

Queensland Race Walking Club Inc.

ABN 59 065 512 712

Building on a fine tradition of race walking, 71 years in the making.



July 16th 2026

ONLY ONE WEEK TO GO

23 JULY - 2 AUGUST 2026

Glasgow Commonwealth Games



Friday July 31st Men's 10,000m Race Walk Final

Saturday August 1st Women's 10,000m Race Walk Final

10,000m Walk Men

Declan Tingay WA

Isaac Beacroft NSW

Timothy Fraser ACT

10,000m Walk Women

Elizabeth McMillen NSW

Jemima Montag VIC

Rebecca Henderson VIC

RESULTS RESULTS RESULTS

Congratulations to all the athletes who took part in the QA Road Walk Championships on Sunday at Murarrie especially to all the new Queensland Champions. Thank you to all the officials and volunteers who made the conducting of this event possible

Queensland Road Walk Championships

July 12th Murarrie Recreation Reserve

Women Half Marathon Open

1 # 42 Sharpe, Milly 18 GLD 2:02:31.00

2 # 3 Chadwick, Phoebe 20 QRWC 2:03:24.00

3 # 39 Roche, Katya 29 QRWC 2:13:01.00

4 # 13 Gannon, Brenda 52 Qld Masters 2:14:49.00

-- # 28 Legrand, Angelina 18 South Australia DQ TR 54.7.5

Men Half Marathon Open

1 # 2 Bradley, Alex 20 QRWC 1:57:50.00

Men 10000 Metre Race Walk Under 20

1 # 11 Dale, Kai 18 QRWC 1:14:46.00

Women 30-39 10000 Metre Race Walk Masters 30+

1 # 19 Hibbs, Patricia 35 QRWC 1:08:30.00

Women 50-59 10000 Metre Race Walk Masters 30+

1 # 10 Dale, Joy 55 QRWC 1:23:00.00

Women 60-69 10000 Metre Race Walk Masters 30+

1 # 46 Weekes, Anne 64 New South Wales 1:01:07.00

Women 80-89 10000 Metre Race Walk Masters 30+

1 # 32 McKinven, Noela 84 QRWC 1:41:07.00

Women 5000 Metre Race Walk Under 18

1 # 35 Moore-Kirkland, Bethany 16 Darling Downs 26:30.00

2 # 1 Boulton, Olivia 17 QRWC 26:52.00

3 # 23 Kelly, Eliza 16 QRWC 28:19.00

Men 5000 Metre Race Walk Under 18

1 # 9 Cooke, Noah 16 QRWC 24:39.00

2 # 21 Irvine, Koby 16 Bundaberg 24:50.00

Women 5000 Metre Race Walk Under 16

1 # 47 Welch, Isabella 14 QRWC 28:00.00

Men 5000 Metre Race Walk Under 16

1 # 37 Ramsay, Leo 14 QRWC 35:30.00

-- # 29 Lockwood, Cory 15 GCA DQ TR 54.7.5

Women 3000 Metre Race Walk Under 14

1 # 4 Chapman, Taylor 13 USC 15:06.00

2 # 5 Chisholm, Amelia 13 Gold Coast Victory 17:03.00

3 # 8 Conway, Violet 13 QRWC 18:17.00

4 # 12 Frost, Zoe 12 Mayne Harriers 18:39.00

Men 3000 Metre Race Walk Under 14

1 # 38 Robertson, Hayden 12 QRWC 16:01.00

2 # 34 Miers, Lachlan 12 Toowong Harriers 16:15.00

3 # 25 Lee, Caleb 13 QRWC 16:22.00

4 # 20 Irvine, Jett 12 QRWC 21:39.00

Girls 2000 Metre Race Walk Under 12

1 # 18 Hermus, Clara 11 QRWC 11:07.00

2 # 40 Sansom, Bella 11 QRWC 11:33.00

3 # 6 Chu, Lilli 10 QRWC 13:04.00

4 # 36 Park, Eliza 10 QRWC 13:51.00

Boys 2000 Metre Race Walk Under 12

1 # 27 Lee, Yoshua 10 QRWC 12:24.00

2 # 14 Geagea, Conor 11 Toowong Harriers 13:27.00

3 # 30 Matthews, Max 11 Toowong Harriers 13:29.00

Girls 1000 Metre Race Walk Under 10

1 # 43 Verse, Tilly 9 QRWC 5:48.00

2 # 26 Lee, Mikayla 9 QRWC 5:49.00

3 # 7 Cohoner, Cassandra 9 QRWC 6:01.00

4 # 31 Matthews, Ruby 9 Toowong Harriers 6:43.00

5 # 33 Miers, Alyssa 9 Toowong Harriers 6:48.00

6 # 17 Henry, Billie 9 QA 7:53.00

Boys 1000 Metre Race Walk Under 10

1 # 41 Scott, Noah 9 QRWC 7:10.0

THIS WEEK

Sunday July 19th Racewalking Australia Postal Challenge Logan River Parklands, Beenleigh

7.30am Open M/W 10km

U20 M/W 10km

U18 M/W 8km

8.00am U10 M/W 1.5km

Invitation (Non-challenge event) 500 metres

8.15am Invitation 5km (non-challenge event)

U16 M/W 5km

U14 M/W 3km

U12 M/W 2km

Note: Age for this competition is Age as at December 31st

Your Season Pass covers entry to this event

The ring road at Beenleigh is less than 1km so arrive in time to warm up and to acquaint yourself with the turnaround point for your distance and how many laps of the ring road for your race (i.e. 11 for the 10km & 9 for the 5km)

For the QRWC to do well in this meet we need athletes in all events men and women so please be part of our team effort. We are the defending champions after all.

ENTER HERE

[Racewalking Australia Postal Challenge Sunday July 19th 2026 - Qld Race Walking Club - revolutioniseSPORT](#)

QMA Short Course Road Walks Championship Sunday July 19th Logan River Parklands, Beenleigh

This event will be held in conjunction with QRWC Postal Challenge meet.

7.30am QMA Masters Men 10km

QMA Masters Men 5km (M60+ option)

QMA Masters Women 5km

ENTRIES NOW OPEN

[QMA SHORT COURSE WALK CHAMPIONSHIPS 2026 - Qld Masters Athletics Association Inc - revolutioniseSPORT](#)

- Master's women entered in the 10km Challenge will have their 5km split recorded.
- QMA Medals will be awarded on the day.

About The Postal Challenge

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is now Age as at December 31st for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.



WORLD ATHLETICS
U20 CHAMPIONSHIPS
OREGON 26

Oregon USA 5th – 9th August

Saturday August 8th

Local Time Our Time

10:25 03:25 M 5000 Metres Race Walk Final

11:00 04:00 W 5000 Metres Race Walk Final

Australian Race Walking Team

5,000m Men: Isaac Beacroft (NSW), Owen Toyne (ACT)

5,000m Women: Sophie Polkinghorne (NSW), Zoe Woods (NSW)



WORLD MASTERS ATHLETICS
DAEGU
CHAMPIONSHIPS 2026

WMAC
WORLD
MASTERS
ATHLETICS
CHAMPIONSHIPS

WMA Outdoor Championships August 22-September 3 Daegu Stadium, Daegu S.K.

Entries close 23rd June

Walk Schedule

August 22nd 10km Road Walk

August 29th 20km Road Walk

September 2nd 5,000 metre Track Walk

Key Dates for Daegu

- WMA Daegu Entries close Tuesday, June 23rd
- Opening Ceremony Daegu 21st August 2026
- Championship dates: August 22nd - September 3rd 2026

NEXT WEEK

QA All Schools Road Walk Championships / QRWC Handicap #9

Sunday July 26th

Brisbane International Cycle Park, Murarrie Recreation Reserve

ENTRIES CLOSING; Tuesday 21 July 9am

*The course has been officially measured and has been approved by World Athletics.
If three Silver or Bronze Race Walking Judges are officiating the results can be submitted to World Athletics.*



All Schools Road Walk Events

- 8.15am Under 20 10km Race Walk - Men / Women
- Under 18 5km Race Walk - Men / Women
- Under 16 5km Race Walk - Men / Women
- 8.55am Under 14 3km Race Walk - Men / Women
- 9.25am Under 12 2km Race Walk - Men / Women
- Under 10 1km Race Walk - Men / Women

Entries Now Open

[2026 Queensland All Schools Road Walk Championships - Queensland Athletics - revolutioniseSPORT](#)

Entries close Tuesday 21 July 2026 9am

QRWC Handicap #9 July 26th

Brisbane International Cycle Park, Murarrie Recreation Reserve

7.30am QWRC 15km Club Championships M/W *

A Grade 10km

8.15am B Grade 5km

8.55am C Grade 3km

9.20am D Grade 2km

E Grade 1km

ENTER HERE

<https://www.revolutionise.com.au/qldracewalkingclub/events/363409>

- Entrants in the 15km Championships please only tick the 15km entry box- you will be automatically be entered and timed for the A Grade 10km.
- All Schools competitors who wish to score handicap points will need to enter the club Handicap meet as well as the QA event

We will require assistance in regards to timekeeping and lapscoreing. If you are available, please email info@qldathletics.org.au

COMING EVENTS



UniSC Athletics Winter Carnival

August 2nd Sippy Downs

9.00am 1500m Walk 11 to 16 years Men/Women

9.30am 700m & 1100m Walk 8yr - 700mW & 9 to 10yr

1100mW Men/Women

10.00am 3000m Walk 12 yrs to Masters

Enter Here

[2026 UniSC Athletics Winter Track & Field Carnival - University of the Sunshine Coast Athletics Club - revolutioniseSPORT](#)

Nominations Close: Wednesday 29th July 9am

**NO LATE nominations accepted*

Medals: This is a *UniSC Athletics Carnival*, medals will be awarded based on the below categories **ONLY**.

- **8 years:** 700mW
- **9-10 years:** 1100mW
- **11-12 years:** 1500mW
- **13-14 years:** 1500mW
- **15-16 years:** 1500mW

PLUS - U14, U16, U18, U20, Open, Masters: 3000mW

Volunteers Needed

This annual carnival is run by a volunteer committee to support local athletes. To make it a success, we need parents, friends, and family to step up on the day.

Contact: Email - events.uscac@gmail.com / Phone: [0450 439 913](tel:0450439913)

QRWC Track Championships Sunday August 9th

University of Qld St Lucia

8.00am Open M/W 5,000 metres
 U20 M/W 5,000 metres
 U18 M/W 5,000 metres
8.45am U16 B/G 3,000 metres
9.10am U14 B/G 1,500 metres
 U12 B/G 1,500 metres
9.25am U10 B/G 1,000 metres

Age is “Age on the Day”

QRWC Handicap Meet #10 Sunday August 16th

John Frederick Park, Capalaba

7.30am A Grade M 15km
 A Grade W 10km
 B Grade 8km
8.00am E Grade 2km
 F Grade 1km
8.15am C Grade 5km
 D Grade 3km

AA Junior Race Walking Championships Sunday August 23rd

Victoria Park, Ballarat, Victoria

Draft Timetable

09:00 Under 20 10km Race Walk - Men
09:00 Under 20 10km Race Walk - Women
10:00 Under 18 5km Race Walk - Men
10:00 Under 18 5km Race Walk - Women
10:00 Under 16 5km Race Walk - Men
10:00 Under 16 5km Race Walk - Women
10:30 Under 14 3km Race Walk - Men
10:30 Under 14 3km Race Walk - Women
10:50 Under 12 2km Race Walk - Men
10:50 Under 12 2km Race Walk – Women

Enter [Roster Athletics · 2026 Australian Athletics Junior Race Walking Championships](#)

Entries close 17:00 AET on 4 August 2026

QRWC Road Walk Championships Sunday August 30th

Logan River Parklands, Beenleigh

7.30am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
 Invitation Open 5km (non-championship)
8.15am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
8.30am Under 14 M & W 2km
 Under 16 M & W 4km

Age is “Age on the Day”

QRWC Relay/Trophy/BBQ Day Sunday September 13th

Dowse Lagoon, Brighton Road, Sandgate

9.00am 4 x 1,500 metre Relay

2026 WALKS CALENDAR

Walking is a simple yet powerful activity that improves heart health, strengthens muscles and bones, boosts mood, and can extend your lifespan.

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.

MONTH	DATE	EVENT	VENUE
July	5	Gold Coast Marathon	Southport
	12	QA Road Walk Championships	Murarrie
	19	RWA Postal Challenge/ QMA Short course Road Walk Championships	Beenleigh
	26	QA All Schools Road Walk Championships/ QRWC Handicap #9	Murarrie
	31	Comm Games 10km Men	Glasgow
August	1	Comm Games 10km Women	Glasgow
	2	UniSC Athletics Winter Carnival	Sippy Downs
	8	WA U20 Championships	Oregon USA
	9	QRWC Track Championships	UQ St Lucia
	16	QRWC Handicap #10	Capalaba
	22- Sept 3	WMA Outdoor Championships	Daegu. South Korea
	23	AA Junior Road Walk C/Ships	Ballarat
	30	QRWC Road Walk C/Ships	Beenleigh
September	6	Father's Day	No club competition
	13	Presentations/Relays/BBQ Day	Sandgate Lagoon
November	8	PPMG 10km Road Walk	Runaway Bay
December	4-6	AA All Schools Championships	Perth

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](#)

Shortage of Tracks for Summer QMA Meets

Brisbane Summer Meets at QSAC. QMA have been working with QSAC to book dates for the 26/27 summer season. **The Main Stadium will be closed from November to the end of March for renovation work.** We will have to share the SAF with QA, LAQ, QAS elite training and other events. QSAC have told us we will have very little access on Saturday mornings, so we will need to look at other times for most of this summer's competitions.



ENTER HERE <https://entermastersgames.com/>

Road Walk -10km

Sunday 8 November: 7:00am Luke Harrop Cycle Circuit, Runaway Bay

Track & Field

Saturday 7 November Gold Coast Performance Centre – 5,000 metre walk

Sunday 8 November Gold Coast Performance Centre – 3,000 metre walk (PM)

A final program of events including event start times will be available after entries have closed

Games Fees

- **\$155 Saver** (1 June – 31 August)
- **\$170 Standard** (from 1 September)

Sports Fees

- **Track** \$55 Admin Fee (Includes 1 Event)
\$25 for each additional event
- **10km Road Walk** \$30

2027 Oceania Masters Athletics Championships Christchurch New Zealand



The 2027 Oceania Masters Championships will be held from Wed 27 to Sun 31 January,

Venue: Nga Puna Wai Sports Centre Augustine Drive Wigram Christchurch 8025 (7.1km from CBD)

DRAFT PROGRAMME

Wednesday 27th January 2027 3,000m Track Walk

Friday 29th January 2027 1,500m Track

Sunday 31st January 2027 5,000m Track Walk

Early Bird Registration Open (1st September 2026) NZD \$60.00

Normal Registration (26th October 2026) NZD \$90.00

Event Fee NZD \$20.00

Entries CLOSE Sunday 13th December 2026

Masters' accommodation special

Oceania Masters Track & Field Championships - Accor Meetings & Events

"Just a 7 minute drive to Nga Puna Wai and on a major bus route, BreakFree on Cashel is delighted to welcome the participants and supporters coming to the Oceania Masters Track & Field Championships 2027 with discounted rates available from 25th - 31st January 2027. We are pleased to offer a preferred accommodation discount of 10% off the Best Unrestricted (Flexible) Rate of the day which can be booked and paid via this dedicated platform. Experience a non-traditional yet stylish and vibrant hotel, located right in Christchurch CBD. "*

Important Masters Meets in 2027

2027 AMA National T & F Championships

- Date: April 23 – 26, 2027
- Venue: ~~Athletic Stadium, Floreat~~, **WA Change of Venue**
Ern Clark Athletics Stadium Cannington. WA
- **Walks Course** Perry Lakes Reserve is the location for the 10km walk. The 2km circuit is a certified relatively flat, well shaded and picturesque course around one of the Lakes.
[Perth 2027 | Australian Masters Athletics Championships](#)

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.
- 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
- 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 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 Membership

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

QRWC Membership Fee \$25.00 ((club fee on top of Qld Athletics membership)

Racewalking Queensland Management Committee 2026/27

President: P Bennett

Vice President: B Gannon

Secretary: N. McKinven

Treasurer N. McKinven

Committee: S Pearson, I Jimenez, R Wales, J Dale, S Dale, A Bradley

Patron: S Perkins

Registrar: S Dale

Handicapper A Guevara / N McKinven

Uniforms: S Dale

Publicity / Media: P Chadwick / 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

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.

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

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.