

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



March 12th 2026

World Athletics Race Walking Tour Dudince, Slovakia

At the Dudinska 50 – a **World Athletics Race Walking Tour Gold** meeting – in Dudince, Slovakia, on Saturday 7th Bence Venyercsán won the men’s marathon and Evelyn Inga upstaged the favourites in the women’s half marathon. Perseus Karlström cruised to victory in the men’s half marathon, while Sofia Ramos Rodríguez won the women’s marathon.

The women’s half marathon race walk had been billed as a battle between Ecuador’s Paula Torres and Peru’s Kimberly García, both athletes with a lengthy pedigree of global success, but Inga took top spot this time, clocking a South American best of 1:33:49. Alejandra Ortega looked to be on her way to a major win, but the Mexican race walker saw her 57-second lead at 15km snuffed out in a heartbeat when she was called into the penalty zone after receiving three red cards. That left the door open for Inga to forge ahead of García and finish with a comfortable margin over her compatriot: 1:33:49 to 1:34:17. It was only the third time in 19 races that she had beaten her arch rival and both athletes finished inside García’s previous South American best of 1:35:10 achieved in Lima in November. Ortega refused to throw in the towel after her enforced stop and she surged to move into third ahead of a disappointed and tired Torres, 1:35:57 to 1:36:18.

Earlier, Venyercsán achieved the best result of his career when the Hungarian won the men’s marathon. The 30-year-old bided his time and watched the race unravel around him before race walking the last 10km solo. His 3:03:45 finish was a European best. Behind him, early pacesetter Karl Junghannß recovered to finish second in 3:04:33 while pre-race favourite Christopher Linke came third in 3:05:44.

In the men’s half marathon race walk, Karlström strolled to one of the easiest wins of his career. The four-time world medallist from Sweden showed his intent in the first 100 metres when he shot away and he eventually clocked 1:24:58 – a European best. Jerry Jokinen from Finland recorded 1:28:17 for second-place. Andres Nunez from Mexico claimed the last spot on the podium in 1:28:47.

The women’s marathon saw another comfortable win, this time for Mexico’s Ramos Rodríguez. She was on her own from 6km, going on to win in 3:35:37. Fast-finishing Laura Monje Martinez from Spain overtook the French pair of Elvina Carré and Marine Rottier in the last three kilometres to finish second in 3:39:11. Carré then pulled away from the fading Rottier to decide third and fourth as they respectively clocked 3:40:28 and 3:43:12, all improving their personal bests by considerable margins.

Paul Warburton for World Athletics

Top 10 results

Men's Half Marathon Race Walk

1. Perseus KARLSTRÖM SWE 1:24:58
2. Jerry JOKINEN FIN 1:28:17
3. Andres Eduardo OLIVAS NÚÑEZ MEX 1:28:47
4. Mateusz NOWAK POL 1:29:51
5. João VIEIRA POR 1:29:54
6. Michal MORVAY SVK 1:30:50
7. Carlos MERCENARIO MEX 1:30:53
8. Matthew GLENNON IRL 1:30:58
9. Nick Joel RICHARDT GER 1:35:48
10. Jake O'BRIEN IRL 1:38:35

Men's Marathon Race Walk

1. Bence VENYERCSÁN HUN 3:03:45
2. Karl JUNGHANNß GER 3:04:33
3. Christopher LINKE GER 3:05:44
4. Oscar MARTINEZ ESP 3:09:08
5. Raivo SAULGRIEZIS LAT 3:09:33
6. José Manuel PÉREZ ESP 3:09:52
7. Johannes FRENZL GER 3:10:09
8. Norbert TÓTH HUN 3:10:25
9. Martin MADELINE-DEGY FRA 3:10:31
10. Harun BILIR TUR 3:11:27

Women's Half Marathon Race Walk

1. Evelyn INGA PER 1:33:49
2. Kimberly GARCÍA LEÓN PER 1:34:17
3. Alejandra ORTEGA MEX 1:35:57
4. Paula Milena TORRES ECU 1:36:18
5. Rachelle DE ORBETA PUR 1:36:48
6. Ema KLIMENTOVÁ CZE 1:37:11
7. Kristina MOROZOVA KAZ 1:39:30
8. Hana ČERNÁ SVK 1:40:10
9. Austėja KAVALIAUSKAITĖ LTU 1:40:14
10. Tabea KIEFER GER 1:40:59

Women's Marathon Race Walk

1. Sofia RAMOS RODRÍGUEZ25 MEX 3:35:37
 2. Laura Monje MARTINEZ ESP 3:39:11
 3. Elvina CARRÉ FRA 3:40:28
 4. Marine ROTTIER FRA 3:43:12
 5. Bianca Maria DITTRICH GER 3:43:54
 6. Anna ZDZIEBŁO POL 3:46:39
 7. Kinga WALERIAŃCZYK POL 3:49:15
 8. Naomi GARCIA PUR 3:55:47
- All others DNF

QUEENSLAND RACE WALKING CLUB INC

(Known as *RACEWALKING QUEENSLAND*)

NOTICE – ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at Kalinga Park on Sunday, 29th March, 2026 commencing at 9.30am.

The Business of the meeting will be

- * The Receiving and Confirmation of the minutes of the 2025 Annual General Meeting
- * The Receiving of the Management Committee Report for 2025
- * The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- * The election of the Officers and other members of the Management Committee
- * The Appointment of a Patron
- * The Appointment of a Registrar
- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of a Handicap/Results Person
- * The Appointment of Publicity/ Media Persons
- * Any appropriate General Business

NOMINATIONS are invited for the following positions for 2026

*President *Vice President *Secretary *Treasurer

Registrar Equipment Officer Canteen Convenor

Newsletter Producer Handicap/ Results Publicity/Media Persons

*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting

Positions marked with * are members of the Management Committee

NOMINATIONS for the above positions must be in writing signed by the nominee and his/her proposer and seconder and must be lodged with the RETURNING OFFICER, Mrs Noela McKinven at Mrs Noela McKinven, 79 Joalah Cres, Ferny Hills 4055.

Fully signed Forms may be emailed to noelarhoda@gmail.com

- **Nominations close 15th March**
- **Nomination Form in the email attachment to this newsletter**
- **Have your say in how the club supports our race walkers by nominating for one of the above positions.**
- **All positions become vacant at the AGM.**
- **Nominees, proposers and seconds must be financial members of the QRWC year 2025-2026**



ENTRIES ARE OPEN!

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

Road Walk -10km

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

Step out with purpose in the endurance test of Road Race Walking at the Pan Pacific Masters Games. Athletes must maintain contact with the ground and keep their technique sharp as they cover the distance at speed, combining stamina, rhythm, and discipline. Every stride is judged, making focus and form just as important as fitness.

Road Race Walk is a true showcase of determination, control, and endurance.

Track & Field

Saturday 7 November Gold Coast Performance Centre

Sunday 8 November Gold Coast Performance Centre

Monday 9 November Gold Coast Performance Centre

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

Games Fees

- **\$140 Early Bird** (3 March – 31 May)
- **\$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

LBG Walking Carnival 2026

Saturday 6th & Sunday 7 June 2026



The 59th LBG Carnival will be held on Saturday 6th & Sunday 7 June 2026 at Stromlo Forest Park in Canberra. All club members are entitled to compete and represent the State. No qualification standards, all ages, all abilities -U10- Masters. Individual, teams and handicap awards. Individual, team and handicap awards on offer.

Please read the information pack for full details in the attachment to newsletter email

Day 1 – Saturday, 6th June 2026

Please sign up for Saturday sessions via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/345945>

Session 1 – Racewalking: A Practical Coaching Course for Coaches

Time: 9:00am – 1:00pm | **Cost:** \$50 | **Location:** AIS

For: All race walking coaches with a current Level 1 or Level 2 coaching qualification.

Why attend: This is the first course designed to show qualified coaches how to coach race walking. It focuses on both technical and practical aspects, including:

Completion is a lead-in to the Level 3 coaching course and contributes credits to the Level 3 Performance Coaching Accreditation.

Facilitator: Mark Donahoo (AFTCA level 5 Racewalking Coach)

Session 2 – Race Walking Judging Seminar

Time: 2:00pm – 3:00pm | **Cost:** \$5 | **Location:** AIS

For: New or existing judges. No pre-assumed knowledge required.

Why attend: Learn the rules of race walking and what is expected of a race walking judge.

Facilitators: Zoe Eastwood-Bryson & Kirsten Crocker (WA Gold Race Walking Judges)

Session 3 – Coaching Masterclass

David Beacroft, a highly experienced and internationally successful coach from NSW, will conduct two race walking clinics

Clinic A – Master the Basics

For: Athletes aged 9+ who are new to race walking or want help with basic technique.

Time: 2:00pm – 2:45pm | **Cost:** \$5

Clinic B – Race Walking Masterclass

For: Experienced race walkers looking to refine their technique for high performance.

Time: 3:00pm – 3:45pm | **Cost:** \$15 | **Location:** AIS

Day 2 – Sunday, 7th June 2026

Morning Session

- 7:30am: Events 1 & 2 (Open Men's & Women's Marathon)
Events 3 & 4 (Open Men's & Women's Half Marathon).

Note: 5-hour time cut-off applies.

- 11:30am: Events 5 & 6 (Under 20 Men's & Women's 10km)
Events 7 & 8 (Masters / Fitness Men's & Women's 10km).

- 12:30pm: Presentations for Morning Events.

Afternoon Session

- 1:00pm: Events 9 & 10 (Under 10 Boys & Girls 1km)
- 1:15pm: Events 11 & 12 (Under 12 Boys & Girls 2km)
- 1:40pm: Events 13 & 14 (Under 14 Boys & Girls 2km)
- 1:45pm: Presentations – Under 10 (1km)
- 2:00pm: Events 15 & 16 (Under 16 Men's & Women's 3km)
- 2:10pm: Presentations – Under 12 (2km)
- 2:30pm: Events 17 & 18 (Under 18 Men's & Women's 5km)
Events 19 & 20 (Masters / Fitness Men's & Women's 5km)
- 2:40pm: Presentations – Under 14 (2km)
- 3:00pm: Presentations – Under 16 (3km)
- 3:20pm: Events 23 & 24 (Open Men's & Women's 5km)
Events 25 & 26 (Under 20 Men's & Women's 5km).

Note: 40-minute time cut-off applies.

- 4:00pm: Presentations – Under 18 (5km) & Masters/Fitness (5km)
- 4:10pm: Presentations – Open 5km & Under 20 5km

Entries

Entries close at 6pm on Friday 29 May 2026. Late entries will not be accepted.

Capital Athletics athletes will enter via the CA online entry portal (available in mid-March 2025). <https://www.capitalathletics.au/events/list/>

All other competitors must complete an online entry via the VRWC online entry portal.

<https://www.revolutionise.com.au/vrwc/events/342804>

This applies to both race walks and fitness walks.

Event Entry Fees

Marathon \$50

All CA championship events \$30 (Via CA portal)

RWA events \$25 Competitors may enter up to 3 events

Entry fees are non-refundable.

Uniforms

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

For your QRWC uniform go to [Shop - Qld Race Walking Club - revolutioniseSPORT](#)

THIS WEEK

2026 AA Half Marathon Race Walking Championships War Memorial Drive, Adelaide, South Australia March 15th 2026

This competition includes the Half Marathon Race Walking Championship for men and women and also a 10km event for athletes under 20. The Under 20 event serves as a trial for the World Teams Race Walking event in April.

Competition Timetable

8:00am - Half Marathon Race Walk - Men and Women

8:20am - 10km Race Walk - Under 20 Men and Under 20 Women

All the best to Alex and Kirstin flying the flag for Queensland in the Australian Half Marathon Championships and to Olivia & Millie in the U20 10km event.

Half Marathon Race Walk Men

1 Alex BRADLEY QLD

2 Rhydian COWLEY VIC

3 Timothy FRASER ACT

4 Carl GIBBONS NSW

5 Bradley MANN WA

6 Jack MCGINNISKIN NSW

7 Kim MOTTROM SA

8 Cooper RECH SA

9 Kyle SWAN VIC

10 Will THOMPSON VIC

11 Declan TINGAY VIC

12 Chun Hung TSE HKG

13 Marcus WAKIM VIC

Half Marathon Race Walk Women

1 Samantha FINDLAY SA

2 Rebecca HENDERSON VIC

3 Nellie LANGFORD SA

4 Laura LANGLEY NZL

5 Elizabeth MCMILLEN NSW

6 Hannah MISON NSW

7 Sau Man NG HKG

8 Allanah PITCHER NSW

9 Chelsea ROBERTS NSW

10 Olivia SANDERY SA

11 Kirstin SHAW QLD

12 Kate SIVIOUR VIC

10km Race Walk Men U20

1 Dylan ALLABUSH NSW

2 Myles ASHBY NSW 46:38

3 Joel BYATT NSW 47:51

4 Riley COUGHLAN VIC 41:03

5 Liam FREUNDT SA

6 Samuel LINDSAY TAS 42:52

7 Sebastian RICHARDS SA 46:08
 8 John RONAN WA 42:22
 9 Owen TOYNE ACT 41:14
 10 Isaac BEACROFT NSW 38:55
10km Race Walk Women U20
 1 Grace BECK NSW 56:47
 2 Kaytee BOGAERS WA 56:35
3 Olivia BOULTON QLD
 4 Angelina LEGRAND SA 52:59
 5 Jessica LORING NSW
 6 Sienna PITCHER NSW 50:04
 7 Sophie POLKINGHORNE NSW
8 Milly SHARPE QLD
 9 Matilda WEBB NSW
 10 Zoe WOODS NSW 48:17

Still to Come

Queensland Athletics

March 25th QSAC Wednesday

7.20pm 5,000 metres

<h2>2026 Little Athletics State Championships QSAC</h2> <h3>20th – 22nd March</h3>
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Friday 20th

3:00pm Girls U10 1100m Walk / Boys U10 1100m Walk

3:45pm Girls U9 700m Walk / Boys U9 700m Walk

6:45pm Girls U13 1500m Walk / Boys U13 1500m Walk

7:40pm Girls U15 1500m Walk / Boys U15 1500m Walk

Girls U16 1500m Walk / Boys U16 1500m Walk

Girls U17 1500m Walk / Boys U17 1500m Walk

Saturday 21st

8:00am Girls U11 1100m Walk / Boys U11 1100m Walk

9:25am Girls U12 1500m Walk / Boys U12 1500m Walk

10:20am Girls U14 1500m Walk / Boys U14 1500m Walk

RESULTS RESULTS RESULTS

2026 Australian Masters Athletics Championships

AIS Athletics Stadium Canberra March 6-9th

W30 5000 Metre Race Walk 1 Wilson, Jodie W31 QMA 29:34.23 29:34.24 66.90%

W35 5000 Metre Race Walk 1 Kirwin, Roslyn W37 QMA 34:49.20 34:29.57 57.35%

W40 5000 Metre Race Walk 1 Bray, Michelle W42 ACTM 24:24.40 23:29.49 84.21%

W50 5000 Metre Race Walk 1 Palmer, Donna W52 SAMA 40:53.38 36:15.17 54.57%

2 Kingston, Sharon W51 ACTM 50:59.00 45:12.11 43.77%

W55 5000 Metre Race Walk 1 Hoy, Sandy W59 NSW 39:30.30 33:23.15 59.26%

W60 5000 Metre Race Walk 1 Staunton-Jugovic, W62 ACTM 29:44.57 23:48.55 83.09%

2 Rosenbrock, Carol W64 VICM 30:51.59 24:42.20 80.08%

3 Anne, Weekes W63 NSW 31:32.03 25:14.58 78.37%

4 Elms, Donna-Marie W64 VICM 36:35.21 29:17.27 67.55%

W65 5000 Metre Race Walk 1 Pearson, Jill W68 ACTM 34:43.55 26:08.50 75.68%

2 England, Lorna W66 ACTM 46:57.00 35:20.64 55.97%

3 Stallard, Trish W68 NSW 48:16.00 36:20.11 54.45%

W70 5000 Metre Race Walk 1 Bryant, Barb W71 VICM 32:51.02 23:03.66 85.79%

2 Wilson, Julie W72 MA 36:51.92 25:52.77 76.44%
3 O'Neill, Karyn W71 VICM 37:04.69 26:01.74 76.00%

W75 5000 Metre Race Walk 1 Boyd, Anne W79 NSW 40:50.67 26:28.53 74.72%
2 Neubauer, Liz W75 SAMA 43:02.36 27:53.89 70.91%
3 Mison, Michele W78 NSW 48:16.00 31:17.19 63.23%

W80 5000 Metre Race Walk 1 Steed, Gwen W83 VICM 38:22.63 22:41.32 87.19%
2 Bray, Kerry W81 NSW 38:26.24 22:43.45 87.06%
3 Macliver, Peggy W81 MA 41:10.81 24:20.75 81.26%
4 Campbell, Carolin W83 ACTM 45:51.00 27:06.40 72.98%
5 Schickert, Lynne W84 MA 48:12.00 28:29.76 69.42%

M45 5000 Metre Race Walk 1 Hyland, Scott M45 ACTM 24:04.35 21:58.41 81.73%

M50 5000 Metre Race Walk 1 Prasad, Pramesh M51 VICM 29:14.63 25:36.89 70.11%
2 Patterson, Adam M53 QMA 34:09.00 29:54.72 60.04%
3 Kingston, Brett M53 ACTM 44:45.00 39:11.80 45.82%

M60 5000 Metre Race Walk 1 Smith, Michael M60 ACTM 28:51.35 23:06.12 77.74%

M65 5000 Metre Race Walk 1 Cassidy, Kevin M65 VICM 30:36.16 23:15.49 77.22%
2 Pollard, Chris M67 VICM 42:43.37 32:28.17 55.31%

M70 5000 Metre Race Walk 1 Cochrane, Andrew M70 VICM 32:43.59 23:27.90 76.54%
2 O'Neill, Terry M70 VICM 33:29.22 24:00.62 74.80%

M75 5000 Metre Race Walk 1 Nottle, John M75 VICM 34:01.54 22:51.51 78.57%
2 Barrow, Geoff M77 VICM 40:16.78 27:03.60 66.37%
3 Bacon, Peter M75 NSW 44:39.00 29:59.76 59.87%

M80 5000 Metre Race Walk 1 White, George M80 SAMA 33:48.39 21:06.53 85.08%
2 Thomas, Bryan M84 ACTM 48:14.00 30:07.02 59.63%

W30 1500 Metre Race Walk 1 Wilson, Jodie W31 QMA 8:01.82 8:01.83 69.94%
2 O'Dwyer-Mazur, Roi W34 QMA 8:56.51 8:56.52 62.81%

W35 1500 Metre Race Walk 1 Kirwin, Roslyn W37 QMA 9:13.74 9:08.54 61.44%
2 Werner, Karyn W36 VICM 13:19.02 13:11.51 42.58%

W40 1500 Metre Race Walk 1 Bray, Michelle W42 ACTM 6:32.90 6:18.17 89.11%
2 Robson, Jessica W42 ACTM 9:38.95 9:17.24 60.48%
3 Trim, Siobhan W44 ACTM 10:56.21 10:31.61 53.36%

W45 1500 Metre Race Walk 1 Neubauer, Cassie W47 SAMA 11:26.07 10:34.62 53.10%

W50 1500 Metre Race Walk 1 Haines, Kerrilee W50 VICTM 10:10.32 9:01.66 62.22%
2 Palmer, Donna W52 SAMA 10:37.78 9:26.03 59.54%
3 Kingston, Sharon W51 ACTM 14:22.97 12:45.89 44.00%

W55 1500 Metre Race Walk 1 Hoy, Sandy W59 NSW 10:41.89 9:05.61 61.77%
2 Peak, Kim W59 VICTM 11:35.63 9:51.29 56.99%

W60 1500 Metre Race Walk 1 Staunton-Jugovic, W62 ACTM 8:27.38 6:51.29 81.94%
2 Anne, Weekes W63 NSW 8:54.88 7:13.58 77.72%
3 Holohan, Dee W60 VICTM 8:56.71 7:15.06 77.46%
4 Elms, Donna-Marie W64 VICTM 10:22.55 8:24.64 66.78%

W65 1500 Metre Race Walk 1 Pearson, Jill W68 ACTM 9:39.49 7:25.17 75.70%
2 Stallard, Trish W68 NSW 12:04.50 9:16.57 60.55%
3 Bennett, Phillippa W67 MA 12:11.28 9:21.77 59.99%
4 England, Lorna W66 ACTM 12:56.78 9:56.73 56.47%

W70 1500 Metre Race Walk 1 Bryant, Barb W71 VICTM 9:06.52 6:34.92 85.33%
2 Wilson, Julie W72 MA 10:30.57 7:35.65 73.96%
3 Clarke, Donna W72 VICTM 11:37.06 8:23.70 66.90%

W75 1500 Metre Race Walk 1 Carr, Heather W76 VICTM 10:44.29 7:14.19 77.62%
2 Boyd, Anne W79 NSW 11:40.60 7:52.14 71.38%
3 Neubauer, Liz W75 SAMA 11:54.32 8:01.39 70.01%
4 Mison, Michele W78 NSW 13:44.57 9:15.68 60.65%

W80 1500 Metre Race Walk 1 Steed, Gwen W83 VICTM 11:01.76 6:51.75 81.85%

2 Bray, Kerry W81 NSW 11:05.54 6:54.10 81.38%
 3 Macliver, Peggy W81 MA 12:06.99 7:32.34 74.50%
 4 Campbell, Caroline W83 ACT 12:52.80 8:00.84 70.09%
 5 Schickert, Lynne W84 13:27.55 8:22.46 67.07%
M40 1500 Metre Race Walk 1 Malkoun, Samir M40 NSW 11:38.25 11:00.41 46.79%
M45 1500 Metre Race Walk 1 Hyland, Scott M45 ACT 6:32.95 5:57.08 86.54%
 2 Styles, David M49 VIC 7:22.93 6:42.50 76.77%
M50 1500 Metre Race Walk 1 Prasad, Pramesh M51 VIC 8:29.36 7:23.96 69.60%
2 Patterson, Adam M53 QMA 10:15.92 8:56.84 57.56%
 3 Kingston, Brett M53 ACT 12:39.16 11:01.69 46.70%
M55 1500 Metre Race Walk 1 Kratzmann, Trevor M58 NSW 11:48.63 9:51.36 52.25%
 2 Wilson, Kenneth M59 NSW 12:07.53 10:07.13 50.90%
M60 1500 Metre Race Walk 1 Smith, Michael M60 ACT 7:50.36 6:14.41 82.53%
 2 Baker, Peter M61 ACT 8:35.87 6:50.64 75.25%
 3 Hastie, Garry M64 MA 8:45.51 6:58.31 73.87%
M65 1500 Metre Race Walk 1 Cassidy, Kevin M65 VIC 8:37.16 6:30.82 79.06%
 2 Pollard, Chris M67 VIC 11:32.74 8:43.51 59.02%
 3 Snow, Gary M66 NSW 11:34.90 8:45.14 58.84%
M70 1500 Metre Race Walk 1 Cochrane, Andrew M70 VIC 9:01.56 6:26.35 79.98%
 2 Grewal, Harsharn M73 NSW 11:32.98 8:14.38 62.50%
M75 1500 Metre Race Walk 1 Nottle, John M75 VIC 9:23.59 6:17.22 81.92%
 2 Barrow, Geoff M77 VIC 11:19.50 7:34.79 67.94%
 3 Bacon, Peter M75 NSW 11:37.79 7:47.04 66.16%
 4 Kennelly, Robert M M76 ACT 13:10.57 8:49.13 58.40%
M80 1500 Metre Race Walk 1 White, George M80 SAMA 9:53.73 6:10.14 83.48%
 2 Thomas, Bryan M84 ACT 12:52.99 8:01.89 64.12%
M85 1500 Metre Race Walk 1 Seymon, Jim M88 NSW 16:15.06 9:21.15 55.07%

W35 10000 Metre Race Walk **1 Kirwin, Roslyn W37 QMA 1:13:55 1:13:13.07 55.93%**
W40 10000 Metre Race Walk 1 Bray, Michelle W42 ACT 53:57 51:54.71 78.88%
W50 10000 Metre Race Walk -- Kingston, Sharon W51 ACT DNF
W60 10000 Metre Race Walk 1 Staunton-Jugovic, Ann W62 ACT 1:02:35 49:28.82 82.76%
 2 Rosenbrock, Carolyn W64 VIC 1:03:41 50:20.57 81.34%
3 Anne, Weekes W63 NSW 1:05:36 51:51.72 78.96%
W65 10000 Metre Race Walk 1 Pearson, Jill W68 ACT 1:10:52 52:25.86 78.10%
 2 Bennett, Philippa W67 MA 1:26:14 1:03:48.36 64.18%
 3 England, Lorna W66 ACT 1:33:56 1:09:29.98 58.92%
W70 10000 Metre Race Walk 1 Bryant, Barb W71 VIC 1:06:52 45:52.77 89.26%
 2 O'Neill, Karyn W71 VIC 1:15:15 51:37.99 79.31%
W75 10000 Metre Race Walk 1 Mison, Michele W78 NSW 1:35:22 1:00:01.12 68.23%
W80 10000 Metre Race Walk 1 Campbell, Caroline W83 ACT 1:36:38 55:01.11 74.43%
M50 10000 Metre Race Walk 1 Kingston, Brett M53 ACT 1:33:21 1:22:19.25 45.17%
M60 10000 Metre Race Walk 1 Smith, Michael M60 ACT 1:01:27 49:35.82 74.97%
M65 10000 Metre Race Walk 1 Cassidy, Kevin M65 VIC 1:00:06 46:03.12 80.74%
 2 Pollard, Chris M67 VIC 1:26:46 1:06:28.81 55.93%
M70 10000 Metre Race Walk 1 O'Neill, Terry M70 VIC 1:06:07 47:46.08 77.84%
 2 Cochrane, Andrew M70 VIC 1:06:28 48:00.75 77.45%
M75 10000 Metre Race Walk 1 Nottle, John M75 VIC 1:09:26 46:55.19 79.25%
 -- Kennelly, Robert M M76 ACT NT
M80 10000 Metre Race Walk 1 White, George M80 SAMA 1:08:41 43:01.17 86.43%
 2 Thomas, Bryan M84 ACT 1:33:24 58:29.74 63.57%

**Qld Athletics Cathy Freeman Shield
State Athletics Facility Saturday March 7th**

Women 3000 Metre Race Walk Open

- Waterman, Kiara QRWC DNS
- Welch, Isabella STRF DNS
- Chisholm, Amelia GCV DNS
- Gorham, Jessica IPS DNS

Men 3000 Metre Race Walk Open

- 1 Lockwood, Cory GCA 14:47.90
- 2 Ramsay, Leo QRWC- 17:26.31

Women 5000 Metre Race Walk Open

- 1 Chadwick, Phoebe QRWC 25:49.93
- 2 Boulton, Olivia GCA 26:09.99
- 3 Chan, Elsa ATN 26:20.18
- 4 Kelly, Eliza QRWC 28:20.19

Men 5000 Metre Race Walk Open

- 1 Cooke, Noah QRWC 22:46.75
- Irvine, Koby BUN DNS

QRWC Winter Road Walk Season

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.

Our season will run until September with meets on most Sunday mornings at various venues. After the Sign On Day meet the season consist of;

- Ten graded Handicap Meets where members score points towards end of season trophies.
- Gold Coast Road Walk Championships
- Australian Federation of Race Walking Clubs Postal Match
- QRWC Track Championships
- QRWC Road Walk Championships

NEW. This year the QRWC has been offered the exciting opportunity to conduct the **Qld All Schools Race Walks** at one of our programmed Handicap meets. This will allow race walkers another opportunity to compete as last year it was just part of the QA Road Walk Championships. The Committee is currently looking at dates, distances and a venue.

Suggested distances under consideration:.

- Under 20 10,000 Metre Race Walk
- Under 18 5000 Metre Race Walk
- Under 16 3000 Metre Race Walk
- Under 14 3000 Metre Race Walk
- Under 12 2000 Metre Race Walk
- Under 10 1000 Metre Race Walk

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

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2026. These athletes are all set for entering winter road walk competitions and the QA Road Walk Championships. So, no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

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

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

Weekly Race Fees

Members \$5

Visitors \$10

Any membership questions please email the Registrar qrwcregistrar@gmail.com

MONTH	DATE	EVENT	VENUE
March	6-9	AMA National Championships	Canberra
	15	AA Half Marathon Championships	Adelaide
	20-22	QLAA State Championships	QSAC
	29	QRWC Sign On Day/AGM	Kalinga Park
April	5	Easter Sunday	No competition
	12	QRWC Handicap #1	North Lakes
	12	WA Race Walk Team C/Ships	Brazil
	13-14	ALAA Track Championships	Brisbane
	15-20	AA Junior Track Championships	Brisbane
	22-24	UniSport Championships	Runaway Bay
	26	QRWC Handicap #2	Beenleigh
May	3	QRWC Handicap #3	TBC
	10	Mother's Day	No club competition
	17	QRWC Handicap #4	TBC
	19-22	Oceania Athletics Championships	Darwin
	24	QRWC Handicap #5	TBC
	31	Gold Coast Road Walk C/Ships	Mudgeeraba

June	7	LBG Federation Meet	Mt Stromlo Canberra
	14	QRWC Handicap #6	TBC
July	5	Gold Coast Marathon	Southport
	12	QA Road Walk Championships	TBC
	31	Comm Games 10km Men	Glasgow
August	1	Comm Games 10km Women	Glasgow
	2	QRWC Track Championships	UQ St Lucia
	8	WA U20 Championships	Oregon USA
	22- Sept 3	WMA Outdoor Championships	Daegu. South Korea
	23	AA Junior Road Walk C/Ships	Ballarat
September	6	Father's Day	No club competition
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

QRWC Sign-On Day /AGM Sunday March 29th

Kalinga Park, Clayfield

No points races

8.00am 3km / 5km

8.45am 2km / 1km

9.30am AGM

QRWC Handicap #1 Sunday April 12th

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

Handicap #2 Sunday April 26th

Logan River Parklands, Blackbird Street, Beenleigh

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

18th Annual Gold Coast Road Walk Championships

Sunday May 31st Mudgeeraba

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W 0.5km

8.15am U20 M/W 5km

U18 M/W 5km

Invitational M/W 5km (non-championship event)

8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

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](#)

World Athletics Race Walking Team Championships Brasilia, Brazil on 12 April 2026



Selection standards and policy on which Australian Athletics will select its representative team for the World Race Walking Team Championships in Brasilia, Brazil, 12 April 2026

Men	Event	Women
43:00 at 10km or 10,000m	10km (Under 20)	50:00 at 10km or 10,000m
1:26:00 at 20km or 1:31:30 at half marathon	Half Marathon	1:36:00 at 20km or 1:42:00 at half marathon
2:40:00 at 35km or 3:18:00 at marathon	Marathon	2:58:00 at 35km or 3:40:00 at marathon

The qualification period is:

Events	Dates
10km, half marathon, marathon race walk	1 January 2025 – 15 March 2026

All performances must be achieved during official competitions which must be sanctioned by World Athletics. A complete list of sanctioned competitions is available online. Performances on both the track and the road are accepted as qualifying performances. All performances accepted by World Athletics and appear in World Athletics lists as valid performances will be accepted by Australian Athletics.

A selection trial will be held for all events as per the table below:

Events	Competition	Dates
Under 20 10km race walk	Specific Trial, Adelaide	15 March 2026
Senior half marathon race walk	Australian Championships, Adelaide	15 March 2026
Senior marathon race walk	Australian Championships, Canberra	29 November 2025

2026 National Junior Athletics Championships QSAC Brisbane

Australian Athletics (AA), and Little Athletics Australia (LAA), are pleased to announce dates for the inaugural aligned athletics championships in Brisbane in 2026.

April 13 – 14 Australian Little Athletics Championships

Draft walks programmer

Monday 13th April

9.30am Girls U13 1500m Walk
9.50am Boys U13 1500m Walk
11.10am Girls U12 1500m Walk
11.30am Boys U12 1500m Walk

April 15 – 20: Australian Athletics Junior Championships

Thursday 16th April

10.00am 3000m Race Walk U14 Men
10.00am 3000m Race Walk U14 Women
5.25pm 5000m Race Walk U17 Women
5.25pm 5000m Race Walk U18 Women

Friday 17th April

11.15am 5000m Race Walk U17 Men
11.15am 5000m Race Walk U18 Men

Monday 20th April

10.55am 3000m Race Walk U15 Women
10.55am 3000m Race Walk U16 Women
11.45am 3000m Race Walk U15 Men
11.45am 3000m Race Walk U16 Men

2026 Oceania Athletics Championships Darwin May 2026

Tuesday 19 May

10:25am Masters Men 3,000m Race Walk
Masters Women 3,000m Race Walk

Friday 22 May

7:00am Masters Women 5000m Racewalk
Under 18 Women 5000m Racewalk
Under 20 Women 5000m Racewalk
8:00am Masters Men 5000m Racewalk
Under 18 Men 5000m Racewalk
Under 20 Men 5000m Racewalk

<https://athletics-oceania.com/oceania-athletics-area-championships/>

Note: The 10,000m Walk Oceania Championships will be conducted at a different venue and time, with further information to be provided to Federations in early 2026.

The Open team will be operated by Australian Athletics, while the U18 team will be run by Queensland Athletics.

Important Masters Meets in 2026/27

2026 WMA Outdoor Championships

Date: August 22- September 3, 2026

Venue: Daegu Stadium, Daegu S.K.

From the 1st July 2026 the only Australian uniform that you will be able to wear is the AMA Valour uniform. All athletes intending to compete at the World Champs in Daegu will need to have the Valour competition uniform.

AMA will be opening the Uniform Shop for orders in March /April and will have sample sizes at the Australian Championships for athletes to try on.

2027 Oceania Masters Athletics Championships



- Date: January 27 – 31, 2027
- Venue: Ngā Puna Wai Sports Hub Christchurch NZ
- Entries open in August 2026

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](#)

QA MEMBERSHIP INFORMATION 2025-2026

Season Period: 01 OCTOBER 2025 – 30 SEPTEMBER 2026

The Queensland Racewalking Club (QRWC) is excited to announce that we have opened up our registration portal to members who wish to register with QRWC with a view to representing QRWC at Queensland Athletics (QA) meets in the coming year.

Our membership year will now commence in October each year to align with Qld Athletics' membership year. This will allow athletes wishing to compete at QA events representing QRWC, to take out a combined QRWC/QA membership in or after October each year. Once registered, athletes can represent QRWC at the various QA competitions held throughout the year, including the QA Road Walking Championships, QA Shield Meets and Qld Athletics Championships. Please note that QA offers 3 levels of membership.

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

[Click here to register Membership – Qld Race Walking Club - revolutioniseSPORT](#)

Racewalking Queensland Management Committee 2025/26

President: P Bennett

Vice President. J Blackburn

Secretary: N. McKinven

Treasurer Vacant

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 P 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.

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. We value your input.