

Queensland Race Walking Club Inc.

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



April 10th 2025

Australian Open & Under 20 Athletics Championships

The Australian Open & Under 20 Athletics Championships kicked off this morning with the 10,000 metre walk for U20 & Open (**Results below**). The women's races are on tomorrow morning.

Friday 11th 8.00am 10000m Race Walk U20 Women
10000m Race Walk Open Women

Entry Lists (with PB/SB)

10000m Race Walk Women U20

Jessey BEKTAS NSW 1:01:08.36
Kaytee BOGAERS WA NSW 57:25.59
Ciara CASSILLES NSW 54:24.56
Phoebe CHADWICK QLD 1:02:00.23
Hana JUGOVIC ACT 52:18.10 52:58.81
Taylah MORRIS QLD
Ariana PASHUTINA VIC
Sienna PITCHER NSW 49:17.35
Chelsea ROBERTS NSW 47:16.20 48:37.75
Milly SHARPE QLD 50:40.94
Summer SIVARAJ NSW 1:01:37.28
Zoe WOODS NSW 48:51.90

10000m Race Walk Women Senior

Mia BERGH QLD 52:43.36
Hannah BOLTON NSW 45:52.31
Samantha FINDLAY SA 47:53.64 47:58.87
Alexandra GRIFFIN WA 45:16.26 46:05.37
Nellie LANGFORD SA 48:49.51 52:06.00
Melissa LEWIS WA 54:17.66 56:25.54
Arnika NELSON NZL 50:57.68
Hannah PARKER NSW
Alanna PEART VIC 46:56.97 47:58.53
Allannah PITCHER NSW 44:51.53 45:41.73
Camryn PRICE QLD
Lorena ARENAS COL 42:02.99 44:36.58

The Australian Junior Championships in WA concluded mid-week and we saw some fantastic results from our walkers. Congratulation to every athlete that represented Queensland, you all did us proud. The races were notable with the high number of PB's recorded across all races. Full results below.

Queensland Medal Winners

Gold

5000m Race Walk Women U18

Milly SHARPE U18 5,000metres 24:39.70 PB

Noah COOKE U16 3,000 metres 13:26.19 PB

Silver

Koby IRVINE U16 3,000 metres 14:32.55 PB

Bronze

Lachlan MOORE U15 3,000 metres 14:38.47 PB

Bethany MOORE-KIRKLAND U16 3,000 metres 15:24.37



Medal Time! Koby SILVER, Noah GOLD, Lachlan BRONZE all with PB's
Photo courtesy of the coach, Shane Pearson

LBG Walking Carnival



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

Entries expected to open Monday April 14th

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite members of affiliated race walking clubs and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 8th June 2025.

All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

All events will be conducted on a certified 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

Venue

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road. There are women's and men's toilets & showers located in the centre of the building near the track, and ample car parking. Please note there is now a charge for parking which is a maximum of \$3.90. All parking funds are reinvested back into the facility.

Note that our headline events, the Robin Whyte Classic and Val Chesterton Classic have been increased to 35km to reflect the longer race distance World Athletics have announced for the World Championships in Japan for 2025. These events will be recognised as qualifying events under World Athletics Bronze requirements.

Information pack and entry Fees for 2025 will be available shortly

<https://www.actwalkingclub.com.au/lbgcarnival>

IMPORTANT UPDATE: *Age groups for Federation carnival will now be determined as age as of December 31st (same as QA/AA).*

RESULTS RESULTS RESULTS

Australian Junior Championships

3000m Race Walk Men U14

- 1 Nate APPLEYARD NSW 14:14.01 PB
- 2 Lincoln MOORE NSW 15:30.36 PB
- 3 Tate MCQUEEN VIC 15:32.75 PB
- 4 Charlton MAXWELL NSW 15:34.77 PB
- 5 Liam MEALE NSW 15:52.57 PB
- 6 Tom MURPHY WA 16:19.69 PB
- 7 Mathias HUTCHENS NSW 16:41.51 PB
- 8 Alexander DENNETT NSW 16:43.47 PB
- 9 Riley CUNNOLD WA 17:17.71
- 10 Sebastian RYAN ACT 17:46.11 PB
- 11 Tayte MOORE WA 18:06.11

- Leo HYDE QLD DQ TR54.7.1

- Zachery FREUNDT SA DQ TR54.7.1

3000m Race Walk Women U14

- 1 Avia LUKETIC NSW 14:34.39 PB
- 2 Ashleigh MANSELL NSW 14:37.65 PB
- 3 Audrey RUSSELL NSW 14:44.93 PB
- 4 Isabella WELCH QLD 15:13.15 PB
- 5 Pippa READ VIC 15:53.84 PB
- 6 Elspeth HOOPER QLD 16:05.31 PB
- 7 Darcy BRAMWELL-KEYS WA 16:25.23
- 8 Isla BANKS NSW 16:31.20 PB
- 9 Makenzie SILLITTO WA 16:51.25
- 10 Eva TOMASINI WA 17:27.54
- 11 Keira GILL NSW 17:30.63 PB

12 Amelia CHISHOLM QLD 18:54.97 PB

13 Scout LINTON NSW 18:55.94 PB

5000m Race Walk Women U17

- 1 Matilda WEBB NSW 24:35.14 PB
- 2 Jessica LORING NSW 25:29.24 PB
- 3 Maisie MITCHELL NSW 25:50.48 PB
- 4 Katica BORSIC WA 28:30.58 PB
- 5 Lucy JOHNS VIC 29:05.04
- 6 Emma HEARNDEN NSW 29:45.56 PB
- 7 Chelsey IRELAND WA 30:41.86 PB
- 8 Caetlin ASHBY NSW 31:04.91 PB
- 9 Madeleine MAXWELL (Time Penalty Applied) NSW 31:35.10 PB

- Olivia BOULTON QLD DQ TR54.7.5

5000m Race Walk Women U18

- 1 Milly SHARPE QLD 24:39.70 PB
- 2 Kaytee BOGAERS WA 26:31.09 SB
- 3 Grace BECK NSW 27:06.51
- 4 Stella PINCHES NSW 27:20.44
- 5 Danelia SAMUEL NSW 27:29.91 PB
- 6 Matilda OLSON NSW 27:45.56 PB
- 7 Eliza KELLY QLD 27:59.83 PB
- 8 Hannah MATTHEWS VIC 28:14.36 PB
- 9 Trinity DOULIS WA 29:09.88
- 10 Katie BRAY QLD 31:17.35 PB

11 Laura Corvalan SOTOMAYOR NSW 31:49.88 PB

5000m Race Walk Men U17

1 Max DAVIDSON VIC 23:20.32

2 Ali ZNAD WA 26:32.32

3 Liam FREUNDT SA 26:34.99 PB

- Angus SHUTTLEWORTH VIC DQ TR54.7.5

5000m Race Walk Men U18

1 Samuel LINDSAY TAS 20:32.63 CR, PB

2 Sebastian RICHARDS SA 22:39.03 PB

3 Dylan ALLABUSH NSW 23:19.35 PB

4 Noah COOKE QLD 23:23.17 PB

5 Kai DALE QLD 27:34.28 PB

- Alexander SINNETT NSW DNF

3000m Race Walk Men U15

1 Callum MARTIN NSW 13:23.37 PB

2 Angus SHUTTLEWORTH VIC 14:21.04 PB

3 Lachlan MOORE QLD 14:38.47 PB

4 Noah VELLA NSW 15:21.55 PB

5 Michael MATHISON NSW 16:15.78 PB

6 Mitchell MCCARTHY NSW 16:22.83 PB

7 Orlando FOLLINGTON WA 16:34.70 PB

- Sagan JONES NSW DQ TR54.7.

3000m Race Walk Men U16

1 Noah COOKE QLD 13:26.19 PB

2 Koby IRVINE QLD 14:32.55 PB

3 Alexander BRAENDLE NSW 14:43.47 PB

4 Rhys CHANDLER NSW 15:10.75 PB

5 Keenan MUNRO WA 15:47.27

6 Charlton MAXWELL NSW 16:30.47 PB

7 Lochie HADLEY WA 17:42.21 PB

8 Eli MELINZ QLD 18:15.06

- Liam WAMSLEY NSW DQ TR54.7.1

3000m Race Walk Women U15

1 Ela UZUN VIC 13:21.24 CR, PB

2 Mya MCCLURE VIC 14:09.74 SB

3 Tory D'ALESSIO WA 15:35.31 PB

4 Miarose EVERSON NSW 15:49.85 PB

5 Hannah HEWITT NSW 16:24.88 PB

6 Mackenzie BANDIDT QLD 17:09.01 PB

7 Erin CASSILLES NSW 17:10.67 PB

8 Isla MESSENGER WA 17:48.46

9 Lani ELLWOOD QLD 18:19.82

10 Nikki HEARNDEN NSW 19:56.31

- Savannah CARNABY WA DQ TR54.7.1

- Havana ALI VIC DQ TR54.7.1

- Zoe RENTON QLD DNS

- Lilly GASPER NSW DNS

3000m Race Walk Women U16

1 Sophie POLKINGHORNE NSW 13:58.35

2 Matilda READ VIC 13:58.83 PB

3 Bethany MOORE-KIRKLAND QLD 15:24.37

4 Trinity DOULIS WA 15:37.03 PB

- 5 Eliza KELLY QLD 15:49.47 PB
- 6 Eva PARKER TAS 15:52.00 PB
- 7 Jillian RYAN ACT 15:55.78
- 8 Hannah MATTHEWS VIC 16:08.78
- 9 Lexie BEACROFT NSW 16:50.68
- 10 Ashleigh FARRUGIA NSW 17:44.03 PB
- 11 Annabelle VAN SPRENGEL WA 17:55.12 PB
- 12 Liliana MARTIN WA 19:01.48
- Matilda RECH SA DQ TR54.7.1

Australian Open & Under 20 Championships

10000m Race Walk Men Senior

- 1 Declan TINGAY WA 39:06.91
- 2 Rhydian COWLEY VIC 39:09.69 SB
- 3 Will THOMPSON VIC 40:36.07
- 4 Jonah CROPP NZL 43:43.51
- 5 Dylan RICHARDSON NSW 44:12.35 SB
- 6 Fraser SAUNDER VIC 44:54.12 SB
- 7 Jack MCGINNISKIN NSW 44:59.68 SB

10000m Race Walk Men U20

- 1 Isaac BEACROFT NSW 39:54.30 CR, SB
- 2 Owen TOYNE ACT 40:58.32 PB
- 3 John RONAN WA 41:21.99 PB
- 4 Marcus WAKIM VIC 41:42.11 SB
- 5 Riley COUGHLAN VIC 42:16.76 SB
- 6 Bailey HOUSDEN QLD 42:33.27 SB
- 7 Samuel LINDSAY TAS 43:12.79 PB
- 8 Sam MCCURE SA 43:13.36 PB
- 9 Toby O'BOYLE NZL 48:05.20 PB

10 Alex BRADLEY 49:28.81

- Cooper RECH SA DQ TR54.7.5
- Myles ASHBY NSW DNS

Queensland Masters State Championships

5000 Metre Race Walk

Men

- 1 Jimenez Solis, Ignacio M59 25:51.95 (22:16.86 81.20%)
- 2 Cartwright, Simon M55 39:40.49 (34:10.56 52.94%)
- 1 Bennett, Peter M69 33:53.07 (26:33.12 68.14%)
- 1 Sela, Patrick M85 46:35.48 (28:36.71 63.23%)

Women

- 1 Kirwin, Roslyn W36 46:21.68 (46:19.46 43.24%)
- 1 Gannon, Brenda W50 31:03.59 (27:37.11 72.52%)
- 1 McKinven, Noela W82 45:47.42 (29:13.13 68.55%)

Age Graded Times & Percentages in Brackets

1500 Metre Race Walk

Men

- 1 Jimenez Solis, Ignacio M59 7:06.66
- 2 Cartwright, Simon M55 11:15.90
- 1 Bennett, Peter M69 9:20.02
- 1 Sela, Patrick M85 12:51.81

Women

1	O'Dwyer-Mazur, Roisin	W33 8:35.25
2	Wilson, Jodie	W30 10:09.02
1	Kirwin, Roslyn	W36 13:14.08
1	Gannon, Brenda	W50 8:39.79
1	Craswell, Jodie	W57 11:59.83
1	McKinven, Noela	W82 13:07.61

THIS WEEK

Queensland Masters Athletics

12th April 2025 Saturday SAF

8.00am 3000m Race Walk

10.00am 1500m Race Walk

Member Entry

[QMA BRISBANE COMPETITION #20 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

Visitor Entry

[QMA BRISBANE COMPETITION #20 VISITORS ENTRY - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

QRWC 2025 ROAD WALK SEASON

February	16	AA 20KM Road Championships	Adelaide SA	
	22	<u>3,000 metres Championships U15 & U16</u> <u>M&F</u> 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	

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.

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

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](#)

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.

Women 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.

[First Aid Training - St John Ambulance Australia](#)

[First Aid Pro - Providing First Aid Course & CPR Training In Australia](#)

[HLTAID011 Provide First Aid | Australia Wide First Aid](#)

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

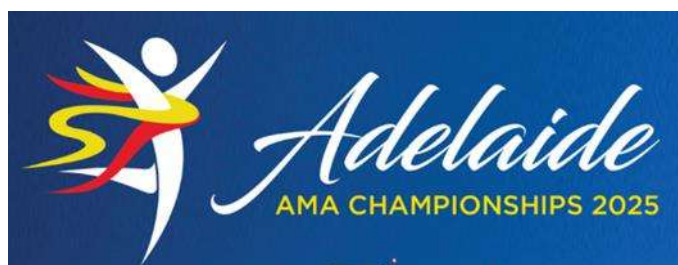


2025 Women in Coaching Conference — Athletics Coach by Athletics Australia

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.



AMA Championships in Adelaide 18th to 21st April

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

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.**

Find out more about the championships on our website: www.oceania-masters-athletics.org

Registrations Now OPEN

To register to compete, athletes must be a current financial member of an affiliated country's Masters Association, and entrants must wear their approved National masters uniform during the competition.

REGISTRATION DATES:

Early bird discount (save \$30) will end: Sunday 11 May at 9:00pm.

Registrations close: Fri 25 Jul at 9:00pm (NO LATE ENTRIES)

FEES

- **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

WORLD RACE WALKING TOUR 2025

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 Mikuláš 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 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:

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.



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.'