

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



HEEL & TOE

October 26th 2017

Racewalking Queensland Invitational 5km

Sunday October 29th

CURRUMBIN BEACHFRONT

Who is Racing on Sunday?

Rio Olympics 20km walks bronze medalist Dane Bird-Smith leads the line up for the Invitational 5km walk at Currumbin on Sunday morning. Dane is also a World University Games Gold medallist and has represented Australia numerous times in recent years at World Athletics Championships and at the Race Walking World Cup. Dane has won a number of Australian 20km road championships and 10km track championships

State U14 3,000 metre record holder Kris Hayward will be looking to see what he can do over the longer distance in this race . Junior walkers Jonathan Wearne, Ryan Stewart & Sam McCureh have all excelled in State competitions and will relish the opportunity to impress in this field.

Jared Tallent will be at the race on Sunday and will support his wife Claire but he has had to withdraw as a competitor due to injury problems. We are very pleased to have Jared and Claire at this race and for making the trip to sunny Queensland . Jared is the most decorated male athlete in Australian Olympic history with four medals including Gold from the 50km at the London Olympics . Jared has won medals at World Championship and won the Gold medal in the 20km at the New Delhi Commonwealth Games.

In the womens field, the current Australian womens Open 10,000 metres champion , Katie Hayward will head up a strong contingent in this race . Katie has her sights set on national representation at the World Juniors and the Race Walking World Cup next year . Katie recently walked 21:51 at the State Schools Championships and will be hard to beat. The challenge will come from Claire Tallent from South Australia . Claire has represented Australia at two Olympic Games and World Championships and at Race Walking World Cups . Claire won a silver medal in the 20km at the 2010 Commonwealth Games in New Delhi.

There is lots more home grown talent in this race! Clara Smith has had a great career as a junior athlete and is now transitioning to senior athletics after walking her first 20km in China recently . Clara has represented Australia at World Juniors level and the last two race walking World Cups. Jessica Pickles, who recently represented Australia at the World University Games and previously at World Youth and World Juniors level will be out to make her mark in this field. Christina Papadopoulou who raced 20km in China last month and will looking to see what is capable of over 5km.

Then we have an exciting contingent of local juniors that have already tasted success at State and National level competitions ; Caitlin Hannigan , Amelia Schofield , Camryn Novinetz, Jayda Anderson, Gabriella Hill and Anika Clarke are all excellent juniors athletes and exciting prospects . We have some of the best female Masters race walkers in the country in Brenda Gannon, Diana Adams and Nyle Sunderland who will be pushing each other for bragging rights. Paul Lindenberg will be show casing his talents and we are very pleased to have Kay Shaw, Charlotte Hamann, Ethan Clarke & Jade Pearson in the race after they all showed a strong desire and commitment to be part of this special event . All the best to these athletes in the race on Sunday.

Here is your confirmed Start List

Caitlin Hannigan
Brenda Gannon
Diana Adams
Nyle Sunderland
Gabriella Hill
Jayda Anderson
Jessica Pickles
Peter Bennett
Amelia Schofield
Jonathan Wearne
Paul Lindenberg
Katie Hayward
Kris Hayward
Dane Bird-Smith
Clara Smith
Sam McCure
Ryan Stewart
Kay Shaw
Camryn Novinetz
Christina Papadopoulou
Charlotte Hamann
Claire Tallent
Ethan Clarke
Anika Clarke
Jade Pearson

POWER-PACKED FIELD WILL WALK THE WALK ON GAMES COURSE

Story courtesy: Rhys O'Neill Gold Coast Bulletin 26.10.2017

An Olympic-stacked, powerpacked field hailed as one of the strongest assembled in Queensland this decade will on Sunday roadtest the Commonwealth Games' walking course.

Rio Games 20km bronze medallist Dane Bird-Smith headlines an all-star cast for the 5km Racewalking Queensland Invitational that has attracted some of the nation's best young talent. Sam McCure was recently selected for the Queen's Baton Relay for April's Gold Coast Games and the legally blind 11-year-old will get an early thrill when he lines up in the men's field alongside Bird-Smith.

Olympic champion Jared Tallent will be there to inspect the course, while wife Claire – hopeful of qualifying for Gold Coast – is in the women's field.

There she will vie with fellow Games aspirant Jessica Pickles and Australian World Junior team hopeful Katie Haywood, setting the scene for a race that will be anything but a stroll in the park. "It's a strong field and it's been a while since Queensland held an event that's on this level," Racewalking Queensland president Shane Pearson said. "This is a really good opportunity for us to show what we can do. "Some of the athletes in there are some of the best young athletes around; this is the future of the sport plus we have Olympians competing."

Gold Coast coach Robyn Wales said lining up alongside an Olympic star will be the biggest thrill for many, including Queensland under-12 champion McCure. "It's the most high-profile field we've had for a long time," she said.

TIMETABLE

4:50am – Cars with club equipment & security passes meet in Teemangum Street

* Please ensure that everyone parks along Teemangum Street

5:00am – Club equipment cars drive to site & commence install of FOP equipment (coning) & including check in / officials tents etc. Volunteers are needed to arrive on site at 5am to erect marquees, layout cones etc.

5:25am – SSV briefing and deployment (Race Marshalls / Pedestrian Crossings / Water Station – must wear Hi Viz vest)

5:25am – Athlete Check-In Open / Bib Collection (Andrew Wearne & his team)

5:30am – Pedestrian Crossings OPEN

5:30am – Commence install of FOP stations (Drinks Tables)

5:45am – Introductions / Welcoming / Briefings – EVERYONE REQUIRED

6:00am – RACE START 5km

6:30am – 1km Walkers Assemble

6:40am – RACE START 1km

6:45am – Commence FOP and venue bump out – Collect all cones, pack up tables.

7:00am – Pedestrian Crossing, Handover to Cycling Qld

7:00am – Ensure all rubbish and is collected and take all belongings

7:10am – FOP and venue cleared

7:15am – Depart Pacific Parade – We are packed up and gone!

7:15am – Post Race Breakfast / bbq Kropp Park commences.

FOP = Field of Play

Highlighted in RED most relevant to our walkers.

Could everyone please assist with packing up and picking up all rubbish.

Thank you for your co-operation

1Km Note : The 1km will not be a judged race walk and there will be no finish places or official times. There is no need to enter or to sign on , all we ask is that you assemble near the start area and be ready to go when the gun is fired soon after the last competitor crosses the line in the 5km. The electronic clock will be started for the walk so you will be able to see your time as you cross the line. If you are helping out on the day make sure you wear suitable walking shoes and attire. Race start time will be approx. 6.35am with all competitors to be finished by 6.45am .

Volunteer News

This race can only go ahead as a result of the time and dedication by our volunteer and we thank them all for their commitment and assistance .

On Sunday the race itself is the responsibility of the QRWC - i.e. check in , timekeeping , lapscoreing , judging functions etc. Shane Pearson as President in charge of all these roles. Noela McKinven will lead the Volunteer / Officials Team – All volunteers must sign in on arrival at the venue (and sign out when your role has been completed) . Noela will issue Hi Viz vests which are mandatory to anyone who will be on the course (water stations , pedestrian crossings , marshalls etc) . Noela will have a list of roles allocated to volunteers so please check with Noela when you first arrive.

Those of our volunteers that are out on the course will come under the leadership of Nick Lovelock from EMQ (The EMQ team for Sunday is made up of Nick, Ryan, Laura and Logan so please introduce yourself and say hello) . This includes coning the course , water stations , pedestrian crossings and marshalls . Nick will give a briefing to these volunteers around 5.40am. All these functions are being tested as volunteer positions for the Games , hence 2 drinks stations that will probably not be used more than a couple of times in a 5km . It is merely to check the positioning of them on the course. If you have a position as a volunteer at the Games walks then these are some of the roles you might end up doing. It is good Games training .

Some of our members will find themselves multiple roles tasks so will be in both groups at different times (pre-race and during the race itself) .

There will be a final email update tomorrow night on volunteer / officials positions .

To Volunteers and Athletes : if you have any queries or problems regarding the race or getting to the venue please contact Shane on 0405985246

GETTING THERE

Coming from Brisbane on the M1 take EXIT 95 (Currumbin, Tugun, Coolangatta, Gold Coast Airport, Gold Coast Highway).

You will have to ignore what your GPS Navigator tells you now (it will want you to turn left when you meet the Gold Coast Highway) . But go to the right when you meet the highway passing the Shell Service Station .Turn left onto Toolona St, left onto Golden Four Dr, continue straight onto Teemangum St. Park along Teemangum Street.

If you are coming from the northern Gold Coast area via the Gold Coast Highway note that you will NOT be able to turn into Tomewin Street (Currumbin Wildlife Sanctuary) after 5am when the road will be closed off.

Coming from the South : Gold Coast Highway northbound, right onto Toolona St, left onto Golden Four Dr, continue straight onto Teemangum St

To those that missed the previous updates : There will be no parking at or near the Pacific Parade venue on the day . The road will be barricaded off. Parking will be available along Teemangum Street .This will ensure no one is impacted by road closures relating the road cycling race so everyone will be able to get back to their car . It is a 5 minute walk to the venue heading north from the car park. The race Start /Finish is at the northern end of Pacific Parade. There are toilet facilities located at the northern end

Also note , there is NOT going to be park and ride facilities available for the race walking event at Salk Oval, Palm Beach.

Allow yourself plenty of time to get to the parking area and to walk to the race precinct.

POST RACE BREAKFAST KROPP PARK FROM 7.15AM All Welcome

Our post race breakfast will be held at Kropp Park, Pacific Parade at Tugun (close proximity to Teemangum St). There is vehicle access via Wagawn Street/Pacific Parade. or just walk from Teemangum Street,

Another big plus is that it is right near the BEACH , bring your swimmers and a towel.

Please bring a Plate to Share

Be part of something special

Next Races

This Saturday Old Masters are at the SAF with a 5,000 metre race starting at 8.00am
Sunday is, of course, the **RWQ Invitation 5km at Currumbin** starting at 6.00am
Next Thursday, November 2nd, all the action will be at St Lucia for the UQ Classic 1,500 metre races.

UQ 1,500 Metre Classic

Thursday November 2nd

This annual event will be held at the UQ Sport Athletic Centre on Thursday, November 2nd with the walks first up on the programme. This meet features a range of 1500 metre events – including Race Walking and is renowned for the large number of pb's registered in the walking events.

5:20pm 1,500 metres Walk Women

5:35pm 1,500 metres Walk Men

All entrants must be registered with Queensland Athletics or their State/National Athletics Association (AA/IAAF). Enter on line

Entries close on Tuesday 31st October, 2017 at 09:00 am. *Entries not accepted on the day of the meet.*

For more information about the 1500m Classic please go to: uqsport.com.au/1500classic

Australian 50km Championships

Fawkner Park, Melbourne Sunday December 3rd

7:00am Men's Australian Open 50km Race Walk Championship

Women's Australian Open 50km Race Walk Championships

8:00am Men's Open Invitational 20km Race Walk

Women's Open Invitational 20km Race Walk

Men's Under 20 Invitational 10km Race Walk

8:30am Women's Under 20 Invitational 10km Race Walk

9:40am Men's Under 18 Invitational 5km Race Walk

Women's Under 18 Invitational 5km Race Walk

To enter go to <https://50kmraceawak.eventdesq.com/>

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

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.

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

October 28th QMA 5,000 metres SAF 8.00am

October 29th RWQ Invitation 5km Currumbin 6.00am

November 2nd UQ Classis 1,500 metres St Lucia

November 11th QA Meet 3,000/5,000 metres SAF

November 18th QMA 5,000 metres SAF 8.00am

November 25 or 26th Sat/Sun TBA QMA 3,000 metres SAF / 1,500 metres 9.45am

Looking Further Ahead

December 3rd Sunday QMA 5,000 metres SAF 8.00am

December 3rd QA Meet 3,000/ 5,000 metres SAF

December 9th QMA 3,000 metres SAF 8.00am Memorial /Awards & Christmas Party

December 16th QMA 5,000 metres SAF 8.00am

December 3rd AA 50km Championship Fawkner Park, Melbourne.

December 8-10th Australian All Schools Championships Adelaide

January 7th QA Meet 3,000 /5,000 metres UQ St Lucia

January 20-27th Oceania Masters Championships, Dunedin NZ

January 26th QA Meet 3,000 / 5,000 metres SAF

February 2-4th QA Open Track Championships 10km U20/Open

February 22-25th QA Junior Track Championships

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

April 8th Commonwealth Games 20km Road Walks Currumbin

April 21-22 QMA Track & Field Championships SAF

April 26-29 AMA Track & Field Championships Perth WA

Racewalking Queensland

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

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Students & Officials \$10.00 Others \$15.00

Race Day Fees

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/>