

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 66 years in the making.



HEEL & TOE

February 25th 2021

Goodbye to coach David Smith from the members of QRWC



As members were advised earlier in the week, due to many pressures and ongoing health issues, Dave Smith has decided to retire from coaching effective immediately. After 49 years in the sport he loves, as an athlete, coach and administrator he is stepping aside to concentrate on family and getting his physical and mental health back to a much better place than the present state.

As well as his coaching credits David Smith is a Life Member of the Queensland Race Walking Club and was for many years the Club President and was a key driver in developing the sport in Queensland and producing a constant stream of top junior athletes. His own achievements as an athlete are too numerous to mention. David has excelled as an athlete, an administrator and as a coach in over 40 years of dedicated service to the Australian Federation of Race Walking Clubs.

A brief overview of the coaching career of Dave Smith by Noela McKinven

Dave has coached since the 1980's when he was National Junior Coach attached to the AIS in Canberra. This entailed coaching many groups of juniors, travelling to several states including Qld.

Since coming to Qld in 1990, there are more than a hundred or so, mostly juniors, he has helped or coached privately. He was away for the best part of a year in South Korea, coaching their National Women and was entrusted with the top three young women, bringing them to Australia to compete without even an interpreter. Another overseas stint was as Junior Development Coach to the U18 squad of China and he was given an open invitation to return if he wished.

He coached Wayne Snyman from South Africa for some time as well as Norway's Havard Haukenes both are elite walkers competing in top international events. In Australia, Rhydian Cowley was not only coached by Dave, but lived with the family for four years before returning to his home in Melbourne. Beki Smith is one he coaches online. For five or so years, Rainbow Beach was the venue for his training camps open to all, although mostly attended by those in their teens. Jemima Montag spent time there as well as walkers from other states. In Brisbane, Dave has held several clinics, also open to all. These have been well attended by juniors from all coaching squads with no attempt to poach them from their normal coach – simply to help.

Throughout this, Dave coached his son, Dane to medals in Olympics and Commonwealth Games and they are still the best of friends. Not at all an easy thing to achieve as you can see in some other sport family combinations.

His passion for the sport has always been easy to see. To him, the *athlete* is who it is all about. As a coach he aims to take them along a path to be the *best person and best athlete each can be*. This includes appropriate training according to their age and ability. In order to attain his Level 5 (then called Level 3) grading he wrote a thesis on the physical and mental development of adolescents and so understands the need for not overloading or overtraining during those years when it is easy to cause lasting damage. Occasionally this is not understood by parents, but he stands by it. His level of care of each extends to their physical wellbeing, (too hot? Too cold? Three layers of dry clothes after a very cold, wet race!) mental attitude (low self-belief, shyness?) any aspect of their life, good or bad, they care to share with him. Unless there is a parent or carer with the athlete, he has always taken all precautions to ensure their complete safety at all times. There is also an element of fun in training when appropriate as can be seen when he asks, “What beats hard work?” The correct answer from the athletes is, “Nothing....or chocolate!”

Dave is a wonderful motivator and the athletes care greatly for him in turn and many of them return for a chat in passing as adults and it is easy to see the delight on both faces.



Dave & Noela discuss race tactics, or was it “what are you having for lunch?”

This is one of the many messages received since the announcement was made:

“We’re sorry to hear this. I do know that Dave spoke to (my daughter) at one of her first appearances at QSAC in a way that made her feel that she really could do race walking. And only the other week he was talking to her and some of the other youngstersin a manner that was so encouraging. It means a lot to these young athletes that someone of Dave’s calibre cares about them as race walkers. Please let him know that we’re thinking of him and hopefully we will see him at the track sometime.”

Denice is compiling a personal album for Dave about his coaching career and would like anyone who has ever been coached by Dave or had involvement with him as a fellow coach or parent of an athlete to send a message saying what you enjoyed or appreciated about his coaching and any highlights or special memory you have that involved Dave. Denice will print the emails and put them in a Coaching Memoirs album for Dave. He can look at the album and contemplate on his coaching career and remember the fantastic athletes and support people he had had the privilege to encounter since 1985 when he first started to coach and was given the job of National Junior Race Walk coach which enabled him to travel from Canberra to Townsville and other places to coach. At that time, he did not envisage he would move to Brisbane in 1990 where he started coaching again. "

Please email Denice at ozwalker02@gmail.com

This article by Race Walking Australia President Bob Cruise was posted on the RWA last month and outlines his philosophy to coaching. Just as athletes need to decide what they want to achieve out of the sport, coaches need to think about what kind of coach they aspire to be. Find the coach that is right for you.

My Coaching Philosophy – Bob Cruise

I am sometimes asked why I coach. I guess most coaches are asked the same question at some time or other during their coaching career. I simply answer that I enjoy coaching and being with younger people keeps me young. Whereas the ultimate reason to coach is to achieve success with your athletes, success needs to be defined. Success can come in many ways. Not so with all coaches, but I accept anyone into my squad of walkers who wants to walk. I guess that attitude has something to do with my early days as a young athlete and sportsperson. I was grateful to a number of people who gave me ‘a go’ and I believe I should extend, in fact, I believe I have an obligation to extend that invitation to others. As a consequence, I have walkers with visual impairment, with physical disabilities, of both genders who are Australian champions and representatives and, across the squad, an age differential of over 80 years. Each of the athletes in my squad is individual, each has uniqueness and each has abilities some of which are very apparent and some which take considerable time to become evident and/or develop and no doubt some which will never be apparent to me as their coach.

Irrespective of individuality the ‘Bob Squad’ training program starts as a generic program that seeks to cover speed, speed endurance and endurance coupled with flexibility, strength and conditioning and an awareness of a wholistic approach to training and living.

Training for walkers in their late teens is programmed for six of the seven week days including track competition in the summer which I regard as a speed session. I am often frustrated by some successful athletes foregoing competition thus denying aspiring athletes an opportunity to participate alongside them and learn from the experience.

Whereas the age of athletes in my squad ranges from five or six years of age to the mid-eighties, each is required to do a minimum of five kilometres each track session. A 10 kilometre walker may be required to complete a program of say 12 kilometres on the track. Of course, the intensity of training and the type of activity will vary dependent on the age and the condition of the athlete.

Despite the above the emphasis on training is always ‘TECHNIQUE, TECHNIQUE, TECHNIQUE’. Whereas each athlete is an individual and must be treated accordingly the basic principles of race walking, as espoused in many a text, is sought and required.

Sometimes the acquisition of a sound race walking technique takes years to achieve and can change rapidly when coaching young athletes who are rapidly developing emotionally and physically.

Non track training is often dependent on an athlete’s availability. Many young athletes are involved in a multitude of activities, some physical e.g. football, cricket, tennis, soccer,

triathlons, swimming etc. and some undertake more intellectual activities such as piano, chess or indeed are strongly committed to school and/or university studies. Some are strongly committed to family and some work, often with variable shifts. When demanding that an athlete train, a coach should clearly be aware of the availability and preferences of each athlete. To this end a database recording such is useful.

Queensland Athletics State T&F Championships 2021 **March 11-14th ENTRIES NOW OPEN**

QA have announced that entries are now open for the Queensland Athletics State Championships; U14 to Open to be held 11th to 14th March on the Main track at QSAC.

Saturday March 13th

8:30am 3,000m Walk Finals U14/U15/U16 Female

8:30am 3,000m Walk Finals U14/U15/U16 Male

8:55am 5,000m Walk Finals U17/U18 Female

8:55am 5,000m Walk Finals U17/U18 Male

Sunday March 14th

8.00am 10,000m Walk Final U20/Open Female

10,000m Walk Final U20/Open Male

Entry fee is \$30 per event for base members/interstate athletes and free for platinum members

[Events - Queensland Athletics - revolutioniseSPORT](#)

**Please be aware, athletes will only be able to enter their own age group and the Open age group. Any request to enter an age group other than these will be taken on a case by case basis.

Entries will close at 9.00am on March 1st. NO LATE ENTRIES.

General Public entry:

\$5.00 adult / \$3.00 concession per day

\$10.00 adult / \$6.00 concession for the 4 day pass

Coaches, Parents & Spectators must purchase entry tickets for the State Championship

QRWC Judging Seminar

Thank you to all members who attended the seminar on Saturday and actively participated. To me one of the positives was the willingness to learn, share experiences & knowledge and work together for the betterment of the sport. From the feedback received to date participants enjoyed the seminar and the engaging and entertaining manner Zoe presented the course content. Everyone came away knowing a lot more about the world of race walking judging, the responsibilities, the technicalities and most importantly how to fill in the paperwork. An added bonus, at the end of the seminar was the opportunity to stand with qualified judges at the well attended QA shield meet walk events.

Presenter, Zoe Eastwood-Bryson indicated at the end of the seminar that she would be prepared to come back to Queensland to run another seminar more focussed on the athletes and parents. Please let me know if this is something you would be interested in seeing happen. As a club, QRWC would be keen to facilitate this.

Results Results Results

QA Garry Brown Shield QSAC February 20th
Women 3,000 Metre Race Walk

- 1 Norton, Amber 15 QA 15:07.38
- 2 Williams, Lyla 14 Gold Coast Victory 15:22.98
- 3 Gee, Tamika 14 GCA 15:54.34
- 4 Gannon, Brenda 47 QA 16:54.53
- 5 Hamann, Sophie Charlotte 20 Qut Athletics Club 17:49.19
- 6 Clarke, Makenna 12 Redlands Athletics 18:34.84
- 7 Chadwick, Phoebe 15 QA 20:20.85
- 8 Housden, Lily 15 QA 21:59.10

Women 5,000 Metre Race Walk

- 1 Hayward, Katie 21 GCA 22:10.07
- 2 Clarke, Anika 16 Redlands Athletics 28:51.61
- 3 Millard, Summer 16 QA 29:20.26
- 4 McRoberts, Jasmine-Rose 19 QA 32:21.56
- 5 Porter, Sophie 16 QA 32:46.91
- 6 Brady, Korey 16 QA 34:05.88
- 7 McLoughlin, Amber 19 QA 34:31.10

Men 3,000 Metre Race Walk

- 1 McCure, Sam 15 QA 13:59.86
- 2 Housden, Bailey 14 QA 14:16.82
- 3 Bannister, Jack 15 QA 16:20.45
- 4 Bradley, Alex 15 QA 16:44.36
- 5 Wheeley, Roel 14 Redlands Athletics 18:56.83

Men 5,000 Metre Race Walk

- 1 McCure, Lachlan 17 QA 24:07.89
- 2 Spanner, Jye 17 Keppel Coast 27:06.69
- 3 Norton, Kai 16 QA 27:23.51

Queensland Masters Athletics QSAC February 6th

3,000 Metre Race Walk

- Kirwin, Roslyn W32 DNF
 Jimenez Solis, Ignacio M55 14:18.0 (11:57.61 87.99%)
 Bennett, Peter M65 17:25.5 (13:11.96 79.73%)

Age Graded Times & Percentages in Brackets

QLA South Coast Regional Championships, Tweed

Girls U10 1100m Race Walk

- 1 Martin, Aila Tweed 8:17.59
- 2 Gibbs, Sienna Gold Coast 8:28.58
- McGuane, Kassi Gold Coast DQ

Girls U11 1100m Race Walk

- 1 Cosgrave, Ella Ashmore 6:25.56
- 2 Teasel, Ashlee Helensvale 7:23.25
- 3 Wain, Olivia Helensvale 7:42.87
- 4 Braithwaite, Zahna Tweed 7:49.84

Girls U12 1500m Race Walk

- 1 Flahey, Natasha Tweed 7:59.88
- 2 Mehta, Hannah Mudgeeraba 11:30.25

Girls U13 1500m Race Walk

- 1 Teague, Delilah Tweed 10:15.88
- 2 Barkworth, Taylor Tweed 10:34.15
- 3 Jaekel, Tara Mudgeeraba 10:35.72

Girls U14 1500m Race Walk

- 1 Williams, Lyla Tweed 7:41.22
- 2 Morris, Taylah Runaway Bay 14:10.15

Girls U15 1500m Race Walk

- 1 Heap, Ashanti Gold Coast 7:34.25

2 Schofield, Scarlett Ashmore 9:21.58

3 Madden, Lacey Tweed 10:39.43

Girls U16 1500m Race Walk

1 Bergh, Mia Ashmore 7:52.84

Girls U17 1500m Race Walk

1 Teasdale, Skye Tweed 11:58.28

Boys U9 700m Race Walk

1 Hogan, Charlie Tweed 5:41.16

Boys U10 1100m Race Walk

1 Holbrook, Fletcher Gold Coast 7:39.78

2 Homewood, Thomas Tweed 10:07.44

--- King, Harrison Tweed DQ

Boys U11 1100m Race Walk

1 Foster, Daniel Gold Coast 7:34.72

Boys U12 1500m Race Walk

1 Bricknell-Hewitt, Korbyn Mudgeeraba 8:59.81

2 Tilton, Noah Tweed 9:17.25

--- Grainger, Hugo Gold Coast DQ

Boys U13 1500m Race Walk

1 Teasel, Bailey Helensvale 8:43.12

2 Dale, Kai Ormeau 9:19.24

Boys U15 1500m Race Walk

1 McCure, Sam Ashmore 7:07.72

Boys U17 1500m Race Walk

1 Dale, Kaden Ormeau 9:34.58

QLA South East Regional Championships, SAF, Nathan

Girls U9 700m Race Walk

1 Lucas, Teegan Redlands 4:11.01

2 Welch, Isabella Springwood 4:27.29

3 Gilchrist, Drew Springwood 5:02.54

4 Larsen, Emma Springwood 5:13.99

5 Holyoake, Maggie Algester 5:31.73

6 Johns, Erin Mt Gravatt 5:54.88

--- Leeder, Aleena Springwood DQ

Girls U10 1100m Race Walk

1 Gee, Isabella Algester 6:42.55

2 Kratzmann, Keilani Redlands 6:54.74

3 McKnight, Skye Mt Gravatt 7:58.05

4 Fraser, Kate Sunnybank 9:32.66

Girls U11 1100m Race Walk

1 Austin, Jessica Algester 6:27.64

2 Fisher, Siaan Redlands 6:27.70

3 Anderson, Pippa Redlands 7:05.70

4 Athousis, Georgina Sunnybank 7:30.38

5 Lucas, Rihanna Redlands 8:07.33

Girls U12 1500m Race Walk

1 Clarke, Makenna Redlands 8:09.14

2 Pickvance-Yee, Destinee Springwood 8:51.67

3 Cranwell, Kayla Algester 10:01.44

4 Gaviglio, Zara Algester 10:07.97

Girls U13 1500m Race Walk

1 Austin, Natalie Algester 11:07.89

Girls U14 1500m Race Walk

1 Gee, Tamika Algester 7:21.54

2 Lucas, Hayley Redlands 9:52.73

3 Thomasson, Aleksia Mt Gravatt 10:39.25

4 McDonald, Tatum Beenleigh 12:04.22

--- Philip, Harriet Balmoral DNF

--- Turei, Paige Mt Gravatt DQ

Girls U15 1500m Race Walk

1 Lawson, Piper Redlands 8:38.97

Girls U16 1500m Race Walk

1 Clarke, Anika Redlands 7:25.09

2 Heath, Lauren Algester 9:04.73

3 Fisher, Torryn Redlands 9:20.60

Girls U17 1500m Race Walk

1 Clifford, Lorrilee Beenleigh 10:43.46

Boys U9 700m Race Walk

1 Rivers, Ethan Redlands 4:40.67

2 Buncuga, Luka Balmoral 5:13.99

3 Hamilton, Chase Jimboomba 5:28.46

4 Liyanage, Dulan Randira Sunnybank 5:36.59

Boys U10 1100m Race Walk

1 Robertson, Payten Mt Gravatt 6:34.14

2 Sibenaler, Hunter Algester 7:05.00

3 Mathews, Darcy Springwood 8:12.37

--- Shea, Dominic Balmoral DQ

--- Bauer, Jaxon Springwood DQ

Boys U11 1100m Race Walk

1 Van Der Westhuizen, Ryan Mt Gravatt 6:59.58

2 Burrows, Hayden Springwood 7:17.19

3 Vagne, Aidan Max Mt Gravatt 7:59.67

4 Bingham, Lochie Sunnybank 8:01.13

Boys U12 1500m Race Walk

1 Gee, Blake Algester 9:00.47

2 Athousis, Constantinos Sunnybank 10:58.05

3 Wheeley, Noah Redlands 11:44.65

--- Thomasson, Christophe Mt Gravatt DQ

--- O'Connor, Thomas Springwood DQ

Boys U13 1500m Race Walk

1 Lucas, Jaydon Redlands 9:44.44

2 Epitropakis, Zackary Algester 11:02.17

Boys U14 1500m Race Walk

1 Wheeley, Roel Redlands 9:48.66

COMING UP – Track & Road Walks

March 6th QMA State Championships QSAC 8.00am 5,000 metre walk

7th QMA State Championships QSAC 2.40pm 1500 metre Walk

March 11-14th QA State Age & Open Track Championships

March 27th AA 50km Championships Vic / AA 20km Championships

April 12-21st AA Track & Field Championships

April 23-24th Australian Little Athletics Championships Vic **Cancelled**

Queensland Masters Athletics Track Championships

Two walk events !!

March 6th QMA State Championships QSAC 8.00am 5,000 metre walk

7th QMA State Championships QSAC 2.40pm 1500 metre Walk

Entries Close 8:00pm March 3rd

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games .

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay

Racewalking Queensland Management Committee 2020/21

As elected AGM November 21st

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

President: S. Pearson **Secretary:** N. McKinven
Vice President. P Bennett **Treasurer** R Hamann
Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey
Patrons: Patrick & Maxine Sela
Registrar: T Norton
Uniforms: J Stuckey
Newsletter Editor: P. Bennett
Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits please email
info@qldathletics.org.au

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

To search for a walks coach, see their qualifications, contact details or where & when the coach go to ; <http://icoach.athletics.com.au/at/icoach/Search.aspx>

Racewalking Queensland

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)
Racewalking Queensland Management Committee 2020/21

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QRWC Website: www.qrwc.com.au

Queensland Athletics Member Protection Policy

As a member of Athletics Australia, Queensland Athletics, an affiliated club or an individual member everyone is required to comply with the Queensland Athletics Member Protection Policy. We are committed to the health, safety and general well-being of all of our members and will work to ensure that everyone associated with our organisation complies with this policy. We would encourage all who are involved in athletics to familiarise themselves and comply with this policy.

You can read the full policy here

<http://www.qldathletics.org.au/Portals/50/General/QA%20Member%20Protection%20Policy%20-%20July%202015.pdf>

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.

QRWC race entries qrwc1955@icloud.com

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/>