

Queensland Race Walking Club Inc.

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



May 15th 2025

Mia Bergh wins the GC 8k Mother's Day Classic!

Yet another racewalker showing the runners what good endurance and speed they have.
This is not always appreciated or welcomed by some runners!



Mia showing good showing good technique as she crosses the finish line
Photo courtesy of Julius Bergh.

THIS WEEK

QRWC Handicap #3 Sunday May 18th

John Frederick Park, 2-14 Old Cleveland Rd, 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

Enter Here

[QRWC Handicap #3 Sunday May 18th - Old Race Walking Club - revolutioniseSPORT](#)

LBG Walking Carnival



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

Entries Now Open

Canberra - 58th LBG Mt Stromlo Race Walk Carnival (RWA) - Victorian Race Walking Club - revolutioniseSPORT

Sunday 8th June

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite members of affiliated race walking clubs and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival. All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track.

Race walking event participants must be members of

- a club affiliated with Race Walking Australia (State or territory race walking club)
- OR
- an overseas World Athletics affiliated athletic club OR
- a Capital Athletics affiliated club (U10-18 events only) OR
- the ACT Masters Athletics club (all fitness walking events, 5km & 10km race walk events only)

Venue

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Events

No. Event Start Time Handicap Base Time

- 1* Robin Whyte Classic Men 35 km 7:30 AM 127mins
- 2* Val Chesterton Classic Women 35km 7:30 AM 127mins
- 3 ACT Fitness 35 km 7:30 AM Non Hcp/Judged contact only
- 4* RWA Open Women's 15 km 8:00 AM 69 mins-Includes RWA Masters 15km
- 5* RWA Open Men's 15 km 8:00 AM 65 mins-Includes RWA Masters 15km
- 6 ACT Fitness 15 km 8:00 AM Non Hcp/Judged contact only
- 7 ACT Fitness 8 km 9:15 AM Non Hcp/Judged contact only
- 8* Athletics ACT/ RWA Men's U20 10 km 9:45 AM 42 mins
- 9* ACT Open (Over 19 years) 10 km 9:45 AM Non Handicap Event
- 10* Athletics ACT/RWA Women's U20 10 km 9:45 AM 47 mins

Morning presentations - 8/10/15km races 11:30 AM

- 11 RWA Boys Under 10 1 km 12:00 PM 4 mins 30 secs
- 12 RWA Girls Under 10 1km 12:00 PM 4 mins 30 secs
- 13 RWA Boys Under 12 2km 12:30 PM 9 mins 20 secs
- 14 RWA Girls Under 12 2km 12:30 PM 9 mins 20 secs
- 15 RWA Boys Under 14 2km 1:00 PM 9 mins 20 secs
- 16 RWA Girls Under 14 2km 1:00 PM 9 mins 20 secs

Presentations - 35km races, U10 & U12 1:20 PM

17 RWA Boys Under 16 3km 1:50 PM 13 mins

18 RWA Girls Under 16 3km 1:50 PM 13 mins

19* RWA Boys Under 18 5km 2:20 PM 22 mins

20* RWA Girls Under 18 5km 2:20 PM 23 mins

Presentations - U14 & U16 3:00 PM

21* RWA Women's Open 5km 3:20 PM 20 mins

22* RWA Men's Open 5km 3:20 PM 20 mins

Presentations - U18 and Open 5km 4:10 PM

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

IMPORTANT UPDATE: Age groups for Federation carnival will now be determined as age as of December 31st (same as QA/AA).

See full details in the information pack

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

The Critical Importance of LapScorers

The Athletics Federation of India said there was a "technical glitch" in women's 35km. In other words; they walked a lap short!

The results of the Indian Open Race Walking Competition are yet to be updated by World Athletics for world championships qualification. The Athletics Federation of India (AFI) said there was a technical glitch in one race (women's 35km) during the April 19 event in Chandigarh, but results of other races will be considered by WA.

Race walkers, however, say that when they reached out to WA, they were told the competition has not met the set "standards and criteria" and therefore the results are not considered for ranking points towards the Tokyo World Championships in September.

If the result is not added, the race walkers will have to compete in another event to boost qualification chances. In Tokyo, competitions will be held in the 20km and 35km events (men and women). Three results in the qualification period (Feb 25, 2024-Aug 24, 2025) are considered for world rankings. A maximum of three race walkers from one country can compete.

It has been learned that in the women's 35km competition, there was an issue with the counting of laps in the course (road) and the race finished at 34km. "There was an issue with only a 35km race walk. It was a human error on the part of a judge due to which the result of women's 35km race walk has been scrapped. We have already taken action against the judge. The result of other races will be updated in the rankings," AFI spokesperson Adille Sumariwalla told HT.

The competition is conducted by technical officials of AFI. Besides, there are three WA race-walking judges who monitor the races and report to the world body.

A coach said it was disappointing that race walkers will now have to compete in another event to have any chance of qualifying for Tokyo. “How can you repeatedly have technical errors in the most important competition of your domestic calendar? It is a lot of hard work and effort and now to not have the result is very discouraging. Not every athlete has the sponsor to go out and compete in events overseas to qualify,” the coach said.

Walking a sub-3 marathon? Evan Dunfee makes it look easy

Canada's race-walk world record holder impressed at the Vancouver Marathon

Admitting you walked during a race doesn't typically earn you bragging rights. But for Richmond, B.C.'s Evan Dunfee, “walking pace” means something entirely different—like 4:13/km-over-42.2-km different. On Sunday, the three-time Olympian completed the Vancouver Marathon in a jaw-dropping 2:58:57, despite not feeling 100 per cent.

“I’m working really hard on being better at being proud of myself, and this was an effort that I am proud of,” Dunfee wrote on Instagram. “Sub-three-hour marathoner—that has a really nice ring to it.”

His pacing was nearly perfect—1:28:53 for the first half, and 1:30:04 for the second. “My nervous system was pretty fried and I lost my legs around 28km,” he said post-race. “[I] held it together despite not being able to feel much. Aerobically, [it] felt pretty good though.” Although 42.2K isn't currently a standard race-walking distance, World Athletics has announced that starting in 2026, the 20K and 35K races will be replaced by half-marathon and marathon distances.

The kind of performance isn't entirely out of character for Dunfee. In March, he shattered the world record in the men's 35-kilometre race walk, clocking 2:21:40 at the prestigious Dudinska 50 in Dudince, Slovakia. That came only a month after capturing the North American 20K race walk record in Australia. Just last week, Dunfee also walked the 10K Vancouver Sun Run in a speedy 38:17.

The athlete also holds the Canadian records for the 50K, 10,000m and 5,000m race walks.

QRWC 2025 ROAD WALK SEASON

February	16	AA 20KM Road Championships	Adelaide SA	
	22	<u>3,000 metres Championships U15 & U16</u> <u>M&F</u> QA 10,000 metres Track C/ships U20 & Open	SAF	
March	1	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	8.00am
	25	Handicap Meet # 4	North Lakes	8.00am
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	

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

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).

NEXT WEEK

Handicap #4 Sunday May 25th

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

Enter Here

[QRWC Handicap #4 Sunday May 25th - Old Race Walking Club - revolutioniseSPORT](#)

COMING UP

<h3>17th Annual Gold Coast Road Walk Championships</h3> <h3>Sunday June 1st Mudgeeraba</h3>

Programme

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

Important Details

- Venue: Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive, Mudgeeraba.
 - All races are age-on-the-day (i.e. age as at 1 June 2025)
 - 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).

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: N. McCutcheon 13.20 2017
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

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

Sunday 22nd June QSAC

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

ENTRIES

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

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

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](#)

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.



Early Bird entry has been extended to 31st May

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

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:

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 6th 10km Road Walk

Monday September 8th 1,500 metre Track Walk

Wednesday September 10th 5,000 metre Track Walk

Women & Girls in Sport Grant

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.

[First Aid Training - St John Ambulance Australia](#)

[First Aid Pro - Providing First Aid Course & CPR Training In Australia](#)

[HLTAID011 Provide First Aid | Australia Wide First Aid](#)

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

Please let us know if you register for this seminar (or are intending to) so that we can set funds from the grant aside to cover the seminar fee, accommodation, dinner and a travel subsidy. If you are interested, please contact Noela McKinven noelarhoda@gmail.com



**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.

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

WORLD RACE WALKING TOUR 2025

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 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:

grwc1@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.

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**