

Queensland Race Walking Club Inc.
Building on a fine tradition of race walking, 62 years in the making.



HEEL & TOE

April 26th 2018

QRWC Sign On Day 2018 Road Walk Season April 21 at Logan River Parklands

What a way to start the season!! Commonwealth Games 20km Gold Medallist Dane Bird-Smith taking time out to talk to our members and to sign countless personalised autographs. Thank you, Dane, you are a wonderful Ambassador for the sport.

And how about the turn-out at the races? Amazing. It was so good to see so many walkers lining up in the races today. A very warm welcome to all the new families that came along and a welcome back to our existing members (and especially to those that we have not seen for some time). It was so good to see so many smiling faces. There was so much chatting going on we nearly forgot to start the races. It has all the makings of a terrific season ahead for the club. All members are reminded about the Federation Carnival in Canberra in June. We would love to see as many members as possible making the trip to the nation's capital for a fantastic weekend of walking and fun.

A big thank you to those members who stayed behind after the races to attend the Annual General Meeting. Congratulations to all those who were elected or appointed to positions within the club. We thank you for your commitment to serving the club over the next twelve months. Have a great season.

The very popular club canteen will be back in operation at our next club meet at Kalinga Park on May 6th. We have a dynamic team of ladies; Gladys, Sharyn, Maxine and Jayne who have all kindly offered to be co- canteen conveyors this year. They would welcome the assistance each week for any of the parents to help out with the cooking or serving. If any of our members are handy at baking we would really appreciate a batch of scones or some cupcakes to be donated. Just let the canteen convenors know if you can assist. Remember, all funds raised goes to assist our young athletes with a travel subsidy

Club Meets coming up ...

May 6th QRWC Handicap Meet Kalinga Park 7.30am

May 20th QRWC Handicap Meet Beenleigh 8.00am

May 27th QRWC Handicap Meet Morningside 7.30am

MOTHERS DAY RAFFLE

And other weekly raffles during the road walk season

There is still time for members to make donations of prizes for our **Mother's Day Raffle** and future raffles during the Winter Race walking season.

Please bring any items that can be used as prizes to Kalinga Park on Sunday May 6th. If you do not have anything to donate please consider making a cash donation and Maxine will use it to buy raffle prizes.

The Mother's Day Raffle which will be drawn on the 6th of May 6th at the QRWC Handicap Meet at Kalinga Park (We do not have a club meet on Mother's Day May 13th)

Tickets are priced at **3 for \$5.00 or \$2.00 per ticket.**
3 prizes will be drawn.

Beautiful handmade Mother's Day cards will be available for sale at \$2.00 per card. All proceeds to supplement junior members race walking trips.

Thank you to our Raffle coordinator & Co-Patron Maxine Sela

Welcome to the 2018 Winter Race Walking season.

Here we are again at the start of another winter season.

Week 1 just gone, was a great way to start. Plenty of new members. So welcome along for your first season and welcome back for previous members. Big numbers in both races. I haven't seen that many at the first week in a very long time. It looks very promising for the season ahead. A quick apology though about the Garbage truck. That was a first for me.

Speaking about the season ahead. It too will be a big season. Plenty going on. To start with. This weekend is the Australian Little Athletics championships at Runaway Bay. Our club has 3 members in the Qld team. Kris Haywood, Kai Norton and Jayda Anderson. Good luck to them. If you have some spare time on Saturday the 2 Walks races start just after 12pm. hop along and cheer for them. A few of our members are also there officiating.



Competitors lining up for the start of the 5&10km races at Beenleigh on Sunday

2 weeks later. Dane Bird-Smith and Katie Haywood are competing at the World Teams Race Walking Cup in China. Dane coming off his Commonwealth Games Gold will be fired up to again race well on the international stage. For Katie this will be her first International Championships.

The regular winter road season will be in full swing by then and in early June the Annual Lake Burley Griffin Race Walking carnival is in Canberra. This meet is for anybody wishing to test themselves against other race walkers in the same age group or division from all over Australia. This is a fantastic event and a lot of fun. I'm trying to encourage as many of you to go to this event this season. For more info about this please ask any of the committee members.

During July Katie Haywood again is holding the club flag high as she represents Australia at the IAAF World Junior Track and Field Championships in Finland. Busy, busy year for the Haywood family and Coach Steve.

Late July and into August the regular State Champs are held. A time to see how you have all improved during the season to this point. We have programmed for a race or 2 on the sunshine coast this winter to try and broaden our availability to the wider race walking community. This will hopefully also assist promoting that Queensland will be hosting the

Australian Winter Race Walking Champs on the sunshine coast as well in late August. This is also another opportunity for you to compete against other Australian walkers again. The club will be involved with some of the organisation for this event, so keep an ear and eye out to see how you too can help.

By the end of this year. Our club assists hosting the Pan Pacific Masters Games road walks on the Gold Coast. So, as I said this season will be very busy for the club. I hope you can all be available to join in all these activities and many more through the season.

I felt 2017 was a successful season for the Queensland race walking club. We have heard and seen all the success and accolades the club has achieved and we are definitely in a great position for this success to continue. I wish for every person involved with race walking Queensland the very best for an injury free and successful season.

See you on the road soon.

Club President - Shane Pearson



Ready for the start if the 1,2 & 3km races at Beenleigh

“My Day” at the CG2018 Road Walks **Sharing “I was there” stories**

We bring you two more stories this week in trying to capture the essence of what the 2018 Commonwealth Games road walks at Currumbin on Sunday April 8th meant to so many people and how they saw the day unfold.

This week we have a story as told by a Games Volunteer that had never seen a competitive race walk competition until Currumbin. Caroline is known to some of our Masters race walkers as an ultra-runner but the GCG2018 walks were a real eyeopener to her. Our other story comes from Club President Shane Pearson who has detailed how the day and each race unfolded around him in his role as a Games Volunteer. Enjoy the read .

My Day - CG2018 Currumbin Beachfront 20km Walks **“Games Shaper” Volunteer ultra-runner Caroline Brousseau**



CG2018 Race Walk “Coning Queens” Alison & Caroline

The alarm went off at 1:45am. I had surprisingly slept like a log and felt ready and rested. After a coffee and muffin with Peter, Maxine, who was already up and happy, drove us to the bus station so we wouldn't have to walk the 15 minutes to the tram station. Maxine wasn't volunteering, but her happiness and energy at 2:15am was completely contagious! Maxine then return home, not to sleep but to prepare for her own trip to Currumbin with Pat and Noela. We got our first taste of games spirit when the bus driver welcomed us with a “my hat off to you volunteers!”. Mind you, he was also awake and smiling at that time of night! Some people are keen! ;-)

We got out of the bus just passed the Currumbin bridge and made our way down the streets. We couldn't help but remind ourselves that these past few years we had been racing the 50km Kurrawa to Duranbah on the same road! It now felt different, but we

also had the same butterflies inside. We made the usual jokes from Kelly's Heroes movie about the fact that there was indeed "a bridge", and it all felt awesomely normal to be up in the middle of the night having fun on that familiar stretch of road.

We got to security, had a laugh with the security guards when one of them, hidden in the dark, sneezed loudly, and made us all jump a meter high. We made our way to check in, and the usual friendly ladies welcomed us. We got our gift number 2: a nice coffee mug. We had a joke with the police officers who were asking why they didn't get a coffee mug as well. We sat down and had a coffee, then Alison arrived, followed not long after by Shane. The rest of the team arrived, then we got started with the "real" work.

Peter and his team mate were on « cone measuring » duties, and Alison and I were on « cone straightening » duties. That meant that we had to make sure that the race cone alignment was perfect for the press photos and video footage. Alison and I, rapidly nicknamed « the cone queens » by the nearby volunteers, spent the next two hours aligning the cones one by one, rotating them one by one, in a perfect straight line. Peter and his teammate were placing the cones quickly, focusing on the measurement between each of them, and it was Alison and my duty to then position and rotate them perfectly. Did I say perfectly? ;-) We were having so much fun laughing together, joking with the other volunteers who kept telling us that they "wouldn't want our job" and were "feeling for us". But we were having a ball with the cones!!! We fulfilled proudly our duty and were very pleased with the final result. Then it was time to hand over the track to Don for the official measurement, before race start.

As an ultra-runner, it was my first experience at viewing an international calibre racewalk race. I was positioned at the drink station just after the southern turnaround for the duration of the race, and I also had to make sure, for the first few laps of the men and women races that no cones (yes, cones again!!) were knocked off by the athletes at the southern turn around. Earlier, I had been a bit nervous about doing the right thing and not stuffing anything up for the athletes. But to be able to work with a number of experienced and knowledgeable walkers club members put me at ease with the calm and friendly way they went about their roles.

Once the men race started, I quickly got caught in the atmosphere. The racewalkers had spread around the track very quickly and it was my duty to pick up water bottles, lids, and sponges from the track between athletes racing by our station. They were coming so quickly around the corner that I barely had time to jump in and out of the track!

The crowd quickly grew larger and soon the crowd cheers were so loud it was impossible to ignore the atmosphere and energy all around. I got caught very early in the race fever and thoroughly enjoyed every second of it.

I was surprised to notice how differently built the racewalkers are from runners. The ladies and men racewalkers had so many well-defined muscles that I didn't even know existed! It was a pleasure to watch both in action, pushing every tendon and every muscle of their body to the limit in the heat of the day. The speed at which they were passing in front of us was so impressive, and I could see that everyone around was enjoying watching the race as much as I was. It was so fast paced, every walker coming back around the bend so rapidly I felt like I had just seen them a second before. Quickly, their names became familiar and soon everyone around was cheering every racewalker from every country. I had never seen something like that before.

For a second, watching these elite athletes, I felt like taking on racewalking myself. I think this event will have made many people, including me, realise how much effort and training comes into play for someone to become an elite racewalker. It was the best experience of my Commonwealth Games and I feel really privileged to have walked on the same track as these athletes, even if it was to pick up empty bottles, lids and sponges! After the both races ended, I made my way back to find Peter at the start line and we both watched the medals ceremonies. Very moving to say the least. We stayed there until everyone left, crowd and volunteers, not wanting that exhilarating morning to end... until Ryan told us "guys, it's finished, you can go home now". We didn't realise we were the only ones left...

My Day - CG2018 Currumbin Beachfront 20km Walks **"Games Shaper" Volunteer and club President Shane Pearson**

The day is here. In a strange way I felt the same excitement as I did on Christmas Eve as a very young child. What is Santa going to surprise me with? The anticipation for the day made it hard to settle down and fall asleep on Saturday night. Due to the long day on Saturday at the rehearsal and very early start on Sunday I stayed the night at Jayne Westin's house. The hospitality was very much appreciated and I thank Bella for allowing me to kick her out of her bed, not that I really slept that much anyway. 2am my alarm goes and I quietly get ready and head off to Currumbin.

I arrive not much before Peter Bennett and we make our way down to the Security screening gates. It's before 3am. There is a very light drizzle of rain that I'm praying will stop before the competition starts. We do our volunteers check in, meet up with the Goldoc supervisors, we have our run sheets, we know our duties, it's time to start. We have 2 hours to set up the course before final checks and handover to the technical staff.

It might sound easy but accuracy was paramount to the visuals for the spectators, the audience, the Commonwealth and World was going to see through actually being there live or through the screens of any media forums available.

Also, as a very proud and passionate person of Race walking, I wanted the whole world to see what members of our small Race walking club could achieve and help promote to everybody. How good we really are and our sport truly is. Some people might think, "It's only the course" but everything down to the very smallest detail had to be spot on perfect. Peter and I had a 1m and 2m measurement tube. Every cone had to be placed in perfect order. Trying to exactly make the lines straight. 1m gaps on bends, 2m gaps on straight till where the course divided. It was then 6m gaps between cones.

The turning points at each end were closer again. We had a couple other people behind us making sure the cones were straighter than we already had done.

We had the course done on time and ready for Don to do his final measurement checks. The course was handed over to the technical staff on time.

By this point we had a few conversations with the Goldoc supervisors, we were all unsure what sort of crowd would the Race walking attract. We knew we had the product, the

people, the athletes to make it an amazing day, but we needed the audience, their involvement, the cheering, the noise to make the atmosphere something very special for everybody to see.

As the sun started to rise a small break was had and a photo was taken of the members from QRWC volunteering on the course with the rising sun in the background. All the other volunteers were starting to arrive and getting into their duties.

I was now feeling the same sort of nerves and excitement as I did before I lined up to start racing for Australia at World Cups. Peter and I were then told by our Goldoc supervisors we were now going to do anything required at any station to assist in anyway.

I made my way down to where the Club "Come and Try" Activation Tent was going to be. I met up with Iggy and his team. Went through some final plans there and knew with confidence they would do an amazing job in representing our club to everybody in attendance. As the crowd started to assemble around the course, I was starting to think this will be an incredible day. Already my expectations were being met.

I went back down to the race start line and spoke to Ryan from Goldoc and let him know that the 125 red wrist bands we were allocated to get into the security area were all gone in under 15mins. He didn't know at first if we would use them all. We could have used another 250 plus easily. It was now almost 7am and starting time for the men's race. A lot of the volunteers were up near the first bend waiting to watch as they past us for the first time. The athletes are now being introduced to the building crowd. Conversations about who might be the victor. I always thought Dane was the one to beat. But also knew and had openly said he too would need to bring his "A" game. Tom Bosworth, Lebogang Shange, Evan Dunfee all had good performances coming into these games. They weren't going to make life easy for Dane.

The Race Starts. The early pace is solid. As the competitors turn at the northern end for the first time and make their way up the small incline I noticed Dane making motions for others to move up with him, but no one else was willing to take that chance this early. I said to a couple volunteers standing with me. "Dane will have to work his bum off today because no one is here today to help him." He wasn't going to get any help from anybody. He will be on his own. That will make for a very tough day on the track. Very early into the race I was asked to go to the Media rooms. When I got there, a person that worked for a company that sponsored me many years ago had noticed I was involved. He knew my passion from nearly 20 years ago and could see I still had it. He asked How many families of the athletes competing I knew. To be honest, personally not a lot but what do you need me to do. I'll make it happen.

I was given an amazing job to go around and introduce to the on site venue media the families and supporters of the athletes racing. This gave me a huge buzz.

I managed to organize interviews with 8 of the athletes in the men's field. But along the way met others as well.

When this finished it wasn't long to go. Dane and Tom were coming through 18k. I was thinking Tom was looking slightly fresher than Dane. I knew though Dane was a fighter,

a bulldog just like his dad was when I raced him. He wasn't letting anybody take away what he thought was rightfully his. The crowd had well and truly smashed the expectations of all the organizers. The noise from the spectators had become deafening. I never in my life had the opportunity to race in front of a crowd like this. Bell lap, I'm know placed at the finish line to make sure there are no issues when the athletes cross the finish line. I couldn't really see anything. But I knew they were getting closer because you could hear the noise getting louder like an express train about to speed past.

Gold to Dane, New Games Record. The jubilation on Dane's face was unforgettable. I'll be honest. I've known Dane since the day he was born. I found it very hard to hold back the tears of excitement. I could only imagine how Dave, Denice, Katy and all his family would have been. I still sit here now and get goose bumps thinking about it. Tom bravely fought hard and gave everything he could muster for his silver and 3rd to Samuel from Kenya. I did get a chance to briefly speak to Dane and congratulate him. However, Problem was, I along with all the volunteers had a short period of time to reset everything again, for the women were still yet to race.

I did again get a chance to go down and see Iggy and the team at our tent. They were doing a sensational job. Had been on TV, had been promoting the club fantastically. I was so proud of what everybody was doing from the club.



Shane Pearson, that fellow Borobi and Caroline Brousseau at Currumbin,

It's time for the women to start. Same scenario for the men's race. I was up near the northern turn when the girls started. The early clouds had cleared and it was fining up to be an absolutely beautiful Gold Coast day. The girl's race was underway, and if I recall New Zealander, Alana Barber took the early lead closely followed by the 3 Aussie girls.

My race pick a few days out was Jemima to be the dark horse and get a surprising win. However, I thought Beki and Claire would be tough but don't count out Alana from just over the ditch to dig deep.

The heat was starting to really pick up and I thought the race may come down to a war of attrition with guts and determination, more than who had the better times coming into these Games. Again, I was given the honour of introducing the media to the families of the athletes competing. While doing this I was also taking the opportunity to invite more people to our after party at the Currumbin surf club.

As the race started to play out it was obvious that Beki was in a tough place and struggling. Up the front a battle royale was building between the young Jemima and the experienced Claire. Not far behind was our KIWI friend Alana, and seriously you could not miss the loudest of the 8000 plus crowd, our very own club member Nyle in her black, grey and white frog ballerina looking outfit. Definitely the best costume of the day. She has gone viral in NZ media. I hope she promotes QRWC in NZ when she's there as much as she promotes NZ when here in Qld. The heat in the air and the heat on the track was now electric. Jemima holding the lead and Claire holding on. There was an intense, amazing battle going on. The tactics, the pressure, the racing games were all there out on the track. Neither girl was going to give in. Claire didn't want the silver again like Delhi last time walks were held at the Comm Games. I made my way back to the finish line as they were going through 16k. Claire made her move during that lap taking a big chunk out of Jemima's lead. Jemima looked like she was going through a tough patch. Would she hold on?

As they made their way heading south after the 17k mark Claire was now on the heels of Jemima. The crowd again was unbelievable. The noise was deafening. Claire has hit the lead, coming up to 18k. Then it happened. The dreaded Red card. The Chief judge comes onto the road and Claire's race is over. She collapses to the pavement, distraught, agonizingly so close to the gold. Again, this time the noise was still loud, but of shock. The silence then the questions. What just happened I could hear coming from the people that don't fully understand what Race walking can be about. People standing around me thought Claire had cramped up due to the heat. But I told them the truth of what had happened. The media frenzy around where I was standing trying to get photos of a very distressed athlete was disappointing. They were more interested in given the sport the negativity we usually get when this happens, rather than focus that a young Aussie girl was still leading. The sweet and sour of race walking.

Claire's obviously very upset and emotional mum wanted to get to her daughter in the athlete zone. I assisted in making this happen and got her across the road to console her. I again was then at the same place on the finish line when the girls finished. Jemima 1st and again the crowd go wild. I saw the most amazing sportsmanship when Claire came out and congratulated her team mate. That will go a long way in showing the world the support we all have for each other that toil away day after day, year after year in a sport not too many really care for but us crazy people. 2nd over the line, Alana

and a surprise 3rd to Bethan from Wales. I got the photo shot that I was told the media wanted. All 3 girls on the finish line holding their countries flags in joy. I was so pumped up the adrenalin was pumping again as it had been when Dane won.

Disappointingly I never got a chance to see the medal presentations as I was about 100m away starting to pack down the course as we had a very short time to clear and re-open the road. Unfortunately getting abused by many spectators that weren't allowed to get any closer. This was probably the only really bad part of the day. I managed to again catch up with the supervisors from Goldoc. They were absolutely amazed with how the day went. It exceeded all their goals and expectations with the outcome. They were thrilled how successful the day had gone and so thankful to all the members of QRWC for their time, effort and hard work making it as good as it was. This feedback and positive affirmation of what we, our club, had helped to achieve was a spine tingling feeling for me. I don't have other words to describe how proud I felt for every single person involved.

When I was finished my race duties for the day, I was standing outside the venue control room. Waiting to sign over my equipment. I saw Claire, on her own and walking out to leave. I went and spoke to her. She put her head into my shoulder and cried "I didn't want to get silver again. I knew I could win. I wanted the big shiny one this time." She was absolutely shattered and heart broken. Claire and I did converse for a few minutes. I was trying to say all the right things that may help just a little bit. But that's not an easy thing to do in this case.

My official volunteer duties for Goldoc had now finished and it was getting close to 1pm. 10 hours on the go. But more still to go. I headed down to Iggy and our club tent. They were well into the packing up part themselves. We talked about what had happened during the day so far. The adrenalin was still pumping. The excitement of the success during the day and the people that came along to experience it all. For a small period of time they got the opportunity to truly embrace the passion, the emotions, the highs and lows, the jubilation of what Race walking is all about, and why day after day we put ourselves out there to be the best we can be in a sport most ridicule.

All that was left to do now was go to the lunch after party I'd been organizing. This was I hoped a chance for the members of our club and others from the race walking community to sit back, relax and enjoy the day that had preceded.

When I spoke to the management team at Currumbin surf club, I said around 100 people may come along. For those that came along. I well and truly underestimated that number. The whole club. Upstairs and down stairs was chocked full of the race walking family past and present from all over the Commonwealth. Athletes young and old, their families, officials, volunteers. Wow, it was amazing how many did turn up. Friends from all over the Commonwealth having the opportunity to catch up, eat, drink, reunite or start new friendships. By this stage again I was lost for words. I really didn't think the day would go to another level. Then some of the competing athletes arrived to join the festivities. How unbelievable was that? The athletes that had put their bodies on the line

to almost exhaustion only a couple hours ago wanted to also be part of the after party. But the roof lifted off the venue when our club member and men's Gold medallist Dane walked in. Denice asked Peter and I to go and get Dane to come upstairs where a lot of people also were. I'm sorry Dane if you though I was a bit pushy. That wasn't my intentions.

I did finally get a chance to get my lunch. It took a while, but as a chef myself, that many people ordering at the same time, a wait for food was inevitable. So, no issues from me there. The day is now pushing 4pm and a lot of people are now leaving. I didn't want the day to end. But it did. When I was younger and much fitter, I dreamt of making it to a Commonwealth or Olympic games. I got frustratingly close, but at this point of time, this is as close as I will get. Maybe one day as a coach I might, but for now I will remember this day as a highlight in my life.

Thank you to everybody again. What a day! I hope that the many people there and fans of Race walking will also have this as a highlight of their life.
Shane Pearson

Results Results Results

QRWC Sign On day/Handicap Meet Sunday April 22nd Logan River Parkland, Beenleigh

Some big fields and hot competition for the first road walk meet of the season. Fantastic to see so many walkers lining up for their first ever road walk. The Games have certainly inspired and motivated a number of people and we hope to see you all back at our meets throughout the season. While many athletes found the first road walk hard going there was still some very good performances recorded. Katie Hayward had a final competitive hit out before heading off to China for the World Race Walking Cup recording an outstanding 21:55 for the 5km.

A Grade 10km

Men: (1) Iggy Jimenez 53.45 (2) Peter Bennett 58.45 (3) Argenis Guevara 1.00.39 (4) Mark Carlile 1.15.31.

Women: (1) Jessica Pickles 57.14 (2) Di Adams 1.03.20 (3) Nyle Sunderland 1.05.02 (4) Kay Shaw 1.11.52.

Women 8km Caitlin Hannigan 42.00

B Grade 5km

Men: (1) Nelson McCutcheon 23.35 (2) Brad Aiton 26.33. (3) Patrick Sela 39.26.

Women: (1) Katie Hayward 21.55 (2) Mackenzie Ofield 30.27 (3) Amelia Schofield 32.41 (4) Charlotte Hamann 34.13 (5) Jade Pearson 35.08 (6) Noela McKinven 40.46.

C Grade 3km

Men: (1) Sam McCure 16.58 (2) Kai Norton 18.39 (3) Ryan Stewart 18.48 (4) Torryn Fisher 19.37.

Women: (1) Anika Clarke 16.55 (2) Ashanti Heap 17.10 (3) Amber Norton 20.38 (4)

Korey Brady 20.52 (5) Sophie Porter 21.27 (6) Jasmine McRoberts 21.44.

D Grade 2km

Men: (1) Kris Hayward 9.11 (2) Ethan Clarke 13.19.

Women: (1) Scarlett Schofield 13.01 (2) Isabella Schofield 13.43 (3) Phoebe Chadwick 17.19 (4) Robyn Wales 19.07.

E Grade 2km

Men: (1) Myles Callaghan 11.07 (2) Charlie Capps 11.36 (3) Alex Bradley 11.38 (4) Jacob Petrovic 14.52.

Women: (1) Lyla Williams 11.33 (2) Tamika Gee 12.29 (3) Alejandra Hannouf 13.04 (4) Kamara Stewart 13.14 (5) Charlotte Brady 15.04 (6) Stephanie McCure 17.40.

F Grade 1km

Men: (1) Flynn Callaghan 6.11.

Women: (1) Makenna Clarke 6.10 (2) Chelsea Capps 6.23 (3) Siaan Fisher 6.52 (4) Isabella Gee 8.08.

Thank you to all the volunteer timekeepers, lapscorers and judges who helped out today to make this such a memorable first day of the winter road walking season. I hope you all had an enjoyable day. To Dane, Dave, all the competitors, their families, the volunteers and Committee members I want to thank each and every one of you for making me so proud to be part of such a wonderful club.

The Annual General Meeting of the club was conducted after the meet and we will bring news of the meeting in the coming weeks including the full line up of position holders within the club and club captains for 2018.

Qld Masters Athletics State Championships

SAF Saturday April 21st

5,000 Metre Race Walk

W40 1 Gannon, Brenda 28:00.68 (26:57.66 73.38%)

M40 1 Carlile, Mark 39:59.68 (37:58.98 47.28%)

M50 1 Jimenez, Ignacio 24:11.65 (21:11.51 84.75%)

M60 1 Bennett, Peter 27:54.42 (22:20.55 80.38%)

W75 1 McKinven, Noela 40:46.07 (26:25.55 74.86%)

M75 1 Sela, Patrick 39:21.41 (26:26.40 67.93%)

Age Graded Times & Percentages in Brackets

IAAF World Race Walking Teams Championships

May 5-6th Taichang, China

A strong Australian team will line-up for the 2018 IAAF World Race Walking Team Championships with two Queensland representatives in the team. CG2018 Gold Medallist, Dane Bird-Smith in the Open men's 20km and outstanding junior Katie

Open Men 20km

Dane Bird-Smith (Qld), Michael Hosking (Vic), Rhydian Cowley (Vic), Adam Garganis (Vic)Brendon Reading (ACT)

Open Women 20km

Beki Smith (NSW), Jemima Montag (Vic) and Rachel Tallent (Vic).

Women 50km

Claire Tallent (SA)

Men U20 10km

Declan Tingay (WA), Kyle Swan (Vic), Mitchell Baker (ACT)

Women's U20 10km

Katie Hayward (Qld), Rebecca Henderson (Vic), Phillipa Huse (Vic)

Target Talent Program - enhancing pathways for junior and emerging athletes

Release by Athletics Australia

Target Talent Program

Athletics Australia will provide national oversight for the new national curriculum and coaching design and development for the Target Talent Program with direction and support from the National Junior Program and National Junior Coaches. The program will include education sessions for athletes, parents and coaches to assist athletes along the pathway to senior representation.

Emerging Program

The Emerging Program which will focus on the post-secondary school athlete and their personal coaches. The aim of this program will be to bridge the gap from the World U20 Championships to World University Games and on to senior benchmark teams.

Sara Heasley, the National Junior High-Performance Manager says “The emerging program is aimed at bridging the gap between World U20 Championships into World Universiade and onto senior international teams. It will be a post-secondary school-aged program so time out of school will not be required.”

The pilot program also recognizes the integral role of personal coaches and will provide stronger links to the National Junior Coaches, including regular delivery of coaching and education in the state-based programs to support the great work of state-based Target Talent Program coaches.

“Our personal coaches work incredibly hard for our sport and this program will be able to support their work in the sports science and sports medicine fields. It will also give the personal coaches and athletes the opportunity for ongoing assistance from and the strengthening of their relationships with the relevant National Junior Coaches.” says Heasley. “The program will hold two camps, one in December as a whole group and the second across January/February in event groups alongside some of our leading athletes.”

This Week

No club competition this weekend with Kris Hayward, Kai Norton, Jayda Anderson, & Sabrina Guse representing Queensland in the walk events at the at the Australian Little Athletics Championships on the Gold Coast. Over in Perth Iggy is flying the flag for the Queensland walkers at the Australian Masters Championships. All the very best to our athletes competing in these Championships.

Australian Masters Championships



VenuesWest
AMA Championships
Perth 2018

VENUES WEST

Friday 27th

7:30am W30-94 5,000m Race Walk

8:30am M40-89 5,000m Race Walk

Saturday 28th

1:45pm W65+ 1,500m Race Walk

1:45pm M70+ 1,500m Race Walk

2:10pm W30-64 1,500m Race Walk

2:30pm M40-69 1,500m Race Walk

Sunday 29th

9:00am W30+ 10,000m Road Race Walk

9:00am M40+ 10,000m Road Race Walk

Australian Little A's Championships

The Australian Little Athletics Championships will be held at the Runaway Bay track on the Gold Coast from April 28 -29th

Queensland Representatives

12:15pm Girls U13 1,500m Race Walk Jayda Anderson, Sabrina Guse

12:40pm Boys U13 1,500m Race Walk Kris Hayward, Kai Norton

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

ENTRIES NOW OPEN

Entries close Wednesday May 23rd.

Entries are now, for the first time, open on online at

<https://www.registernow.com.au/secure/Register.aspx?E=29858>

This annual Carnival is held each June in Canberra and brings together races walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the AFRWC and has a strong team emphasis. The carnival is over 50 years of age and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State.

Entry Fees:

Racewalking Australia & ACT Walkers Events \$35.00 per event.

Athletics ACT Championships \$20.00.

Fitness Walks – \$20.00.

AGE

Age for all Racewalking Australia events is age on the day.

Age for Athletics ACT Championships is as at 31 December 2018.

Masters age for both Men & Women is 35+ for all Racewalking Australia Events.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification. For a club uniform contact Noela at noelarhoda@gmail.com

Canberra Programme – There is an event for everyone

The one major change to the program of events will be the transition to metric distances for the traditional 10 & 20 mile events and the 5 mile Fitness Walk. The new distances are:

1. Open 30km 8.00am
2. Fitness 30km 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 15km 8.00am
5. Open & Vet Men 15km 8.00am
6. Fitness 15km 8.00am
7. Fitness 8km 9.00am
8. Men 10,000 Metres 10.30am
9. Men U20 ACTA 10km C/Ship 10.30am
10. Women U20 10,000 Metres 10.30am
11. Open (over 20 years) 10km 10.30am
12. Boys U10 1,000 Metres 11.40am
13. Girls U10 1,000 Metres 11.40am
14. Boys U12 2,000 Metres 11.50am
15. Girls U12 2,000 Metres 11.50am
16. Boys U14 2,000 Metres 12.10pm
17. Girls U14 2,000 Metres 12.30pm
18. Boys U16 3,000 Metres 12.50pm
19. Girls U16 3,000 Metres 1.15pm

- 20. Boys U18 5,000 Metres 1.40pm
- 21. Girls U18 5,000 Metres 1.40pm
- 22. Women's Open 5,000 Metres 2.20pm

Events 1, 4, 8, 12-22 are Racewalking Australia individual and team events.

Events 4 & 5 incorporate Racewalking Australia Masters men's & women's individual competition only

Presentations of Awards: Will be at the Ainslie Football Club of Canberra, 52 Wakefield Avenue, Ainslie commencing at 7.30 pm.

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.



ENTRIES ARE NOW OPEN

The QRWC is the host organisation for Athletics - Road Race Walks for the 2018 Pan Pacific Masters Games. The road walks will take place on the Luke Harrop Criterium Circuit next to the Sports Super Centre at Runaway Bay on Sunday November 11th 2018. Every entry in the 10km road walk will benefit the club so please spread the word amongst your Masters friends.

<https://mastersgames.com.au/ppmg/sports/athletics-road-race-walk/>

Coming Up

April 26-29 AMA Track & Field Championships Perth WA

April 28-29th Australian Little A's Championships Gold Coast

May 5-6th World Race Walking Team Championships Taicang, China

May 6th QRWC Handicap Meet Kalinga Park 7.30am

May 13th Mother's Day – No club competition

May 20th QRWC Handicap Meet Beenleigh 8.00am

May 27th QRWC Handicap Meet Morningside 7.30am

Looking Further Ahead

June 3rd GC Road Walk Championships/QRWC Handicap Meet Mudgeeraba 8.00am
June 10th LBG Federation Carnival Mt Stromlo Canberra
June 17th QRWC Handicap Meet TBC
June 24th QRWC Handicap Meet Davies Park 8.00am
July 8th QRWC Handicap Meet TBC
July 10-15th IAAF World Juniors Track Championships Finland
July 15th QRWC Handicap Meet TBC
July 22nd RWA Postal Challenge Beenleigh 8.00am
July 29th QRWC Handicap Meet TBC
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
August 12th QRWC Track Championships UQ St Lucia 8.00am
August 19th QRWC Club Championships Kalinga Park 8.00am
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
September 2nd QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie
September 16th Relay/Trophy/BBQ Day Kalinga Park 10.00am
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

Racewalking Queensland

(Trading at the Queensland Race Walking Club Inc. ABN 59065512712)

Racewalking Queensland Management Committee 2018/19

President: S Pearson **Secretary:** N. McKinven
Vice President: P. Bennett **Treasurer:** R Hamann
Committee: I Jimenez, R Wales, J Pickles, S Langley, J Westlin, C Goulding
Patron: Patrick & Maxine Sela **Registrar:** A Wearne
Delegates to QA: R Wales, S Pearson
Handicapper: N McKinven **Trophy Officer:** N McKinven
Social Media / Publicity Officer: J Pickles

Full list of club appointments to come.

QRWC Annual Subscriptions 2018/19

Registration Fees

Family \$40
Students & Officials \$15
Others \$25

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students \$ 4 / Others \$6
Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete

A great way to save money and not have to worry about paying race fees every week is to invest in a QRWC “Season Ticket”. This enables the athlete to compete in up to 15 club meets a season (10 x handicaps, club road championships, club track championships, Postal Challenge, Invite Meet & relay day). This does not cover QA or QMA Championships, Federation carnivals or any other event that is not a QRWC meet.

QRWC Website: www.qrwc.com.au

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.

qrwcregistrar@outlook.com Club membership enquiries and information

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.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>