

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



HEEL & TOE

April 12th 2018

What a Champion Dane Bird-Smith wins 20km Gold



Awesomely awesome. Congratulations to Dane on an incredible race to take the gold medal and Games record. I hope Dane has come back to earth since Sunday because most of us haven't yet.

“We are so proud of you Dane Bird-Smith! Congratulations on your GOLD medal at the Commonwealth Games! You are now a Commonwealth Games record holder and a true inspiration to many young walkers! Well done Dane!”

AA Race Report

Dane Bird-Smith (Qld) and Jemima Montag have won a sensational double-gold for Australia in the 20km Race Walk on the first day of athletics at the Commonwealth Games on the Gold Coast. It was the first double gold in athletics since 2006 when Jane Saville and Nathan Deakes also won on home soil.

Bird-Smith’s victory was a hard fought one as he prevailed in a battle royale over the closing stages with England’s Tom Bosworth to set a new Games record of 1:19:34 that shattered Nathan Deakes 2006 standard by 21 seconds.

Bird-Smith was elated with the win saying "I went in there as the man to beat, and these boys came out to fight me. What an amazing race. I can't thank the crowd enough."

Quote of the day *“If you didn't enjoy watching that men's 20km then you may be dead inside. Epic”*

"The last 500m hurt so much but I had everyone behind me which made it so special. It was unbelievable, an unreal feeling. I am over the moon and I cannot thank (the crowd) enough. As I came around the bend they went absolutely ballistic." said the Queenslander. Bird-Smith’s father and coach David Smith was “shaking like a leaf” with 700 metres remaining in the race, emphasising that today was “about racing” detailing the pre-race plan, “we worked on a negative split, I don’t think he’s ever gone sub-1:20:00 without a negative split, he comes home hard and I’m so happy for him”.

Fellow Australian’s Michael Hosking (VIC) and Rhydian Cowley (VIC) exceeded their pre-race rankings, finishing 10th (1:25:35) and 11th respectively (1:26:12), in the deepest field ever at a Commonwealth Games as both Bosworth (1:19:38) and Samuel Gathimba 1:19:51 (KEN) both went under Deakes’ mark of 1:19:55.

Bird-Smith a very popular Australian team member, admitted that the national pressure to medal was a ‘privilege’, feeling an obligation to get the Australian team off to a motivating start after the injury withdrawal of team captain Sally Pearson.

Conditions were challenging on the picturesque Currumbin Beachfront with humidity close to 90% on the one-kilometre street loop, a course constructed with Bird-Smith’s input.

Bird-Smith had embraced the lead early on, with firm pace just under the four-minute per kilometre mark. A group of eight broke away following three kilometres (12:09) included Hosking, Bird-Smith, Bosworth, Gathimba, Simon Wachira (KEN), followed closely by well-credentialed Canadian’s Evan Dunfee and Benjamin Thorne.

Pre-race favourite Lebogang Shange (South Africa) lost contact with the leading group prior to four kilometres, as Bird-Smith worked to gain small gaps on each uphill section of the course. Bosworth and Gathimba had pressured Bird-Smith throughout the race, and Bosworth faltered briefly at the 11-kilometre mark, with Gathimba’s two red cards limited his risk-taking options. Entering the final turn, Bird-Smith made a break for gold,

finally breaking Bosworth's resolve with the 20th kilometre walked in 3:43, by far the fastest split of the race. Bird-Smith's brutal pre-race preparation on Rainbow Beach rewarded him with a Games record, celebrating with family immediately after crossing the finish line.

In just the third 20-kilometre race of her life, the 20-year old Jemima Montag stunned onlookers taking an early lead, maintaining a strong pace throughout to cross for the gold medal in 1:32:50 a mere four seconds outside of Jane Saville's 2006 Games record of 1:32.46. Montag became the youngest ever winner of a Commonwealth walk crown and credited her composure over the final lap to coach Brent Vallance, "I made sure to listen out for him, reminding me to stay strong over the last lap".

Montag high-fived spectators entering the finishing chute, with enough time to drape an Australian flag around her shoulders, a new Australia race walking star was crowned. "It was just amazing, it's only my third time racing this distance so to come away with a win is amazing. The race, being in Australia with my friends and family on the sidelines, it didn't even feel like I was racing. I was being pushed along by their support." said the Victorian. It was heartache though for Claire Tallent as the South Australian was dramatically disqualified just after making a break for gold in the final kilometre. And Montag felt for her teammate "It's not the way that I would have liked to win gold but when things like that happen, you have to stay in the moment and not lose focus. Claire is a beautiful girl and she's done it before, she'll come back stronger."

Earlier, Montag had broken the race apart alongside fellow Australian teammates Claire Tallent (SA), Beki Smith (NSW), as New Zealand's Alana Barber followed the early break. Montag, Tallent and Barber's lead grew, as Smith lost contact after the 8-kilometre mark. The 10-kilometre mark, reached in 46:01, saw Tallent and Montag turn the race into a head-to-head duel, as Barber dropped away from the pair.

Smith hung on bravely through 10-kilometres in fourth position, as Montag developed her first leading gap after 12-kilometres, with Tallent's two red cards restricting her pace, the 36-year old returned to Montag's shoulder at the 17-kilometre mark.

Approaching the 19-kilometre mark, Tallent made her move, developing a small gap on Montag, only to receive a heartbreaking third red card for a loss of foot contact, resulting in disqualification.

Commonwealth Games 20km Walk

MEN'S 20KM

1. Dane BIRD-SMITH AUS 1:19:34 GAMES RECORD

2. Tom BOSWORTH ENG 1:19:38 NR

3. Samuel Ileri GATHIMBA KEN 1:19:51

4. Benjamin THORNE CAN 1:20:49

5. Quentin REW NZL 1:21:47

6. Manish SINGH IND 1:22:22

7. Callum WILKINSON ENG 1:22:35

8. Evan DUNFEE CAN 1:23:26

9. Lebogang SHANGE RSA 1:23:27
- 10. Michael HOSKING AUS 1:25:35**
- 11. Rhydian COWLEY AUS 1:26:12**
12. Simon WACHIRA KEN 1:26:33
13. Irfan KOLOTHUM THODI IND 1:27:34
14. Wayne SNYMAN RSA 1:28:09
15. Jerome CAPRICE MRI 1:33:12

WOMENS 20KM

- 1. Jemima MONTAG AUS 1:32:50**
 2. Alana BARBER NZL 1:34:18
 3. Bethan DAVIES WAL 1:36:08
 4. Khushbir KAUR IND 1:39:21
 5. Gemma BRIDGE ENG 1:39:31
 - 6. Beki SMITH AUS 1:40:41**
 7. Heather LEWIS WAL 1:41:45
 8. Grace Wanjiru NJUE KEN 1:42:23
 9. Erika KELLY IOM 1:47:29
 10. Fadekemi Florence OLUDE NGR 1:49:31
 11. Linda WAWERU KEN 1:53:41
- Soumya BABY IND DQ
Claire TALLENT AUS DQ

From the Editor (who is lost for words)

As the newsletter Editor it should be my role to write a piece on what happened at Currumbin last Sunday morning. The more I have thought about it the less I feel I could adequately portray the race. Just how many superlatives can you actually use? How do you convey the emotions, the jubilation, the drama and despair, the courage, the pain, the noise, the camaraderie, the passion, the commitment, the sacrifice, the sportsmanship, the carnival atmosphere, the professionalism. And that is just for starters. I know I could never do it justice. I will leave it to the feedback from others to convey the feelings of those that witnessed the amazing events on Sunday morning.

What a race it was for Dane. Not only did he have to battle competition that would just not go away but he had the heat and humidity to contend with. Then he had the burden of carrying the hopes of thousands of rabid supporters on his shoulders. But he got the job done, took the gold and the Games record. Every member of the club (former and current) are just so proud of Dane's effort and achievements. To win a gold medal is always a fantastic achievement but to do it at home with family and friends having the opportunity to be there on the day was very special.

For the club members who were volunteers at the race it was hard not to get carried away. Always wanting to cheer wildly but remembering that they had their roles and responsibilities to carry out. Those dressed like a mouseketeer were free to rove the venue and photobomb at every opportunity. Actually, I think Nyle should win the prize for the

best supporter. She certainly kept Alana going (or was she just trying to get away?) all the way to a silver medal for New Zealand.

Just how many people did Dane, Jemima and the other athletes inspire on Sunday only time will tell. I heard these words a few times on Sunday “*I would like to get back into it*” or “*when do club meets start back up?*” How are we going to build on the interest and the massive amount of goodwill we have built up during the Games? One message that should have been made abundantly clear to race organisers in Australia and around the world is that they need to bring race walking to the people. Currumbin on Sunday morning showed what race walking can and should be.

Note: We will have more next week on the Activation tent and the Games Rehearsal day. There are some great stories there that deserve to be told.

They said it

“It was the best race walking experience I have ever seen (as an athlete or spectator).”

“WOW!!!!!! How fantastic was Race Walking? What an amazing day yesterday!!!!!! I hope you are all still buzzing as much as I am. I just wanted to send a massive THANK YOU out to all of YOU who made the day the success it was. Without you we could not have presented the most spectacular day I have experienced in my history of working in events management. The smiles on your faces, the energy and vibe you presented throughout the day and your tireless commitment was a GOLD medal effort. We have had the most amazing positive feedback from everyone involved, including the athletes, coaches, spectators and yes Channel 7 Broadcast who said that our event is by far the most spectacular Race Walk they have ever covered!!! So yes, we totally nailed it WELL DONE!!!!!! I’m sure yesterday will be a day you remember for a very long time, as I know it will be for me. “

“My son was a competitor in the event. Despite being very unhappy with his result the first thing he said to us was that the race atmosphere was the best he has ever been involved in. The organization was as spectacular as the venue. We were watching in Canada yet the coverage was so good we felt as though we were there. A lot colder than we would have been, though. One of our relatives attending his first ever race walk event commented that he was going to start following race walk if all the events are as interesting as this. Congratulations to everyone who had a hand in this, you were all fabulous. “

“Just when you think you’re ready to give up the sport, amazing performances inspire you to keep going and be like them! So incredibly proud of Jem and Dane! It was truly a magical day and it was so awesome to watch the event unfold”

“Personally, I was absolutely blown away by the public turn out for our little sport that so many gladly ridicule. The crowd was magnificent. In spite of complaints I feel the short course enhanced the experience for all. It may not have been perfect for the athletes but the course was most certainly fantastic for showcasing the sport. The ability to have the crowd so close to the athletes and to have them so compact most certainly created the atmosphere. The crowd not only cheered the Aussies but also supported each and every athlete out there”

“Thank you so much for the wonderful warm welcome and support we received in bucket loads from everyone in the race walking community. We felt really included and part of the club, not just yesterday but in the lead up to the race as well. Your support for Erika and your welcome to us will stay with us as happy memories for ever. Thanks again Steve and Christine.”

Overheard by a Games volunteer on Sunday “Jeeze it’s good to be working with normal people for a change” Queensland Police Officer at the southern turn.





HOW AMAZING WAS THE COMMONWEALTH GAMES 20KM RACE WALKING?

“WOW! That was Unbelievable”

I have been involved in Race Walking since 1983, as an athlete, coach, official and in administration. This was by far the greatest Race Walking event I have been to. Personally, the adrenalin and buzz is still pumping, three days later. I'm sure everybody that was there still feels the same. I know I have sent a lot of “Thank you” s and “Congratulations” to everybody I know on social media, but there are also people that may not use these forums or that I may not have on my communication lists.

So, thank you to everybody. The list of people that played a part in the success of last Sunday is massive.

Peter Bennett came to me in the early part of the season last year with an idea he had put to GOLDOC. “Plan X”, became the successful “Share the Dream” event, that the whole club played a part of in October, which allowed athletes to have a race on the purposed Games course. Dane Bird-Smith and Claire Tallent agreed to participate and give feedback on the course. Dane and I were invited back to the course to give the feedback from the athletes. Dane’s ideas were all agreed on by GOLDOC. The course was adjusted accordingly, and ended up being fantastic, allowing the spectators to be right there the whole race. This gave even greater atmosphere to the day.

The success of this event then led Ryan McDonald, head of Road Events from GOLDOC, to contact Peter and myself to ask if QRWC would be more involved with the Games. We already knew there were many members of our club going to be volunteers. It was a no brainer to say “Yes”. We knew we had the people passionate enough to get in there and do an outstanding job. As time passed, more and more opportunities came along from GOLDOC to have us assist in. Jess Pickles and I participated in a Q & A session at the Volunteers’ Training on the Wednesday and Thursday before the races. That was a lot of fun. Peter and I assisted with the set up on Saturday for the Dress Rehearsal.

The Race Walking Activation Tent for ‘Have a Go’ was created. “Fact”:- Race Walking is the only event that had an Activation Event at the Games that was not organized by the

national body for their sport. QRWC. Our club did that. How good is that? What an opportunity to be added to the club's recent resume. The Activation Team was led by Iggy Jimenez along with Gladys, Steve Langley, Paul Hayward and our Club Captain and new media superstar, Jess Pickles. Plus, young athletes, Anika Clarke, Caitlin Hannigan, Jonathan Wearne, Katie Hayward and Millie Schofield all did a sensational job promoting Race Walking and the QRWC at the southern end of the course. Being on the Channel 7 Sunrise program walking and talking about Race Walking. What an experience for you all. Fantastic job.

The next opportunity to have young members be involved was with the dress rehearsal on Saturday. Checking all the athlete facilities were 100% ready. Call Room check in, athletes lounge, start and finish of races, media transfers and medal presentations were all part of the experience on Saturday. A very big thank you to Amelia Wales, Ashanti Heap, Jayda Anderson, Sam McCure and Scarlett Schofield and their families for assisting with this.

Then came Sunday morning. Race Day. As the crowd grew and the anticipation of the races that were about to happen grew, I can tell you as a volunteer leader we had some nerves ourselves, but we were very confident we were about to deliver something special. The racing did not disappoint at all. With both events being won by Australians, but more importantly, one by a member of our Club.

It was huge. What a crowd. How much noise was there? I have never seen a Race Walking event have that much excitement. Period. The passion, the involvement, the enjoyment from everybody there. It was an amazing advertisement for our sport.

The athletes. I'm not going to do a race report, but every athlete competing, male and female. How good was the racing? Games records in both races.

Congratulations to Dane Bird-Smith and Jemima Montag and all the Aussies, Michael Hosking, Rhydian Cowley, Claire Tallent and Beki Smith. Sensational efforts. To every competitor, they raced their hearts out. Then a lot of them walked through the crowds to thank them for their support. That is just absolute dedication and gratitude. That was awesome.

England's Tom Bosworth pushed Dane to the finish. Not one athlete had anything left at the end. Yes, there was disappointment with Claire, but her sportsmanship afterwards was that of a true champion. I spoke to Claire after all was done and dusted, and she was shattered. But she said to me she wanted the Gold. It was all or nothing. That was her race plan. So, she stayed true to her plan and raced for Gold. Unfortunately, in our sport, that is part of what can happen. I was lucky enough to be given an opportunity to introduce the event to the onsite media and commentators and to the families of the athletes competing. That was a buzz for me as well. I got around to as many as I could, but TV timing was tight.

The main members of the GOLDOC team, Ryan, both Laura's, Rebecca and Nic, have congratulated everybody from QRWC. They did not expect a crowd that big or loud. They were a little concerned that maybe hardly anybody would turn up, but they were hopeful. The day exceeded all their wildest dreams.

Finally, it was decided by the club committee members to have a lunch catch up after we had finished, to sit back, relax and wind down after what has been a huge nine months. I spoke to the management of the Currumbin Surf Club and suggested maybe around 100 people would attend, just thinking about our club, but I did open the invitation to members of Race Walking Australia and others from around the Commonwealth Race Walking fraternity. To show the Race Walking world we are a friendly and supportive club to athletes, officials, coaches and everybody who has some interest in our sport. For those that did go along. It was closer to 300 plus people turned up. The Currumbin Surf Club staff were outstanding in providing a sensational afternoon. And how amazing was it that athletes competing, including Dane, came in and joined the atmosphere? A massive thank you to them all.

Canadian athlete Evan Dunfee came upstairs and personally thanked everybody for what he said was the greatest Race Walking carnival he has competed at. The accolades and "Thank you's I have received from so many people from here and abroad during the days since Sunday are huge. I am so very proud of every single person involved. To our club members that didn't have an official job that were there just screaming their lungs out supporting all the competitors, thank you. Finally, to all our Committee Members that were there volunteering. The other Volunteer Team Leader Peter Bennett plus Noela, Ralph, Andrew, Sharyn, Robyn, Helen, Patrick, Lyn and Kay. I hope I didn't miss anybody. Sorry if I did. Again, a massive thank you to you all. Well done for a spectacular event that hopefully will have Race Walking at the tip of everybody's tongue for a very long time.

Shane Pearson

President - Queensland Race Walking Club

**THIS IS THE TOP. IT
DOESN'T GET ANY
BETTER THAN THIS.
IT'S JUST AWESOME.**

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

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.

How is racing at Beenleigh going to cut it after last Sunday?

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.

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 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

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 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/>