

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



HEEL & TOE

February 15th

Australian Road Walking Championships Dane & Katie win National Titles



Huge congratulations to Dane Bird-Smith and Katie Hayward for winning National road walk titles in Adelaide on Sunday morning. Dane won the Australian Men's Open 20km and Katie easily won the Women's U20 10km title.

Dane, the Rio Olympics 20km bronze medallist said a week ago he "had a job to do" at the titles and that he did winning a fourth Australian 20km title (third consecutively). Dane achieved his primary goal of making sure of a place in the Gold Coast Commonwealth Games team as well as winning the Australian title. Despite illness, Dane showed great determination and application to take the win even though he would have been disappointed not to have won the race outright.

Katie was a clear winner in the U20 10km title race with another World Junior Championships and Race Walking World Cup qualifying time (45:57). Even though most of the other girls in the race walked big personal bests Katie was still over three minutes ahead of second place. Katie has set a very high standard and has big year coming up on the world stage as well as domestically.

In the women's 20km Queensland were strongly represented. Jessica Pickles continues to improve every time she races the 20km and came up with another pb on Sunday. With a time of 1:37:13 she was 6th Australian across the line. Christina Papadopoulou does not just break pb's, she takes huge chunks off them! So, it was again as Christina smashed another 5 minutes off her personal best to record a time of 1:38:54. Clara Smith came into the race fitter, stronger and more focussed than she has ever been in her race walking

career. Unfortunately, Clara she was unable to finish on Sunday but we know she will bounce back and continue on with what has been a big first year in open athletics. Well done the Queenslanders, we are proud of you all.

AA Race Report

“Beki Smith (NSW) and Dane Bird-Smith (Qld) have been crowned Australian 20km Race Walking Champions for 2018, winning the women’s and men’s events in Adelaide on Sunday morning in perfect conditions.

Smith made her move on rivals Jemima Montag (Vic) and Claire Tallent (SA) in the final kilometres to cross the finish line in 1:31:26, a good four-and-a-half minutes clear of the Commonwealth Games qualifying mark. The win also gives Smith the Oceania title. The three started to break clear of the pack at the halfway mark and with eight kilometres remaining, Tallent trailed by a few seconds. Smith switched on the afterburners on the final loop of the Memorial Avenue course to drop Montag with the 19-year-old coming in as runner-up, three seconds in arrears is set to make her Commonwealth Games debut in her first season in the open ranks.

“It’s such a relief,” said Smith, clearly pleased with the result. “There’s a lot of hard work that goes into it. I’m a bit emotional. It’s really something that I’ve wanted for a long time so it’s super exciting. “It’s not just me who puts in the effort, it’s my hubby at home – a man who has sacrificed so much so I could do this, so to win today and confirm my spot on the Commonwealth Games team is payback for them.”

Smith narrowly missed selection for the 2016 Olympic Games and so a Gold Coast Commonwealth Games this year was a definite motivator to continue her career. “There’s such a lot of depth in women’s walking at the moment,” Smith said. “It makes us stronger – the same thing happened in 2016 with Rio. I learned a hard lesson then in missing out so to be able to bounce back and to be able to come away with the win today makes it so much nicer. “It’s my first Commonwealth Games team and to be able to compete here at home just makes it so much more motivating and that much more special. My father-in-law said to me yesterday afternoon that ‘you’d better win, we’ve booked our tickets to the Gold Coast,’ so there’s a lot of pressure but I thrive on that and it encourages me to perform at my best.”

In the men’s event, Bird-Smith was the first Australian over the finish line in fifth, with Perseus Karlstrom (Swe) first after 1:20:30.50, followed by Marius Liukus (Ltu) and Yerko Cortes (Chi). New Zealand’s Quentin Rew claimed the Oceania title with his fourth placed finish.

Michael Hosking (Vic) secured his spot on the Commonwealth Games team, finishing in sixth place in 1:23:10, 50 seconds within the qualifying mark and in a new personal best time. He will make his Commonwealth Games debut aged 32. Rhydian Cowley (Vic), with

two qualifiers already in the bag, was third-placed Australian in 10th place, 4min24sec behind Karlstrom.

Merely being on the start-line was solace for Bird-Smith having developed a cold during his travel to Adelaide. "Today was definitely not great," the Rio Olympic bronze medalist explained. "I got off the plane on Friday crook as. I've just been trying to break the fever overnight. It's one of those things where if you don't race, you're possibly out of contention for a Commonwealth Games so you've just got to push through with whatever you've got. Today I had nothing there but just enough to scrape over as first Aussie, but it was a pretty shocking race. "Looking back on it, it's one of those things I'll laugh about later but everything hurts," he continued. "I've just pushed through the worst flu and pain barrier, so I've got to be happy with that in the least."

Early leader, Canada's Evan Dunfee was forced to withdraw from the race due to hamstringing issues. Karlstrom made his move at the halfway mark, with Liukas and Bird-Smith following closely behind. The gap to Bird-Smith had opened to 30seconds by the 14km mark, with Karlstrom and Liukas solidifying their lead over the final kilometres.

Bird-Smith, who resides on the Gold Coast said he was looking forward to the opportunity to compete in his own backyard come April, hopefully much healthier than he was today. "It's going to be awesome," he said. "I wasn't able to show the form that I was in today. Coming in and the shape that I had and the form that I was in I should be back down under the 1:20s but my muscles all cramped up on me. I'll be able to show what I'm made of when the Commonwealth Games comes around. "I'm looking forward to the Commonwealth Games, it will be the highlight of the year, I'm sure. I'll be racing a hell of a lot better than I did today."

Declan Tingay (WA) won the men's under-20 10km event in 42:37.00 ahead of Kyle Swan (Vic) and Mitchell Baker (ACT). Katie Haywood (Qld) was first across the line in the women's under-20 10km event in 45:57.00 ahead of Rebecca Henderson (Vic) and Anna Cross (SA)."



Dane with Rhydian Cowley and Michael Hosking

RESULTS RESULTS RESULTS

Australian 20km Race Walking Championships Sunday 11th February War Memorial Drive, Adelaide

Women 20k Race Walk RR Open

- 1 Beki Smith Nsw 1:31:23
- 2 Jemima Montag Vic 1:31:26
- 3 Claire Tallent SA 1:31:29
- 4 Alana Barber NZ 1:32:19
- 5 Regan Lamble Vic 1:33:40
- 6 Brigita Virbalyte-Dimšie Lithuania 1:33:54
- 7 Rachel Tallent Act 1:35:18
- 8 Jessica Pickles Qld 1:37:13
- 9 Kelly Ruddick Vic 1:37:24
- 10 Christina Papadopoulos Qld 1:38:54
- 11 Simone McInnes Vic 1:39:17
- 12 Rozie Robinson NZ 1:51:51
- 13 Emily Hamilton Vic 1:55:29
- Clara Smith Qld DNF
- Sibon Fuzzard Vic DNF

Men 20k Race Walk RR Open

- 1 Perseus Karlstrom Sweden 1:20:30
- 2 Marius Liukas Lithuania 1:20:31
- 3 Yerko Cortes Chile 1:21:31
- 4 Quentin Rew NZ 1:21:55
- 5 Dane Bird-Smith Qld 1:22:18

6 Michael Hosking Vic 1:23:10
7 Rafal Augustyn Poland 1:23:53
8 Rafal Fedaczyski Poland 1:24:23
9 Damien Blocki Poland 1:24:41
10 Rhydian Cowley Vic 1:24:54
11 Anders Hansson Sweden 1:25:51
12 Tadas Suskevicius Lithuania 1:26:09
13 Adam Garganis Vic 1:26:20
14 Edward Cortes Chile 1:26:41
15 Jakub Jelonek Poland 1:27:19
16 Brendon Reading Act 1:27:29
17 Artur Brzozwski Poland 1:28:07
18 Carl Gibbons Nsw 1:32:07
19 Toru Yamamoto Japan 1:32:30
20 Jason Kozica Vic 1:33:54
-- Tyler Jones Nsw DNF
-- Evan Dunfee Canada DNF
-- Edmund Sim Singapore DNF
-- Pramesh Prasad Vic DNF

Women 10k Race Walk RR Under 20

1 Katie Hayward Qld 45:57
2 Rebecca Henderson Vic 49:02
3 Anna Cross SA 49:11
4 Philippa Huse Vic 49:57
5 Alice Randall Tas 51:05
6 Teegan Pengilley Nsw 56:59
7 Bethany Cross SA 58:55
-- Jemma Peart Vic DNF

Men 10k Race Walk RR Under 20

1 Declan Tingay WA 42:37
2 Kyle Swan Vic 42:40
3 Mitchell Baker Act 45:53
4 Dylan Richardson Nsw 45:56
5 Connor Frew Act 46:16
6 Timothy Fraser Act 46:20
7 Tristan Camilleri SA 46:40
8 Callum Burns Act 49:54
9 Alix Harlington SA 51:47
10 Ryan Thomson Nsw 54:21

Women 5k Race Walk RR Under 18

1 Olivia Sandery SA 26:44

Men 5k Race Walk RR Under 18

1 Joe Cross SA 23:11
2 Mathew Bruniges SA 26:39



Katie and Jessica all smiles after their successful races

QSAC Sat 10th Feb 2018 Qld Masters Athletics

3,000 Meter Race Walk

M40 1 Mark Carlile M44 22:13.32 (21:03.33 49.98%)

M50 1 Ignacio Jimenez M52 14:19.49 (12:30.77 84.10%)

M75 1 Patrick Sela M78 23:45.92 (15:55.94 66.05%)

W75 1 Noela McKinven W75 24:19.55 (16:03.60 72.13%)

Age Graded Times & Percentages in Brackets

Dusk to Dawn

Saturday February 10th Historical Village, Caboolture

12 Hour Walk Peter Bennett 89.1km

In hot and oppressively humid conditions Peter Bennett took out the Andrew Ludwig Memorial shield in the 12 hours walk at Caboolture over the weekend.

Management Committee Meeting

Sunday February 18th 10.30am

Coffee Club at the Mega Centre Slacks Creek

A final reminder that a club Management Committee meeting will be held this Sunday, starting at 10.30am. Main agenda items will be the proposed amendments to the club Constitution, setting a date for the AGM and the winter road walk programme. Other club members are most welcome to attend. Please bring along all your ideas, proposals and suggestions.

This Week

The National open track walks have already been contested and won but the other track and field events will be contested at the AA Open Track Championships on the Gold Coast starting today.

On Saturday morning Qld Masters have a 5,000 metres walk at the SAF starting at 8.00am.

Next Thursday night it is the turn of our young walkers to shine at the QA Junior Championships with all walks starting at 8.20pm. Please get along to the SAF and support our juniors if you are able.

Queensland Junior Athletics Championships

Thursday February 22nd QSAC, State Athletics Facility

All walks scheduled to start at 8:20pm

Entry Lists

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



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.

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 15-18th AA Open Track Championships Gold Coast
February 17th QMA 5,000 metres SAF 8.00am
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 10th LBG Federation Carnival Mt Stromlo Canberra
June 17th Gold Coast Road Walk Championships Mudgeeraba 8.00am
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

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

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Others \$5.00
Club/Track Championships \$8.00
Track Championships – Non-Member \$ 15.00.

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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/>