

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



HEEL & TOE

April 4th 2018

LET THE GAMES BEGIN

More than 4,500 athletes from 71 nations and territories will compete for 275 gold medals at the Commonwealth Games, which begin with the Opening Ceremony tonight. There will be the same number of men's and women's medal events for the first time at a major multi-sport event. Gold Coast 2018 also includes the largest ever programme of disability sport at a Commonwealth Games. More than **2.4 billion people** - nearly a third of the world - will be represented over 12 days in Australia.

Dane Going for Gold



QRWC member **Dane Bird-Smith** will start the 20km walk at the Commonwealth Games at Currumbin on Sunday morning as a genuine gold medal contender. The 2016 Rio Olympics bronze medalist is in great shape after months of intense preparation. In the pre-games track classic at QSAC last week Dane came within two seconds of his Australian best on record time of 10:54.70 set just over 12 months ago in a QA Shield meet. Second in that race last year was Wayne Snyman who set a South Africa best of 11:10.22. Wayne will line up in the race on Sunday together with countryman Lebogang Shange who is another fancied contender for the gold. Michael Hosking and Rhydian Cowley will be the other Aussie men on the start line.

All the three Australian girls in the race can be considered as strong medal contenders and we wish Beki, Claire and Jemima all the best in the race.

Aussie Men 7.00am

Dane BIRD-SMITH AUS

Michael HOSKING AUS

Rhydian COWLEY AUS

Aussie Women 9.15am

Beki SMITH AUS

Claire TALLENT AUS

Jemima MONTAG AUS

If you want to send a message of support to our Australian team on Facebook go to the **CG2018 Fan Tribute page**

<https://www.facebook.com/groups/1976865259051929/about/>

I know you will be cheering hard for all the Australians (and Kiwis) but please make sure you get behind all the other athletes in the races and don't stop showing your support until the last athlete has crossed the finish line.

This is it guys, showtime. We would like to wish Dane and all the other walkers in the Australian team all the very best on Sunday. The nation is behind you. Destiny awaits.

Start Lists

20km Walk Men, 7am, Sunday April 8th

Dane BIRD-SMITH AUS

Michael HOSKING AUS

Rhydian COWLEY AUS

Benjamin THORNE CAN

Evan DUNFEE CAN

Callum WILKINSON ENG

Tom BOSWORTH ENG

Irfan KOLOTHUM THODI IND

Manish SINGH IND

Samuel Ileri GATHIMBA KEN

Simon WACHIRA KEN
Jerome CAPRICE MRI
Quentin REW NZL
Lebogang SHANGE RSA
Wayne SNYMAN RSA

20km Walk Women, 9:15am, Sunday April 8th

Beki SMITH AUS

Claire TALLENT AUS

Jemima MONTAG AUS

Gemma BRIDGE ENG

Khushbir KAUR IND

Soumya BABY IND

Erika KELLY IOM

Grace Wanjiru NJUE KEN

Lindah WAWERU KEN

Alana BARBER NZL

Fadekemi Florence OLUDE NGR

Bethan DAVIES WAL

Heather LEWIS WAL



Jemima, Claire, Beki. All medal contenders.



Sharing the Dream

Goldoc has promoted these Games as an opportunity to *Share the Dream*. As a club (and a small one at that) we have certainly embraced that message. I am overwhelmingly proud to see virtually every club member; family member and supporter get behind these Games in just about every way that has been possible. You would be very hard pressed to find a small club where the members have *Shared the Dream* as much as the QRWC, Take a bow each and every one of you. If there was a club of the year award I would present it to you all on Sunday.

QRWC members sharing the dream

- One of the race favourites for the men's 20km – Dane Bird-Smith
- Baton Relay participants – Noela, Dave, Sam
- Approximately 25-30 Games Shaper Volunteers – in many sports and roles
- Activation Team - Club athletes coaches and officials
- Games walks rehearsal athletes – Our young athletes living the dream
- Guest speakers at race walking volunteer training
- Trial 5km at Race Currumbin on Oct 29th – 30 athletes. A day to remember
- “Get Set for the Games” medial launch - Athletes and officials
- In venue viewing area wrist bands – members and their families
- Cheer squads & supporters
- Post-race gets together – cast of thousands - Currumbin Surf Club
- Social media – Information, news, friendship building

“HAVE A GO” Activation CG2018 Currumbin Walks

SUNDAY 8 APRIL: ATHLETICS – RACE WALKS

5.30am Activation pergola set up

6.00am Activation pergola "open for business".

6.20-6.50am Session 1 Have a Go Activation

7.00am Men’s GC2018 20km Race Walk starts

8.20am Expected Men’s First Finisher

8.35-9.05am Session 2 Have a Go Activation

9.15am Women’s GC2018 20km Race Walk starts

10.45am Expected Women’s first finisher

11.25am* Men’s and Women’s Medal Ceremonies

12.00-12.30pm Session 3 Have a Go Activation

As you all know the race walks are a free event and a large public viewing area precinct has been set aside at the southern part of the course.

On the western side of the course, at the northern end, a secure In-Venue Viewing Area will be set up. This area centres around the start/finish area and the top turn on the course. Great views towards Surfers Paradise and the Pacific Ocean. The medal ceremonies will take place in this area. This in-venue viewing area is primarily set aside for family members of all the competing athletes and can only be accessed through a security gate by those wearing a special wristband. (each athlete in the walk events is allocated three wristbands for their family and friends).

The club has been very fortunate in obtaining from GOLDOC an additional quantity of wristbands for our members and their families. All members of the Activation team will receive a wristband on arrival.

These wristbands will be available at the Activation tent on race morning on a first come, first served basis and we are not able to reserve or hand out multiple wristbands. They are single use meaning that once they are put on they have to be cut off. So please come along to the Activation pergola early and have the team fit you with your wristband.

There are restrictions as to what you can take into the secure area and the Activation pergola cannot provide a safe area to leave any personal belongings for Games visitors.

The catch? You have to make lots of noise and cheer like crazy. Get your cheer squad uniforms sorted out – lots of green and gold and coloured zinc cream. If you don’t have green and gold wear maroon and a Race Walking Queensland cap. You will be where all

the TV cameras and press will be located so smile for the cameras. 😊. Millions of viewers worldwide 😊 😊

The gates to the in-venue viewing area will open 60 minutes before the GC2018 Men's Race Walk starts.

Post-Race Get Together Currumbin Beach Vikings Surf Lifesaving Club

This Sunday, Sunday, April 8th will be an exciting morning with the Commonwealth Games 20km walks being held along the Currumbin beach front. . Regardless of the outcome of the races or the weather *Race Walking Queensland* would like to invite all our members and their families as well as members of the race walking "family" from around Australia and around the world to meet up and come together at the Surf Club at the conclusion of the races. This get together is for EVERYBODY so see you all there.



Getting to the GC2018 road walks Pacific Parade Currumbin Sunday April 8th **PLEASE TAKE NOTE**

Bus

Bus routes, including 700, 760, 767 and 768 will run frequently during the Games and can take you close to the venue. Allow at least 15 minutes to walk to the venue from the nearest bus stop.

700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.

- Get off at the Currumbin Wildlife Sanctuary stop. It is a short walk from here to the race venue on Pacific Parade.
- Games Volunteers can get off at the Gold Coast Highway at Currumbin Hill stop and walk down the hill along Duringan Street toward the volunteer check in area.

Train

Catch the train to Varsity Lakes station and from there you can take a local bus **760**. The heavy rail network will operate 24 hours a day between 5 and 15 April.

G:link

Walk or catch a bus to the G:link light rail, then get off at Broadbeach South Station and take the **700** bus service which will take you within walking distance of the venue. The G:link will operate 24 hours a day between 5 and 15 April.

Route GC2018

During the Games, Route GC2018 will travel between Helensvale and Nerang stations, connecting key transport interchanges and GC2018 venues along the route including Labrador, Southport, Surfers Paradise and Broadbeach, where the **700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.**

Parking

Parking at or near GC2018 venues will not be an option. Please note that parking restrictions will be in place on the Gold Coast during the Games, especially in proximity to venues.

Taxi or Rideshare

Taxi or passenger drop off and pick up options are available near the venue.

Note: There are no cycle storage facilities at the Currumbin Beachfront venue.

VALE HELEN RICHARDSON

We have been saddened to hear that Helen Richardson, wife to long time former club member Ian Richardson and mother to Gayle has passed away after a long hard-fought battle with cancer.

The funeral for Helen will be at the Albany Creek Crematorium (Lakeside Chapel) Monday, April 9th, at 9.30am. Requesting no flowers please.

We extend our condolences to Ian and the family as this sad time.

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 walkers -29th

Congratulations to following the walkers chosen to represent the State after their performances at QLA Championships.

U13 1,500 metre walk

Kris Hayward, Kai Norton

Jayda Anderson, Sabrina Guse

QRWC Winter Road Walk Season / AGM

Sunday April 22nd

The 2018 Winter Road Walk season kicks off on **Sunday April 22nd** with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club.

Please download a nomination form from the QRWC Website: www.qrwc.com.au
Please return your signed nomination form to the Returning Officer, Mr. Andrew Wearne by **April 8th**.

Canberra Federation Carnival

Mt Stromlo Canberra Sunday June 10th

ENTRIES NOW OPEN

Entries close Wednesday May 23rd. Competitors must complete and sign an individual entry form and submit it to the QRWC Club Secretary.

Entries cannot be directly made to ACT Walkers Inc.

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.

UNIFORMS

The wearing of a club uniform is compulsory at Federation carnivals and failure to do so can result in disqualification. We do not carry a large stock of uniforms so if you are planning on going to Canberra start thinking about ordering a uniform. Contact Noela at noelrhoda@gmail.com

Canberra Programme – There is an event for everyone

1. Open 20 Miles 8.00am
2. Fitness 20 Miles 8.00am
3. Men & Women ACTA 30km C/Ship 8.00am
4. Open & Vet Women 10 Miles 8.00am
5. Open & Vet Men 10 Miles 8.00am
6. Fitness 10 Miles 8.00am
7. Fitness 5 Miles 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

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/>

Racewalking Queensland Management Committee 2017/18

President: S Pearson

Secretary: N. McKinven

Vice President: P. Bennett

Treasurer: J. Heylen

Committee: I Jimenez, A Wearne, R Wales, R Hamann, J Pickles, S Langley

Patron: Patrick & Maxine Sela **Registrar:** A Wearne, S Wearne

Delegates to QA: R Wales, S Pearson

Equipment Officers: N McKinven, I Jimenez, P Bennett, S Pearson

Handicapper: N McKinven **Trophy Officer:** N McKinven

Results: N McKinven **Canteen Convenor:** G Jimenez

Publicity Officer: J Pickles **Blue Card Co-ordinator:** J Haig

Coming Up

April 8th Commonwealth Games 20km Road Walks Currumbin

April 11th **Wednesday** QMA 10,000 metres SAF 7.00pm

April 14th QMA 3,000 metres SAF 8.15 am

April 21st QMA Track & Field Championships SAF 5,000 metres TBA

April 22nd QRWC Sign On Day / Handicap Meet Beenleigh

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 20th QRWC Handicap Meet Beenleigh

May 27th QRWC Handicap Meet Morningside 7.30am

Looking Further Ahead

June 3rd Gold Coast Road Walk Championships 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)

All club memberships become due on April 1st.

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/>