

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



HEEL & TOE

Australian Commonwealth Games Athletics Team **Dane confirmed to contest 20km walk**

Congratulations to Dane who has been officially named in the Gold Coast 2018 Commonwealth Games team to walk the 20 km. Dane will be joined by Michael Hosking in the men's race while Beki Smith and Jemima Montag have been named to contest the women's 20km. The third position is expected to go to Victorian Rhydian Cowley while the women's third spot will be between Claire Tallent and Regan Lamble.

"Commonwealth Games Australia has confirmed 51 athletes for Gold Coast 2018. A total of 47 names have been added to the Australian Commonwealth Games team from this weekend's 2018 Australian Athletics Championships & Nomination Trial, with four selected from the recent Australian 20km Race Walking Championships.

Olympic bronze medallist, Dane Bird-Smith is another local athlete selected, courtesy of his win at the Australian 20km Race Walking Championships.

"Competing on the Gold Coast for a Commonwealth title is going to be the highlight of the year," he said. "I can't wait to get out on the road and feel the energy of the crowd lining the course. I know it will bring out the best in me."

Australian Commonwealth Games Athletics walk team named so far:

Beki Smith	20km Walk
Dane Bird-Smith	20km Walk
Michael Hosking	20km Walk
Jemima Montag	20km Walk



Men's 2017 Athlete of the Year

Another big honour for Dane on Sunday night at the 2018 Athletics Australia Gala Dinner held on the Gold Coast when he was named the men's Athlete of the Year. Great effort and reward Dane for an outstanding year .

“After opening the year winning the Oceania 20km walk title in Adelaide in February-year, Bird-Smith was the best placed Australian at the London World championships, finishing sixth in a personal best time of 1:19.28 minutes, to miss his father and coach David's personal best by just six seconds. They remain the fifth and sixth best in Australian history.”

RESULTS RESULTS RESULTS

Qld Masters Athletics QSAC Sat 17th February

5,000 Meter Race Walk

1 Brenda Gannon W43 28:04.56 (27:01.39 73.21%)

(Age Graded Times & Percentages in Brackets)

This Week

Queensland Junior Athletics Championships

Thursday February 22nd QSAC, State Athletics Facility

All the best to our junior walkers in action tonight at the QA Junior Championships

Girls 3,000 Metre Race Walk U14

- 1 Anderson, Jayda GCC
- 2 Schofield, Scarlett GCV
- 3 Clarke, Anika RED

3,000 Metre Race Walk U15

- 1 Ofield, Mackenzie USC

Girls 3,000 Metre Race Walk U16

- 1 Hill, Gabriella GCV
- 2 Schofield, Amelia GCV
- 3 Novinetz, Camryn IPS

Boys 3,000 Metre Race Walk U14

- 1 McCure, Sam GCV
- 2 Manteit, Jordan IPS

Boys 3,000 Metre Race Walk U15

- 1 McCure, Lachlan GCV

Girls 5,000 Metre Race Walk U17

- 1 Hannigan, Caitlin GCV

Girls 5,000 Metre Race Walk U18

- 1 Rowbotham, Milla UNQ
- 2 Hamann, Charlotte UNQ

Boys 5,000 Metre Race Walk U17

- 1 Stewart, Ryan IPS
- 2 McCutcheon, Nelson QE2

This Saturday, February 24th at Qld Masters there are two walks on the programme: 3,000 metres at 8.00am and 1,500 metres starting at 9.40am on the Main Stadium track at QE11

“HAVE A GO” Activation at Commonwealth Games Walk

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

With many of our current Management Committee on roster on as Games Volunteers for the walks we are pleased to have Iggy, Jessica and Steve take charge of the morning. Jessica in particular, as our Social Media Director, will have an extremely busy morning at the pergola and all over the course talking to all and sundry and posting happenings and photos to the world.

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. Nobody will have to miss watching the racing action

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.

The club has already had a couple of valuable opportunities to promote the sport in recent months because of the Games but this is one opportunity we must grab and take full advantage of. Activations at all other sports will be undertaken by the relevant National governing body of the sport. For a little club to get that same honour is a huge coup but we have a super team to make it all happen. If you are going to be at Currumbin on race morning please stop by the club pergola. It will be the centre of the race walking world for that morning.

Commonwealth Games Road Walks

Race Walking Queensland

Post-Race Get Together

Currumbin Beach Vikings Surf Lifesaving Club

Elephant Rock Currumbin

“All eyes are about to be on Gold Coast for the 2018 Commonwealth Games. Come and join us from our picturesque and iconic location for the best views on the Gold Coast and sit back and relax while all the action happens on our doorstep.”

Currumbin Beach Vikings Surf Life Saving Club better known as 'Currumbin Surf Club' or 'The Vikings' is located right on Elephant Rock in Currumbin on Queensland's Gold Coast. The surf club boasts the best restaurant in Currumbin with the team offering you a very clever blend of bistro favourites and stunning, contemporary Australian cuisine. “

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.

Menu <http://supporters.currumbinlsc.com.au/wp-content/uploads/2010/08/SUMMER-MENU-2018.pdf>

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.

MEMBER PROTECTION POLICY

“Always use social network forums to add value and promote the sport in a positive way”

Premier Anastacia Palaszczuk recently announced a Queensland anti-cyberbullying task force which has six months to report back with recommendations to tackle the issue, highlighted last month by the death of teenager Amy "Dolly" Everett.

This can and does happen everywhere these days and it is sad to say that sport is not immune from this insidious behaviour.

In the QA Member Protection Policy, that the club is a signatory to, there are sections on Social Networking Websites Policy and Cyber Bullying/Safety Policy. These policies apply to everyone associated directly or indirectly with the sport and the club. I ask that you please take the time to read and familiarize yourself with these policies.

Extract: QA Member Protection Policy

1. Queensland Athletics' Vision and Mission

Our vision is to improve athletics in Queensland by inspiring a positive culture, delivering measurable growth, facilitating increased performance and enabling greater unity.

Our mission is to provide leadership and facilitate growth and success in the sport of athletics in Queensland.

Who this Policy Applies To

This policy applies to the following, whether they are in a paid or unpaid/voluntary capacity:

- Individuals appointed or elected to boards, commissions, committees and sub-committees;
- Employees and volunteers;
- Support personnel (e.g. managers, physiotherapists, psychologists, masseurs, sport trainers, etc);
- Coaches and assistant coaches (whether or not they are accredited)
- Athletes, coaches, officials and any other personnel participating in any teams, events and activities, including camps and training sessions, conducted or sanctioned by Queensland Athletics
- Referees, judges and other officials;
- Members, including life members;
- Member associations and each of its members, including life members;
- Affiliated clubs and associated bodies of Queensland Athletics;
- Peak associations and other State bodies engaged in any form of athletics;
- Any other person or body that is a member of or affiliated to Queensland Athletics;
- Parents, guardians, spectators and sponsors to the full extent that is possible.

7.9 Cyber Bullying/Safety Policy

Bullying and harassment in all forms is regarded by Queensland Athletics as unacceptable in this sport. Given the emergence of new telephone and internet social networks, the opportunity for unwanted and improper comments and statements has dramatically increased. Messages or statements made in these ways using these means of communication are largely instantaneous, and can easily be abused. Others may also manipulate a person by encouraging a statement to be made on twitter or Facebook for example, when the writer may be upset or vulnerable.

Bullying has the potential to cause great anxiety and distress to the person who has been the target of any comments or statements. In some cases, bullying is regarded as a criminal offence punishable by imprisonment, amongst other things. Frustration at an official, team-mate, coach, or sporting body should never be communicated on social network channels, but rather by way of reasoned and logical verbal and written statements and where appropriate, complaints, to the relevant controlling club, league or peak sporting body.

7.10 Social Networking Websites Policy

Queensland Athletics acknowledges the emergence of new technology and communication mediums (new media), and wishes to enable such new media to be used to benefit the sport and its participants, and to applaud achievements. This can occur due to the immediate nature of communication to a wide audience using channels such as Facebook, twitter, and SMS. However, participants within the sport need to be very mindful of a few key matters that could lead to inappropriate use of new media, at times unintended, and at other times without a proper understanding that once comments are made or published, they are in public for a long time, and hard to take back (retract).

The following cautions are recommended:

- The non-inclusion of personal information or that of others in social media channels;
- The avoidance of offensive, provocative or hateful language;
- Obtaining permission before posting another person's picture on a social networking forum;
- Never comment on rumours, do not deny or affirm them or speculate about rumours; and
- Always use social network forums to add value and promote the sport in a positive way



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

February 22-25th QA Junior Track Championships

February 24th QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11

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

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

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

Looking Further Ahead

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
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

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/>