. Pack a towel and extra set of warm clothes to change in straight after your race. Layer up, especially if you are doing another race later in the day.



### **Uniforms**

All competitors **MUST** wear the uniform of their Federation Club. Failure to do so may result in disqualification.

All questions/ queries to [lbgcarnival@gmail.com](mailto:lbgcarnival@gmail.com)

*See full details in the information pack*

[LBG Carnival / ACT Race And Fitness Walking Club](#)

## **2025 Australian All Schools Athletics Championships Melbourne December 4-7<sup>th</sup>**

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.

"Melbourne is a city steeped in athletics history and over the last few years has become the place to be for athletes across the world, thanks to the Maurie Plant Meet – Melbourne. We're thrilled to bring this event back to Melbourne and continue the momentum towards Brisbane 2032," Hollingsworth said.

The 2025 edition will take place from 4-7 December, with the National Schools Challenge taking place the following day on December 8.

## **GP Internacional Madrid Marcha June 1<sup>st</sup>**

Japan's Toshikazu Yamanishi and Mexico's Alegna Gonzalez were the winners at the GP Internacional Madrid Marcha Silbo Telecom, the sixth Gold leg of the World Athletics Race Walking Tour, held over 10km in the Spanish capital.

Yamanishi, the 20km world record-holder, lived up to his billing as the men's favourite by unleashing a lethal attack in the final kilometre to get the better of Brazil's Olympic silver medallist Caio Bonfim while Gonzalez was a dominant winner, finishing 45 seconds ahead of Peru's Evelyn Inga. "I feel in good shape and was able to retain my title but it was not easy," said Yamanishi, who will compete over 20km next week in La Coruña. Like the men's race, the women's contest started at a moderate pace, the first lap being covered in 4:24. Gonzalez and her Mexican compatriot Ilse Herrero made most of the early pace, closely followed by China's Peng Li and Peru's Evelyn Inga. About 4.5km into the race, Gonzalez took the lead and reached the halfway point in 21:44, Gonzalez built a 36-second advantage with 2km to go and went on to win in a race record of 43:06. Inga was second in 43:51, four seconds ahead of Peng.

### **Women**

- 1 Alegna Gonzalez (MEX) 43:06
- 2 Evelyn Inga (PER) 43:51
- 3 Peng Li (CHN) 43:55
- 4 Antía Chamosa (ESP) 44:17
- 5 Ilse Guerrero (MEX) 44:32
- 6 Jiang Yunyan (CHN) 44:52
- 7 Yang Liuying (CHN) 44:56
- 8 Clemence Beretta (FRA) 44:56
- 9 Magaly Bonilla (ECU) 44:59
- 10 Nanako Fuji (JPN) 45:03

### **Men**

- 1 Toshikazu Yamanishi (JPN) 38:50
- 2 Caio Bonfim (BRA) 38:55
- 3 Ricardo Ortiz (MEX) 38:59
- 4 Francesco Fortunato (ITA) 39:06
- 5 Evan Dunfee (CAN) 39:2
- 6 Alvaro López (ESP) 39:32
- 7 Maruo Satoshi (JPN) 39:38
- 8 Declan Tingay (AUS) 39:53
- 9 Li Chenjie (CHN) 40:08
- 10 Julio Cesar Salazar (MEX) 40:10

## NEXT WEEK

**Handicap #5 Sunday June 15<sup>th</sup>**

**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

**ENTER HERE**

**[QRWC Handicap #5 Sunday June 15th - Qld Race Walking Club - revolutioniseSPORT](#)**

## QUEENSLAND ROAD WALKING CHAMPIONSHIPS

**Sunday 22nd June QSAC**

### ENTRIES

**Entries close on Monday 16th June at 9.00am.** Late entries will remain open until Thursday 19th June, 9am for an additional fee.

**[2025 Queensland Athletics Road Walk Championships - Queensland Athletics - revolutioniseSPORT](#)**

8.00am 20km Open Women

Open Men

Masters Men (30-59)

10km Under 20 Men

Under 20 Women

Masters Women/Masters (30+) Men (60+)

9.00am 5km Under 18 Boys

Under 18 Girls

Under 16 Boys

Under 16 Girls

9.30am 3km Under 14 Girls

Under 14 Boys

10.00am 2km Under 12 Boys

Under 12 Girls

10.15am 1km Under 10 Girls

Under 10 Boys

## QRWC 2025 ROAD WALK SEASON

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	TBA	
July	6	Gold Coast Marathon	Southport	
	13	Handicap Meet # 7	TBA	
	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	Handicap Meet # 8	TBA	
	10	Handicap Meet # 9	TBA	
	17	Handicap Meet # 10	TBA	
	24	AA Junior Road Walk Championships	Ballarat, Vic	9.00am
	31	QRWC Road Walk Championships	TBA	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**

#### **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





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.

**This is a great opportunity for our regional Masters athletes to wear their national uniform and represent their country with pride.**

Find out more about the championships or to enter go to [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

#### **REGISTRATION DATES:**

**Registrations close: Fri 25 July at 9:00pm (NO LATE ENTRIES)**

- Administration Fee \$90.00 (Early Bird Admin fee is \$60.00)
- Event Fee - \$15.00

#### **Walks Programme**

Saturday September 6<sup>th</sup> 10km Road Walk

Monday September 8<sup>th</sup> 1,500 metre Track Walk

Wednesday September 10<sup>th</sup> 5,000 metre Track Walk

#### **Temporary QMA membership option to encourage local entries to our OMA2025 Championships**

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>

## WORLD RACE WALKING TOUR 2025

**07 JUN 2025** XXXVII Gran Premio Cantones de A Coruna de Marcha ESP A Gold

**12 JUN 2025** 51st International Race Walking Festival Alytus'Alytus LTU B Silver

**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

## Women & Girls in Sport Grant

### LAST CALL

We still have funds from this grant which must be acquitted before the end of June. Please let us know if are interested in any of the following

**First Aid Courses** To obtain First Aid qualifications or to do a refresher course. The club will re-imburse the course fees.

**Coaching Courses** [Coach Education - Queensland Athletics](#)

[2025 Women in Coaching Conference — Athletics Coach by Athletics Australia](#)

AA are conducting this two day seminar at Runaway Bay on the Gold Coast on

**August 2-3rd**



**AUSTRALIAN  
ATHLETICS**

2025 Women in Coaching Conference — Athletics Coach  
by Athletics Australia

AA are conducting this two day seminar at Runaway Bay on the Gold Coast on August 2-3rd

[2025 Women in Coaching Conference — Athletics Coach by Athletics Australia](#)

**The two-day conference** is designed to bring **women in coaching** together to **build confidence, create strong networks, and develop coaching excellence**. Whether you're new to coaching or an experienced leader, this event will provide practical insights, shared experiences, and tools to help you and your athletes thrive.

## 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



## **Race Fees**

Members \$5 / Non-Member on the day \$10

### **“L” Grade Trial for those new to racewalking**

Would you like to be a competition race walker but just not confident enough at present to fully put yourself out there on race day? You can now test yourself and build up your confidence during our Sunday morning winter road walk meets.

Just register as a club member and enter the distance you would like to do. It is important though that you let us know if you wish to be in L grade as our handicapper & race officials all need to be aware of this. Please email club Secretary & Handicapper Noela McKinven if you wish to have a go at race walking as an L grader at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

In L Grade the following will apply

- Receive feedback from judges and coaches
- Will not be disqualified while in L grade.
- Stay in L grade until you feel comfortable enough to enter handicap races.
- Is for all ages.
- Eligible for starting and finishing points

This will be new to us as well so if you have any questions please ask. It will be important to remember to inform the Handicapper (before a race) if you no longer wish to be an L grade walker and want to compete in a Handicap race (for points).

### **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](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.

**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**