

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



May 14th 2026

2026 Oceania Athletics Championships Darwin May 2026

Tuesday 19 May

10:20am Masters Men 3,000m Race Walk
Masters Women 3,000m Race Walk

Friday 22 May

10:00am Masters Women 5000m Racewalk

Tuesday 19 May

10:20am Masters Men 3,000m Race Walk
Masters Women 3,000m Race Walk

Friday 22 May

10:00am Masters Women 5000m Racewalk
Under 18 Women 5000m Racewalk
Under 20 Women 5000m Racewalk

11:00am Masters Men 5000m Racewalk
Under 18 Men 5000m Racewalk
Under 20 Men 5000m Racewalk

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

Entries

Men 3000m RW 30-89 Masters

- 1 Andrew Bone Australia Age: 57
- 2 Andrew Duncan Australia Age: 58
- 3 Adam Patterson Australia Age: 54
- 4 Chris Pollard Australia Age: 67

Women 3000m RW 30-89 Masters

- 1 Joy Dale Australia Age: 54
- 2 Liz Neubauer Australia Age: 75
- 3 Dash Newington Great Britain & NI Age: 41
- 4 Donna Palmer Australia Age: 53
- 5 Anne Weekes Australia Age: 63

Women 5000m RW Under 18

- 1 Ela Uzun Australia Age: 15
- 2 Sophie Polkinghorne Australia Age: 16
- 3 Matilda Webb Australia Age: 17
- 4 Eva Parker Regional Australia Age: 16
- 5 Alysa Brown New Zealand Age: 17
- 6 Annabelle Grant New Zealand Age: 16

Women 5000m RW Senior

1 Milly Sharpe Regional Australia Age: 18

Women 5000m RW 30-89 Masters

1 Joy Dale Australia Age: 54

2 Dash Newington Great Britain & NI Age: 41

3 Anne Weekes Australia Age: 63

Men 5000m RW Under 18

1 Callum Martin Australia Age: 15

2 Noah Cooke Australia Age: 16

3 Koby Irvine Regional Australia Age: 16

4 Christopher Nilon Australia Age: 17

Men 5000m RW Senior

1 Ari Bennett New Zealand Age: 19

2 Alex Bradley Regional Australia Age: 20

Men 5000m RW 30-89 Masters

1 Andrew Bone Australia Age: 57

2 Adam Patterson Australia Age: 54

3 Chris Pollard Australia Age: 67

4 Mike Roberts Australia Age: 75

THIS WEEK

QRWC Handicap #4 Sunday May 17th

John Frederick Park, 2-14 Old Cleveland Road 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

Entries Now open

We will need volunteers to lapscore and assist with the timekeeping on Sunday. Your help will be greatly appreciated to allow all races to start on time. Thank you .

[QRWC Handicap #4 Sunday May 17th - Old Race Walking Club - revolutioniseSPORT](#)

Online entries close midday Saturday 16th

Race Fees Members \$5

Visitors \$10 enter on the day – For this meet it will be **CASH** only.

Get ready for race day

- Get you entry in online before midday Saturday (Members)
- Give yourself plenty of time to familiarise yourself with the course **(8/10/15km use a 2km loop, all other races use the 1km loop.)**
- If you are entering on the day please arrive 30 minutes before the start of your race.
- Existing Members don't forget wear your Race Numbers.
- New Members pick up your Race Numbers from the Check In desk (all entrants must be wearing race numbers back & front)
- Be on the start line at least 10 minutes before the scheduled start time of your race.
- Volunteer to lap score or time keep.
- Race hard & have fun.



Coming from the west along Old Cleveland Road turn left into the park just after crossing the bridge over Tingalpa Creek.

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



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

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.

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

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

Session 2 – Race Walking Judging Seminar 2:00pm – 3:00pm | **Cost:** \$5 | **Location:** AIS

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 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 Experienced race walkers looking to refine their technique for high performance. **Time:** 3:00pm – 3:45pm | **Cost:** \$15 | **Location:** AIS

Sunday, 7th June 2026

Morning Session

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

Afternoon Session

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).

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

<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](#)

2026 World Under 20 Championships Eugene, USA

5th – 9th August

A record team of 75 athletes have been selected to compete for Australia at the World Athletics U20 Championships in the United States of America in August. The team will compete at one of the most prestigious venues in the world for athletics, Hayward Field at the University of Oregon in Eugene.

Race walker Isaac Beacroft will be coming from the Commonwealth Games in Glasgow where he will be making his debut for Australia, to Eugene to compete in the 5,000m walk on the track. He is relishing the challenge of racing the double, the only Australian named to do so, so far. "I think I've got pretty high expectations of myself in both races, and I don't want to leave that short amount of time in between each event as an excuse for my performances," he said. "I want to focus and do my best in the Commonwealth Games, and as soon as I do that, I'll turn my focus to the World U 20 Juniors and really work hard to do well there, where I think I have unfinished business."

5,000m Racewalk Men: Isaac Beacroft (NSW), Owen Toyne (ACT)

5,000m Racewalk Women: Sophie Polkinghorne (NSW), Zoe Woods (NSW)

COMING EVENTS

QRWC Handicap Meet #5 Sunday May 24th

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

Entries Now Open

<https://www.revolutionise.com.au/qldracewalkingclub/events/356273>

18th Annual Gold Coast Road Walk Championships

Sunday May 31st Mudgeeraba

7.30am Open M/W 10km

8.00 am U10 M/W 1km

U8 M/W 0.5km

8.10am 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

Important Details

- Venue: Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive,
- All races are age-on-the-day (i.e. age as at 31st May 2026)
- Only one (1) race per person.
- Records will only be awarded to athletes who compete in their correct age group
- Athletes can compete out of their age group but will not qualify for records/awards
- Entry will be via the RevSport online portal. Non-members may enter on the day.

- Entry fee is \$5 for all athletes. Season Pass applies to this event.
- Medals will be presented at the conclusion of the meet
The course :10km race uses a 2km loop.1, 2, 3 and 5km races use a 1km loop.
0.5km race uses a 500m loop (250m out and back).

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**

8.00am Open M/W 10km

U20 M/W 10km

U18 M/W 8km

8.10am U10 M/W 1.5km
 Invitation (Non-challenge event) 500 metres
8.30am Invitation 5km (non-challenge event)
 U16 M/W 5km
 U14 M/W 3km
 U12 M/W 2km

QMA Short Course Road Walks Championship Sunday July 19th Logan River Parklands, Beenleigh

This event will be held in conjunction with QRWC Postal Challenge meet.

8.00am QMA Masters Men 10km
 QMA Masters Men 5km (M60+ option)
 QMA Masters Women 5km

QA All Schools Road Walk Championships / QRWC Handicap #9 Sunday July 26th



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

A Grade 10km
B Grade 5km
C Grade 3km
D Grade 2km
E Grade 1km

Proposed Venue Murarrie Recreation Ground

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

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
April	26	QRWC Handicap #2	Beenleigh
May	3	QRWC Handicap #3	Yeronga
	10	Mother's Day	No club competition
	17	QRWC Handicap #4	Capalaba
	19-22	Oceania Athletics Championships	Darwin
	24	QRWC Handicap #5	Kalinga Park
	31	Gold Coast Road Walk C/Ships	Mudgeeraba
June	7	LBG Federation Meet	Mt Stromlo Canberra
	14	QRWC Handicap #6	Yeronga
	21	QRWC Handicap #7	TBA
	28	QRWC Handicap #8	TBA
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	TBA
	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	TBA
	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
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

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

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](#)



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

- **\$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

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](#)

The AA National Coaching Conference & Women in Coaching & Leadership Day

brings together coaches from across Australia and around the world to connect, learn, and lead the future of athlete development in athletics.

Hosted at the University of Queensland in Brisbane from Friday 9 to Sunday 11 October 2026, this three-day conference will explore what it means to be future-ready as we build toward the Brisbane 2032 Olympic and Paralympic Games.

The conference will feature leading experts from Australia, Oceania, and internationally, alongside strong opportunities for connection and collaboration through structured networking sessions. The conference centres on equipping coaches with the tools, knowledge, and network needed to evolve training environments, athlete support systems, and performance

practice. From community participation through to high performance, the program will deliver practical, real-world insights where technical mastery meets innovation and impact.

Dates: 9–11 October 2026

Location: University of Queensland, Brisbane

Registration Fees

Early Bird: (closes 1 June 2026):

2-Day Pass: \$300

3-Day Pass (AANCC + Women in Coaching & Leadership Day): \$300

Standard:

2-Day Pass: \$350

1-Day Pass: \$250

3-Day Pass (AANCC + Women in Coaching & Leadership Day): \$400

Women in Coaching & Leadership Day Only: \$100

Register Here

[National Coaching Conference and Women in Coaching and Leadership Day - Australian Athletics - revolutioniseSPORT](#)

2026 World Race Walking Tour Meets

16 MAY 33^o Grande Prémio Internacional de Rio Maior em Marcha Rio Maior POR

23 MAY XXXIX Gran Premio Cantones de A Coruna de Marcha La Coruña ESP

31 MAY V GPI Madrid Marcha Silbo Telecom Gran Via, Madrid ESP

06 JUN Záhорácka 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)

“L” Grade for those new to racewalking

Would you like to be a competition race walker but just not confident enough at the moment 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

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

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).

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. We value your input.