

Queensland Race Walking Club Inc.

ABN 59 065 512 712

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



July 23rd 2026

QA All Schools Road Walk Championships & QRWC Handicap #9 Inc. Club 15km Championships

Sunday July 26th International Cycle Park, Murarrie Recreation Reserve

All the best to athletes competing in the QA All Schools Championships at Murarrie this Sunday. This meet is a collaboration between Queensland Athletics and the QRWC. A club handicap meet will run parallel with the All Schools and the club 15km championships for men and women will start off the programme. Thank you to team at QA for offering the club the chance to be a part of this initiative in conducting All Schools race walking as a stand alone meet and for all the assistance in organising the day.



Programme

All Schools Road Walk Events in Bold

- 7.30am QWRC 15km Club Championships M/W *
QRWC A Grade 10km
- 8.15am **Under 20 10km Race Walk - Men / Women**
Under 18 5km Race Walk - Men / Women
Under 16 5km Race Walk - Men / Women
QRWC B Grade 5km
- 8.55am **Under 14 3km Race Walk - Men / Women**
QRWC C Grade 3km
- 9.25am **Under 12 2km Race Walk - Men / Women**
QRWC D Grade 2km
Under 10 1km Race Walk - Men / Women
QRWC E Grade 1km

To make this meet a success we require the assistance of our members on the day, please assist with lapscoreing, timekeeping, on the water table, setting up and packing up etc. Any assistance you can offer will be greatly appreciated.

Entry List is in attachment to the newsletter email

Enter Here for QRWC Handicap #9

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

On line entries close midday Saturday

- All Schools competitors who wish to score handicap points will need to enter the club Handicap meet as well as the QA event
- For those not competing in the QA All Schools please ensure you are wearing your club race numbers
- 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.

RESULTS RESULTS RESULTS

Thank you to the athlete who support this meet on Sunday and to the lapscorers, time keepers and judges who made the competition possible.

RWA Postal Challenge July 19th

Logan River Parklands, Beenleigh

10km Open Men: (1) Alex Bradley 50.59

Masters: 1 (61) Ignacio Jimenez Solis 54.29 2 (71) Peter Bennett 1.07.36

Open Women: (1) Phoebe Chadwick 1.05.48. Visitor. Angelina Legrand 56.06

Masters: 1 Jodie Wilson 1.08.34 2 Joy Dale 1.22.55 3 (84) Noela McKinven 1.33.11

U20 Men: 1 Kai Dale 1.11.52

U18 8km Women: (1) Eliza Kelly 46.05

U16 5km Men: (1) Leo Ramsay 29.23

U14 3km Men: (1) Caleb Lee 21.43

Women: (1) Amelia Chisholm 16.30 (2) Violet Conway 18.29

U12 2km Men: (1) Yoshua Lee 13.08

Women: (1) Clara Hermus 11.24

U10 1.5km Men: (1) Noah Scott 11.04

Women: (1) Mikayla Lee 9.46 (2) Cassandra Cohoner 9.56.

Invitation: Billie Henry 11.56

Judges Report

334 k

QMA Short Course Ch/ships

Open Men 10km

M60-64 1 Ignacio Jimenez 54.29

M70-74 1 Peter Bennett 1.07.36

Open Women 5km

W30-34 1 Jodie Wilson 30.19*

2 Trish Hibbs 30.43

W50-54 1 Joy Dale 41.40*

W60-64 1 Anne Weekes 30.09

W80-84 1 Noela McKinven 46.10*

DNS: Brenda Gannon, Patrick Sela.

* 5km in 10km race

Local Sporting Champions Travel Grants

Apply Now

Who it is for: Young athletes, coaches and officials aged 13 to 18 years competing at eligible state, national or international championships.

What it supports: Helping cover the costs of travel and participation in sporting championships across Australia and overseas.

Funding amount: Grants of \$500 to \$750, depending on travel distance and location.

Open: Round 1 closes 31 August 2026.

- Participants turning 13-18 attending state championships
- Participants turning 14-18 attending state or national championships
- Participants turning 15-18 attending state, national, or international championships

If successful, applicants will receive \$500-\$750 towards the cost of attending their championships.

Base Grant: \$500

Applicants travelling 800km - 1999km to their nominated championships: + \$100

Applicants travelling internationally or greater than 2000km to their nominated championships: + \$200

Applicants residing in a rural electorate: + \$50

[Local Sporting Champions | ASC](#)

Glasgow Commonwealth Games



Birmingham 2022 gold medallists Nina Kennedy OAM (athletics) and Tim Hodge OAM (swimming) will lead the Australian Team into the Opening Ceremony of the Glasgow 2026 Commonwealth Games (July 23rd) as the nation's Flag and Baton Bearers respectively.

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

Isaac Beacroft is the only Australian athlete attempting a rare double when racing the Commonwealth Games in Glasgow and World Under 20 Championships in Oregon just one week apart, with the record-breaking race walker hoping to build on his budding international resume at both events.



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)

Race walker **Zoe Woods** can pick the time she decided to chase her Olympic dream, in a discipline that Australia has a very proud tradition in. “I understood the immense commitment, sacrifice and years of dedication required to reach that level, and I wasn’t ready to promise myself or anyone something I wasn’t completely certain I wanted it,” she told Australian Athletics. Woods, 18 will go into the 5000m race walk as the No.2 ranked walker in the U20 women’s race in the world. She is part of a very strong walking team, undoubtedly one of Australia’s best, who will race in Eugene at the famous Hayward Field.

Joining her will be **Isaac Beacroft** who will be racing in his second U20 World Championships, **Owen Toyne** and **Sophie Polkinghorne** in the red-hot Australian team.

Woods is going to relish every single moment of the World Athletics U20 Championships as she tried two years ago to make it when she was 16, but suffered an injury that prevented her to race her best at the trials and she missed out.

As for Beacroft, he is the only Australian athlete who will compete in both the Commonwealth Games (10,000m race walk) and the U20 World Championships (5000m race walk). He is currently in Europe preparing for his first big race in his double attempt, which takes place in Glasgow on Saturday, August 1.

Beacroft finished fourth at the last World Athletics U20 Championships in Peru and he has only got better and more experienced since. He has the World U20 10,000m race walk world record to his name. In Eugene he will race the 5000m, the only walking race on the schedule of events. At only 18, this will be his sixth Australian team which is a remarkable achievement. Beacroft has had a long history in the sport of athletics.

He was a very handy AFL footballer, but thankfully for the sport, he has chosen race walking and he has huge ambitions.

The World Athletics U20 Championships kicks off in Eugene, Oregon, the United States on August 5 to August 9.

By Luke Dennehy, Australian Athletics

NEXT WEEK



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)

COMING EVENTS

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"

ENTRIES OPENING SOON

Please Note

- **Entry Fees: Members \$10 / Non-Members \$15** (This includes UQ Track Fee)
- No charge for season pass holders
- Age is age as at 9th August 2026 e.g.: U10 (aged 9 and under), U12 (aged 10 and 11), U14 (aged 12 and 13) etc.
- Medals for these Championships will not be presented on the day but will be presented at the Club Relay / Trophy Day on Sunday September 13th.
- Athletes must compete in their own age group to be eligible for a medal.

Race Walking Queensland Track Championship Records

Open Men 5,000m Dane Bird-Smith 19:22.22 2012

Open Women 5,000m Jessica Pickles 23:03 2017

Under 20 Men 5,000m Luke McCutcheon 21:48.98 2016

Under 20 Women 5,000m Jessica Pickles 24:26.00 2013

Under 18 Men 5,000m Brad Aiton 22:25.90 2010

Under 18 Women 5,000m Katie Hayward 21:56 2017

Under 16 Boys 3,000m Nelson McCutcheon 13:20 2017

Under 16 Girls 3,000m Katie Hayward 13:23.97 2015

Under 14 Boys 1,500m Bailey Housden 6:30 2021
Under 14 Girls 1,500m Jayda Anderson 6:46 2018
Under 12 Boys 1,500m Jonathan Wearne 7:00.24 2015
Under 12 Girls 1,500m Lyla Williams 7:18.00 2019
Under 10 Boys 1,000m Yoshua Lee 5.50 2025
Under 10 Girls 1,000m Lyla Williams 5:22.27 2016

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



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

**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.