

Queensland Race Walking Club Inc.

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



March 20th 2025



Queensland Little Athletics State Championships 21st – 23rd March 2025 QSAC

All the best to our young race walkers who have qualified to compete in the Qld Little Athletics State Championships commencing at QSAC tomorrow afternoon.

Friday March 21st

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 22nd

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

RESULTS RESULTS RESULTS

Qld Masters Athletics

Wednesday March 19th SAC

800 Meter Race Walk

O'Dwyer-Mazur, Roisin W33 Qld Masters 4:46.29

Kirwin, Roslyn W36 Qld Masters 5:24.

Craswell, Jodie W57 Qld Masters 5:37.48

McKinven, Noela W82 Qld Masters 7:10.66

Nipperess, Dean M53 Qld Masters 4:39.58

Guevara, Argenis M56 Unattached 4:35.68

2000 Meter Race Walk

O'Dwyer-Mazur, Roisin W33 Qld Masters 12:14.39

Kirwin, Roslyn W36 Qld Masters 15:48.83

McKinven, Noela W82 Qld Masters 17:36.

Nipperess, Dean M53 Qld Masters 13:01.30

Guevara, Argenis M56 Unattached 12:30.91

QRWC Winter Road Walks

[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

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

Weekly Race Fee

Members \$5

Visitors \$10

Season Pass \$75

5-Race Pass \$25

NEXT WEEK

Queensland Masters Athletics

29th March 2025 Saturday SAF

9.45am 1500m Race Walk

QRWC Sign-On Day /AGM Sunday March 30th

Kalinga Park

No points races

8.00am 3km / 5km

8.45am 2km / 1km

9.30am AGM

Entries Now Open

Enter Here [QRWC Sign On Day and Annual General Meeting - Old Race Walking Club - revolutioniseSPORT](#)

Important : Please purchase your Season Pass or 5-Race pass and wait until you are emailed a discount code BEFORE you enter the race online.

For Uniforms, Seasons Pass & 5-Race Pass go to the Shop - Old Race Walking Club - revolutioniseSPORT

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.

After the conclusion of the road meet at **Kalinga Park on Sunday, 30th March** the Annual General Meeting of the Queensland Race Walking Club Inc. will be held commencing at **9.30am**.

Nominations have closed but for any unfilled positions nominations can be taken at the meeting.

- * The Appointment of an Equipment Officer
- * The Appointment of a Canteen Convenor
- * The Appointment of a Newsletter Producer
- * The Appointment of Publicity/ Media Persons

Have your say in how the club supports our race walkers by nominating for one of the above positions.

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 - Old 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.

**2025 Australian Athletics Championships
WA Athletics Stadium, Perth**

U13 - U18 Championships: 4-8 April 2025

Friday April 4th

5.25pm 3000m Race Walk U14 Men
3000m Race Walk U14 Women

Saturday 5th

4.50pm 5000m Race Walk U17 Women
5000m Race Walk U18 Women

Sunday 6th

5.00pm 5000m Race Walk U17 Men
5000m Race Walk U18 Men

Tuesday 8th

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 10th

8.00am 10000m Race Walk U20 Men
10000m Race Walk Open Men

Friday 11th

8.00am 10000m Race Walk U20 Women
10000m Race Walk Open Women

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/ 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	

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 22nd**
Please regularly check the club website Queensland Race Walking Club or the club weekly newsletter for the latest updates. To subscribe to the QRWC newsletter please email racewalkqld@outlook.com

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

Handicap #1 Sunday April 27th

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 4th

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 18th

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 25th

TBA

17th Annual Gold Coast Road Walk Championships

Sunday June 1st 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.

COMING UP

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

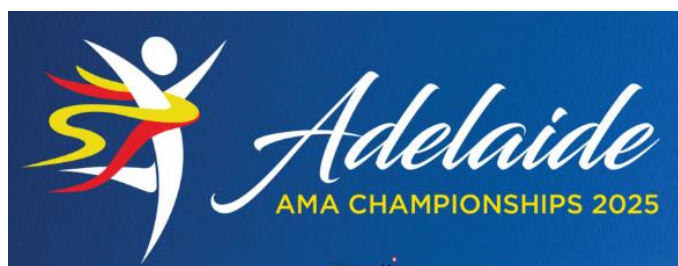
1500m Walk

QMA Track Meet

12th April 2025 Saturday SAF

8.00am 3000m Race Walk

10.00am 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

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

Registrations will open on Friday March 14

Preliminary Walks Programme

Saturday September 6th 10km Road Walk

Monday September 8th 1,500 metre Track Walk

Wednesday September 10th 5,000 metre Track Walk

WORLD RACE WALKING TOUR 2025

22 MAR 2025 44rd Dudinska 50 Dudince SVK A Gold

12 APR 2025 32º 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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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 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.'