

Queensland Race Walking Club Inc.

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



May 29th 2025

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

HAVE YOU GOT YOUR ENTRY IN?

Venue: Mudgeeraba Little Athletics Club Woodlands Park, Swanton Drive

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

Enter Here

[17th Gold Coast Road Walk Championships - Sunday June 1st - Qld Race Walking Club - revolutioniseSPORT](#)

Important Details

- Venue: Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive,
 - 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).



\$2.50 ea

We will be conducting a fund-raising sausage sizzle during and after the races at Mudgeeraba. Please bring some loose change or pay by card on the Square device at the check in desk. Any offers to help out cooking and serving will be greatly appreciated.

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

RESULTS RESULTS RESULTS

QRWC Handicap #4 North Lakes 25th May

A Grade 10km

Men: (1) Iggy Jimenez, 52.34 SB (2) Kai Dale 1.00.26 SB (3) Peter Bennett 1.08.50
Women: (1) Phoebe Chadwick 1.03.17 (2) Brenda Gannon 1.05.01 (3) Joy Dale 1.23.51 SB .
Noela McKinven DNF

B Grade 5km

Men: (1) Noah Cooke 23.08 SB (2) Simon Cartwright 36.11 SB
Women: (1) Eliza Kelly 31.12 (2) Nyle Sunderland 32.26 (3) Trish Hibbs 36.25 SB (4) Anne Weekes 38.05
L Grade 5km: Kate Morris 37.24

C Grade 3km

Men: (1) Leo Ramsay 18.36
Women: (1) Kiara Waterman 19.12

D Grade 2km

Women: (1) Clara Hermus 12.13 SB (2) Izzy Blackburn 12.20 (3) Bella Samson 12.21 (4) Jessica Gorham 12.40 (5) Violet Conway 13.15 (6) Scarlett Rose 14.14 (7) April Kelly 14.35 SB

E Grade 1km

Women: (1) Lilli Chu 6.22 SB (2) Zoe Silk 6.33 (3) Harper Waterman 8.48 SB

Judges' Reports

7 kK
13 kk
191 kkK
428 k
432 k
446 cC
509 k
511 cC
514 kK
515 k
519 k
521 kK
600 cC
601 kK

c = contact yellow k = knees yellow C = Contact Red K = knees Red

LBG Walking Carnival



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

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

Sunday 8th June

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

- 1* Robin Whyte Classic Men 35 km 7:AM
- 2* Val Chesterton Classic Women 35km 7:30 AM
- 3 ACT Fitness 35 km 7:30 AM Non Hcp/Judged contact only
- 4* RWA Open Women's 15 km 8:00 AM Includes RWA Masters 15km
- 5* RWA Open Men's 15 km 8:00 AM 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
- 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

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

- 11 RWA Boys Under 10 1 km 12:00 PM
- 12 RWA Girls Under 10 1km 12:00 PM
- 13 RWA Boys Under 12 2km 12:30 PM
- 14 RWA Girls Under 12 2km 12:30 PM
- 15 RWA Boys Under 14 2km 1:00 PM
- 16 RWA Girls Under 14 2km 1:00 PM

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

- 17 RWA Boys Under 16 3km 1:50 PM
- 18 RWA Girls Under 16 3km 1:50 PM
- 19* RWA Boys Under 18 5km 2:20 PM
- 20* RWA Girls Under 18 5km 2:20 PM

Presentations - U14 & U16 3:00 PM

- 21* RWA Women's Open 5km 3:20 PM
- 22* RWA Men's Open 5km 3:20 PM

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

See full details in the information pack

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

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

Sunday 22nd June QSAC

ENTRIES

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

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

- 8.00am 20km Open Women
 - Open Men
 - Masters Men (30-59)
- 10km Under 20 Men
 - Under 20 Women
 - Masters Women/Masters (30+) Men (60+)
- 9.00am 5km Under 18 Boys
 - Under 18 Girls
 - Under 16 Boys
 - Under 16 Girls
- 9.30am 3km Under 14 Girls
 - Under 14 Boys
- 10.00am 2km Under 12 Boys
 - Under 12 Girls
- 10.15am 1km Under 10 Girls
 - Under 10 Boys

Asian Athletics Championships, Gumi, South Korea

The 26th edition of the Asian Athletics Championships got underway on Monday in Gumi, South Korea, with strong performances across distance, field, and sprint events. China set the tone early, claiming multiple golds and two meet records on the opening day.

In the men's 20km race walk, Wang Zhaozhao of China led from the front to win in a new championship record of 1:20:37. The Paris 2024 qualifier was followed by Japan's Kento Yoshikawa in 1:20:46, while Servin Sebastian of India earned bronze in 1:21:14.

The women's 20km walk also produced a new meet record. Yin Hang, a world medallist from China, clocked 1:30:44 to win ahead of teammate Ma Li, who finished in 1:32:08. Kazakhstan's Yasmina Tokonbayeva secured bronze in 1:32:22, just ahead of Japan's Ayane Yanai at 1:33:15.

QRWC 2025 ROAD WALK SEASON

March	30	Sign On / AGM	Kalinga Park	8.00am
April	4-8	AA U13-U18 Track Championships	Perth	
	5-6	QMA Track Championships	SAF	
	10-13	AA U20-Open Track Championships	Perth	
	18-21	AMA National Championships	Adelaide	
	20	Easter Sunday	No competition	
	27	Handicap Meet # 1	Beenleigh	8.00am
May	4	Handicap Meet # 2	Yeronga	8.00am
	11	Mother's Day	No club competition	
	18	Handicap Meet # 3	Capalaba	8.00am
	25	Handicap Meet # 4	North Lakes	8.00am
June	1	GC Championships	Mudgeeraba	8.00am
	8	LBG Federation Meet	Canberra	7.00am
	15	Handicap Meet # 5	Yeronga	8.00am
	22	QA Road Walk Championships/ QMA Long Course C/Ships	QSAC	8.00am
	29	Handicap Meet # 6	TBA	
July	6	Gold Coast Marathon	Southport	
	13	Handicap Meet # 7	TBA	
	20	Race Walking Australia Postal Challenge/QMA Short Course C/Ships	Beenleigh	8.00am
	27	QRWC Track Championships	UQ St Lucia	8.00am
August	3	Handicap Meet # 8	TBA	
	10	Handicap Meet # 9	TBA	
	17	Handicap Meet # 10	TBA	
	24	AA Junior Road Walk Championships	Ballarat, Vic	9.00am
	31	QRWC Road Walk Championships	TBA	8.00am
September	6-10	Oceania Masters Athletics Championships	QSAC	
	7	Father's Day	No competition	
	14	Relay/BBQ/ Presentation Day	Sandgate	

Australian Junior Road Race Walking Championships

Sun 24 August Victoria Park, Ballarat

Draft Programme

09:00 Under 20 10km Race Walk - Men
 09:00 Under 20 10km Race Walk - Women
 10:00 Under 18 5km Race Walk - Men
 10:00 Under 18 5km Race Walk - Women
 10:00 Under 16 5km Race Walk - Men
 10:00 Under 16 5km Race Walk - Women
 10:30 Under 14 3km Race Walk - Men
 10:30 Under 14 3km Race Walk - Women
 10:50 Under 12 2km Race Walk - Men
 10:50 Under 12 2km Race Walk - Women



Oceania Masters Athletics (OMA) is bringing back the official OMA Championships in 2025. The 2025 Championships will be held from 6-10 September at the State Athletics Facility in Brisbane.

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

Find out more about the championships or to enter go to www.oceania-masters-athletics.org



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

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

Queensland Masters Athletics (QMA) is offering a **\$10 temporary membership option** to encourage local entries to the Oceania Masters Athletics (OMA) Championships being held in Brisbane in September.

This option also hopes to attract entries from the strong expatriate communities in Brisbane and south east Queensland, who are from some of the 22 OMA member countries in the Oceania region. These entrants will still be able to represent their home country at the Oceania Masters Championships event.

This \$10 temporary membership will allow potential competitors living in Queensland to enter the championships without having to purchase a full QMA membership. As well as providing insurance cover for the 2025 Championships, the temporary membership will also include access to attend up to three (3) events of QMA's 2025–26 Summer season. Anyone living in Queensland aged 30 years and older, and interested in the \$10 temporary QMA membership option can select this option through the online registration process for the Championships, which is located at <https://emlsports.com/registration/oceania-masters-2025>

WORLD RACE WALKING TOUR 2025

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

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.

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



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.

QRWC Uniforms

Wearing a club uniform at our club meets is desirable but not compulsory. All Race Walking Australia event competitors MUST wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification.

IMPORTANT UNIFORM INFORMATION

If you are planning on going to Canberra in June for the LBG Carnival please make plans now to purchase a club uniform (please check that your current uniform still fits). If the club does not have your size in stock it can take up to 6 weeks to get them custom made. Avoid disappointment of a last-minute panic and contact the Uniform shop today. [Shop - Qld Race Walking Club - revolutioniseSPORT](#)

Rules of Race Walking

There are two basic rules in Race Walking:

- *Contact: The athlete must never have both feet off the ground at once.*
- *Knees: The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground until the vertical upright position*

Race Fees

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

“L” Grade Trial for those new to racewalking

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

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

In L Grade the following will apply

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

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

QRWC Handicap Meets and Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

To maximise your points for the season it is recommended that an athlete stays in the same grade for the season. An athlete is permitted to change grades once in a season without losing points but you must notify the Secretary of your intentions beforehand.

An athlete must compete in at least 5 designated Handicap races during the season to be eligible for end of season handicap points awards.

Handicap Points - What does it all mean?

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club Handicap race meets during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The **Best Season Performance**. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points.

Racewalking Queensland Management Committee 2025/26

President: P Bennett

Vice President. J Blackburn

Secretary: N. McKinven

Treasurer T Hibbs

Committee: S Pearson, I Jimenez, R Wales, J Dale, B Gannon, S Dale

Patron: S Perkins

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media J Blackburn, C Chadwick

Results R Wales / N McKinven

Newsletter Editor: P. Bennett

Equipment Officer. Ignacio Jimenez & Noela McKinven

Canteen Convenor R Wales, J Dale

Blue Card Co-ordinator B Gannon

Club Captains: Phoebe Chadwick, Alex Bradley

Vice Captains Mia Bergh, Kai Dale

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 3 Performance coach

Jasmine-Rose McRoberts Level 2 Club coach

Argenis Guevara Level 2 Development coach

Katya Martin Level 1

Contact emails:

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**