

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



## HEEL & TOE

February 8<sup>th</sup>

### **Australian 20km Race Walking Championships** **Inc. Oceania Championships** **Sunday 11th February War Memorial Drive, Adelaide**

One of the most highly anticipated National 20km road walk championships in recent years will take place in Adelaide on Sunday morning. The stakes are high with Australian athletes fighting it out for positions in the Gold Coast Commonwealth Games team and to land a qualifier for the World Race Walking Team Championships in Taicang, China in May.

Dane Bird-Smith will start favourite to secure his position in the Games team by winning the Australian titles and the race outright. Queensland has excellent representatives in the women's race with Jessica Pickles, Clara Smith and Christina Papadopoulos.

Katie Hayward has already scored a qualifying time for the World Juniors and the World Race Walking U20 Team Championships and will be out to cement her place with another qualifying time in the U20 10km on Sunday.

We wish our representatives all the very best on Sunday and will be cheering them all on as they stride to achieve their personal goals.

#### **Timetable**

7:00am: Australian 20km Race Walking Championships

8:00am: Oceania Under 20 10km Race Walking Championship

8:00am: Invitational Under 18 5km Race Walking Championships.

#### **Athletics Australia Preview**

*Rio Olympic bronze medallist Dane Bird-Smith (QLD) will be favourite to take out the men's race. Should Bird-Smith win a fourth Australian title on Sunday, his third consecutively, he will equal the four won by his father and coach, David Smith. Bird-Smith, laughed upon learning he could equal his father's mark on Sunday. "He'll probably still tell me that he's still one-up somehow."*

*Quentin Rew (NZ) and Evan Dunfee (Can) will be the key international athletes to watch ahead of the Commonwealth Games, while Sweden's Perseus Karlstrom, Polish pair*

*Artur Brzozowski and Jakub Jelonek, Lithuania's Marius Liukas and Chile's Yerko Araya will be keen to snag the early points on offer as part of the IAAF Race Walking Challenge. The series begins with the event in Adelaide this Sunday before heading to North America later this month.*

*"I'm just looking to do my thing and show them that they can't come across here and take Australian nationals without a fight," said Bird-Smith. "I've got a job to do – I've got to get across the line first and get my qualification and everything nailed down for Commonwealth Games and then the real job starts.*

*"This is ticking a bit of a box but at the same time I don't ever take a nationals lightly. Whenever I turn up to race, I turn up to race hard. I'll be giving it a good crack." Bird-Smith has locked away three qualifying marks (1:24:00) in 2017, with Rio Olympian Rydian Cowley (Vic) the only other.*

*Seven-time winner and reigning Commonwealth Games champion Jared Tallent has been ruled out of Sunday's race through injury. Tallent's troublesome left hamstring, which also forced him out of the 2017 IAAF World Championships, unable to rehabilitated in time to attempt to qualify for Gold Coast 2018.*

*An incredibly strong women's field is hard to split, with Claire Tallent (SA) chasing a fifth Australian 20km title, defending champion Regan Lamble, 2016 winner Rachel Tallent (ACT), 2014 winner Kelly Ruddick (Vic), and an in-form Jemima Montag (Vic) competing in her first season in the open ranks all taking to the start line on War Memorial Drive.*

*Beki Smith (NSW), winner at the Australian 10,000m Championships last month in Canberra said that the week leading into this weekend's race will be key in deciding who books their ticket to the Gold Coast in April. "It all comes down to this week being taper week and nerves and transferring that into excitement or something a bit more positive," Smith said. "Normally I don't want to race these bigger races. I want to - but with nerves there's sometimes doubt. This time, I'm like, let's do this! Hopefully the other girls are feeling the same way and it will be one hell of an exciting race."*

*After she missed selection for the Olympic Games in Rio, Smith admits that a home Commonwealth Games has been a motivating factor over the last 18 months. "Having the Commonwealth Games at home and knowing the walks have been included is something that you do get excited for and you want to be a part of it," Smith explained. "It's the only senior team that I haven't been a part of yet. That excitement builds and especially being here in Australia where friends and family can come and watch, it just makes it that little bit more exciting and that little bit extra special."*

*Smith, Lamble, Claire Tallent and Montag have all posted the Commonwealth Games qualifying standard of 1:36:00 meaning that much like the situation across a number of track and field events at the moment, finishing position on Sunday will be key to securing*

*a spot on the Australian team for Gold Coast 2018. “At the end of the day, as clichéd as it sounds it’s just a matter of who wants it more,” said Smith. “Hopefully for me, experience can come into play over the younger girls coming through. It’s definitely going to be a really fun race and a really interesting one. I’m happy that I’m a part of it and not on the side lines, that’s for sure.”*

## **Entry List**

### **Men 20k Race Walk RR Open**

- 1 1 Rafal Augustyn Poland
- 2 2 Dane Bird-Smith Qld
- 3 3 Damien Blocki Poland
- 4 4 Artur Brzozowski Poland
- 5 5 Edward Cortes Chile
- 6 6 Yerko Cortes Chile
- 7 7 Evan Dunfee Canada
- 8 8 Rafal Fedaczyski Poland
- 9 9 Adam Garganis Act
- 10 10 Carl Gibbons Nsw
- 11 11 Anders Hansson Sweden
- 12 12 Michael Hosking Vic
- 13 13 Jakub Jelonek Poland
- 14 14 Tyler Jones Nsw
- 15 15 Perseus Karlstrom Poland
- 16 16 Jason Kozica Vic
- 17 17 Rod Ladgrove SA
- 18 18 Marius Liukas Lithuania
- 19 19 Pramesh Prasad Vic
- 20 20 Brendon Reading Act
- 21 21 Quentin Rew NZ
- 22 22 Edmund Sim Singapore
- 23 23 Tadas Suskevicius Lithuania
- 24 24 Jared Tallent SA
- 25 25 Toru Yamamoto Japan
- 26 26 Rhydian Cowley Vic

### **Women 20k Race Walk RR Open**

- 1 30 Alana Barber NZ
- 2 31 Sibon Fuzzard Vic
- 3 32 Emily Hamilton Vic
- 4 33 Regan Lambie Vic
- 5 34 Simone McInnes Vic
- 6 35 Jemima Montag Vic
- 7 36 Christina Papadopoulou Qld
- 8 37 Jessica Pickles Qld
- 9 38 Kelly Ruddick Vic

10 39 Beki Smith Nsw  
11 40 Clara Smith Qld  
12 41 Claire Tallent SA  
13 42 Rachel Tallent Act  
14 43 Brigita Virbalyte-Dimšiene Lithuania  
15 44 Wei Leng Joey Yap SA  
16 45 Rozie Robinson NZ

**Men 10k Race Walk RR Under 20**

1 50 Mitchell Baker Act  
2 51 Tristan Camilleri SA  
3 52 Timothy Fraser Act  
4 53 Connor Frew Act  
5 54 Alix Harlington SA  
6 55 Dylan Richardson Nsw  
7 56 Kyle Swan Vic  
8 57 Ryan Thomson Nsw  
9 58 Declan Tingay WA

**Women 10k Race Walk RR Under 20**

1 60 Anna Cross SA  
2 61 Bethany Cross SA  
3 62 Katie Hayward Qld  
4 63 Rebecca Henderson Vic  
5 64 Philippa Huse Vic  
6 65 Jemma Peart Vic  
7 66 Teegan Pengilley Nsw  
8 67 Alice Randall Tas

**Men 5k Race Walk RR Under 18**

1 70 Mathew Bruniges SA  
2 71 Joe Cross SA

**Women 5k Race Walk RR Under 18**

1 75 Olivia Sandery SA

## **RESULTS RESULTS RESULTS**

Dean Nipperess made a surprise reappearance on the local race walking scene by competing in the Gold Coast Masters Championships on Sunday and the Qld Masters 10,000 metres Championships on Wednesday night. After a short trip back to Queensland Dean will return to China to resume his employment. Iggy Jimenez was the stand out performer at both championships with three first past the post performances and the highest age graded percentage in each race.

### **QMA 10,000 Meter Race Walk Championships**

#### **We3dnesday February 7<sup>th</sup> SAF**

**M40** 1 Mark Carlile M44 1:16:19.54 (1:12:54.38 51.00%)

**M45** 1 Dean Nipperess M46 58:53.47 (54:05.85 68.73%)

**M50** 1 Ignacio Jimenez M52 49:25.76 (43:35.51 85.30%)

**M60** 1 Peter Bennett M62 57:55.61 (46:45.52 79.52%)  
**M75** 1 Patrick Sela M78 1:21:29.72 (55:04.48 67.51%)  
**W75** 1 Noela McKinven W75 1:24:05.38 (52:55.57 77.37%)

**Gold Coast & Southern Regional Championships  
 Runaway Bay Sports Super Centre  
 Sunday February 4<sup>th</sup>**

**1,500 Meter Race Walk**

**W65** 1 Robyn Wales W65 13:29.37 (10:21.76 54.20%)  
**M40** 1 Mark Carlile M44 10:58.17 (10:22.50 49.64%)  
**M45** 1 Dean Nipperess M46 8:35.98 (7:48.88 65.90%)  
**M50** 1 Ignacio Jimenez M52 7:16.06 (6:20.07 81.30%)  
**M60** 1 Bruce O'Connor M64 12:17.21 (9:46.82 52.66%)  
**M65** -- Wayne Dwyer M68 10:00.40 7:33.73 68.10%  
**M75** 1 Patrick Sela M78 11:54.11 (7:57.96 64.65%)

**5,000 Meter Race Walk**

**M40** 1 Mark Carlile M44 37:45.70 (35:51.74 50.08%)  
**W40** 1 Brenda Gannon W43 28:34.78 (27:30.48 71.92%)  
**M45** 1 Dean Nipperess M46 30:36.67 (27:56.52 64.28%)  
**M50** 1 Ignacio Jimenez M52 25:09.20 (22:01.91 81.52%)  
**W50** 1 Nyle Sunderland W50 31:35.99 (28:00.99 70.61%)  
**M55** 1 Paul Lindenberg M55 32:29.56 (27:15.69 65.88%)  
**W55** 1 Kay Shaw W58 35:25.65 (29:56.39 66.08%)  
       2 Debbie Lindenberg W56 37:39.48 31 (49.49 62.16%)  
**M65** -- Wayne Dwyer M68 35:19.56 (26:50.87 66.90%)  
**M75** 1 Patrick Sela M78 40:14.43 (27:02.02 66.44%)

*Age Graded Times & Percentages in Brackets*

**Redlands Little Athletics Carnival**

**January 28th Sheldon Collège**

There were a number of excellent performances by club members at the Redlands Little Athletics Carnival on the new synthetic track at Sheldon College on January 28<sup>th</sup> .

Lyla Williams, Anika Clarke, Caitlin Hannigan and Nelson McCutcheon all stood out in their age groups with Makenna Clarke two seconds under the regional record time held by big sister in the U9 700 metres. Makenna will be out to repeat or to better the performance this weekend to get a ratified regional record .

Placing	Rego #	First Name	Surname	Time	Club
<b>700m U9 - Female</b>					
1	57	Makenna	Clarke	4:13.10	Redlands
2	7	Chelsea	Capps	4:13.72	Gold Coast
3	14	Trinity	Ransome	4:27.99	Gold Coast

4	369	Lily	Watson	4:35.93	Springwood
5	41	Hannah	Davis	5:00.82	Strathpine
6	311	Shanya	Hempsted	5:17.88	Glasshouse District
7	43	Brylie	Smulders	5:34.04	Deception Bay
<b>700m U9 - Male</b>					
1	93	Kody	I'Anson	4:58.26	Gold Coast
2	5	Mitchell	Fallon	5:02.18	Mt Gravatt
3	18	Sean	Putra Susilo	5:26.50	Bracken Ridge
4	364	Blake	Zirbel	5:50.15	Toowoomba South
5	166	Bryce	McShane	5:57.55	Wynnum Manly
6	213	Christophe	Thomasson	6:25.83	Mt Gravatt
<b>1,100m U10 - Female</b>					
1	666	Lyla	Williams	5:57.80	Tweed
2	21	Lily	Goulding	6:35.52	Ipswich
3	19	Shantel	Gale	6:41.52	Strathpine
4	288	Layla	Eriksen-Howard	8:07.37	Springwood
5	164	Alexandra	Ducke	8:13.31	Mt Gravatt
6	128	Imogen	Klaas	8:14.29	Strathpine
7	298	Charlotte	Brady	8:14.93	Aspley
8	43	Hollie	Davis	10:11.58	Strathpine
DQS	9	Aliesha	Heap	NA	Gold Coast
<b>1,100m U11 - Female</b>					
1	101	Tamika	Gee	7:44.66	Algerter
2	44	Schlyer	Smulders	7:55.27	Deception Bay
3	70	Aleksia	Thomasson	8:51.16	Mt Gravatt
DSQ	708	Noa	Taylor	NA	Tamborine Mountain
<b>1,100m U10 - Male</b>					
1	68	Myles	Callaghan	5:54.45	Redlands
2	10	Jacob	Petrovic	7:21.26	Redlands
3	184	Isaiah	Papavasillov	7:29.30	Redlands
4	183	Ryder	Kell	9:50.60	Redlands
<b>1,100m U11 - Male</b>					
1	10	Charlie	Capps	6:14.95	Gold Coast
2	12	Torin	Manteit	6:33.88	Ipswich
3	230	Kody	Fisher	6:34.81	Redlands
4	418	Alex	Bradley	6:40.83	Toowoomba South
5	590	Leyland	Hempsted	9:12.68	Glasshouse District
DSQ	4	Jacob	Fallon	NA	Mt Gravatt
<b>1,500m U12 - Female</b>					
1	56	Anika	Clarke	7:45.50	Redlands
2	363	Cheyenne	Zirbel	10:31.17	Toowoomba South
99	184	Tallin	Taylor	NA	Tamborine Mountain
99	8	Ashanti	Heap	NA	Gold Coast
<b>1,500m U12 - Male</b>					

1	96	Zephyr	Marlin	10:41.50	Redlands
<b>1,500m U13 - Female</b>					
1	297	Korey	Brady	9:27.98	Aspley
2	49	Torryn	Fisher	9:53.37	Redlands
3	192	Holly	Cooper	10:53.06	Redlands
<b>1,500m U13 - Male</b>					
1	13	Jordan	Manteit	9:32.05	Ipswich
<b>1,500m U14 - Female</b>					
DNF	274	Lorrilee	Clifford	NA	Beenleigh
<b>1,500m U14 - Male</b>					
1	158	Daniel	Jarrett	11:09.54	Browns Plains
<b>1,500m U15 - Female</b>					
1	293	Jessica	Hoban	9:48.04	Redlands
<b>1,500m U16 - Male</b>					
1	77	Nelson	McCutcheon	6:19.33	Redlands
<b>1,500m U16 - Female</b>					
1	301	Caitlin	Hannigan	7:06.73	Beaudesert & District
2	300	Jasmine-Rose	McRoberts	9:03.38	Redcliffe

## This Week

Masters walkers will back up again on Saturday morning with a 3,000 metre walk at the SAF starting at 8.00am.

The Caboolture Dusk to Dawn starts at 6pm on Saturday evening at the Historical Village with races over 3, 6 and 12 hours. The 12-hour race walk is in memory of Andrew Ludwig.

All the major race walking action will be in Adelaide on Sunday morning for AA 20km Road Walk Championships which double as the Commonwealth Games trials.



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 10<sup>th</sup>**

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.

### **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

## **Management Committee Meeting**

**Sunday February 18<sup>th</sup>**

Coffee Club at the Mega Centre Slacks Creek

Shane has advised that there will be a Management Committee meeting on Sunday 18th. Main agenda items will be the proposed amendments to the club Constitution, setting a date for the AGM and the winter road walk programme. If you have any ideas or items you would like discussed at the meeting please send an email to the Secretary, Noela McKinven at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.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](http://www.qldathletics.org.au)

### **Race Day Fees**

Students \$3.00 / Others \$5.00

Club/Track Championships \$8.00

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

### **Contact emails:**

[qrwc1@optusnet.com.au](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club

[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

[qrwcregistrar@outlook.com](mailto: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 10<sup>th</sup> QMA 3,000 metres SAF 8.00am  
February 11<sup>th</sup> AA 20km Road Walk Championships Adelaide  
February 15-18<sup>th</sup> AA Open Track Championships Gold Coast  
February 17<sup>th</sup> QMA 5,000 metres SAF 8.00am  
February 22-25<sup>th</sup> QA Junior Track Championships  
February 24<sup>th</sup> QMA 3,000 metres 8.00am / 1,500 metres 9.40am Main Stadium QE11  
March 3<sup>rd</sup> QMA 3,000 metres Championships SAF 8.00am/1 Mile 9.30am  
March 3<sup>rd</sup> QA Meet 3,000 / 5,000 metres SAF  
March 10<sup>th</sup> QMA 5,000 metres SAF or Main 8.00am  
March 14-18<sup>th</sup> AA Junior Track Championship Sydney  
March 17<sup>th</sup> QMA 3,000 metres SAF 8.00am

## Looking Further Ahead .....

April 8<sup>th</sup> Commonwealth Games 20km Road Walks Currumbin  
April 11<sup>th</sup> **Wednesday** QMA 10,000 metres SAF 7.00pm  
April 14<sup>th</sup> QMA 3,000 metres SAF 8.15 am  
April 21<sup>st</sup> QMA Track & Field Championships SAF 5,000 metres TBA  
April 22<sup>nd</sup> QRWC Sign On Day / Handicap Meet TBC  
April 26-29 AMA Track & Field Championships Perth WA  
April 28-29<sup>th</sup> Australian Little A's Championships Gold Coast  
May 5-6<sup>th</sup> World Race Walking Team Championships Taicang, China  
June 10<sup>th</sup> LBG Federation Carnival Mt Stromlo Canberra  
June 17<sup>th</sup> Gold Coast Road Walk Championships Mudgeeraba 8.00am  
July 10-15<sup>th</sup> IAAF World Juniors Track Championships Finland  
August 5<sup>th</sup> QA Road Walk Championships / QMA Short Walk C/Ships **TBA**  
August 26<sup>th</sup> AA/Federation Road Walk Championships Sunshine Coast **TBA**  
September 1-16<sup>th</sup> World Masters Athletics Championships Malaga, Spain  
November 11<sup>th</sup> PPMG 10km Road Walk Runaway Bay 7.00am

## ***Racewalking Queensland***

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

### **QRWC Annual Subscriptions**

Family \$25.00  
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](http://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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>