

*Queensland Race Walking Club Inc.*

*Building on a fine tradition of race walking, 62 years in the making.*



## HEEL & TOE

August 30th 2018

### **Australian Road Walking Championships**



**Lake Kawana Sports Precinct, Sunshine Coast**

## **Presidents Wrap Up**

### **A huge Thank You from QRWC**

Well it wasn't the weather I was hoping for on the day.

As they say..... "Queensland! Sunny one day. Perfectly timed rain the one day in seven years you don't want it". I hope the farmers who do need it, got some.

As you all know, each state only gets to host the RWA Federation Winter champs every 7 years. As we were this year's hosts we wanted everything to be spot on.

In general, I thought it did. It's hard to get a large amount of athletes up to Queensland due to expense, time availability and so on. So when the opportunity does come around, we like it make sure we get it right for you all.

I thought we found a fantastic, flat, fast course. Great facilities, close to everything.

Allowing all the competitors to achieve goals, new best times, potential qualifying performances, in tough fought, fast races... This did happen in a few events.

I have had some fantastic positive feed back since Sunday. So I think we got it pretty close to achieving our goals as hosts.

On behave of QRWC, I'd like to take this opportunity to thank everybody from the race walking community as a whole who attended the meet at Lake Kawana.

These carnivals don't just happen. There's a lot of planning and preparation that goes into it from up to a year out.

As this year has been very busy locally, it was tough trying to get things to fall into place. Congratulations to all the medalists, trophy recipients and all competitors. The hard effort you put into your training to be race ready on the day takes a huge commitment from you, your family and your coach. Awesome effort and well done to all the athletes that achieved their personal goals.

From a Queensland point of view, I saw some of our team members record the best they have ever done. Some of them took me by surprise how hard they tried and the success they achieved. I was extremely proud of these results.

Thank you to the Athletics Australia personnel. Michelle James, Belinda Bozin and Claire Bensemenn. Their guidance and support was greatly appreciated.

Thank you to Stephen Parr and his team at the Lake Kawana Sports Precinct

Thank you to the Technical Officials from Queensland and around Australia. Especially Zoe and the other judges who are also part of our Race walking family.

Thank you to Dane for making an appearance. Not just his commentating but throwing the shoes on and punching out a quick 5k to allow all in attendance watch an Olympic medalist and Commonwealth Champion how it's done. Then to be on hand for photo opportunities and presenting medals. Thank you to Bob Cruise, his support during the past few months to answer any questions was extremely helpful.

Thank you to all the members of QRWC. You all put your hands up when I asked for volunteers and as always you didn't disappoint. Even in the pouring rain early in the morning when setting up and again it came down in buckets as we packed up. You all did an outstanding job. Once again, I truly appreciate the tireless effort you all continue to deliver.

Finally to you guys, the athletes, these events are conducted for you. Without you there is no carnival. Thank you for taking the time and effort to make the journey up to Queensland and compete. You have done yourself, your club and your state very proud. We need to support these events. We need to support our sport. If we don't we may lose what we do have.

I hope you all had a sensational weekend and take home great memories from what I thought was a successful 2018 Athletics Australia Winter Race Walking Champs and RWA Federation Cup.

CHEERS.

QRWC Club President - Shane Pearson



*Dane and Katie our two Australian representatives in action on Sunday*

#### **Athletics Australia Report – extract**

### **WET WEATHER SEES JONES AND TALLENT WIN THE 2018 AUSTRALIAN RACE-WALKING CHAMPIONSHIPS**

*Tyler Jones (1:33.02) claimed the title for the men and Rachel Tallent (1:36.02) claimed the women's, both races were over 20km on the wet track just outside of Sunshine Stadium.*

*Despite not having the best preparation Jones was the easy winner for the men after Luke McCutcheon withdrew. "I went to Europe with my girlfriend, to Spain actually – I did get in a few training sessions over there but not nearly as much as I would have liked," Jones said. "During the race today, I had a bit of a battle with Luke McCutcheon and I was thinking it was a bit of classic & State of Origin, NSW vs QLD battle but in the end I managed to hold on."*

*Rio Olympian Rachel Tallent, who has been busy recently with her completing her thesis for her Honours in Psychology was the victor for the women but said the weather played a little part. "Wow today was wet, fun but very very wet," Tallent said. "I just wanted to keep my splits consistent over the 20 km, unfortunately I slowed down a bit at the end but overall I'm happy with my race."*

*In a surprise move, Olympic medallist Dane Bird-Smith who is coming back from injury was 'convinced' by his coach and dad, Dave Smith, a 12-time national race walking champion, to enter the invitational 5km event.*

*Dane Bird-Smith is heading to China next month to compete in the final round of the IAAF World Race Walking Challenge. The Taihu International Race Walking event is held in Suzhou, east of Shanghai.*

*The day was extremely well attended by dedicated fans.*

*In the women's under-20 event, World U20 championships fifth placegetter, Katie Hayward was a comfortable winner in the 10km event in 49:37.29, ahead of Tasmanian Alice Randall (50:39.84) and NSW champion Chelsea Goodhew (55:06.29).*

*Hayward was satisfied with the win considering her busy international program in 2018 which included the World Race Walking Teams Championships (May), World U20 Championships (July) and an overseas camp.*

*“Conditions were tough today, but the result was expected as I have had a break from training since world juniors and the Japan training camp. However, it was nice to come home with the win today and to see everyone that has helped and supported me in my journey towards my two international competitions this year.”*

*Hayward's team mate at the World Race Walking Teams Championships, Canberra's Mitchell Baker claimed an 18 seconds win in the under-18 10km event in a time of 46:36.72, from host state representative Nelson McCutcheon who stopped the clock at 46:54.86.*

*Tasmanian William Robertson recorded a quick time of 23:14.27 to take the under 16 5km title ahead of Katie Hayward's brother Kris Hayward (Qld).*



**What is happening here? I will open it up to our members to come up with the best caption. Dave you are not allowed to enter!**



### *Our Sportsmanship award goes to Bella*

We are very proud of the high level of sportsmanship in our club and in the sport generally. We cheer on every other competitor and support each other even when we are in the same race. We hand our opposition drink bottles, offer encouragement and give right of way on the turns.

On Sunday Bella, despite being in a struggle herself, still found the compassion to encourage another competitor having a hard time. *“As a mum of a walker I would just like to say I love the hand of friendship the walkers extend to each other. As my daughter was feeling sick and struggling with a blocked nose and cough and just feeling unwell, then a stitch came on. One of the Queensland girls told her to keep going and walked with her. Bella you are a beautiful person, it meant a lot to Molly that little hand of friendship. Never lose your compassion.”* We are very proud of you Bella and all our team members. In Canberra this year Anika earned special praise from the race commentator for staying on the track until the last competitors crossed the line and applauded and shook hands with everyone.



*Gladys and Jo feeding the hungry hoards on Sunday*

What a wonderful effort by our canteen volunteers on Sunday. They arrived very early in the morning to set everything up and started cooking in time to feed all the hungry race officials by 7am. Then through the rain and wind they continued cooking and serving continuously throughout the day and then packed up in the rain. Thank you all so much, it was the most outstanding effort of the day.

A big thank you to all our members who supplied home bake and treats for selling at the Nationals on Sunday. The response was terrific and the food was just delicious. Also, a thank you to everyone who donated raffle prizes or supported the club through the buying or selling of raffle tickets.

## **RESULTS RESULTS RESULTS**

### **Athletics Australia/ RWA Carnival**

#### **Lake Kawana Sunday August 26<sup>th</sup>**

What a fantastic effort by our athletes on Sunday. So many top performances, personal bests and courageous efforts. It was so good to see so much support from the side-lines by parents, friends, other athletes and members of the race-walking fraternity. Very nice to have Katya on hand at the drink station and offering support and to Frank Clark, Dave Smith and Dane making it three former or current club member Olympian on hand. How special is that?

Congratulations to all our medal winners but some of the best stories came from our young walker performing way above expectations over distances some had never walked before or in times they would not have believed possible just a few months ago. I hope this has motivated you all to set some new goals for the summer track season and beyond.

### **QRWC members individual honours: 7 Gold / 8 Silver / 5 Bronze**

#### **Athletics Australia Championships**

1. Hayward, Katie Qld 49:37 U20 10km
1. Hannigan, Caitlin Qld 24:40 U18 5km
1. Norton, Kai Qld 15:30 U14 3km
  
2. Bradley, Alex Qld 15:42 U14 3km
2. Pickles, Jessica Qld 1:47:15 Open 20km
2. McCutcheon, Nelson Qld 46:54 U18 10km
2. Hayward, Kris Qld 23:54 U16 5km
2. Anderson, Jayda Qld 14:30 U14 3km
  
3. Clarke, Anika Qld 15:02 U14 3km
3. McCure, Sam Qld 16:18 U14 3km

#### **Race Walking Australia**

1. Callaghan, Myles QRWC 10:26 U12 2km
2. McKinven, Noela QRWC 1:28:08 Open 10km
2. McKinven, Noela QRWC 1:28:08 Masters 10km
2. Jimenez Solis, Ignacio Qld 1:40:14 Masters 20km
3. Capps, Charlie QRWC 10:59 U12 2km
3. Williams, Lyla QRWC 10:31 U12 2km

#### **QRWC Invitation**

1. Bird Smith, Dane Qld 19:23 Open 5km
1. Callaghan, Flynn Qld 5:40 U10 1km
1. Clarke, Makenna Qld 5:27 U10 1km
3. Capps, Chelsea Qld 5:46 U10 1km

Results for Handicap trophies and Teams medals next week

#### **AA/RWA Men 20km Road Walk**

1. Jones, Tyler Nsw 1:33:02
2. Gibbons, Carl Nsw 1:37:41
3. Duncan, Andrew WA 1:39:58
4. Jimenez Solis, Ignacio Qld 1:40:14
5. Fraser, Timothy Act 1:43:53
6. Frew, Connor Act 1:44:32
7. Barendregt, Travis Nsw 1:55:47
8. Patterson, Adam Vic 2:02:27
9. Bennett, Peter Qld 2:03:04

**McCutcheon, Luke Qld DNF**

**AA Women 20km Road Walk**

1. Tallent, Rachel Vic 1:36:27
2. Pickles, Jessica Qld 1:47:15
3. Dighton, Jasmine Nsw 1:58:20



**Jess, our ever-smiling Club Captain takes the 20km silver medal**

**RWA Women 10km Road Walk**

1. Barendregt, Amanda INV 1:00:06
2. oodward, Erika RWV 1:00:25 1st RWA
3. **McKinven, Noela QRWC 1:28:08 2nd RWA**

**AA/RWA Men 10km Road Walk U20**

1. Mann, Bradley WA 52:24
- Bedford, Kyle Nsw DQ

**AA/RWA Women 10km Road Walk U20**

1. **Hayward, Katie Qld 49:37**
2. Randall, Alice Tas 50:39
3. Goodhew, Chelsea Nsw 55:06
4. Wang, Eaine Nsw 59:18
5. O'Neill, Molly Nsw 1:04:38

**AA/RWA Men 10km Road Walk U18**

1. Baker, Mitchell Act 46:36
2. **McCutcheon, Nelson Qld 46:54**
3. Reid, Benjamin WA 48:03
4. McGinniskin, Jack Nsw 49:15



5. Dickson, Corey Vic 49:57
  6. Blaskett, Hayden Nsw 54:13
- AA/RWA Women 5km Road Walk U18**

1. Hannigan, Caitlin Qld 24:40
2. Peart, Jemma Vic 25:45
3. Blackwell, Anna Tas 26:20
4. Bell, Bridget Nsw 26:49
5. Hay, Charlotte Vic 27:07
6. Mison, Hannah Nsw 28:35
7. Lee, Janaya NSW 29:10
8. Heikkila-Dubowik, Kaylah Vic 32:17
9. Hamann, Charlotte Qld 32:21
10. McRoberts, Jasmine-Rose Qld 33:38
11. Schofield, Isabella Qld 37:17

**AA/RWA Boys 5km Road Walk U16**

1. Robertson, William Tas 23:14
2. Hayward, Kris Qld 23:54
3. Beveridge, Heath Vic 25:02
4. Wearne, Jonathan Qld 26:01

**AA/RWA Girls 5km Road Walk U16**

1. Peart, Alanna Vic 24:26
2. Sandery, Olivia SA 24:48
3. Pitcher, Allanah Nsw 24:58
4. Blanch, Emma Nsw 26:28
5. Ofield, Mackenzie Qld 28:54
6. Bolton, Hannah Nsw 29:04
7. McLoughlin, Chloe Nsw 29:52
8. Schofield, Amelia Qld 31:20



*Alex and Kai battle it out in the U14 3km*

#### **AA/RWA Boys 3km Road Walk U14**

1. Norton, Kai Qld 15:30
2. Bradley, Alex Qld 15:42
3. McCure, Sam Qld 16:18
4. Bell, Darcy Nsw 17:46
5. Bannister, Jack Qld 20:30

#### **AA/RWA Girls 3km Road Walk U14**

1. Griffin, Alexandra WA 14:18
2. Anderson, Jayda Qld 14:30
3. Clarke, Anika Qld 15:02
4. Heap, Ashanti Qld 15:09
5. Ross, Kiera SA 15:16
6. Boughton, Milly Nsw 15:18
7. Thomas, Emma Nsw 15:27
8. Norton, Amber Qld 16:08
9. Mortimore, Brooke WA 16:49
10. Ahern, Chloe Tas 16:55
11. Brady, Korey Qld 17:40
12. Schofield, Scarlett Qld 17:42
13. Millard, Summer Qld 18:58
14. Petterwood, Demi Tas 19:32
15. Fisher, Torryn Qld 19:48
16. Tofful, Amber Qld 20:28



*Young lady on a mission and taking no prisoners*

*Anika on her way to a bronze medal in the U14 3km*

#### **RWA Boys 2km Road Walk U12**

1. Callaghan, Myles QRWC 10:26
2. Bernard, Xavier WARWC 10:50
3. Capps, Charlie QRWC 10:59

4. Blackwood, Hamish RWV 11:00
  5. Morgan, Oliver TRWC 12:45
  6. Ryan, Dylan NSWRC 14:29
- Peart, Scott RWV DQ

#### **RWA Girls 2km Road Walk U12**

1. Roberts, Darcey RWV 10:03
  2. Pitcher, Sienna NSWRC 10:15
  3. Williams, Lyla QRWC 10:31
  4. Teahen, Rebecca QRWC 10:37
  5. Flahey, Natasha NSWRC 11:25
  6. Goulding, Lily QRWC 13:26
  7. Petterwood, Macie TRWC 14:23
- Mortimore, Casey WARWC DQ

#### **Invitation Boys 1km Road Walk U10**

1. Callaghan, Flynn Qld 5:40

#### **Invitation Girls 1km Road Walk U10**

1. Clarke, Makenna Qld 5:27
2. Heikkila-Dubank, Zahlia RWV 5:35
3. Capps, Chelsea Qld 5:46
4. Fisher, Siaan Qld 5:52

#### **Invitation Men 5km Road Walk Open**

1. Bird Smith, Dane Qld 19:23
- Ahern, Stephen Tas DQ



*Could you be prouder of our U14 girls?  
Clean sweep - Gold, Silver and Bronze in the team's competition*

## **THIS WEEK**

### **QMA Long Road Walk Championships /Club 20km Championship / Invitation Meet**

**Sunday, September 2<sup>nd</sup> Sports Reserve, Murarrie.**

No rest for the wicked they say and we are back on the road again this Sunday. This is our last road walk meet of the season and incorporates the Queensland Masters Athletics Long Road Walk Championships. (Entry to these championships is on the day. Separate entry fee applies and not included in season pass.)

The club Men's 20km championships for the Dave Smith Medal will be held in conjunction with the Masters 20km race. The Masters Championships races & Open 20km will start at 7.30am. All Invitation races will start at 8.00am.

#### **7.30am QMA Long Walk Championships**

M30+ 20km / W30+ 10km / M60 + 10km \* Option

RWQ Open 20km Championship - Dave Smith Medal Open Men's 20km

#### **8.00am Invitation Races**

10km (U20/Open)

5km (U16/U18/U20)

3km (U14/U16)

2km (U12/U14)

1km (U8/U10/U12)

**These are the perpetual the trophy winners from 2017. If you have one of these trophies and have not returned it please bring it along to Murarrie on Sunday. If you cannot make it on Sunday please contact Noela.**

#### **QRWC Perpetual Trophy winners 2017**

**Pat & Maxine Sela Trophy – Most outstanding performer - Jessica Pickles**

**U10 Girls Harrison Trophy – Makenna Clarke**

**U12 Girls – Anika Clarke**

**U14 Girls - Jayda Anderson**

**U16 Boys 5km – Nelson McCutcheon**

**U18 Women 5km – Katie Hayward \***

**Open Men Championship – Peter Bennett**

**Open Men 15km Championship – Peter Bennett**

**Dave Smith 20km & medal – Peter Bennett**

**Bill Cook Trophy – Handicap relay - RPW Andrew Wearne, Jasmine-Rose McRoberts, Hayden Wearne, Jade-Elizabeth Pearson.**

**Special note :** \*U18 Joyce Petfield Trophy. We were unable to present this trophy to Katie last year as it had not been returned to the club. If anybody can shed some light on its whereabouts please contact Noela.

## **COMING UP**

### **End of Season Relays/BBQ/Trophy Day**

**DATE CLAIMER : Sunday, September 16<sup>th</sup>**

**10.00am.** 4 x 1,000 metres Handicap Relay (Bill Cook Trophy) Kalinga Park

Get your relay team together now. Mums & Dads dust off those walking shoes.

**11.00am** following the relay we have a Bbq lunch and then have a presentation of all trophies and medals for the season.

Iggy & Gladys have graciously invited us back to their home this year (we must have been good last year) for the lunch and the presentation of trophies. Trophies and medals will be presented for the club road and track championships, handicap placings in each grade and for the relay.

At our Presentation day, we always hold a series of raffle days to add to the fun. Please bring along and donations of prizes for these raffles.

We would also like to ask if you could please bring along a plate to share for dessert.

**The cost of the BBQ is \$ 10 per head or \$ 25 per family.** Soft drinks and light beer will be on sale.

There will be a sheet at the race at Murarrie on Sunday to let us know if you and your family and friends will be able to attend on the 16<sup>th</sup>. This will assist us to plan the catering.

Another sheet will be on the table for those that wish to participate in the **4 x 1km relay**. This is open to everyone (the handicapper is fair and does not take bribes ha ha !!) and not just the athletes so please join in the fun and put your name down. You can either put down a team name and your team members or if you just want to be allocated to a team just put your name down. We already have received our first team nomination: The **“Geriatrics”**.



**ENTRIES ARE NOW OPEN**

**Entries Close: •Wednesday 31 October 2018**

**EARLY BIRD FEE CLOSING THIS SUNDAY**



Hurry! Early bird entry fee for the 11th Pan Pacific Masters Games Road Race Walk competition close **Sunday 2 September!** Play it, Live it, Love it at the world's biggest and best biennial master's game!

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.

**Any club members who wishes to assist with the running on the meet on Sunday November 11<sup>th</sup> as a judge, lap scorer, timekeeper, water station, canteen etc please advise Peter Bennett via email at [peter.bennett@live.com](mailto:peter.bennett@live.com) Thank you.**

There will be the traditional after race sumptuous bbq breakfast thanks to the generosity of our wonderful Co Patrons, Pat & Maxine. Than you so much for this kind invitation.

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

Dates & Times •Sunday 11 November 2018: 7am start

Events: •10km Road Race Walk

Age Requirements

•Age is determined as at 11 November 2018

•Minimum age for competition is 30 years

Fees: Sport Fee: \$20 per person

Games Fee: Competitor: Early bird – \$120 | Standard – \$140

## **2019 OMA CHAMPIONSHIPS MACKAY QLD**



**Date: 31 August to 7 September 2019**

### **QA Registration for Volunteers**

The club encourages all club volunteers, officials, committee members and coaches to register with Queensland Athletics through their Free member option. This membership is valid up until 30th September 2018 and includes coverage for Personal Accident Insurance under the National Insurance Program.

Go to the QA website membership page and register as a QRWC volunteer.

<http://www.qldathletics.org.au/Membership/Membership-Information>

## **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.

### **Coming Up .....**

September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain

September 2<sup>nd</sup> QMA Long RW C/Ships / QRWC Invite meet / 20km Murarrie

September 16<sup>th</sup> Relay/Trophy/BBQ Day Kalinga Park 10.00am

November 11<sup>th</sup> 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:** C Goulding, I. Jimenez, S. Langley J. Pickles, R. Wales, J. Westlin.

**Patrons:** Patrick & Maxine Sela

**Delegates to QA:** R. Wales, S. Pearson

**Equipment Officers:** A. Wearne

**Registrar:** A. Wearne

**Canteen Committee:** M. Sela, S. Wearne, J. Westlin.

**Handicapper/Results:** N. McKinven

**Selectors:** S. Langley/I. Jimenez

**Social Media/Publicity:** J. Pickles

**Director of Coaching:** D. Smith

**Trophy Officer:** N. McKinven

**Newsletter Editor:** P. Bennett

**Webmaster:** A. Wearne



**Club Captains.** J Pickles, P. Lindenberg

## **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](http://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

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

### **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.

[qrwcregistrar@outlook.com](mailto: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](http://www.rwa.org.au)

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