

# Queensland Race Walking Club Inc.

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



May 22<sup>nd</sup> 2025

## 2025 FISU World University Games Bochum, Rhine-Ruhr, Germany July 21-17<sup>th</sup>

### Australian Team selections

**Women's 20km Race Walk** – Rebecca Henderson (VIC University of Melbourne), Olivia Sandery (SA, Flinders University), Elizabeth McMillen (NSW, Griffith University), Alannah Pitcher (NSW, Sydney University), Alexandra Griffin (WA, University of Western Australia)

**Men's 20km Race Walk** – Tim Fraser (ACT University of Canberra), Will Thompson (VIC, Australian Catholic University), Isaac Beacroft (NSW, Australian Catholic University), Mitchell Baker (ACT, University of Canberra), Corey Dickson (ACT, Swinburne University of Technology)

### Stano smashes world 35km race walk record in Podebrady

Italy's Massimo Stano broke the short-lived world 35km race walk record at the European Race Walking Team Championships - a World Athletics Race Walking Tour Gold meeting - in Podebrady on Sunday (18) by a massive 57 seconds.

The 2:20:43 recorded by the 2021 Olympic champion comfortably eclipsed the 2:21:40 set by Canadian Evan Dunfee in March, which in itself was seven seconds quicker than the 2:21:47 recorded by Japan's Masatora Kawano last October.

Stano took the lead at 23km, and went through the gears to record laps under 4:00/min in the closing stages. In fact, 5km short of the finish the Italian notched an incredible 3:54 for his 30th circuit. He was actively encouraging the crowd around the spa town course to cheer him to the finish and looked barely out of breath as he crossed the line.

In the far distance, Christopher Linke took silver with a German record of 2:23:21, while Miguel Angel Lopez set a Spanish record of 2:23:48 in third. Poland's Maher Ben Hlima led early on and went through 20km in 1:21:08, 34 seconds ahead of Stano, who in turn was slightly ahead of Linke and significantly ahead of Lopez. But Stano stormed through to take over, recording 2:00:57 at 30km with a 3:54 lap. That was all he needed to know that a world record was within reach, and he duly delivered when crossing the line in 2:20:43.

Maria Perez survived a toilet break during the women's race to come home first by 36 seconds. The enforced stop did nothing to halt the Spanish double world champion, who broke the world record on this course two years ago with 2:37:15.

This time she had to settle for a world-leading 2:38:59, but it was more than good enough to head 2021 Olympic 20km champion Antonella Palmisano, who was making her debut at the

distance. Even so, the Italian broke her country's national record by more than two minutes and became the seventh woman to better the 2:40 barrier. Palmisano's 2:39:35 was excellent, but Perez was always in control.

Italy's Nicole Colombi finished third in a PB of 2:41:47 and Hanna Shevchuk placed fourth in a Ukrainian record of 2:42:41 to underline a top-class field. Perez recorded 1:31:45 at 20km, only to need that stop halfway through the 21st lap. But by 25km, she was still 32 seconds clear of anyone else.

## **Gold Coast sprints ahead with Qld's first SmarTrack**

The Gold Coast Performance Centre (GCPC) has officially opened its newly refurbished athletics track, featuring cutting-edge technology.

The GCPC athletics track is embedded with timing chips and sensors, athlete data such as split times, speed, acceleration and stride length. The data can then be accessed by coaches using a dedicated app. The app allows for instant feedback, giving coaches the ability to instantly analyse progress and pinpoint areas for improvement.

The newly refurbished track comes after being damaged during the severe weather events of December 2023. Already being utilised by Athletics Australia, school groups, local athletes and international squads, this SmarTracks technology will keep Queensland ahead of the pack when it comes to sport innovation. It will also attract more international teams and athletes to base themselves on the Gold Coast for training camps.

Gold Coast Athletics coach Stacey Taurima said the new track would help athletes fulfil their potential. "A lot of those younger developing athletes who aren't currently at the top of the sport can now utilise the SmarTracks technology to assist them to better understand their event needs," said Mr Taurima. "As Brisbane 2032 approaches, this technology is a vital development tool that can be used by coaches who may not have access to the latest and very expensive timing technology."

# ***LBG Walking Carnival***



*RACE WALKING  
AUSTRALIA*  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

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

**Sunday 8th June**

**Venue** Stromlo Forest Park, Opperman Avenue / Dave McInness Road.

- 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 Federation Club. Failure to do so may result in disqualification.

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

### QRWC Handicap #3

**May 18<sup>th</sup> Capalaba**

#### A Grade 10km

Men: (1) Bailey Housden 46.22 (2) Iggy Jimenez, 54.04 SB (3) Kai Dale 1.01.01 SB  
(4) Peter Bennett 1.09.47

Women: (1) Phoebe Chadwick 1.02.39 (2) Joy Dale 1.24.24 SB (3) Noela McKinven 1.30.22 SB

#### B Grade 5km

Men: (1) Noah Cooke 24.13 (2) Simon Cartwright 36.57 SB

Women: (1) Eliza Kelly 30.12 SB (2) Trish Hibbs 36.59 (3) Anne Weekes 37.21 SB

L Grade 5km: Kate Morris 38.40

#### C Grade 3km

Men: (1) Lachlan Moore 14.15 (2) Leo Ramsay 19.44

Women: (1) Taylor Chapman 17.25 (2) Kiara Waterman 19.07 SB

#### D Grade 2km

Men: (1) Dylan Moore 13.03

Women: (1) Clara Hermus 12.26 SB (2) Violet Conway 12.41 SB (3) April Kelly 14.42 SB

#### E Grade 1km

Women: (1) Lilli Chu 6.53 SB (2) Harper Waterman 9.16 SB

L Grade 1km

Women: (1) Eliza Park 7.22. VIS Ebony Park 10.47

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## 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	8.00am
	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	

## THIS WEEK

### **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

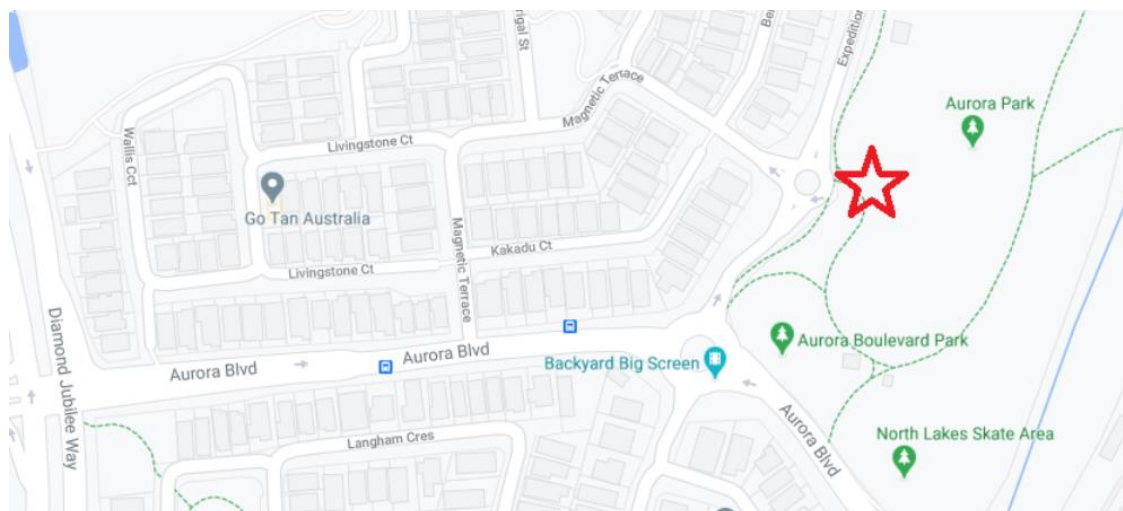
8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

**Enter Here**

**[QRWC Handicap #4 Sunday May 25th - Old Race Walking Club - revolutioniseSPORT](#)**



## NEXT WEEK

### Great Barrier Reef Masters Games Barlow Park, Cairns Saturday May 31<sup>st</sup>

- 1,500m Race Walk Men's and Women's
- 5,000m Race Walk and Women's

### 17<sup>th</sup> Annual Gold Coast Road Walk Championships Sunday June 1<sup>st</sup> Mudgeeraba

#### Programme

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

#### Enter Here

[17th Gold Coast Road Walk Championships - Sunday June 1st - Qld Race Walking Club - revolutioniseSPORT](#)

#### Important Details

- Venue: Mudgeeraba Little Athletics Club - Woodlands Park, Swanton Drive,
  - All races are age-on-the-day (i.e. age as at 1 June 2025)
  - Only one (1) race per person.
  - Records will only be awarded to athletes who compete in their correct age group
  - Athletes can compete out of their age group but will not qualify for records/awards
  - Entry will be via the RevSport online portal. Non-members may enter on the day.
  - Entry fee is \$5 for all athletes. Season Pass applies to this event.
  - Medals will be presented at the conclusion of the meet
- The course :10km race uses a 2km loop.1, 2, 3 and 5km races use a 1km loop.  
0.5km race uses a 500m loop (250m out and back).

#### Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012  
Open 10km Women: Tayla Billington 47.45 2023  
U20 5km Men: L. McCutcheon 21.14 2017  
U20 5km Women: J. Pickles 25:04 2013  
U18 5km Men: J. Osborne 21:30 2011  
U18 5km Women: K. Hayward 22.39 2018  
U16 3km Men: N. McCutcheon 13.20 2017  
U16 3km Women: K Hayward 13:26 2015  
U14 2km Men: B. Housden 9.03 2020  
U14 2km Girls: J. Anderson 9.18 2019  
U12 2km Boys: K Hayward 10:04 2016  
U12 2km Girls: J. Anderson 9.50 2017  
U10 1km Boys: K Hayward 5:09 2014  
U10 1km Girls: L. Williams 5.18 2017  
U8 .50km Boys: K Hayward 2:30 2012  
U8 .50km Girls F Williams 2.42 2022



We will be conducting a fund-raising sausage sizzle during and after the races at Mudgeeraba. More details next week. Please bring some loose change. Any offers to help out cooking and serving will be greatly appreciated.

## **QUEENSLAND ROAD WALKING CHAMPIONSHIPS**

**Sunday 22nd June QSAC**

- 8.00am 20km Open Women
- Open Men
- Masters Men (30-59)
- 10km Under 20 Men
- Under 20 Women
- Masters Women/Masters (30+) Men (60+)
- 9.00am 5km Under 18 Boys
- Under 18 Girls
- Under 16 Boys
- Under 16 Girls
- 9.30am 3km Under 14 Girls
- Under 14 Boys
- 10.00am 2km Under 12 Boys
- Under 12 Girls
- 10.15am 1km Under 10 Girls
- Under 10 Boys

### **ENTRIES**

**[2025 Queensland Athletics Road Walk Championships - Queensland Athletics - revolutioniseSPORT](#)**

## **Australian Junior Road Race Walking Championships**

**Sun 24 August Victoria Park, Ballarat**

### **Draft Programme**

- 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





## **Early Bird entry has been extended to 31st May**

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.

**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 or to enter go to [www.oceania-masters-athletics.org](http://www.oceania-masters-athletics.org)

### **REGISTRATION DATES:**

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

- **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

### **Temporary QMA membership option to encourage local entries to our OMA2025 Championships**

Queensland Masters Athletics (QMA) is offering a **\$10 temporary membership option** to encourage local entries to the Oceania Masters Athletics (OMA) Championships being held in Brisbane in September.

This option also hopes to attract entries from the strong expatriate communities in Brisbane and south east Queensland, who are from some of the 22 OMA member countries in the Oceania region. These entrants will still be able to represent their home country at the Oceania Masters Championships event.

This \$10 temporary membership will allow potential competitors living in Queensland to enter the championships without having to purchase a full QMA membership. As well as providing insurance cover for the 2025 Championships, the temporary membership will also include access to attend up to three (3) events of QMA's 2025–26 Summer season.

Anyone living in Queensland aged 30 years and older, and interested in the \$10 temporary QMA membership option can select this option through the online registration process for the Championships, which is located at <https://emlsports.com/registration/oceania-masters-2025>

### **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](#)



## 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*

### 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 McKinven 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).

### 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.

## 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 & 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 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](mailto: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.

## WORLD RACE WALKING TOUR 2025

**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

## Contact emails:

[qrwc1@optusnet.com.au](mailto:qrwc1@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.'

## 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**