Queensland Race Walking Club Inc.

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



March 27th 2025

Queensland Little Athletics State Championships

Congratulations to all race walkers who competed at the Queensland Little Athletics State Championships last weekend especially the medal winners. Special congratulations to Milly Sharpe & Taylor Chapman for recoding Queensland Best Performances in their respective age group races. From these Championships Little Athletics Queensland will select the State team to compete in the Australian Little Athletics Championships in Adelaide. This is for athletes in the U13, U14 and U15 age groups.

RESULTS RESULTS RESULTS

Girls 1100m RW 9&U

- 1 Bella Sansom Deception Bay LAC 6:09.45
- 2 Clara Hermus Noosa LAC 6:25.53
- 3 Zoe Silk Arana LAC 6:42.03
- 4 Luna Boyd Gold Coast LAC 6:47.15
- 5 Jade Hill Deception Bay LAC 7:26.14
- 6 Pippa Ellis Ipswich LAC 7:26.90
- 7 Stephanie Rankin Laidley LAC 8:20.30
- 8 Stasa Jankovic Toowong Harriers LAC 8:44.79
- 9 Alexandra (Sasha) Sliva Gold Coast LAC 9:18.59
 - Tehani Siegenthaler Mudgeeraba LAC DQ
 - Chloe Ninnes Ipswich LAC DQ
 - Rhylee Chapman Caloundra LAC DQ

Boys 1100m RW 9&U

- 1 Grayson Leggat Algester Little Athletics Cent 6:34.01
- 2 Leo Georgiou Algester Little Athletics Cent 6:35.08
- 3 Conor Geagea Toowong Harriers LAC 6:43.06
- 4 Brock Marley Springwood LAC 7:21.35
- 5 Jacob Duncan Deception Bay LAC 7:32.54
- 6 Benjamin Trent Deception Bay LAC 9:19.87
 - Mikey Blum Townsville Centrals LAC DQ
 - Daniel Heath Ashmore LAC DNS

Girls 700m RW 8&U

- 1 Eve Schipplock Redlands LAC 4:28.49
- 2 Layla Harmon Ipswich LAC 4:37.20
- 3 Tayla Penglase Noosa LAC 4:37.73
- 4 Kalea Irvine Gold Coast LAC 4:46.60
- 5 Harriet Winkel Bli Bli LAC 4:47.43
- 6 Skyla Ward Toowoomba LAC 4:52.10
- 7 Eliza Park Granite Belt 4:55.99

- 8 Isla Millett Tweed LAC 4:56.24
- 9 Evie Masefield Arana LAC 5:02.94
- 10 Indi Brady Ashmore LAC 5:12.83
- 11 Mackenzie Hyde Noosa LAC 5:38.41
- Billie Rochford Ipswich LAC DQ
 - Ally Pritchard Ross River LAC DQ
 - Mable Watts Mudgeeraba LAC DNS

Boys 700m RW 8&U

- 1 Yoshua Lee Sunnybank LAC 4:22.28
- 2 Koby Smith Bribie District LAC 4:25.97
- 3 Jack Tyssen Deception Bay LAC 4:40.82
- 4 Jed Bruggemann Highfields and District 5:09.97
- 5 Leo Mills Mt Gravatt LAC 5:36.49
 - Kai Murray Helensvale LAC DQ
 - Zye Flack Bargara LAC DQ

Girls 1500m RW 12&U

- 1 Isabella Welch Springwood LAC 7:26.23
- 2 Elspeth Hooper Ashmore LAC 7:31.59
- 3 Savannah Dunleavy Deception Bay LAC 8:04.62
- 4 Violetta Boyd Gold Coast LAC 8:22.77
- 5 Charlotte Don Aspley LAC 9:05.81
- 6 Mackenzie Wormald Runaway Bay LAC 10:12.42
- 7 Indy Atkinson Warwick LAC 11:32.45
 - Kaydence Russell Ipswich LAC DNS

Boys 1500m RW 12&U

- 1 Leo Ramsay Redlands LAC 8:45.43
 - Isaac Schwarz Gold Coast LAC DQ
 - Chrysler McLoughlin Deception Bay LAC DQ

Girls 1500m RW 14&U

- 1 Bethany Moore-Kirkland Warwick LAC 6:52.25
- 2 Eliza Kelly Deception Bay LAC 7:33.43
- 3 Ella Cosgrave Ashmore LAC 7:57.76

Boys 1500m RW 14&U

- 1 Noah Cooke Arana LAC 6:09.84
- 2 Koby Irvine West Bundaberg LAC 6:50.44
- 3 Eli Melinz Noosa LAC 8:19.53

Girls 1500m RW 15&U

- 1 Olivia Boulton Gold Coast LAC 6:59.62
- 2 Mia Stewart University of Sunshine Coast 8:15.68
- 3 Rhianna Graske-Borst Upper Lockyer LAC 10:52.33

Girls 1500m RW 16&U

- 1 Milly Sharpe Gladstone LAC 6:49.41 QBP
- 2 Katie Bray The Gap LAC 8:32.74

Boys 1500m RW 16&U

- 1 Kai Dale Ormeau LAC 6:56.90
- 2 Micah White Deception Bay LAC 7:35.07
- 3 Jaydon Lucas West Bundaberg LAC 9:02.01
 - Keith Sheridan North Rockhampton LAC DQ

Girls 1100m RW 10&U

- 1 Freya Williams Tweed LAC 5:54.54
- 2 Izzy Blackburn Gold Coast LAC 6:01.78
- 3 Nina Trickey Tully LAC 6:04.36
- 4 Indianna Keightley Bargara LAC 6:05.92
- 5 Isla Cooper Caloundra LAC 6:21.38

- 6 Jessica Gorham Ipswich LAC 6:23.33
- 7 Georgie Bozhoff Ipswich LAC 6:25.94
- 8 Chloe Gower Toowong Harriers LAC 6:40.49
- 9 Ajah Ayii Toowoomba LAC 7:05.23
- 10 Saoirse Nelis Redlands LAC 7:07.97
- 11 Scarlett Rose Deception Bay LAC 7:39.64
- 12 Elouise Barkle Bargara LAC 7:54.73
- 13 Emily Day Glasshouse District LAC 7:55.46
- 14 Sienna Wozniuk Gold Coast LAC 8:25.57
 - Chernaya Plummer Caloundra LAC DQ
 - Ruby Heinemann Warwick LAC DQ
 - Zoe Peters Gold Coast LAC DNS

Boys 1100m RW 10&U

- 1 Lucas Dyer Aspley LAC 6:19.62
- 2 Brayden Potts Gold Coast LAC 6:24.37
- 3 Lachlan Miers Toowong Harriers LAC 6:25.46
- 4 Jackson Millar Strathpine LAC 6:41.48
- 5 Jett Irvine West Bundaberg LAC 6:46.06
- 6 Austin Griffiths Highfields and District 7:01.74
 - Henry Pallentine Bribie District LAC DQ
 - Jake Dunleavy Deception Bay LAC DQ
 - Quade Coward Laidley LAC DQ
 - Flynn Negline Gold Coast LAC DNS

Girls 1500m RW 11&U

- 1 Taylor Chapman Caloundra LAC 7:11.04 QBP
- 2 Amelia Chisholm Ormeau LAC 8:30.40
- 3 Ariyah Alchin Toowoomba LAC 8:35.71
- 4 Violet Conway Caboolture LAC 9:00.63
- 5 April Kelly Deception Bay LAC 9:39.93
- 6 Caitlin Papworth Runaway Bay LAC 10:02.77
- 7 Tully Fisher Redlands LAC 10:07.35
- 8 Piper Bozhoff Ipswich LAC 10:09.43
- 9 Abiramy Pirabaharan Aspley LAC 10:38.54
 - Bayleigh Tickle Caloundra LAC DQ
 - Zyaire Weir Runaway Bay LAC DQ

Boys 1500m RW 11&U

- 1 Leo Hyde Mudgeeraba LAC 8:17.85
- 2 Jonathan Myerthall Caloundra LAC 8:34.59
- 3 Declan O'Neill Maroochy LAC 9:55.43
- 4 Luca Georgiou Algester Little Athletics Cent 10:04.79
- 5 Benji Ellem Deception Bay LAC 11:47.95
- 6 Samuel Gees Bargara LAC 12:04.06
 - Tommy Menner Caloundra LAC DQ
 - Dylan Moore Springwood LAC DQ
 - Tomas Sheridan North Rockhampton LAC DQ

Girls 1500m RW 13&U

- 1 Kiara Waterman Deception Bay LAC 8:57.58
- 2 Zoe Renton Toowong Harriers LAC 8:58.12

Boys 1500m RW 13&U

- 1 Lachlan Moore Springwood LAC 7:00.14
- 2 Cory Lockwood Mudgeeraba LAC 7:46.75

QRWC Winter Road Walks

Membership - Qld Race Walking Club - revolutioniseSPORT

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 2025. 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

QRWC Membership Fee \$25.00 (QA has three levels of registration)

Weekly Race Fee

Members \$5

Visitors \$10

Season Pass \$75

5-Race Pass \$25

THIS WEEK

Queensland Masters Athletics

29th March 2025 Saturday SAF

9.45am 1500m Race Walk

Enter Here

QMA BRISBANE COMPETITION #19 - Qld Masters Athletics Association Inc - revolutioniseSPORT

QRWC Sign-On Day /AGM Sunday March 30th Kalinga Park

No points races 8.00am 3km / 5km 8.45am 2km / 1km 9.30am AGM

Entries Now Open

Enter Here QRWC Sign On Day and Annual General Meeting - Qld Race Walking Club - revolutioniseSPORT

Important: Please purchase your Season Pass or 5-Race pass and wait until you are emailed a discount code BEFORE you enter the race online.

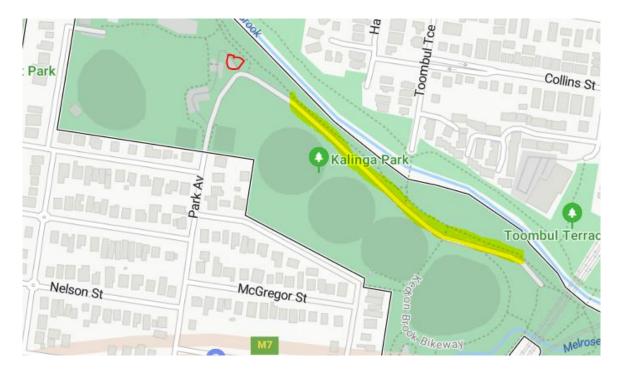
For Uniforms, Seasons Pass & 5-Race Pass go to the Shop - Qld Race Walking Club - revolutioniseSPORT

Having trouble entering on line?
Please email the Registrar **qrwcregistrar@gmail.com**

The ORWC Season Pass is a convenient way to not only save some money but to not have the worry about paying race fees with your entry each week. This Pass enables the athlete to compete in up to 16 club meets a season (10 x handicaps, Sign

On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays).

This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.



The Yellow line is the 1km loop course and the red circle indicates the picnic shelter where we set up.

After the conclusion of the road meet at **Kalinga Park on Sunday, 30th March** the Annual General Meeting of the Queensland Race Walking Club Inc. will be held commencing at **9.30am.**

Nominations have closed but for any unfilled positions nominations can be taken at the meeting.

- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of Publicity/ Media Persons

Please stay on for AGM and the election of the new office bearers for 2025 of your club. The AGM should not take more than 30 minutes and will be followed immediately after by a General Committee meeting.

Ask not what the club can do for you but what you can do for the club



On race day please volunteer to help out to run the meet; lap score, time keep or help set up or pack up it all helps spared the work load and makes it more enjoyable for everyone.

NEXT WEEK

2025 Australian Athletics Championships WA Athletics Stadium, Perth

U13 - U18 Championships: 4-8 April 2025

Friday April 4th

5.25pm 3000m Race Walk U14 Men 3000m Race Walk U14 Women

Saturday 5th

4.50pm 5000m Race Walk U17 Women 5000m Race Walk U18 Women

Sunday 6th

5.00pm 5000m Race Walk U17 Men 5000m Race Walk U18 Men

Tuesday 8th

11.30am 3000m Race Walk U15 Women 3000m Race Walk U16 Women 12.40pm 3000m Race Walk U15 Men 3000m Race Walk U16 Men

Open & U20 Championships: 10-13 April 2025

Thursday 10th

8.00am 10000m Race Walk U20 Men 10000m Race Walk Open Men

Friday 11th

8.00am 10000m Race Walk U20 Women 10000m Race Walk Open Women

QRWC 2025 ROAD WALK SEASON

February 16		AA 20KM Road Championships	Adelaide SA	
	22	3,000 metres Championships U15 & U16 M&F QA 10,000 metres Track C/ships U20 &	SAF	
March	1	Open 5,000m U17 & U18 State Championship	UQ St Lucia	
	13-16	QA Track Championships	Main Track QSAC	No Walks
	21-23	QLAA State Championships	QSAC	
	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	7.30am
	25	Handicap Meet # 4	TBA	
June	1	GC Championships	Mudgeeraba	8.00am
	8	LBG Federation Meet	Canberra	
	15	Handicap Meet # 5	TBA	
	22	QA Road Walk Championships/ QMA Long Course C/Ships	QSAC	
	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	
	27	QRWC Track Championships	UQ St Lucia	
August	3	Handicap Meet # 8	TBA	
	10	Handicap Meet # 9	TBA	
	17	Handicap Meet # 10	TBA	
	24	AA Junior Road Walk Championships	Ballarat, Vic	
	31	QRWC Road Walk Championships	TBA	
September	6-10	Oceania Masters Athletics Championships	QSAC	
	7	Father's Day	No competition	
	14	Relay/BBQ/ Presentation Day	Sandgate	

This is a draft calendar only and is subject to change. Additional venues and dates will be added (or changed) when confirmed. Note the QA road walks are now June 22nd Please regularly check the club website Queensland Race Walking Club or the club weekly newsletter for the latest updates. To subscribe to the QRWC newsletter please email racewalkqld@outlook.com

Race day programmes of events of events will be rolled out once dates and venues are finalised.

Handicap #1 Sunday April 27th Logan River Parklands, 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

Handicap #2 Sunday May 4th 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

Handicap #3 Sunday May 18th

John Frederick Park, Capalaba

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 #4 May 25th TBA

17th Annual Gold Coast Road Walk Championships Sunday June 1st 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 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.

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

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
В	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.

COMING UP

OMA State Championships, SAF

Entries closed

Saturday 5th April

5000m Walk

Sunday 6th April

1500m Walk

QMA Track Meet 12th April 2025 Saturday SAF 8.00am 3000m Race Walk 10.00am 1500m Race Walk



Start of 5000 Race Walk- Indian Masters Championship 2025 How would you go judging this start ? Photo courtest Stan Perkins



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.

This conference is designed for **women who coach**, providing a space for female coaches to connect, grow, and thrive.

If you are interested, please contact Noela McKinven noelarhoda@gmail.com
Under our Women in Sport grant the QRWC would be able to reimburse members for the course fee , accommodation and networking dinner (but only up until the end of June when the grant needs to be fully acquitted).



AMA Championships in Adelaide 18th to 21st April

Entries https://adelaide2025.com.au/

Friday 18 April 1500m Race Walk Saturday 19 April 5000m Race Walk Monday 21 April 10km Road Walk

The Official OMA Championships return to Queensland



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, which is part of the Queensland Sport and Athletics Centre (QSAC), the state's premier athletics facility. Masters athletes travelling from across the Oceania-Pacific region will compete in track and field events, as well as the out of stadia Cross Country. **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 on our website: www.oceania-masters-athletics.org

Registrations Now OPEN

Registrations open for 2025 Official OMA Championships - Oceania Masters Athletics

Use the above link to register to compete, to register you interest in being a competition official or to be a volunteer.

To register to compete, athletes must be a current financial member of an affiliated country's Masters Association, and entrants must wear their approved National masters uniform during the competition.

REGISTRATION DATES:

Early bird discount (save \$30) will end: Sunday 11 May at 9:00pm. Registrations close: Fri 25 Jul at 9:00pm (NO LATE ENTRIES) FEES

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

WORLD RACE WALKING TOUR 2025

12 APR 2025 32° Grande Prémio Internacional de Rio Maior em Marcha

Rio Maior POR A Gold

26 APR 2025 The Penn Relays Franklin Field, Philadelphia, PA USA B Silver

26 APR 2025 Záhorácka Dvadsiatka Borsky Mikulás SVKB Silver

04 MAY 2025 4th Korzeniowski Warsaw Race Walking Cup Warszawa POL A Gold

18 MAY 2025 European Race Walking Team Championships Poděbrady CZE A Gold

01 JUN 2025 IV GP Internacional Madrid Marcha Silbo Telecom Madrid ESP A Gold

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

Racewalking Queensland Management Committee 2024/25

President: P Bennett

Vice President. J-R McRoberts

Secretary: N. McKinven **Treasurer** N McKinven

Committee: Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn,

Ignacio Jimenez, Simon Dunleavy **Patrons:** Patrick & Maxine Sela

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media Jasmine Blackburn Results R Wales / N McKinven Newsletter Editor: P. Bennett

Equipment Officer. Ignacio Jimenez & Noela McKinven

Canteen Convenor. Vacant, but to be by roster. Club Captains: Bailey Housden, Phoebe Chadwick

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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 1

Katya Martin Level 1

Contact emails:

<u>qrwc1@optusnet.com.au</u> Membership, coaching or general enquiries about the club <u>racewalkqld@outlook.com</u> 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.'