

# Queensland Race Walking Club Inc.

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



May 1<sup>st</sup> 2025

## ***LBG Walking Carnival***



*RACE WALKING  
AUSTRALIA*  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

***Entries Now Open***

***Canberra - 58th LBG Mt Stromlo Race Walk Carnival (RWA) - Victorian Race Walking Club - revolutioniseSPORT***

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 5km, 10km, 15km and 35km race walking events are all World Rankings Competition events.

Race walking event participants must be members of

- a club affiliated with Race Walking Australia (State or territory race walking club)
- OR
- an overseas World Athletics affiliated athletic club OR
- a Capital Athletics affiliated club (U10-18 events only) OR
- the ACT Masters Athletics club (all fitness walking events, 5km & 10km race walk events only)

### **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.

### **Events**

No. Event Start Time Handicap Base Time

1\* Robin Whyte Classic Men 35 km 7:30 AM 127mins

2\* Val Chesterton Classic Women 35km 7:30 AM 127mins

3 ACT Fitness 35 km 7:30 AM Non Hcp/Judged contact only

- 4\* RWA Open Women's 15 km 8:00 AM 69 mins-Includes RWA Masters 15km
- 5\* RWA Open Men's 15 km 8:00 AM 65 mins-Includes RWA Masters 15km
- 6 ACT Fitness 15 km 8:00 AM Non Hcp/Judged contact only
- 7 ACT Fitness 8 km 9:15 AM Non Hcp/Judged contact only
- 8\* Athletics ACT/ RWA Men's U20 10 km 9:45 AM 42 mins
- 9\* ACT Open (Over 19 years) 10 km 9:45 AM Non Handicap Event
- 10\* Athletics ACT/RWA Women's U20 10 km 9:45 AM 47 mins

**Morning presentations - 8/10/15km races 11:30 AM**

- 11 RWA Boys Under 10 1 km 12:00 PM 4 mins 30 secs
- 12 RWA Girls Under 10 1km 12:00 PM 4 mins 30 secs
- 13 RWA Boys Under 12 2km 12:30 PM 9 mins 20 secs
- 14 RWA Girls Under 12 2km 12:30 PM 9 mins 20 secs
- 15 RWA Boys Under 14 2km 1:00 PM 9 mins 20 secs
- 16 RWA Girls Under 14 2km 1:00 PM 9 mins 20 secs

**Presentations - 35km races, U10 & U12 1:20 PM**

- 17 RWA Boys Under 16 3km 1:50 PM 13 mins
- 18 RWA Girls Under 16 3km 1:50 PM 13 mins
- 19\* RWA Boys Under 18 5km 2:20 PM 22 mins
- 20\* RWA Girls Under 18 5km 2:20 PM 23 mins

**Presentations - U14 & U16 3:00 PM**

- 21\* RWA Women's Open 5km 3:20 PM 20 mins
- 22\* RWA Men's Open 5km 3:20 PM 20 mins

**Presentations - U18 and Open 5km 4:10 PM**

**Uniforms**

All competitors MUST wear the uniform of their Club. Failure to do so may result in disqualification.

**Event check in**

All athletes will need to check in 15 minutes prior to their race. Where an athlete is planning on competing in two back to back events, they must check in for both events prior to the first race. They will be allowed to withdraw from the second event prior to the race.

**Coaching Clinics with David Beacroft**

David Beacroft, the highly experienced coach from NSW, will be conducting two race walking clinics on the 7th June 2025 (the day before the LBG Carnival) at the Stromlo Forest Park Criterion Track. We are expecting the masterclass to sell out, so get in quickly.

**Session 1 - Learn to race walk**

For: Athletes from 9-11 and older children/adults who are new to race walking  
Time: 2pm-2:40pm Number of spaces available: Unlimited Cost: \$5

**Session 2 - Race walking masterclass**

For: Experienced race walkers (12 and older) (LBG athletes will receive first preference)  
Time: 2:45pm-3:30pm Number of spaces available: ~20 Cost: \$15

All questions/ queries to [lbgcarnival@gmail.com](mailto:lbgcarnival@gmail.com)

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

***See full details in the information pack  
[LBG Carnival | ACT Race And Fitness Walking Club](#)***

# **RESULTS RESULTS RESULTS**

## **Australian Little Athletics Championships SA Athletics Stadium, Adelaide**

### **Boys 1500m RW Under 14**

- 1 Lachlan Moore Queensland 6:37.87
- 2 Lewis McLennan Victoria 6:48.89
- 3 Cory Lockwood Queensland 7:26.30
- 4 Anantpreet Singh Sidhu South Australia 8:03.56
- 5 Orlando Grantham South Australia 8:26.17
- 6 Oscar Nichols Howe Tasmania 9:32.27

### **Girls 1500m RW Under 14**

- 1 Mya McClure Victoria 6:31.56
- 2 Brienna Coffey Victoria 8:04.29
- 3 Zoe Renton Queensland 8:10.01
- 4 Rachel Giason Australian Capital Territory 8:20.83
- 5 Kiara Waterman Queensland 8:38.49

### **Boys 1500m RW Under 15**

- 1 Damian Baldy Victoria 6:38.85
- 2 Koby Irvine Queensland 6:42.42
- 3 Cody Wapshott Victoria 8:29.71

### **Girls 1500m RW Under 15**

- 1 Matilda Read Victoria 6:44.82
- 2 Bethany Moore-Kirkland Queensland 7:22.17
- 3 Eliza Kelly Queensland 7:51.80
- 4 Jessica Clelland South Australia 8:51.88
- 5 Ava Plant Victoria 10:52.79

### **Boys 1500m RW Under 13**

- 1 Lincoln Moore New South Wales 7:10.65
- 2 Harrison Ryan Victoria 7:27.51
- 3 William Kenny South Australia 7:28.46
- 4 Sebastian Ryan Australian Capital Territory 8:08.92
- 5 Leo Ramsay Queensland 8:28.92
- 6 James Sadler New South Wales 8:41.47
- 7 Lachlan Weeding Tasmania 8:50.01
- 8 Ryan Thomas Tasmania 11:29.53
- 9 Saxon Cranefield Queensland 12:57.38
- Zachery Freundt South Australia DQ TR54.7.1

### **Girls 1500m RW Under 13**

- 1 Audrey Russell New South Wales 7:02.87
- 2 Isabella Welch Queensland 7:17.78
- 3 Julia Baldy Victoria 7:21.70
- 4 Bethany Franzke Victoria 7:24.33
- 5 Liliana Templer South Australia 7:44.08
- 6 Elspeth Hooper Queensland 8:09.08
- 7 Adele Woodward Tasmania 9:01.40
- 8 Summer Maxwell South Australia 9:33.57
- 9 Saleena Ramboer Australian Capital Territory 9:40.63
- 10 Charli Smith Tasmania 9:41.38
- 11 Madison Tabrett New South Wales 9:44.71
- Tahlia Jamieson Australian Capital Territory DNS





*Happy Queenslanders in Adelaide at the Australian Little A's Championships  
Photos courtesy of Robyn Wales*

## **QRWC Handicap #1**

**Beenleigh April 27<sup>th</sup>**

### **A Grade 10km**

Men: (1) Iggy Jimenez, 54.38 (2) Kai Dale 1.03.27 (3) Peter Bennett 1.07.59 (4) Paul Lindenberg 1.08.28

Women: (1) Nyle Sunderland 1.09.22 (2) Phoebe Chadwick 1.11.52 (3) Joy Dale 1.25.23 (4) Noela McKiven 1.34.37

### **B Grade 5km**

Men: (1) Simon Cartwright 42.30

Women: (1) Deb Lindenberg 40.43 (2) Anne Weekes 43.35

### **C Grade 3km**

Women: (1) Izzy Blackburn 22.49

**D Grade 2km**

Men: (1) Hayden Robertson 11.43

Women: (1) Clara Hermus 13.11 (2) Jessica Gorham 13.24 (3) Violet Conway 15.59

**E Grade 1km**

Men: (1) Connor Robertson 8.20

Women: (1) Lilli Chu 8.04

**Judges' Reports**

191 kkKk

428 kkKk

509 k

1994 k

c = contact yellow k = knees yellow C = Contact Red K = knees Red

**WOOLWORTHS SUPPORTS QRWC**[Woolworths](#) has very kindly and generously provided the QRWC with a **\$500**

**Woolworths eGift Card** in recognition of what the QRWC does to foster local sport and community spirit here in Queensland. This will be used for the benefit of all of our athletes as we continue to promote the positive impacts of exercise and healthy nutrition.

Thank you #WoolworthsSportsGrants

**QRWC 2025 ROAD WALK SEASON**

February	16	AA 20KM Road Championships	Adelaide SA	
	22	<u>3,000 metres Championships U15 &amp; U16</u> 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	North Lakes	8.00am
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	

## 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*

## THIS WEEK

### Handicap #2 Sunday May 4th

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

<https://www.google.com.au/maps/search/?api=1&query=261+Brisbane+Corso%2C+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

**ENTER HERE**

<https://www.revolutionise.com.au/qldracewalkingclub/events/292570>

You will need to ensure you are current member before you can register on line for to compete in the Handicap meet and score points.

**On line entries close mid-day Saturday**

### Race Fees

Members \$5 / Non-Member on the day \$10

**“L” Grade Trial for those new to racewalking**

Would you like to be a competition race walker but just not confident enough at present to fully put yourself out there on race day? You can now test yourself and build up your confidence during our Sunday morning winter road walk meets.

Just register as a club member and enter the distance you would like to do. It is important though that you let us know if you wish to be in L grade as our handicapper & race officials all need to be aware of this. Please email club Secretary & Handicapper Noela McKiven if you wish to have a go at race walking as an L grader at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)

In L Grade the following will apply

- Receive feedback from judges and coaches
- Will not be disqualified while in L grade.
- Stay in L grade until you feel comfortable enough to enter handicap races.
- Is for all ages.
- Eligible for starting and finishing points

This will be new to us as well so if you have any questions please ask. It will be important to remember to inform the Handicapper (before a race) if you no longer wish to be an L grade walker and want to compete in a Handicap race (for points).

## **NEXT WEEK**



**No club races**

## **COMING UP**

### **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 Sunday May 25<sup>th</sup>**

#### **Aurora Park, Expedition Drive, North Lakes**

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

## **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.

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.

## Athlete Funding Programmes

Funding for athletes. It is expensive for families travelling interstate for National meets. There are airfares, hotels, transport and meals on top of the entry fees. There is assist from both the Queensland & Australia governments that all athletes should take advantage of. Please check there out to see if you are eligible for funding

### Queensland Government Emerging Athlete Pathways (EAP) program

The [Emerging Athlete Pathways \(EAP\) program](#) supports eligible young athletes, coaches and officials aged 10-18 years to progress on a development pathway by providing financial assistance to help alleviate the costs associated with attending state, national and international events.

#### Who is eligible?

Applicants eligible to apply for support are those who:

- have been selected as an athlete, coach, or official at an eligible State, National or International event
- have their selection/attendance confirmed by the relevant event selector or event organiser for their event
- are current resident of Queensland

- have not already been approved (or have submitted an application that is pending approval) under this program for attendance at 2 events (to either compete, coach or officiate) with event start dates within the same financial year
- are at least 10 years of age but under 19 years of age at the start of the event
- are attending an event which is located at least 125 kilometres road distance (one-way) from their place of residence.

Events must be a Queensland State Championship, Queensland State School Championship, Australian National Championship, Australian National School Championship, or International Championship to be eligible.

Applications can be made from time of selection up until 6 months after the event start date.

[Check if you are eligible | Recreation, sport and arts | Queensland Government](#)

#### **What funding is available?**

Eligible athletes, coaches and official can apply for up to two events per Financial Year (1 July – 30 June).

Event	Amount
State or state school event	\$500
National or national school event	\$600
International event	\$800

Contact [eap@dtis.qld.gov.au](mailto:eap@dtis.qld.gov.au) for more information.

## **Australian Government Local Sporting Champions**

The Local Sporting Champions program provides financial assistance for coaches, officials and competitors aged 12-18 participating in 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 | Australian Sports Commission](#)

**The current round has closed but check back later on for when the next round commences**

## **Women & Girls 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 Air 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](#)

**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](mailto:noelarhoda@gmail.com)



**AUSTRALIAN  
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  
[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.

## **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](http://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 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**

**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:**

[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.



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.'