

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



HEEL & TOE

March 8th 2018

Share the Dream *with Erika Kelly - Isle of Man*

“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.” This could have been said by a modern sporting coach but this quote is attributed to 6th century BC Philosopher, Confucius. It could well have been used to describe Erika Kelly from the Isle of Man.

We are delighted this week to bring you an article written exclusively for this newsletter by our special correspondent, Michael George. Michael is well known to our Gold Coast walkers as a celebrated ultra-walker and hotelier who has swapped many winters on the Isle of Man for the golden shores of sunny Queensland.

Erika Kelly will be lining up at Currumbin on April 8th in the 20km walk in a sport she barely knew existed four years ago. It is a story of overcoming hardships, pursuing your dream and doing whatever it takes to achieve it. I know we will all be cheering hard for the men and women in green & gold on race day but I also know you will all give Erika the support she deserves in her big race. Over to you Michael.

It is fair to say that 25 year old Erika has trodden an unusual path to the Gold Coast Commonwealth Games, even overcoming disability along the way!

Born and raised in the North of the Island, she competed in athletics as a junior, her favourite events being hurdling and the high jump, and also played hockey and netball before giving up to concentrate on her GCSEs (School Certificate.)

In fact to this day, she is better known as a harpist and has even released an EP featuring her single, ‘Better I Try.’ <https://www.youtube.com/watch?v=Nd7is0qNzgE>

So how did she come to represent her country at Racewalking? In 2013, she raced the 20 mile, ‘Starlight Stroll,’ which was a support race to the Race Walking Association 100 miles/24 hour walk (We reckon that there are more Centurions per capita in the Isle of Man than in any other place in the World at around 80, that’s nearly one in every

thousand people!) and she finished in third place, being spotted by her current coach, five times Commonwealth Games competitor, Steve Partington who persuaded her to come to his training session soon after - And she hated it!

To try and regain some fitness, she started running but one day, she went to train with a group and turned up on the wrong day, once again to Steve's coaching class and this time stuck at it, making her debut October 2014 in the Manx Harriers Winter Walking League at 10k with a blistering 72:06!*

(All things of the Isle of Man are described as Manx including the local Gaelic language)*



Even a whole year later, she had still to break the hour, clocking 63:58, a big improvement but not one that you would imagine would see her qualifying for Currumbin, barely 2 & ½ years after!

She is self supported with some help from her parents and works for the Isle of Man Government in the Treasury Department who have been very encouraging by allowing her to take time off (though she isn't paid for her absences) and is studying for a degree in psychology and counselling, hoping eventually to secure a career in Clinical Mental Health.

Her 20k debut was in April 2016 2:01:44 but by this time it was becoming clear that she had talent, breaking two hours in September, her 10k PB reducing to 52:30 by the end of October. Incidentally in May 2016, she was coached in a one-off session by Gold Coast's Robyn Wales who was visiting the Island as part of a European tour. In June 2017, she smashed the IOM qualifying time of 1:44:00 with a Manx record time of 1:41:27!

She had been to a couple of training camps at UKA national race walking set up in Leeds and was so inspired by the second that she asked Dr. Andi Drake if she could spend 3 months there during the N. hemisphere summer of 2017.

All this has been achieved despite suffering from the degenerative eye condition, Lattice Corneal Dystrophy for which there is no cure. Erika is a registered blind person and cannot train on the road at night, see what symbol is on a judge's paddle (officials are not allowed to verbalise the caution) nor read the naughty board, though she is able to have a coach inform her of any red cards.

She hopes to raise awareness of the disease through her sport and works closely with the Liverpool Eye Hospital and RNIB. So far, two operations, the last one a corneal transplant in April 2016 (she was back racing by May) have failed to improve her sight but the higher the profile the better.

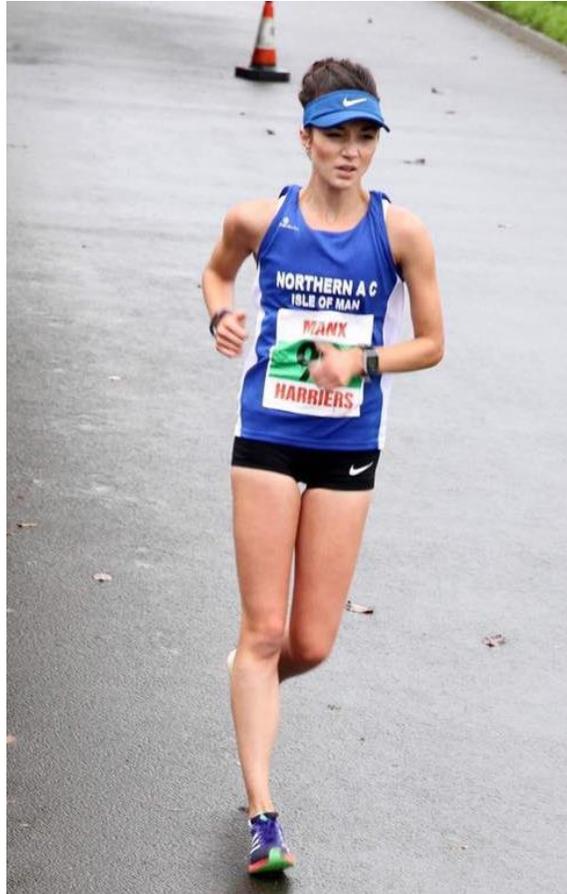
Her focus has been so intent on her training that she has given little thought to The Gold Coast beyond her race for which she is doing many hours indoors on the treadmill to try to prepare for walking in the heat. She certainly wouldn't have experienced the expected temperatures on the Isle of Man.

However, having been given some basic information by the author, she expects to enjoy exploring Springbrook and Binna Burra etc., rather than visit the many theme parks after Currumbin with her parents who are travelling over to spectate.

She will depart for Australia 19th of March with a lot of the Isle of Man Team and will initially be based on the Sunshine Coast until the Games Village is ready.

Erika does receive some support, including help with physio, strength and conditioning and travel allowance from the Manx Government's 'Sportsaid' programme. Excitingly, she is one of only four athletes who have so far been chosen for 'Target Tokyo' which hopes to see Isle of Man sportspersons qualify for the next Olympics.

Despite being inspired by the improvement of Alana Barber, from her times thus far, it would be difficult to believe but looking at her trajectory, knowing her determination to improve her athletics, despite being partially blind, you would be a fool to bet against her competing against her peers at these Games or her going to Japan.



Thank you, Michael, for this inspirational story and all the best to Erika at the Commonwealth Games. The members of the QRWC welcome you to our newsletter list and look forward to seeing you on the Gold Coast next month.



Michael, your next assignment is much harder. Please explain the Isle of Man flag!!

Getting to the GC2018 road walks Pacific Parade Currumbin Sunday April 8th

Bus

Bus routes, including 700, 760, 767 and 768 will run frequently during the Games and can take you close to the venue. Allow at least 15 minutes to walk to the venue from the nearest bus stop.

700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.

- Get off at the Currumbin Wildlife Sanctuary stop. It is a short walk from here to the race venue on Pacific Parade.
- Games Volunteers can get off at the Gold Coast Highway at Currumbin Hill stop and walk down the hill along Duringan Street toward the volunteer check in area.

Train

Catch the train to Varsity Lakes station and from there you can take a local bus **760**. The heavy rail network will operate 24 hours a day between 5 and 15 April.

G:link

Walk or catch a bus to the G:link light rail, then get off at Broadbeach South Station and take the **700** bus service which will take you within walking distance of the venue. The G:link will operate 24 hours a day between 5 and 15 April.

Route GC2018

During the Games, Route GC2018 will travel between Helensvale and Nerang stations, connecting key transport interchanges and GC2018 venues along the route including Labrador, Southport, Surfers Paradise and Broadbeach, where the **700 bus service will connect you to Currumbin Beachfront. This service will run every 15 minutes, 24 hours a day from 4 – 15 April.**

Parking

Parking at or near GC2018 venues will not be an option. Please note that parking restrictions will be in place on the Gold Coast during the Games, especially in proximity to venues.

Taxi or Rideshare

Taxi or passenger drop off and pick up options are available near the venue.

Note: There are no cycle storage facilities at the Currumbin Beachfront venue.

RESULTS RESULTS RESULTS

QA Shield Meet QSAC Saturday March 3rd

Women 3,000 Metre Race Walk

- 1 Novinetz, Camryn 15 Ipswich & District 15:02.43
- 2 Ofield, Mackenzie 14 USC 16:17.98
- 3 Schofield, Amelia 15 Gold Coast Victory 16:47.40
- 4 Schofield, Scarlett 12 Gold Coast Victory 19:39.13

5 Fisher, Torryn 13 Redlands 20:19.81

Women 5,000 Metre Race Walk

1 Hannigan, Caitlin 16 Gold Coast Victory 23:44.69

2 Hamann, Charlotte 17 UNQ 32:02.04

-- Ward, Selina 23 INT DQ

Men 3,000 Metre Race Walk

1 McCure, Sam 12 Gold Coast Victory 16:19.87

Men 5,000 Metre Race Walk

-- McCutcheon, Nelson 16 Qeii Track Club DNF

-- Stewart, Ryan 16 Ipswich & District DQ

Qld Masters Athletics QSAC Saturday March 3rd

1 Mile Race Walk

M40 1 Mark Carlile 11:00.01 (10:24.31 53.24%)

M50 1 Ignacio Jimenez 7:30.33 (6:32.60 84.66%)

M60 1 Peter Bennett 8:44.80 (6:57.85 79.54%)

W75 1 Noela McKinven 12:52.43 (8:39.62 69.67%)

3,000 Meter Race Walk Championship

M40 1 Mark Carlile 23:31.20 (22:17.12 47.22%)

M50 1 Ignacio Jimenez 14:02.15 (12:15.62 85.84%)

M60 1 Peter Bennett 16:19.51 (13:01.65 80.78%)

M75 1 Patrick Sela 23:18.65 (15:37.66 67.34%)

W75 1 Noela McKinven 23:31.11 (15:31.62 74.60%)

(Age Graded Times & Percentages in Brackets)

This Week

Queensland Masters Athletics track competition is on again this Saturday, March 10th at the SAF. The 5,000 metres walk starts at 8.00am

“HAVE A GO” Activation at Commonwealth Games Walk

There are three sessions for the **Have a Go** activation but the pergola will be manned throughout the morning to provide information on race walking and the activities of the club.

The location will be at the southern end of the course.

Session 1 6.20am - 6.50am (**Men's 20km start 7.00am**)

Session 2 8.35am - 9.05am (**Women's 20km start 9.15am**)

Session 3 12.00pm - 12.30pm

Come along and support the club and your fellow team members. Bring along your friends especially those who are interested in having a go at race walking Lots of opportunities for some great photos. Make sure you pick up one of specially printed mock race bibs. It will make a great souvenir and can be used to collect autographs.

Each session will have a couple of junior walkers demonstrating walking technique and senior club members to explain how to race walk and encourage members of the public to **Have a Go** (we will have a coned off section of the road for this purpose).

As time is short they will not strictly be coaching sessions. It is just to provide an overview of the rules and the basic technique. The emphasis is on showing that the sport is for all ages and abilities and is about having fun and *getting* fit.

Commonwealth Games Road Walks

Post-Race Get Together

Currumbin Beach Vikings Surf Lifesaving Club

The feedback and interest we have received since announcing this get together has exceeded all expectations. This is going to be huge celebration. Don't miss it!

Sunday, April 8th will be an exciting morning with the Commonwealth Games 20km walks being held along the Currumbin beach front. *Race Walking Queensland* would like to invite all our members and their families as well as members of the race walking "family" from around Australia and around the world to meet up and come together at the Surf Club at the conclusion of the races.

After an action-packed morning it will be time to celebrate, to catch up with friends and to make new ones. A time for former walkers to brag about how things were "back in the day", a chance to put faces to names of Facebook friends or to simply take in the spectacular views. It will be a time to honour the athletes, the officials and the volunteers that made the day possible. It will be a time for the making of memories you will never forget.

The management of the club will be putting aside a seating area for our fraternity from 12.30pm. Meals are available until 3pm and there is a well-stocked licenced bar. You can enjoy a range of bar snacks, burgers or full meals including sirloin steaks. Prices range from entree's and snacks starting at \$7 up to mains in the \$30 range. For those that would have been travelling from well before dawn to watch the races this is just what you need.

Now is the time to start planning your day around being at Elephant Rock in the afternoon for an unforgettable get together. To get there just go the southern turnaround of the course and look towards the sea! Looking forward to seeing you all there.



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.

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

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

All club memberships become due on April 1st. The registration forms for the 2018/19 season will be released shortly following a review by the Management Committee of all current fees.

QRWC Annual Subscriptions

Family Under Review

Students & Officials Under Review

Others Under Review

To register with Queensland Athletics, you must use their On-Line Registration.

Go to www.qldathletics.org.au

Race Day Fees

Students / Others Under Review

Club/Track Championships Under Review

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

QRWC Winter Road Walk Season / Annual General Meeting

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

The **Annual General Meeting** of the club will be held after the races conclude at **9.15am**. This is the opportunity for members to put their hand up to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club.

Please download a nomination form from the QRWC Website: www.qrwc.com.au

Please return your signed nomination form to the Returning Officer, Mr. Andrew Wearne by April 8th.

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

March 10th QMA 5,000 metres SAF 8.00am

March 14-18th AA Junior Track Championship Sydney

March 17th QMA 3,000 metres SAF 8.00am

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 Beenleigh

April 26-29 AMA Track & Field Championships Perth WA

April 28-29th Australian Little A's Championships Gold Coast

Looking Further Ahead

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

May 27th QRWC Handicap Meet Morningside 7.30am

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 22nd RWA Postal Challenge Beenleigh 8.00am
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

Racewalking Queensland

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

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Students & Officials Under review Others Under review

Race Day Fees

Students Under review

Others Under review

Club/Track Championships Under review

Track Championships – Non-Member Under review

To register with Queensland Athletics, you must use their On-Line Registration.

Go to 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

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