

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



HEEL & TOE

April 19th 2018

QRWC Winter Road Walk Season / AGM Sunday April 22nd

Here we go again. The 2018 Winter Road Walk season kicks off this **Sunday April 22nd** with a Sign on Day and Annual General Meeting at the Logan River Parklands, Beenleigh.

We would like to extend a warm welcome to all new walkers and their families coming along on Sunday and welcome back all our wonderful members from last year. We are a friendly and lively bunch, as was evident at the Games walks at Currumbin, so if you are not sure of anything please ask.

Programme for Sunday

8.00am

A Grade 10km

B Grade 5km

8.30am

C Grade 3km

D & E Grade 2km

E Grade 2km

F Grade 1km

How to get to the Logan River Parklands

Coming from Brisbane

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit at Eagleby. Continue around the roundabout and take the 5th exit into Blackbird Street. This is the last exit off the roundabout before the northbound entrance back onto the Pacific Motorway. Continue along Blackbird Street for about a kilometre and turn left into the Logan River Parklands (just before where the Street bears right under the bridge.)

Coming from the South

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit. Do not turn left into City Road but stay on the roundabout before turning off into Blackbird Street.

We set up in a picnic pergola just past the amenities block. There is ample parking.

All the season details are in the newsletter that was sent to members on Wednesday night. You can download a 2018 membership registration form from the QRWC Website: www.qrwc.com.au

QRWC Annual General Meeting

Following the races, the Annual General Meeting of the club will be held starting at 9.15am. While nominations have closed there is still the opportunity for members to put their hand up to be appointed to a number of important volunteer roles within the club. Come along and have your say on any issue regarding the running of the club. Remember the club is its members. The main item on the Agenda will be the notice of motion to accept the draft amended club constitution.

MOTHERS DAY RAFFLE

And other weekly raffles during the road walk season

Can members please bring any donations for our **Mother's Day Raffle** and future raffles during the Winter Race walking season. If you do not have anything to donate please consider making a cash donation and Maxine will use it to buy raffle prizes.

The Mother's Day Raffle which will be drawn
on the 6th of May 6th AT THE QRWC Handicap Meet at Kalinga Park
We do not have a club meet on Mother's Day May 13th

Tickets are priced at **3 for \$5.00** or **\$2.00 per ticket**.
3 prizes will be drawn.

Beautiful handmade Mother's Day cards will be available for sale at \$2.00 per card.
All proceeds to supplement junior members race walking trips.

Thank you to our Raffle coordinator & Co-Patron Maxine Sela

"My Day" at the CG2018 Road Walks Sharing "I was there"

We would like to capture the essence of what the 2018 Commonwealth Games road walks at Currumbin on Sunday April 8th meant to so many people and how they saw the day unfold. There are so many great stories out there that we would like to share these with our readers. For some of our members the most memorable moments of the

Currumbin race walks were not even from the races themselves. The excitement, the vibe, the setup of the venue, the noise, the friendships, meeting new people, just being there and being part of something special. It was very much a “I was there“ day where people will recount their story for years to come.

There were even a number of our Games volunteers who didn't want to “break the spell” and leave the venue after it was all over. GOLDOC Road Events manager, Ryan McDonald had to go around telling volunteers that they could go home. It was that sort of day. This week we would like to bring you the stories from Iggy on the Activation Tent, club member and one-person fan club, Nyle Sunderland, Games volunteer and masters walker Kay Shaw and Robyn Wales writes about the day of our juniors at the Games Rehearsal on the Saturday. These stories now form part of the history of our great club. We hope you enjoy reading them.

We already have some more *My Day* stories lined up for the newsletter next week. If you would like to share your story please email me at racewalkqld@outlook.com

My Day – Games Rehearsal Currumbin 20km Walks **Chaperone of our junior walkers Robyn Wales**

On 7 April five of our young club members gathered at Pacific Parade Currumbin to assist organisers with a rehearsal for the big event the following day.

All aspects of the race were rehearsed including the call room, television coverage, start / finish, medical intervention and medal ceremonies.

Our club was ably represented by Jayda Anderson, Sam McCure, Ashanti Heap, Scarlett Schofield and Amelia Wales. They all warmed up then were taken to the Call Room before being led to the start. The gun went and they raced their hearts out doing the kilometre loop a couple of times before being recalled to “perfect their starts” which allowed the starter plenty of practice to ensure the starting gun was correctly connected to the Longines timing.

Sam managed to collapse on cue at the finish so the medics could have their practice and we're pleased to report Sam had an “immediate recovery”!

Everyone had a turn at being first finisher and breaking the tape as the celebrated winner ensuring all was in place for Dane and Jemima the next day. The medal ceremony was a highlight for our young walkers with the armed forces, flag raising and presentation of medals all rehearsed with the winners seeing themselves on the big screen. The only people missing were the judges with their red and yellow paddles!!



Scarlett, Ashanti, Jayda, Amelia & Sam road testing the Athletes Lounge

It was a most enjoyable day and certainly each person came away with an understanding of what actually happens at these big events! Thank you to the club and organisers for allowing these athletes this opportunity and especially for providing a lunch that included white bread much to one person's delight...something never seen in certain households!!!

*Editor's note. The medal ceremony rehearsal was so close to the real thing that it brought a tear to the eye of some of those watching! No names. Our young athletes were just so proud to be standing on the medal podium as the National Anthem of a mythical played as the flags were raised.



Sam crosses the finish line at the Games Rehearsal at Currumbin

My Day - CG2018 Currumbin Beachfront 20km Walks

Race Walking Queensland - Activation Team Leader Iggy Jimenez

“It can only be summarized as a “bloody good thing”, so many people and so much positive feedback from former athletes and the general public.



Our day started at 4.30 in the morning at the race venue, and to my surprise, most of the kids were already there to help and to participate. I have to thank all the parents that put the effort in to bring their kids along and help set up, “I take my hat off to you all”.

Moments after the setup of the tent, the public started to arrive, most of them came to the tent to ask about the club and pick up a programme which was about a 5.20 am. By 6.30 there was a constant flow of people coming in and out of the tent, and to see all the kids with smiles on their faces after we had given them a race bib to write down the name of the athletes competing, was just wonderful.

*I also have to mention, that the highlight of the day was, when the **Channel 7 “Sunrise”** crew arrived at our tent and started to ask questions regarding the club and how to racewalk. Our media officer **Jessica Pickles** was just outstanding in explaining the technical aspects of race walking without any difficulty, at the same time Steve Langley*

and most of the kids, demonstrated race walking to the general public and on national television, “how good is that”. I have to give a mention and a big thank you to, Jono, Caitlin, Anika and Amelia, for helping and demonstrating race walking, those kids are just fantastic and fun to work with. Also, I had a lovely chat with Cheryl Webb, she was surprised with how “fantastic” all the set up was, and someone was also lucky enough to grab her signature on their bib.... (me, Bahahaha). Also, I big thank you to Maxine, Nicky, Gladys, Crystal Goulding, Steve and Paul for their help, very much appreciated....

By 6.50 all the 120 wrist bands had already gone, I have to say sorry to all the people that couldn't get one, but unfortunately, I was given specific instructions of “first in, first serve” and the quantity of wrist bands wasn't enough. 1,500 would be a good number as many people miss out...and most of them former club members and former athletes....

So, what a day to have a birthday, we have two Australian winners and see how this can affect the emotions of some people, in special of a club member, tears come down of his face after Dane crossing the finish line, the inspiration for others and the determination for many, it was a very special day for many people and club members....”

Regards, Iggy



Our Activation crew ready for action

My Day - CG2018 Currumbin Beachfront 20km Walks

QRWC Club Member & cheer squad professional Nyle Sunderland

I had been looking forward to the racewalks for many reasons.

- 1. To support and cheer on my New Zealand and Aussie friends*
- 2. To finally get to watch an elite racewalk race*
- 3. To hang out with friends for the day and be a part of my sport that I am very passionate about.*



Nyle in cheer squad mode. Oh, and Dane winning the GOLD Medal

And what a day it was set to be. Now in true Nyle fashion...a cheer costume had to be put together. So off to spot light to purchase my pom pom headband, face paint and pom poms. Kiwi shop for the silver fern flag and NZ tattoos. I was set for the day. It was an early start. Up at 3.30am to draw on my silver fern and then getting hubby to drop me to Currumbin before 5.30am so that I could make it to the have a go tent to grab one of the precious pass wrist bands. Walking along the road course seeing all the flags lining the course was just amazing. It was hard to believe this was just a side road ...the organizers had it looking like a pristine world-famous course. As the crowd started to gather so did the electric buzz that was in the air. With so much green n gold around me, I felt like I was the lone New Zealand supporter so I was so thrilled when i bumped into some familiar faces all dressed in black.

The men's race started with a roar.....athletes at the ready and the crowd rearing to cheer. Every time a walker would pass we would be cheering and waving ...i nearly

turned my self inside out whenever Q would go past. It didn't take long before i had caught the attention of a few TV crews, so I also had my 2 mins of fame lol how could you not get caught up in that atmosphere? It was contagious and invigorating ... everywhere you looked people were calling out, grinning, waving arms animatedly, but no one was prepared for that finish. I was at the start/finish line as Dane made that last turn.... the roar from the crowd was deafening, it vibrated to your core and I could only imagine how powerful that would have felt for Dane. I am so proud to have been there to see Dane win gold and grab the record too.

No sooner had the men finished, and every one's hearts starting to settle. we were ready for the women to line up. I was already pumped up on adrenaline and was just itching to get this race underway. Alana and I have raced against each other a few times in the past so it was extra special to me to be there to support her and cheer her on. What an emotional rollercoaster of a race this was going to be. I ran up and down that course cheering everyone on and also getting the crowd around to yell louder to help the girls out. I heard the announcers say that something has happened to Claire and she was down. As I found a spot to see for myself, i knew instantly from her face what had happened and my heart broke for her. You actually felt the crowd around gasp as they also learned what had transpired in front of them. This left me in a turmoil of emotions.... devastated for Claire but absolutely thrilled for Alana because this now meant that Alana was going to get Silver.

Anyone who says Racewalking is boring can't have ever been to a race like these two. I have never experienced anything as exhilarating. The athletes, the crowd, the volunteers and the organizers made this a fantastic event. This was showcased around the world and our club members couldn't have done a better job. They showed the world just how passionate we are about our sport.

High fives to every oneand it inspired this old clunker to dig out her training gear and hit the road again. Nyle



Nyle aka Kiwi Froot

My Day – CG2018 Currumbin Beachfront 20km Walks

Kay Shaw “GAMES SHAPER”

It seems only yesterday I was on the 4.35am bus from Broadbeach South Tram Station to Currumbin to see what eventuated in a brilliant double gold for Dane and Jemima in the GC2018 20k race walk events. I couldn't sleep the night before worrying about missing that bus and being late for the extra early check in so I have no idea of the jitters going through the 20k competitors' bellies.

My specific role was “Judge's Assistant”. First off there's the Judge, then there's the Judge's Secretary who types into an electronic gizmo terminal any red cards handed to them by the Judge then enter Kay, (& Sharyn Wearne – she was also a Judge's Assistant). I got to hand deliver these completed hard copy red cards to the chief recorder as a manual back up and to confirm cross-checking. The Judge I was assigned to was a Robin Williams doppelgänger by the name of Steve Taylor from the Isle of Man (a Manx to be precise). He apparently represented the IOM at the 30k race walk in the 1994 Commonwealth Games in Canada – a touch of trivia for you all.

With the men's race up first, I was confident that Dane would pull through in front of the home crowd and both Rhydian Cowley and Michael Hosking would give it their all too. I must admit, Tom Bosworth from England had such a confident smile on his face the whole way I was a tad worried in that last kilometer but Dane dug ever so deep and the motivating crowd in the last 500 metres saw him cross the finish line in first place and get that gold medal. Congratulations Birdman you are a true, blue champion. I was so proud of Dane, Dave & Denice, the race walking club, Queensland and being an Australian. Dane's gold win and being a “Games Shaper” right in the middle of the course made it even more surreal for me.

The women's race was next and the temperature and humidity had been turned up several notches. In my eyes, Jemima shone like a star the whole race. She never missed a beat and remained out front and in control nearly all the way. Jemima radiated confidence and was focused to the max for a young lady of her age. Beki Smith pulled back half way into the race but Claire Tallent was out to prove a point. Unfortunately, it didn't go Claire's way and she was red carded in the final 2km. Yes, race walking can be cruel through disqualification but it can also be kind to those lucky enough to win medals it's not only endurance but whatever coach you have it's those words that go through your brain, time and time again “technique, technique, technique”. Congratulations again to Jemima on a stellar performance and claiming gold in the women's 20k.

On a side note, I would like to particularly thank Peter Bennett for giving me a gentle push to apply as a volunteer for the GC2018 back in February 2017. I, like many, thought I don't know what I'll be doing a year on from now but apply I did, and now thankful for that nudge. I may not be as photogenic or televised as our New Zealand fan club guru, Nyle, but I was there in the thick of it and wouldn't of missed the race walks

for all the tea in the China.

Now, getting up at 1.15am for a 3.00am sign on for the marathon the following Sunday is another story but I'll leave that for someone else to report on.

See you on the road/trackKay



Kay and Steve Taylor from the Isle of Man

This Week

This Saturday April 21st the QMA State Track Championships will be held at the SAF.

- Competitors in Track events MUST sign on at least 30 minutes before the scheduled start time of the event
- There is no Call Room – competitors should go to the start lines 10 minutes prior to scheduled start time.
- QMA Numbers MUST be worn front and back by all athletes

All walkers are reminded that you should bring someone to lap score for you if at all possible.

8.00am 5,000 metre walk

W40 972 Gannon, Brenda

M40 179 Carlile, Mark

M50 316 Jimenez, Ignacio

814 Treschman, John

M60 234 Bennett, Peter

W75 166 McKinven, Noela

M75 220 Sela, Patrick

QRWC Sign On

Sunday, April 22nd is Sign On day & Handicap Races for the QRWC road walk season.

Races start at the Logan River Parklands at Beenleigh from 8.00am

Results Results Results

Old Masters Athletics SAF Wednesday April 11th

10,000 Metre Race Walk

Mark Carlile M44 1:14:27.96 (1:11:07.80 52.28%)

Old Masters Athletics SAF Saturday April 14th

3,000 Metre Race Walk

Mark Carlile M44 21:18.21 (20:11.11 52.14%)

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

Queensland Representatives

U13 1,500 metre walk

Kris Hayward, Kai Norton

Jayda Anderson, Sabrina Guse

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.

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 21st QMA Track & Field Championships SAF 5,000 metres 8.00am
April 22nd QRWC Sign On Day / Handicap Meet Beenleigh 8.00am
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 8.00am
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/>