

# Queensland Race Walking Club Inc.

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



March 13<sup>th</sup> 2025

## Ex-Tropical Cyclone Alfred

It has been a tough week for South East Queensland and Norther New South Wales. We hope all our members remained safe despite the strong winds, driving rain and rising flood water and were well prepared. Extreme weather events like this have a big impact on our homes and communities. Look out for your family and finds and the elderly to cope with the clean-up and getting things back to normal. Be aware that these events can also take a huge toll on your mental health and wellbeing so be kind to yourself and don't be afraid to ask for help. It can be particularly hard to cope when you've experienced flooding or other natural disasters previously as this cyclone could bring up a lot of tough memories.



Much of the Pizze Park sporting complex at Miami — including Peter Hannan Athletics Oval, home of the Gold Coast Little Athletics was flooded on Monday morning



Our long time members might remember that somewhere under the water was once the start line for Gold Coast Championships at Pizze Park

## COMING UP

### Queensland Little Athletics State Championships

21st – 23rd March 2025 QSAC

#### Friday March 21<sup>st</sup>

3:00pm Girls U10 1100m Walk

Boys U10 1100m Walk

3:45pm Girls U9 700m Walk

Boys U9 700m Walk

6:45pm Girls U13 1500m Walk

Boys U13 1500m Walk

7:40pm Girls U15 1500m Walk

Boys U15 1500m Walk

Girls U16 1500m Walk

Boys U16 1500m Walk

Girls U17 1500m Walk

Boys U17 1500m Walk

#### Saturday March 22<sup>nd</sup>

8:00am Girls U11 1100m Walk

Boys U11 1100m Walk

9:25am Girls U12 1500m Walk

Boys U12 1500m Walk

10:20am Girls U14 1500m Walk

Boys U14 1500m Walk

## 2025 Australian Athletics Championships WA Athletics Stadium, Perth

### U13 - U18 Championships: 4-8 April 2025

#### Friday April 4<sup>th</sup>

5.25pm 3000m Race Walk U14 Men

3000m Race Walk U14 Women

#### Saturday 5<sup>th</sup>

4.50pm 5000m Race Walk U17 Women

5000m Race Walk U18 Women

#### Sunday 6<sup>th</sup>

5.00pm 5000m Race Walk U17 Men

5000m Race Walk U18 Men

#### Tuesday 8<sup>th</sup>

11.30am 3000m Race Walk U15 Women

3000m Race Walk U16 Women

12.40pm 3000m Race Walk U15 Men

3000m Race Walk U16 Men

### Open & U20 Championships: 10-13 April 2025

#### Thursday 10<sup>th</sup>

8.00am 10000m Race Walk U20 Men

10000m Race Walk Open Men

#### Friday 11<sup>th</sup>

8.00am 10000m Race Walk U20 Women

10000m Race Walk Open Women

## Qld Track Season 2025

## Queensland Masters Athletics

**19th March 2025 Wednesday Evening SAF**

7.00pm 2000m Walk

8.15pm 800m Race Walk

**29th March 2025 Saturday SAF**

9.45 1500m Race Walk

**QMA State Championships, SAF**

**Enter here**

<https://www.revolutionise.com.au/qldmastersathletics/events/283156>

**Entries close Friday 21 March 7pm**

**Saturday 5th April**

5000m Walk

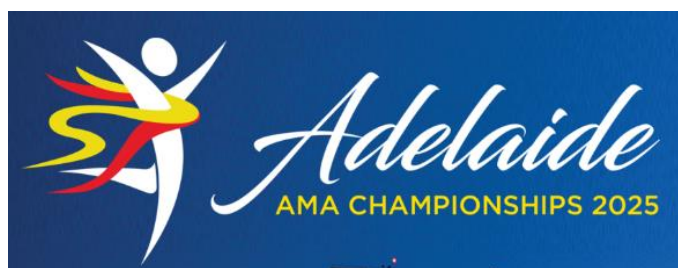
**Sunday 6th April**

1500m Walk

**12th April 2025 Saturday SAF**

8.00 3000m Race Walk

10.00 1500m Race Walk



## AMA Championships in Adelaide 18th to 21st April

**Entries** <https://adelaide2025.com.au/>

**Closing 13th March / No Late Entries**

**Friday 18 April 1500m Race Walk**

**Saturday 19 April 5000m Race Walk**

**Monday 21 April 10km Road Walk**

### **QUEENSLAND RACE WALKING CLUB INC**

**Known as RACEWALKING QUEENSLAND**

#### **NOTICE – ANNUAL GENERAL MEETING**

Notice is hereby given that the Annual General Meeting of the Queensland Race Walking Club Inc. will be held at **Kalinga Park on Sunday, 30<sup>th</sup> March, 2025. commencing at 9.30am.**

#### The Business of the meeting will be

- \* The Receiving and Confirmation of the minutes of the 2024 Annual General Meeting
- \* The Receiving of the Management Committee Report for 2024
- \* The Receiving and Adoption of the Statement of Income and Expenditure, Assets and Liabilities for the financial year
- \* The election of the Officers and other members of the Management Committee
- \* The Appointment of a Patron
- \* The Appointment of a Registrar
- \* The Appointment of an Equipment Officer
- \* The Appointment of a Canteen Convenor

- \* The Appointment of a Newsletter Producer
- \* The Appointment of a Handicap/Results Person
- \* The Appointment of Publicity/ Media Persons
- \* Any appropriate General Business

**NOMINATIONS are invited for the following positions for 2025**

*President	*Vice President	*Secretary	*Treasurer
Registrar	Equipment Officer	Canteen Convenor	
Newsletter Producer	Handicap/ Results	Publicity/Media Persons	

\*Not less than one (1) nor more than six (6) other committee members with the number to be decided at the Annual General Meeting.

Positions marked with \* are members of the Management Committee.

NOMINATIONS for the above positions must be in writing signed by the nominee and his/her proposer and seconder and must be lodged with the RETURNING OFFICER, Mrs Noela McKinven as below.

**RETURN FORM** by the required date (16<sup>th</sup> March, 2025) to: Mrs Noela McKinven, 79 Joalah Cres, Ferny Hills 4055. (photocopies may be made of this form). Fully signed Forms may be emailed to [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

**Have your say in how the club supports our race walkers by nominating for one of the above positions. All positions become vacant at the AGM.**

## **Get Ready for the QRWC Winter Road Walks**

The Qld Racewalking Club registration portal is open to athletes who wish to register with QRWC . Get ready for the 2025 QRWC winter road walk season. To be able to enter races online through the RevSport portal you will need to be a current club member

### [Membership - Qld Race Walking Club - revolutioniseSPORT](#)

Many of our members who have been competing during the track season as a member of QRWC are registered through to the end of September 2025. These athletes are all set for entering winter road walk competitions and the QA Road Walk Championships. So, no need to take action until the first race portal opens.

New or existing non financial members who wish to join the club and compete in the QA Road Walk Championships are encouraged to register on the RevSport Portal

Please email the Registrar if you have any concerns. [qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)

**QRWC Membership Fee \$25.00 (QA has three levels of registration)**

**Weekly Race Fee \$5**

**Season Pass \$75**

The QRWC Season Pass is a convenient way to not only save some money but to not have the worry about paying race fees with your entry each week. This Pass enables the athlete to compete in up to 16 club meets a season (10 x handicaps, Sign On Day, club road championships, club track championships, Gold Coast Championships, Postal Challenge, & relays).

This Pass does not cover QA, AA, QLA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet. The Pass can be purchased via the Shop on the QRWC RevSport portal once the portal has been set up.

## 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](#)



**On race day please volunteer to help out to run the meet ; lap score , time keep or help set up or pack up it all helps spared the work load and makes it more enjoyable for everyone,**

## QRWC 2025 ROAD WALK SEASON

February	16	AA 20KM Road Championships	Adelaide SA	
	22	3,000 metres Championships U15 & U16 M&F 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	7.30am
	25	Handicap Meet # 4	TBA	
June	1	GC Championships	Mudgeeraba	8.00am
	8	LBG Federation Meet	Canberra	
	15	Handicap Meet # 5	TBA	
	22	QA Road Walk Championships	QSAC	
	29	Handicap Meet # 6	TBA	
July	6	Gold Coast Marathon	Southport	
	13	Handicap Meet # 7	TBA	
	20	Race Walking Australia Postal Challenge	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	

This is a draft calendar only and is subject to change. Additional venues and dates will be added (or changed) when confirmed. **Note the QA road walks are now June 22<sup>nd</sup>**  
Please regularly check the club website [Queensland Race Walking Club](http://Queensland Race Walking Club) or the club weekly newsletter for the latest updates. To subscribe to the QRWC newsletter please email [racewalkqld@outlook.com](mailto:racewalkqld@outlook.com)

Race day programmes of events of events will be rolled out once dates and venues are finalised.

**Venue Check** : After the recent weather event we would ask our members to check on and report back on the state of our race venues. This is especially important for Kalinga Park and the Logan River Parklands that have suffered damage in previous floods.

**Sign-On Day /AGM Sunday March 30<sup>th</sup>**

**Kalinga Park**

No points races

8.00am 3km / 5km

8.45am 2km / 1km

9.30am AGM

**Handicap #1 Sunday April 27<sup>th</sup>**

**Logan River Parklands, Beenleigh**

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

## **Handicap #2 Sunday May 4<sup>th</sup>**

### **John Walker Place, Brisbane Corso, Yeronga**

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

## **Handicap #3 Sunday May 18<sup>th</sup>**

### **John Frederick Park, 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

## **Handicap #4 May 25<sup>th</sup>**

**TBA**

## **17<sup>th</sup> Annual Gold Coast Road Walk Championships**

### **Sunday June 1<sup>st</sup> Mudgeeraba**

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

## **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.

## 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.

## The Official OMA Championships return to Queensland



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, which is part of the Queensland Sport and Athletics Centre (QSAC), the state's premier athletics facility. Masters athletes travelling from across the Oceania-Pacific region will compete in track and field events, as well as the out of stadia Cross Country. **This is a great opportunity for our regional Masters athletes to wear their national uniform and represent their country with pride.**

Masters athletes registered with affiliated clubs from 22 member countries throughout the Oceania-South Pacific region are eligible to compete.

Find out more about the championships on our website: [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

**Registrations will open on Friday March 14**



## Preliminary Walks Programme

Saturday September 6<sup>th</sup> 10km Road Walk

Monday September 8<sup>th</sup> 1,500 metre Track Walk

Wednesday September 10<sup>th</sup> 5,000 metre Track Walk

## WORLD RACE WALKING TOUR 2025

**16 MAR 2025** Asian Race Walking Championships Nomi JPN A Bronze

**22 MAR 2025** 44rd Dudinska 50 Dudince SVK A Gold

**12 APR 2025** 32° Grande Prémio Internacional de Rio Maior em Marcha  
Rio Maior POR A Gold

**26 APR 2025** The Penn Relays Franklin Field, Philadelphia, PA USA B Silver

**26 APR 2025** Záhorácka Dvadsiatka Borsky Mikulás SVKB Silver

**04 MAY 2025** 4th Korzeniowski Warsaw Race Walking Cup Warszawa POL A Gold

**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 2024/25

**President:** P Bennett

**Vice President.** J-R McRoberts

**Secretary:** N. McKinven

**Treasurer** N McKinven

**Committee:** Shane Pearson, Joanne McRoberts, Claire Chadwick, Jasmine Blackburn,  
Ignacio Jimenez, Simon Dunleavy

**Patrons:** Patrick & Maxine Sela

**Registrar:** S Dale

**Handicapper** A Guevara / N McKinven

**Uniforms:** S Dale

**Publicity / Media** Jasmine Blackburn

**Results** R Wales / N McKinven

**Newsletter Editor:** P. Bennett

**Equipment Officer.** Ignacio Jimenez & Noela McKinven

**Canteen Convenor.** Vacant, but to be by roster.

**Club Captains:** Bailey Housden, Phoebe Chadwick

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**Results** R Wales / N McKinven

**Newsletter Editor:** P. Bennett

**Equipment Officer.** Ignacio Jimenez & Noela McKinven

**Canteen Convenor.** Vacant, but to be by roster.  
**Club Captains:** Bailey Housden, Phoebe Chadwick

## 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 1  
Katya Martin Level 1

### Contact emails:

[grwc1@optusnet.com.au](mailto:grwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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.



Australian Government

Community  
Grants Hub  
Improving your grant experience



Queensland  
Government

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.'