

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

July 9th 2020

Challenges, Goals, Setbacks and Mistakes

*Regrets, I've had a few
But then again, too few to mention
I did what I had to do
And saw it through without exemption*

*I planned each charted course
Each careful step along the byway
And more, much more than this
I did it my way*

*Yes, there were times, I'm sure you knew
When I bit off more than I could chew
But through it all, when there was doubt
I ate it up and spit it out*

*I faced it all and I stood tall
And did it my way*

Frank Sinatra "I did it my way"

This week, in our series on getting to know some of our members and the paths they have trodden to get to where we know them today, we have a very insightful manuscript excerpt from Dual Olympian and Coach David Smith. Dave has never been known as a "fence sitter" and has always been forthright in his opinions. Whether you agree with them or not you are never left in any doubt where you stand. Frank Sinatra could very well have been singing about Dave. Anyway, this is Dave's story on how it all began.

"Challenges, goals, setbacks and mistakes have been a part of my persona throughout my life and as autobiographies go, this little tale is a collection of events and happenings through almost 50 years of athletics, love, missed opportunities and a life I wouldn't change for a zack.

So, where to from here?

My plan now is to sail around Australia. A country that I love and have been proud to represent at the highest level in Athletics. One last lap around this beautiful land that we live in to me would culminate a dream and a really solid challenge that I am sure will throw everything and anything possible along the way.

Yep. And as a Racewalker. That much maligned, wiggle your arse, get a horse, but very hard event that sees athletes compete over distances from 1500m to 50,000m on road and track. Not that I have ever raced a 50km event. But I have entered some to prove a point but never

with the intention of finishing. I mean that's why god invented cars and buses and trains. 50k's is loooooong way.

Having said that, I was pretty good at all of the distances in between and I have tasted success at most of them, here in Australia and all around the world and getting to see this lovely planet of ours from ground level.

As a Track & Field athlete, they would fly in and out of all of the major cities in the world going from city to city, country to country, straight to a hotel, then to compete at some of the greatest stadiums on the planet, back to the hotel and the next flight out.

Whereas, racewalkers, me, usually travelled by the seat of their arse finding the cheapest accommodation, travel and food available just to race, in my case, amongst the worlds best athletes and mostly throughout the eighties in western Europe where nearly all of the worlds competition congregated. Some of those journeys presented their own little problems and quirks but in the most it was pretty damn exciting, demanding and definitely lots of fun.

So, if we go way back to as they say, my formulative years. That sounds so not me. But my growing up was mostly influenced by my dad. The best bloke on the planet. He called a spade a spade and not a (bleeping) shovel. Dad was brickie and as sportsman, he was a boxer. He was a National champion and just missed selection to the Olympics. He rode in the Melbourne to Warrnambool with his brothers and cut sugar cane on the sunshine coast as a young man. He was also one of the finest coaches of men that you could find. When my dad coached me for boxing as a young teen, if he said to me that if you run and jump off that cliff you will be a better athlete, I wouldn't have hesitated because I had implicit trust and respect for him and I knew absolutely that he had my interests at heart. He was and still is simply the best.

Growing up in those teen years in Darwin we had greyhounds which dad turned in to champions with 2 really special dogs, both of which he was given free as they were deemed the runts of the litter and not worthy of any time and effort. But both (Pop Group) and (Fairbairn Pal) were 310m and 580m Darwin Champions respectively with 21 straight and 24 straight wins to their credit. So walking the dogs was not just mandatory but it built my background and fitness along with boxing at the Police Boys & Citizens Club twice a week and playing Rugby League with RSL Darwin. And each year there was a the NT News 25klm racewalking event which started down the "Track" and finished in the city of Darwin. So, as a 14yr old I won the U16 division. As a 15yr old I won the U18 division and then as a 16 year old I won the thing outright with "Smithies Doggies" as our team. my dad, sister, me and a mate named Ian Smith. Years later, I came back and raced as an OLYMPIAN giving the entire field ½ hr start and won by ½ hr walking the 25k in around 1hr 45 min in 33 degrees C ..

So that was my introduction to Racewalking wherein Dad moved to (was posted) Pt Cook and we lived in WERRIBEE (Vic). There was no Rugby, no boxing and no riding the gee gees .. I was riding track work and learning to ride as a jockey in Darwin cos at 17 I was still only from memory 5ft and 5 ½ stone at the time.

My boxing years started in Ipswich cos when dad was posted to some place at the back of Toowoomba which we lived in for 6 months we then moved (posted to) Amberley where we went to the local PCYC and between a young boxer called Noel Kunde, QLD champion and dad I boxed for 3 years there as a very small 11 yr old and then the posting to Darwin where I continued boxing in Golden Glove division as a Silver Glove division fighter (usually fighting at a stone out of my weight div as I was older but smaller and lighter than most. I never took count but dad did and I had 51 fights for 50 wins with a huge never step back fight in

Townsville where we travelled to with my dad's boxing squad. I didn't win but we had the biggest shower (coins thrown in to the ring) that they had ever seen.

Year 12 saw me in Werribee High School where I met Stephen Thomas, a racewalker. My parents decided to move back to Darwin as dad's exit posting from the RAAF and I stayed behind living with my G'ma for about 3 months till I found my feet. Got myself a job, trained every day and as a Junior (U19) at that stage, I won 2 10k Aust Jnr titles pretty much in my first yr racewalking in Victoria and the rest ..well that's to come .”

Dave Smith OLY
Dual Olympian
AA Level 5 Racewalks Coach



A winning Team - Dave and Dane

Coming Soon to a Road Near You - QRWC Winter Road Walk Season
Are you getting excited?

The QRWC Winter Road Walk Season will not be commencing this Sunday but we are working at a **Sunday July 19th** start date.

Before we can commence race walking competitions, we must have a COVID-19 Safety Plan. The Management Committee is meeting this weekend to work through the requirements we have been presented with.

There is quite a long check list of requirements we have to ensure are in place and these measures will require the full support and adherence of all members and their families. The arrangements to be set out in our Plan are intended to prevent the transmission of COVID-19 among members, athletes, coaches, officials, administrators/volunteers, families, any visitors.

We will need to appoint one or more COVID Safe Officers to monitor our meets to ensure everyone is complying with the regulations in regards to hygiene and social distancing. It will not be “business as usual” when we start back and we are working hard to ensure everyone stays safe at our meets. This has been a long journey and we thank you for your patience and understanding.

We are obliged to record contact tracing information (an attendance register) of all competitors, officials, family members and anyone else who attends the meet and retain it for 56 days.

QA recommends pre-registration and the use of the Revolutionise Sport software and this is another avenue we are keen to implement. We will keep you updated.

We strongly encourage every member to join up online before race day and to complete and return the club registration form. These forms can now be downloaded from the club website.

The QA Road Walk Championships have been confirmed for **Sunday July 26th** and will be held at the **Murrarie Recreation Reserve**. It does not look like they have set up the entry system as yet. For athletes that are not already registered with QA through another athletics club and wish to compete in these Championships please ensure you register as a Base Member with QA prior to being able to enter. At the moment Qld Masters have advised that they are not supportive of the QMA Road walk Championships being conducted with this meet. The Australian Masters will advise in the next few days if they will allow this meet to be used for a virtual AMA 20km Championships.

If you are **not** a member of a Track & Field club, you can register as a base member (\$12) by clicking here <https://www.revolutionise.com.au/qldathleticsbase/registration/>



When QRWC race walks begin all attendees at our meets; athletes, parents, siblings, friends, coaches, volunteers etc will be required to sign a waiver and supply contact details. To this end it is important that any walkers wanting to participate in our meets ensure that they have become members of the club (please read QRWC Memberships 2020/21 article below) so that we have an update data base of members details.

QRWC road season

July 11th Management Committee Meeting – COVID Safe Plan

July 19th QRWC Meet?

July 24th-Aug 9th Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**

July 26th QA Road Walk Championships Venue Murrarie **YES, THEY ARE ON**

August 2nd Gold Coast RW Championships Mudgeeraba?

August 9th QRWC Meet?

August 16th QRWC Club Championships?

August 23rd QRWC Track Championships? **Conditional on being able to get track access**

August 30th QRWC Meet?

August 30th Australian Masters 20km Championships Adelaide **Maybe a Virtual event**

September 6th Father's Day - No Club Races

October 18th AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne

UNCONFIRMED

November 15th Pan Pacific Masters Games 10km Road Walk **CANCELLED**

2021

January 18-22 Oceania Masters Championships: Norfolk Island **POSTPONED to 2022**

March 5-8 AMA National Championships Canberra, ACT

WMA World Championships: TBA, Tampere, Finland

QRWC Memberships 2020/21

All club memberships became due on April 1st. In anticipation of a start to race walking sometime in July we encourage all existing and new members to now join the club prior to race days. To assist in staying COVID Safe we want to reduce queues, handling of forms and money on race day.

Membership Process as outlined by Dave Brown from QA

If you were a member last year and you wish to renew your membership online with QRWC, you need to select

“RENEW” <https://www.revolutionise.com.au/qldracewalkingclub/registration/> - **OR** you can renew your membership manually at your next QRWC event and your details will be updated by the club Registrar.

IMPORTANT: *As a condition of membership under the QRWC Constitution for both options, members will need fill out and sign the club membership application form and sign the code of conduct and waiver before competing in club meets. If you have already renewed your membership on the QA RevSport portal please complete the form and tick the applicable box and return it to the Registrar.*

*Both individual and family membership forms are attached. All Management Committee members and those members appointed to positions in the club must be financial members of the club. There is now a field on the individual application form for **Blue Card holders** to enter their details so that they can be entered into a register on the QA RevSport portal by the Registrar.*

Please return completed and signed forms to the Registrar at tara.norton@bigpond.com and CC the Secretary at noelarhoda@gmail.com

You will notice that there are now only two memberships available to you: Student (\$15.00) or Non-Student (\$25.00). These amounts are your Qld Race Walking Club fees only. Because your club operates on a different memberships schedule to Track & Field clubs, we have had to adjust the way membership works for you.

We have noted that most of you are already members of another Track & Field club, which means you have already paid the Qld Athletics fee for either Base or Platinum membership for the October-September season. With this in mind, *any events you wish to register for in the future will be through your Track & Field club, not QRWC.* This change will save you a bit of money and will also make your event registration process a bit easier.

If you are **not** a member of a Track & Field club, you can register as a base member (\$12) by clicking here <https://www.revolutionise.com.au/qldathleticsbase/registration/> - remember T&F membership is October-September.

If you have any questions about your membership as we move forward into your 2020 QRWC season, please contact your committee.

Kind Regards, Dave Brown

Queensland Athletics Annual General Meeting September 9th 2020

The Annual General Meeting of Queensland Athletics Association shall be held on September 9 at 6.30pm, the Meeting was delayed with permission of ASIC due to COVID 19 restrictions. At this stage it has been proposed to hold the meeting online via video conference. More details closer to the meeting.

Postponement - 2021 Oceania Masters Athletics Championships

Having considered the impact of the Covid19 pandemic and the continuing uncertainty in relation to international travel restrictions, the Local Organising Committee (LOC) for the **2021 Oceania Masters Athletics**

Championships the LOC regret to advise that the Championships have been postponed from January 2021 until the week of the 10th to 14th January 2022. Details of the new dates and further information will be updated on the Athletics Norfolk Island website:

<https://www.athleticsnorfolkisland.com/>.

Race Walk Coaching

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

David Smith Walks Level 5

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 2019/20

2020 AGM POSTPONED

President: S. Pearson

Secretary: N. McKinven

Vice President. P Bennett

Treasurer R Hamann

Committee. C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Delegates to QA: S Pearson, P Bennett

Handicapper/Results: N. McKinven

Social Media/Publicity: C Goulding

Trophy Officer: N. McKinven

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

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/>