

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



November 13th 2025

Race Walking spotlighted as an emerging cardio trend

An article by Jeremy Goldstein, founder of Fastwalker

While the benefits of regular walking to health and wellness are often highlighted, Jeremy Goldstein notes "it doesn't elevate the heart rate sufficiently for serious cardiovascular benefits."

However, Race Walking - an Olympic Track & Field event since 1904 - combines intense cardio benefits of running without the joint-pounding impacts. Goldstein advises "Race Walking provides all the health benefits of running but significantly reduces wear and tear on your joints. You're achieving rigorous cardio exercise while strengthening your hips and knees, which positions you for excellent long-term health."

Unlike a leisurely stroll, Race Walking involves dynamic, purposeful movements designed to elevate your heart rate rapidly. Utilising vigorous arm swings, hip rotation for increased stride length, and strong calf pushes to propel forward, Race Walkers engage their entire body in ways most traditional exercises cannot match. "When done correctly, you're getting a total body workout," adds Goldstein. "The arms, core, hips, and legs are all activated extensively." Goldstein emphasises "It's a remarkable feat, combining incredible speed with minimal joint impact."



Those hesitant to fully adopt Race Walking's precise techniques and official rules can still incorporate its fundamental concepts into their walking routines for enhanced benefits. A race walking coach can help newcomers learn essential techniques.

Goldstein says "using race walking methods, I see my heart rate elevated, and I'm achieving the best fitness levels of my life. Anyone can master these techniques and comfortably achieve an 11-minute mile walking pace, preparing them for virtually any competitive event."

Yet, Goldstein advises cautious progression "Race Walking is more challenging than it appears, rapidly raising your heart rate. Beginners should first familiarise themselves with the proper technique before increasing speed or distance."

RESULTS RESULTS RESULTS

Queensland Athletics

Women 5000m RW Under 20 Championship

1 Phoebe Chadwick Qld Race Walking Club 26:14.84

Women 5000m RW Under 18 Championship

1 Olivia Boulton Gold Coast Athletics 26:00.03

Women 5000m RW Under 17 Championship

1 Bethany Moore-Kirkland Darling Downs 26:11.74

2 Eliza Kelly Qld Race Walking Club 27:44.14

3 Kiara Waterman Qld Race Walking Club 36:23.04

Men 5000m RW Under 20 Championship

1 Sam McCure QA X21:59.96

Men 5000m RW Under 18 Championship

1 Kai Dale Qld Race Walking Club 28:40.40

Men 5000m RW Under 17 Championship

1 Noah Cooke Qld Race Walking Club 23:09.97

2 Koby Irvine Bundaberg 24:05.98

3 Lachlan Moore Ignition 24:28.90

Queensland Masters Athletics

3,000 Meter Race Walk

Kirwin, Roslyn W36 Qld Masters 20:19.00 (20:14.74 57.24%)

Dale, Joy W54 Qld Masters 22:23.00 (19:27.48 59.56%)

McKinven, Noela W83 Qld Masters 26:55.00 (16:39.53 69.57%)

Cartwright, Simon M56 Qld Masters 22:45.00 (19:42.64 54.44%)

Jimenez, Iggy M61 Qld Masters 14:38.00 (12:06.81 88.58%)

Bennett, Peter M69 Qld Masters 18:59.00 (14:57.99 71.70%)

Sela, Patrick M86 Qld Masters 26:42.00 (16:38.69 64.47%)

Ramsay, Leo M13 Unattached 16:44.00 (16:44.01 64.13%)

1,500 Meter Race Walk

Kirwin, Roslyn W36 Qld Masters 9:40.40

Molloy, Joanne W45 Qld Masters 11:26.20

Dale, Joy W54 Qld Masters 10:54.10

McKinven, Noela W83 Qld Masters 13:42.50

Cartwright, Simon M56 Qld Masters 10:30.80

Jimenez, Iggy M61 Qld Masters 6:58.00

Bennett, Peter M69 Qld Masters 9:19.40

Sela, Patrick M86 Qld Masters 13:13.80

NEXT TRACK WALKS

Queensland Athletics Track Season

November 22nd QSAC

6:50pm 10,000m Race Walk 16+ Male/Female

Entries [Joanna Stone Shield Meet - Queensland Athletics](#)

Queensland Masters Athletics

22nd November 2025 Saturday Main Track*

7.40am 3000m Race Walk

9.45am 800m Race Walk

Entries not yet open

Little Athletics Summer S2 Carnival

GC Performance Centre, 23rd November

Draft Programme

3:10pm

U10 Girls 1100m Race Walk

U10 Boys 1100m Race Walk

U11 Girls 1100m Race Walk

U11 Boys 1100m Race Walk

U14 Girls 1500m Race Walk

U14 Boys 1500m Race Walk

U15 Girls 1500m Race Walk

U15 Boys 1500m Race Walk

U16 Girls 1500m Race Walk

U16 Boys 1500m Race Walk

U17 Girls 1500m Race Walk

U17 Boys 1500m Race Walk

3:45pm

U9 Girls 700m Race Walk

U9 Boys 700m Race Walk

U12 Girls 1500m Race Walk

U12 Boys 1500m Race Walk

U13 Girls 1500m Race Walk

U13 Boys 1500m Race Walk

Queensland Athletics Track Season

November 29th QSAC

6.30pm 3,000 metres

6.50pm 5,000 metres

Entries [2025/26 Qld Athletics Shield Series: Darren Thrupp Shield - Queensland Athletics - revolutioniseSPORT](#)

January 11th QSAC 3,000/5,000 metres

January 17th QSAC 3,000/5,000 metres

February 21 QSAC 3,000 metre / 10,000 metres QA Championships

February 28th UQ 3,000 Metre Championships

March 7th QSAC 3,000/5,000 metres

March 25th QSAC 5,000 metres

Queensland Masters Athletics Track Season

Programmes – subject to change depending on track availability now that the SAF has been ripped up for resurfacing.

29th November 2025 Saturday Main Track*

7.15am 5000m Race Walk

9.15am 1500m Race Walk

6th December 2025 Saturday Main Track*

7.30am 3000m Race Walk

9.35am 800m Race Walk

20th December 2025 Saturday, Main Track*

9.00am 1500m Race Walk

21st December 2025 Sunday Main Track*

8.15am 3000m Race Walk

9.30am 800m Race Walk

17th January 2026 Saturday Main Track*

7.30am **3000m Race Walk Championship**

9.50am 1 Mile Race Walk

24th January 2026 SAF*

9.40am 1500m Race Walk

31st January 2026 SAF*

7.30am 3000m Race Walk

9.55am 800m Race Walk

14th February 2026 Saturday, Venue SAF

9.00am 1500m Race Walk

15th February 2026 Sunday, Venue SAF

8.15am 3000m Race Walk

9.30am 800m Race Walk

Saturday 21st February 2026 - Track Events State Athletics Facility

QMA State Championships 2026

9.00am **5000m Walk Championship**

Saturday - 21st February

9.30am **1500m Walk Championship**

28th February 2026 Saturday, Venue SAF

8.10am 3000m Race Walk

Australian Marathon Race Walking Championships

Saturday, 29 November Stromlo Forest Park, Canberra

Saturday, 29 November, the inaugural [Australian Marathon Walks Championships](#); the first event of its kind in the country, will be held over the full marathon distance of 42.195km.

Entries as at 12/11/2025

Marathon Race Walk

Men

1	18	Jack McGinniskin New South Wales
2	22	Dylan Richardson New South Wales
3	26	Will Thompson Victoria
4	20	Kim Mottrom South Australia
5	10	Mitchell Baker Australian Capital Territory
6	13	Rhydian Cowley Victoria
7	16	Carl Gibbons New South Wales

Women

1	17	Nellie Langford South Australia
2	21	Alanna Peart Victoria
3	24	Kelly Ruddick Victoria
4	19	Elizabeth McMillen New South Wales
5	11	Hannah Bolton New South Wales
6	25	Olivia Sandery South Australia

Half Marathon Race Walk

Female

1	23	Chelsea Roberts New South Wales
2	29	Zoe Woods New South Wales
3	14	Samantha Findlay South Australia
4	17	Nellie Langford South Australia

Men

1	12	Alex Bradley Queensland
2	28	Marcus Wakim Victoria
3	27	Declan Tingay Victoria
4	15	Timothy Fraser Australian Capital Territory

2025 Australian All Schools Athletics Championships Melbourne December 4-7th

Draft Timetable as at 25 June 2025

04-12-2025

17:15 Female 3000m Race Walk U14
17:40 Male 3000m Race Walk U14
18:05 Female 5000m Race Walk U18
18:05 Female 5000m Race Walk U17
19:05 Male 5000m Race Walk U18
19:05 Male 5000m Race Walk U17

06-12-2025

17:10 Female 3000m Race Walk U16 Final
17:10 Female 3000m Race Walk U15 Final
18:10 Male 3000m Race Walk U16 Final
18:10 Male 3000m Race Walk U15 Final

Australian Masters Athletics Championships Australian Institute of Sport, Leverrier Street, Bruce ACT March 6-9th 2026

Draft Walks Programme

Friday 6th 1,500 metres AIS track
Saturday 7th 5,000 metres AIS track
Monday 9th 10km Stromlo Forest Park

Website : <https://canberra2026.com.au/>



Australian Athletics Championships
Sydney Olympic Park Athletic Centre April 9-12, 2026

QRWC to host 10km walk
2026 Pan Pacific Masters Games

The Athletics – 10km Road Race Walk as part of the 2026 Pan Pacific Masters Games will be held on **Sunday November 8th** on the Luke Harrop Criterium cycling circuit at Runaway Bay starting at 7am.



Track and field events at these Games will be on Saturday 7th, Sunday 8th & Monday 9th

Entries Open 3 March 2026 (9am AEST - QLD time)

Games fee periods

\$140 Early Bird (3 March – 31 May 2026)

\$155 Saver (1 June – 31 August 2026)

\$170 Standard (from 1 September 2026)

Road Walk Age Requirements

- Age is determined as of Sunday 8th November 2026
- Minimum age for competition is 30 Years

10km Road Walk Sport Fees: \$30 per person

Road Walk Entries Close: Sunday 29th October 2026 (11:59PM AEST)



WORLD ATHLETICS
RACE WALKING TEAM
CHAMPIONSHIPS
BRASÍLIA 26

World Athletics Race Walking Team Championships will be held in Brasilia, Brazil on 12 April 2026

2026 National Junior Athletics Championships QSAC Brisbane

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

April 12 – 14: Australian Little Athletics Championships

April 15 – 20: Australian Athletics Junior Championships

Across both events athletes from around Australia will compete as part of a celebration of the sport and its growing success as we head towards a 2032 home games.

AA and LAA have agreed to a number of changes in 2026 to the two events. In summary:

The youngest age group at AAJC will be Under 14 (athletes born in 2013, or for PV and HT only, 2014). AAJC will not include an Under 13s competition (athletes born in 2014 or later).

The age groups competing at the ALAC will be

Under 12 – Athletes born in 2014 and

Under 13 – Athletes born in 2013 (LAA age group definition) and will not include any age groups for athletes born before 2013.

Eligibility for both championships will be open to the whole of sport.

ALAC will have increased team numbers to provide more opportunities for national championships for athletes across the whole of sport.

Little Athletics athletes who achieve the requisite AA entry standards will be eligible to compete in the AAJC.

Important Masters Meets in 2026/27

2026 WMA Outdoor Championships

Date: August 22- September 3, 2026

Venue: Daegu Stadium, Daegu S.K.

2027 OMA Championships

- Date: January 27 – 31, 2027
- Venue: Christchurch NZ

2027 AMA National T & F Championships

- Date: April 23 – 26, 2027
- Venue: WA Athletic Stadium, Floreat, WA

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](#)

Membership Options

Membership Level	Cost (plus club fee*)	QA Shield Meet Entry	QA Championship Entry	Cross Country Series	Eligible for QLD Team?
Platinum	\$250	FREE	\$10/event	\$12	✓ Yes (All events)
Gold	\$150	\$18	\$22/event	\$12	✓ Yes (All events)
Base & Qrun	\$12	\$32	\$32/event	\$12	✗ Not eligible

Non-Competing Members

Role	QA Fee	Notes
Volunteer	\$0	Club volunteers for operations & comps
Committee Member	\$0	Must be registered members
Official	\$0	Must be accredited with Australian Athletics
Coach	\$0	Must be registered and accredited

◆ **Blue Card Required** (Working with Children Check)

📍 Check with your club or visit bluecard.qld.gov.au

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.

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.

This is not only a matter of compliance, but also a fundamental part of maintaining a safe and trusted environment for all participants. 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

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](#)

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.