

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



HEEL & TOE

March 1st 2018

Games Athletics Team Finalised Cowley & Tallent added to the team

Claire Tallent and Rhydian Cowley were today added to the Australian team to contest the 20km at the Gold Coast Commonwealth Games. They will join the previously announced Dane Bird-Smith, Michael Hosking, Jemima Montag and Beki Smith in the team

AA Announcement

Commonwealth Games Australia has announced 44 additional names to complete the athletics squad for Gold Coast 2018. This brings the total number of athletics representatives to 109, the second-largest team in history following Melbourne in 2006.

Australian Team Chef de Mission Steve Moneghetti congratulated the new members and reiterated the strength of the Team. "Congratulations to the 44 new members on the Team, we now have a full athletics squad that will represent Australia on the Gold Coast in April," Moneghetti said.

"It has been over 10 years since we have had such a strong squad in Athletics and I am really looking forward to being a part of it and encouraging everyone to go out there and do their best. "The Games are only 32 days away and the inclusion of these 44 athletes onto the Team brings the current total to 293 of 470 athletes that will represent Australia on the Gold Coast in April."

Australian Open Team Announced IAAF World Race Walking Team Championships

Congratulations to Dane on his selection in the Australian team for the World Race Walking Team Championships in China in May. Dane will spearhead the men's 20km team. Three competitors have been selected for the women's 20km while Claire Tallent will line up in the 50km. Not only will it be her first ever 50km but she will also be the first Australia woman to contest a major international championship over the distance

The U20 Team for these championships will be named after the Australian Junior Track Championships being held in Sydney in a fortnight.

AA Report

A strong Australian team will line-up for the 2018 IAAF World Race Walking Team Championships, May 5 – 6 in Taichang, China.

Dane Bird-Smith (Qld), Michael Hosking (Vic), Rhydian Cowley (Vic), Adam Garganis (Vic) and Brendon Reading (ACT) will line up in the men's 20km event while in the women's 20km event Beki Smith (NSW), Jemima Montag (Vic) and Rachel Tallent (Vic) have been selected.

Claire Tallent (SA) will compete in the 50km event - her first attempt at the distance.

Australia came away from the World Race Walking Team Championships in 2016 with three medals – gold in the 50 Kilometres Race Walk for Jared Tallent, silver in the open women's 20km event and bronze in the junior girls' 10km race – and there's little doubt that athletes heading to China will be looking to emulate the feats.

Bird-Smith, Garganis and Smith all came away with their career-best performances in Rome. For Bird-Smith the event was his first time posting sub-80minutes for the 20km, finishing fourth in 1:19:38. The result paved the way for his bronze medal at the Rio Olympics and the Queenslanders is hopeful that the event will set him up nicely for the Commonwealth Games.

"This is a huge event for the walkers, it rivals world championships and actually boasts a way bigger field with five competitors per country," he said. "Commonwealth Games is a huge priority this year but backing up to take on the world threats over in China is a seriously awesome challenge. Over the years I have developed a rivalry and a reputation amongst the consistently impressive Chinese athletes and I am so keen to get amongst it and see what they are bringing this year to their home championship."

Bird-Smith battled illness at the recent Australian 20km Race Walking Championships, still coming up trumps with the gold medal. He admits that while below his best then, he's expecting to be back at full-strength in China.

"After a pretty poor start to the season due to illness I'm certainly out for a bit of redemption, not that I need more motivation – I'm already pumped for this season! Everyone internationally knows how strong I will be when I'm healthy and they shouldn't underestimate me based on recent results."

GC2018
Getting to the GC2018 road walks
Pacific Parade Currumbin
Sunday April 8th

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.

RESULTS RESULTS RESULTS

Queensland Junior Athletics Championships February 22nd - QSAC, State Athletics Facility

Congratulations to all our new State race walking champions from the Qld Junior Championships last Thursday night; Jayda, Gabriella, Mackenzie, Sam, Lachlan, Caitlin, Milla, and Nelson. Some outstanding times, especially by Nelson and Caitlin and a whole host of pb's throughout the field. Well done to everyone who raced on Thursday night. Nelson was back on the track on Sunday competing along side Katie in the U20 10,000 metre championships. For Katie it was yet another World Juniors and Race Walking World Cup U20 qualifying time Fantastic effort Katie.

Girls 3,000 Metre Race Walk U14

1 Anderson, Jayda 13 GCC 15:04.10
2 Clarke, Anika 13 Redlands 15:31.30
3 Schofield, Scarlett 12 Gold Coast Victory 19:01.22

Girls 3,000 Metre Race Walk U15

1 Ofield, Mackenzie 14 USC 16:57.32

Girls 3,000 Metre Race Walk U16

1 Hill, Gabriella 15 Gold Coast Victory 14:56.30
2 Novinetz, Camryn 15 Ipswich & District 14:58.93
3 Schofield, Amelia 15 Gold Coast Victory 16:25.35

Boys 3,000 Metre Race Walk U14

1 McCure, Sam 12 Gold Coast Victory 18:29.70
-- Manteit, Jordan 13 Ipswich & District DQ

Boys 3,000 Metre Race Walk U15

1 McCure, Lachlan 14 Gold Coast Victory 19:30.85

Girls 5,000 Metre Race Walk U17

1 Hannigan, Caitlin 16 Gold Coast Victory 23:50.93

Girls 5,000 Metre Race Walk U18

1 Rowbotham, Milla 17 UNQ 30:42.63
2 Hamann, Charlotte 17 UNQ 31:49.02

Boys 5,000 Metre Race Walk U17

1 McCutcheon, Nelson 16 Qeii Track Club 21:45.01
2 Stewart, Ryan 16 Ipswich & District 28:24.44

Women 10,000 Metre Race Walk Open

1 Hayward, Katie 18 GCC 46:47.00

Boys 10,000 Metre Race Walk U20

1 McCutcheon, Nelson 16 Qeii Track Club 48:16.40

Qld Masters Athletics QSAC Sat 24th February

1,500 Meter Race Walk

Mark Carlile M44 10:19.52 (9:45.95 52.74%)
Ignacio Jimenez M52 6:48.90 (5:56.40 86.70%)
Peter Bennett M62 8:17.03 (6:35.64 78.10%)
Noela McKinven W75 11:50.85 (7:59.05 70.35%)

3,000 Meter Race Walk

Mark Carlile M44 21:54.99 (20:45.96 50.68%)
Peter Bennett M62 16:56.66 (13:31.30 77.83%)
Noela McKinven W75 24:46.44 (16:21.35 70.82%)

(Age Graded Times & Percentages in Brackets)

This Week

This Saturday is the Qld Masters 3,000 metres championships at the SAF starting at 8.00am, Note: Championship Fees \$7 + Ground Fees \$8 = \$15. At 9.30am there is a 1 Mile walk.

On Saturday evening at the QA Shield Meet there is 3,000 / 5,000 metres at the SAF starting at 7.45pm.

“HAVE A GO” Activation at Commonwealth Games Walk

GOLDOC have formally offered the club to put on a **Have A Go** activation on Sunday April 8th at Currumbin during the walk events.

There are three sessions for the Have a Go activation but the pergola will be manned throughout the morning to provide information on race walking and the activities of the club.

The location will be at the southern end of the course.

Session 1 6.20am - 6.50am

Session 2 8.35am - 9.05am

Session 3 12.00pm - 12.30pm

Each session will have a couple of junior walkers demonstrating walking technique and senior club members to explain how to race walk and encourage members of the public to Have a Go (we will have a coned off section of the road for this purpose).

As time is short they will not strictly be coaching sessions. It is just to provide an overview of the rules and the basic technique. The emphasis is on showing that the sport is for all ages and abilities and is about having fun and *getting* fit.

Once all the accreditation formalities are completed we will be able to announce and introduce you to our fantastic Activation Team who will have the honour of showcasing the club to the world on April 8th.

Commonwealth Games Road Walks

Post-Race Get Together

Currumbin Beach Vikings Surf Lifesaving Club

Elephant Rock Currumbin

The feedback and interest we have received since announcing this get together has exceeded all expectations. This is going to be huge celebration. Don't miss it!

Sunday, April 8th will be an exciting morning with the Commonwealth Games 20km walks being held along the Currumbin beach front. *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.

After an action-packed morning it will be time to celebrate, to catch up with friends and to make new ones. A time for former walkers to brag about how things were “back in the day”, a chance to put faces to names of Facebook friends or to simply take in the spectacular views. It will be a time to honour the athletes, the officials and the volunteers that made the day possible. It will be a time for the making of memories you will never forget.

The management of the club will be putting aside a seating area for our fraternity from 12.30pm. Meals are available until 3pm and there is a well-stocked licenced bar. You can enjoy a range of bar snacks, burgers or full meals including sirloin steaks. Prices range from entree's and snacks starting at \$7 up to mains in the \$30 range. For those that would have been travelling from well before dawn to watch the races this is just what you need.

Now is the time to start planning your day around being at Elephant Rock in the afternoon for an unforgettable get together. To get there just go the southern turnaround of the course and look towards the sea! Looking forward to seeing you all there.



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/>

Canberra Federation Carnival Mt Stromlo Canberra Sunday June 10th

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. Besides competing against your peers from around Australia you will have a lot of fun and meet people who will become lifelong friends.

Besides all that there is the opportunity to win individual, team and handicap awards.

So, start looking at accommodation and flights. If you see any super sales prices on flights please let us know so that we can share the deals with your team mates.

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 noelarhoda@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

Racewalking Queensland

QRWC Annual Subscriptions

Family \$25.00

Students & Officials \$10.00

Others \$15.00

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

Go to www.qldathletics.org.au

Race Day Fees

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

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

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

March 3rd QMA 3,000 metres Championships SAF 8.00am/1 Mile 9.30am

March 3rd QA Meet 3,000 / 5,000 metres SAF 7.45pm

March 10th QMA 5,000 metres SAF or Main 8.00am

March 14-18th AA Junior Track Championship Sydney

March 17th QMA 3,000 metres SAF 8.00am

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 TBC
April 26-29 AMA Track & Field Championships Perth WA
April 28-29th Australian Little A's Championships Gold Coast

Looking Further Ahead

May 5-6th World Race Walking Team Championships Taicang, China
June 3rd Gold Coast Road Walk Championships Mudgeeraba 8.00am
June 10th LBG Federation Carnival Mt Stromlo Canberra
July 10-15th IAAF World Juniors Track Championships Finland
August 5th QA Road Walk Championships / QMA Short Walk C/Ships **TBA**
August 26th AA/Federation Road Walk Championships Sunshine Coast **TBA**
September 1-16th World Masters Athletics Championships Malaga, Spain
November 11th PPMG 10km Road Walk Runaway Bay 7.00am

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

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Students & Officials \$10.00 Others \$15.00

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Students \$3.00

Others \$5.00

Club/Track Championships \$8.00

Track Championships – Non-Member \$ 15.00.

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

Go to www.qldathletics.org.au

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/>