

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



October 2nd 2025

QRWC announced as the Sport Provider 10km walk at the 2026 Pan Pacific Masters Games



Events Management Queensland have advised that our application to host Athletics – Road Race Walk as part of the 2026 Pan Pacific Masters Games to be held on the Gold Coast, from 6 to 15 November, 2026 has been successful.

The 10km road walk will be conducted on the Luke Harrop Criterium cycling circuit at Runaway Bay. Our success can be proudly attributed to our group of dedicated members, officials and volunteers who provide their time, effort and expertise to deliver a well-run and enjoyable event. Put this event in your diary for 2026 as a competitor or as a volunteer.

Why is participation in sport declining?

Article by Matti Clements (Director of the Australian Institute for Sport)

In the rush to make our kids champions – an endless funnel of academies, rep teams and specialist coaching – we are not only turning them away from the very thing we want them to cherish but robbing them of the joys that made us fall in love with sport in the first place.

The Australian Sports Commission's latest AusPlay survey shows only one in 10 of us aged 15 or over take part in organised sport each week. For children, the numbers are only slightly better – just one in three. That means fewer kids than ever are building friendships in local clubs, learning teamwork, enjoying the health benefits of moving their bodies or enjoying the sense of belonging that comes with pulling on a jersey or a bib. We know these are bonds that can last a lifetime. This stuff matters. Sport is one of the strongest community builders we have. It gets us off screens, gives us mates who notice when we're not ourselves, and reminds us that we're part of something bigger.

As the Director of the Australian Institute of Sport (AIS), there is a concerning trend I have noticed, where becoming an elite athlete has become the end goal of many school and club sport programs. If we take local sport too seriously, the kid who develops slower, is pushed too hard, or just doesn't have that competitive edge and can't see a place for themselves in sport.

When they drop out, it may be years before they get to a point in their lives where they can once again see sport as fun and rewarding. In some cases, that connection may be severed for good. We've also become sidetracked by specialising in a sport at a young age. Even if kids show immense promise, my recommendation is usually to avoid specialising in a single sport before the age of 15. The best thing you can do for your promising sprinter is to let them try basketball, if that's what they want. Let your teenager quit swim squads, in return for picking up a physical activity that makes them smile.

Being a multi-sport athlete doesn't just help learn new physical skills, it can help them grow as leaders, learners, make them more resilient and decrease the chances of burnout.

And for children with disability, sport can open a whole new world – but it doesn't have to be a pathway to the Paralympics. Participation alone is powerful. That's why the AIS will soon release its Elite Youth Athlete Support Guidelines, to help protect young athletes from the risks of striving to be elite too early.

Our Paris Olympians and Paralympians proved balance – study, friendships, identity beyond sport – fuels performance, not hinders it. Every day, we are learning more about how fundamental that aspect of training and life is to success at elite levels.

As a former psychologist, I am proud to lead one of the biggest shifts since Sydney 2000 – an elite performance reset we call 'Win Well': human first, athlete second.

While you may not know it yet, our goal is for the words 'Win Well' to echo through our system loud and clear as we head to 2032 and beyond.

We all have an important role to play. Coaches, teachers, parents, volunteers should always have a mission to keep sport fun. We should encourage kids to try different activities and celebrate effort as much as results.

Some sports have already done away with scoreboards and grand finals for the little ones just starting out. We can now safely report the sky has yet to fall in, while the smile on their faces, just from participating, tells the real story of why they are there, and why they want to keep coming back.

Not everyone will contribute to the Brisbane 2032 medal tally. But all of us can ensure sport remains a lifelong source of joy and belonging in an increasingly disconnected world. Because the true legacy of Sydney 2000 wasn't the medals. It was the shared experience of living those special moments with our athletes, and breaking down the barriers that previously may have stood in our way.

RESULTS RESULTS RESULTS

2025 NQ Championships

Townsville Sports Precinct

Boys 800 Metre Race Walk 10yrs (U11)

1 Boulton, Braxten North Mackay 9:07.31

Girls 1500 Metre Race Walk 11yrs (U12)

1 Trickey, Nina Athletics North 9:26.87

Boys 1500 Metre Race Walk 11yrs (U12)

Daniels, Jaiden Normanton Athletics --- DQ

Women 40-44 1500 Metre Race Walk 30-49yrs

1 Newington, Dash Central Queensland 9:58.49

Women 50-54 1500 Metre Race Walk 50-109yrs

1 Dale, Joy Qld Masters 11:16.90

Women 5000 Metre Race Walk U18

1 Sharpe, Milly Gladstone Ath 27:02.93

Men 5000 Metre Race Walk U18

1 Dale, Kai Qld Race Walk 28:57.09

Men 5000 Metre Race Walk U20

1 Bradley, Alex Qld Race Walk 24:51.11

Women 5000 Metre Race Walk Open

1 Dale, Joy Qld Masters 35:44.13

Men 5000 Metre Race Walk Open

1 Wood, John Central Queensland 34:43.02

THIS WEEK

Queensland Athletics All Schools

October 2 - October 5

All the best to our race walkers taking part in the QA All Schools tomorrow .

Thursday October 2nd

Timetable

03:35pm Girls 3,000 metres Walk Under 14/15/16

4:05pm Boys 3,000 metres Walk Under 14/15/16

4:30pm Boys /Girls 5,000 Walk Under 17/18



TAFISA

WORLD WALKING DAY

worldwalkingday.org

SUNDAY 5th OCTOBER

**Let's unite the race walking
community and promote our
discipline!**



Follow: @tafisaofficial

**Get a group together and
Promote it on social media**

Tag @tafisaofficial @worldathletics

#worldwalkingday #racewalking #walking

As you all know race walking has lost an event at the next Olympics and there has been a lot of speculation since 2018 over the future of the discipline at the Olympic Games.

We need to show our strength and unity under such pressure and promote to the world our great discipline that also has many applications to health and wellness!

What you can do to be part of it

Organise a training session or race around 10am this Sunday October 5th

**Take some photos and videos and upload them to social media
using [Tafisaofficial](#)**

Keep promoting and supporting race walking in your local area.

[World Walking Day - 24 Hours Around the Globe](#)

Thanks in advance for your support

Jane Saville Bronze Medallist 20km Race Walk, Athens 2024

Who is Jane Saville? Just briefly:

Jane Saville won a bronze medal at the 2004 Olympics in Athens in the 20km walk. She was born in Sydney and competed in swimming, surf lifesaving, and race walking as a junior athlete. She has competed at four Olympics (1996,2000,2004,2008). She suffered heartbreak in the 20 km at the Sydney 2000 Olympics when leading into the stadium tunnel for the final stretch, in front of her home crowd, she was disqualified .Jane collapsed in tears. But she did not give up and four year later she won the bronze medal at the Athens Olympics . She said "Nothing will make up for a gold medal in your home town, but you know this is where the Olympics began and any medal here, you know, I'm absolutely ecstatic with it". Jane Saville won three gold medals at the Commonwealth Games: in the 10-kilometre walk in 1998 and in the 20-kilometre walk in 2002 and 2006. She won the Australian women's race walking championship five times (one was on the ring road at QSAC). She was the Australian flagbearer at the 2006 Commonwealth Games in Melbourne. Jane and her fellow Olympian sister Natalie competed as juniors and later as open athletes at numerous Canberra LBG carnivals.

Queensland Athletics Track Season

November 1st QSAC 3,000 metres

November 8th UQ 5,000 metres QA Championships

November 22nd QSAC 10,000 metres

November 29th QSAC 3,000/5,000 metres

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

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.

The event is open to both senior men and women. Athletes should only enter if they expect to finish under 4:10.

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

The 2025 edition will take place from 4-7 December, with the National Schools Challenge taking place the following day on December 8th.

Draft Timetable as at 25 June 2025

04-12-2025

17:15 Female 3000m Race Walk U14 Final

17:40 Male 3000m Race Walk U14 Final

18:05 Female 5000m Race Walk U18 Final

18:05 Female 5000m Race Walk U17 Final

19:05 Male 5000m Race Walk U18 Final

19:05 Male 5000m Race Walk U17 Final

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

Aligned 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.

Both events will be conducted in Brisbane at the Queensland Sports and Athletics Centre (QSAC).

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.

“Brisbane gives our juniors and Under-20 athletes the chance to be inspired by a future Olympic and Paralympic city,” Australian Athletics CEO Simon Hollingsworth said.

“These championships represent the emerging talent in our sport, and we’re thrilled to give this event the separate spotlight that it deserves.”

The draft timetable for both events will be available closer to the Championships, noting that Under 14 events will be held towards the start of the Australian Junior Athletics Championships to enable athletes who wish to compete in both championships to minimise travel costs.

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.

ALAC Entries will be managed/facilitated through LAA Member Associations.

AAJC Entries will be managed/facilitated through AA State Member Associations.

QA MEMBERSHIP INFORMATION 2025-2026

Season Period: 01 OCTOBER 2025* – 30 SEPTEMBER 2026

***season to open early for All Schools in 2025 on 01 September**

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

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 bluecardqrc@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](#)

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.

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.

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.

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