

Queensland Race Walking Club Inc.

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



HEEL & TOE

September 26th 2019

Katie & Dane ready to take on the World



The QRWC is proud and excited to have two of our members competing at the IAAF World Athletics Championships in Doha, Qatar. Dane Bird-Smith and Katie Hayward will be battling the heat and humidity in the 20km walk. We wish them every success and they can be assured that the whole club will be following their every step and cheering them on from the other side of the world.

AA 20km Race Walk Preview

Australia has a great new generation of race walkers in Doha. Commonwealth Games champion Jemima Montag and teenage World University Games champion Katie Hayward are setting us up for another great decade of race walk performances. Katie ranked 11th and Jemima 18th could feature higher than their ranking which is typical of Australians performing above than their entry rank.

In the men, Commonwealth Games champion and Rio bronze medallist Dane Bird-Smith is joined by Rio Olympian Rhydian Cowley who has gone to a new level in 2019, clocking two Tokyo Olympic qualifiers and moving to number seven Australian all-time. The 28-year-old hits the roads of Doha ranked top-15.

Best Ever Results at World Championships

20km walk Male 4th Nathan Deakes V 2001 Fastest Time: 1:19.28 Dane Bird-Smith Q 2017

50km walk Male Gold Nathan Deakes V 2007 Fastest Time: 3:40.03 Jared Tallent V 2013

Silver Jared Tallent V 2015

Silver Jared Tallent V 2011

Bronze Jared Tallent V 2013

20km Walk Female (earlier 10km) Silver Kerry Saxby-Junna N 1987 (10km)

Fastest Time 1:30.51 Jane Saville N

2003 Bronze Kerry Saxby-Junna N 1987 (20km)

Walk Timetable

•Women's 20km Race Walk: Day 3 Sunday 29 September @ 11:30pm (6:30am 30 Sep – AEST)

•Men's 20km Race Walk: Day 8 Friday 8 October @ 11:30pm (6:30am 5 Oct – AEST)

Australian Walk Team

Women 20km Jemima Montag, **Katie Hayward**

50km Claire Woods

Men 20km **Dane Bird-Smith**, Rhydian Cowley

AA Pen Portraits of Dane & Katie

Dane Bird-Smith

Coach David Smith

Club Queensland Race Walking Club

Event & PB: 20km Walk 1:19.28 (London GBR,13 Aug 17)

International Champs & medals (senior):

World Championships (2013, 2015, 2017)

Olympic Games (2016 - bronze)

Race Walking World Cup (2012, 2014, 2016, 2018)

Commonwealth Games (2018 - gold)

World University Games (2015 – gold)

Dane Bird-Smith was a talented all-round junior athlete, not just in race walking, but sprinting. He won a national under-20 title with Queensland as a member of their 4x400m relay. In junior race walking he achieved two top-8 places in the 10,000m walk at IAAF junior events and also represented Australia as a junior at the World Mountain Running Championships. He made his senior debut at the 2012 World Race Walking Cup. At just 21-years-old he achieved a stunning 11th in the 20km walk at the 2013 IAAF World Championships in Russia. It was the same course his father and coach Dave Smith had competed on 33 years earlier at the 1980 Moscow Olympics. He continued to progress in 2015 placing eighth at the World Championships and won the World University Games title. In his Olympic debut in Rio, he was magnificent, placing third and winning bronze in a PB time of 1:19.37. In 2017 he continued his brilliant form clocking a personal best of 1:19.28 on the years' major stage, the 2017 World Championships where he placed sixth. It was his third appearance at the world championships and now has placed 11th, 8th and 6th, all better than his father/coach Dave Smith who placed a best of 15th in the '80s. In his home state of Queensland, he was supreme at the Gold Coast Commonwealth Games winning gold in the 20km walk. Hamstring problems in 2018 hampered his competition program.

Education - Bachelor of Health Sport and Physical Education – Uni of Queensland (2015 -)

...**Family** - Dane's father/coach Dave Smith is a dual Olympian. His dad's 20km walk PB

remains six seconds faster...in late 2017 he married Katy...**Nickname** – Danish...**Start in**

sport - his father encouraged him into athletics from a young age. Initially a sprinter, until he took up race walking as a teenager. "All my life I have been surrounded by the track. The week I was born dad took me to training. I do recall at some stage being pushed around in a pram on a track. I never really chose race walking, it just happened along the way at high school." He has been involved in athletics from a young age, and first tried race walking as a teenager. The school needed someone to take part in the race walk at a competition, and he had free time between his running events, so he gave it a

go"...**Memorable sporting achievement** – "Rio bronze medal means the most to me as it

was the Olympic dream fulfilled."...**Memorable sporting moment** – "Start line of the Commonwealth Games Gold Coast was so proud because I was there to race against all odds and after battling with mental health. I committed to the race and to enjoying myself in competition again."

Katie Hayward

DOB: 23 Jul 2000

Club & State: Gold Coast Central

Resident: Gold Coast

Occupation: Student – Occupational Therapy at Griffith Uni

Event & PB: 20km Walk 1:29:25 (Adelaide AUS,10 Feb 2019)

Coach: Steve Langley

Katie Hayward was an active kid that did a range of sports – nippers, surf lifesaving, dancing, soccer and touch football. Aged 10, as a cross country runner she joined Gold Coast Little Athletics and saw a walking race. She didn't know there was such an event. She joined in and won. Her junior career in athletics was remarkable, regularly breaking high quality national records, particularly the U18 5000m and U20 10,000m. Made her international debut in May 2018 in the under-20 race at the World Race Walking Cup in China, but was unfortunately disqualified. Katie and her coach meticulously reviewed the performance and it resulted in an outstanding performance two months later at the World Juniors/U20s where she placed fifth – Australia's best place in the event for 10 years.

While only 18 in January 2019 she made her 20km walk debut in Adelaide clocking the stunning time of 1:29.25. It made her the third fastest in Australian history, was the fastest time ever by an Australian on home soil and fastest by an Aussie for seven years.

Five weeks later she matched the time clocking 1:29.31 in Japan. In April she won the national 10,000m title and in her senior international debut she comfortably won the 2019 World University Games title in warm conditions in Italy.

Memorable sporting achievement - gold 2019 World University Games...**Memorable sporting moment** – Walking with friends at the World University Games opening ceremony and winning first open 20km race walk this year in Adelaide...

Hero - Bethany Hamilton (professional surfer) who lost her arm in a shark attack at the age of 13, but didn't see that as a barrier to become a professional surfer...**Influence** - Jemima Montag – Because she is someone that I just look

up to so much. From being the Commonwealth Games gold medallist, she is such a high achiever in other areas of her life. Works hard at her university degree and does so much other recreational activities in which is something I see as simply amazing. She's a beautiful, kind, humble and dedicated athlete, person and friend to be around and travel with...**Advice to your young self** - Nothing! Because, I believe as young athletes the beauty of being young is the challenges that we face and conquer, and simply not knowing everything. Also, to be present in every moment and enjoy all the experiences that come our way as athletes...**Interesting facts** – “When I was really young (2-4) my dad always piggy backed me because, I hated to walk far distances haha. Now I'm walking 100 – 120kms a week in training alone and competing in 10km and 20km distance. “

QLA New Zealand Development Tour Summer & Torryn to Tour

Congratulations to Summer Millard and Torryn Fisher on their selection in the Qld Little Athletics Development Team tour of New Zealand. The tour will take place from January 16-26th 2020. The Team takes part in two competitions. Both competitions will be conducted under full IAAF Rules and not Little Athletics modified rules.

The first of these competitions is the South Island Colgate Games. This competition is held over three days. The second will be the South Island Teams competition against teams from New Zealand's South Island. This competition will be held over one day. We wish Summer and Torryn all the best on the tour.



Athlete in Focus : Summer Millard

Summer Millard is striding out ahead of the pack

Story : South Burnett Times September 19, 2019

Nanango State High School student Summer Millard is striding out ahead of the pack ... literally. Summer, 14, competed at the recent Athletics Australia Winter Race Walking championships in Adelaide as part of the Queensland team.

The Queenslanders claimed a silver medal, and Summer earned an individual fourth place (and a first for handicap) in the Open 10km Women's event with a time of 58:59. Summer also came sixth in the Under 16s 5km Girls' event with a time of 28:40. The championships, which were held in conjunction with Road Walking Australia, were held on September 8.

Summer has been race walking for only a year, after being introduced to the sport at school and at Nanango Little Athletics, but she's already being mentored by one of the best in the business. Her coach is dual Olympian race walker Dave Smith, who represented Australia at the Moscow and Los Angeles games.

Summer is a member of the Queensland Race Walking Club and takes part in their events. This means that every Sunday morning Summer and her mum, well-known local soccer referee Dawn Millard, have to hit the road between 4:00am and 4:30am so that Summer can get to the race venue at 7:00am in time for warm-ups. These Sunday competitions are held at different locations across Brisbane, the Gold Coast and Ipswich. It was her performance in these club competitions which led to Summer qualifying for the Queensland team and heading off to Adelaide. She's now hoping to make the Queensland team at the School Sports carnival in Cairns in October and then head to the nationals in Perth in December.

Race walking is different from running because one foot must be in contact with the ground at all times. As well, the toe of the back foot cannot leave the ground until the heel of the front foot has touched. Every step is watched by judges and walkers can be disqualified for using the wrong technique. Race walking requires great concentration from competitors, and Summer admits it is a mental challenge as well as physical one.

If all goes well – and she can raise some sponsorship – Summer also hopes to make it to New Zealand in January to compete in two major competitions over there.

2019 National U15 Coaching Camp

Three of our young members will be off to the National Capital this weekend to participate in the U15 National Coaching Camp which will be held from Sunday 29th September to Wednesday 2nd October at the Australian Institute of Sport in Canberra. All the best to our top trio of Kai Norton, Jayda Anderson, Anika Clarke as they take another step in their athletic development

NATIONAL WINTER RACE WALKING CHAMPIONSHIPS ADELAIDE 2019

QRWC Round Up by Shane Pearson

Arriving into Adelaide on Saturday, September 7th, it was a beautiful day, a small amount of cloud but relatively warm for this time of year.

Queensland had a small team and most made it to the traditional team dinner. We were joined as well by Race walking Australia President, Bob Cruise and long time Judge from Victoria, Dianne Lowden. Again, as usual it was an enjoyable evening had by all in attendance.

Sunday morning, September 8th, Race Day.

I arrived at the venue just after 7am to see our men's club captain Iggy Jimenez, Noela McKinven and Summer Millard trying to warm up in cold, windy and light rain conditions. This is the Adelaide I'm use to this time of year.

8am and the first race is underway.

Iggy in the Men's 20k, Noela and Summer in the women's 10k. By the start the weather had improved slightly and to my surprise the clouds were clearing and starting to warm up. It might be a good day after all. Iggy, as usual with his many years of experience, raced within his capabilities. He set himself a goal and stayed focused the whole way. Looked strong, technically very good, I'm sure it's getting better the older he gets, stayed confident and gave a very good solid performance. Even though the race officials suggested he had a lap to go. We knew he was done. A great way for our captain to get us underway and lead by example.

Summer, the youngest starter in the women's 10k and her first time race walking this distance, gave an outstanding effort. She was up in medal contention till well over half way but then just started to fall behind a touch. She stayed strong and technically looked good as fatigue started to set in. She finished with a very respectable sub 1 hour. She should be very proud of her effort. Noela, as always, you can set your watch to her lap times and km splits. Every time Noela steps to the start line she will be there till the end and give everything she has. This day was no different. A great effort.

Next up for our team was Charlotte Hamann and Milla Rowbotham in the under 20 women's 10k. Both these girls raced very sensible races. They worked together early on and looked to be supporting each other. Charlotte started to pull away mid race but Milla didn't let her get too far in front. Both girls stayed strong to record very good times. Excellent performance by these young ladies. This was a race if Qld could have had a 3rd girl would have possible won the teams race. But unfortunately, not to be. Hopefully both will come back next year with a third team member.

Girls club captain is now on the start line. Jasmine McRoberts in the under 18 women's 5k. The start of this race was fast. The leaders took off very hard and left Jasmine behind. She kept trying and giving her all but the early pace made it hard at the back end. She was disappointed with her result, but her time was the second faster she's done to date. So keep your chin up. You can come back again next year with more experience and training under your belt to be better prepared to do it again. Be proud of your effort.

The weather is changing fast, the wind is back. It's now cold and raining.

Onto the start line now is the under 16's 5k. For the men's we have Lachlan McCure. For the women, it's our only full team at this meet. Anika Clarke, Korey Brady and back for her second race, Summer Millard. Now in very tough conditions, remember Kawana last year. Lachlan raced a very sensible and mature race. He stayed true to the goals he and coach Robyn had set up. A very strong performance, finishing 3rd overall. Congratulations. He can race this event again next year. Our girls were all outstanding in this race. Anika Clarke raced a solid race with great technique. She was trying so hard to stay in medal

contention but I think the cold conditions were making life difficult for what we are used to. She had a great performance and was unlucky to miss out on an individual medal. Summer was next over the line for Qld. She gave her all. She started the race already a bit fatigued from her earlier 10k effort and to back up only an hour after, it was always going to be tough. Again she should be extremely proud of what she achieved. Although a bit down on her best, she stayed strong and committed to the team. Awesome effort. 3rd Qlder, Korey had an amazing race. I might sound a bit biased on this, but anybody who can do a pb of 2.29 in a 5k has done unbelievably well. We had set a race plan for Korey a few weeks out and she prepared meticulously to go beyond the goal we had set. Only by count back the girls on equal points with SA finished second in the teams. Congratulations to all 3 girls. At the end of this race the weather cleared up again to become fine till the end.

The under 14's 3k was next to jump. Sam McCure and Jack Bannister for the men. For the women, Tamika Gee and Ashanti Heap were our competing athletes. Sam raced hard as always. Got into the mix, stayed there, worked hard, fought to the finish. He is such a talented young athlete. Looking forward to where he goes in the future. Jack has improved remarkably in the last 3 months. Again he took another 15 seconds off his pb. Both boys should be very happy and proud of their races. Ashanti 2nd and Tamika 4th. Ashanti was chasing from the start. The young athlete, Millie, from NSW always goes out very hard and was no different this day. It was a beautiful race by Ashanti, she did everything right, even caught right up to the back of the NSW leader with a few 100ms to go. She had worked so hard to get there but when it came to the final surge, there wasn't quite enough left in the tank to hold on. Tamika in her first nationals, I think, raced a very smart and calculated race. Technically she looked very good. With about 250m to go, she was going as hard as she could to try and catch 3rd but just couldn't quite bring back the difference. Awesome performances by all the athletes in this race, they all showed experience well above their years in age. Both these races, Qld could have won the teams with 1 extra starter. Hopefully next year we can get more athletes to go and fill more of the teams.

The last race of the day had Qld represented by young Aliessa Heap. Under 12 women's 2k. As always Aliessa tried her very best. I have watched her for a few years now and at times can have a few technical issues. But to her credit I could see this young athlete trying her best to keep it all together. Unfortunately, the judges didn't see what I could see she was trying so hard to do and she had issues by the finish. I was really proud of how hard she tried to get her knees right. I hope she doesn't lose the passion. I think as she starts growing and gets stronger, her technique will improve. Be proud of your effort Aliessa. I could see you were trying to get it right.

At the presentations, Queenslanders were awarded with many of the Handicap trophies, which shows me you all tried your very best and had a lot of very strong performances as a whole. I just want to finish in saying, as president I was extremely happy and very proud of all your efforts. All the athletes competing along with coaches, parents and supporters were there cheering for the whole team. This is my 5th Winter Nationals on the trot now and as much as I miss competing myself, I love the team atmosphere and encouragement we bring to these championships and this does get commented on by all the other states. Thank you to everybody who was there. It was a pleasure to be there again for you all. Next year is Tasmania's turn to host on the regular rotation. I know they are already looking forward to this. Hopefully AA can confirm this sooner than later, so we can start preparing for next year and maybe fill all the teams. Well done team Queensland. Congratulations for your awesome performances. Have a great summer season. Good luck to all our young athletes preparing for the upcoming schools champs. Shane

CABOOLTURE LITTLE ATHLETICS 30 Year Celebrations and Karen Wolfenden Testimonial Day



WHEN: Sat 12th October 2019 1pm-4pm

WHERE: Caboolture Little Athletics, Stringfellow Drive, Caboolture

ADMISSION: \$5 Entry ~ all proceeds raised will be donated to Karen Wolfenden to honour her service to the centre.

Come along, join in and catch up with friends from Little Athletics.
Fun and novelty events with lucky dip prizes from 1pm to 1:45pm

**All welcome to participate in the inaugural annual
"Karen Wolfenden Walk"**

A 700m walk for all ages and level of walking skills, to honour Karen's love of race walking.
Walk start time 2pm. Ribbons for all participants.

Sausage sizzle & drink for \$2.00

Official presentation of a commemorative gift to Karen.

For more information k.guilfoyle@yahoo.com.au

0421 156037



This Week

The IAAF World Championships get underway in Doha, Qatar with Dane Bird-Smith and Katie Hayward competing in the 20km walk

This Saturday, September 28th, Qld Masters have a track meet at QSAC with a 5,000 metre walk starting at 8.00am. Note that the entry fee is now \$ 10.

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: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. 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>



6-15th November 2020

<https://mastersgames.com.au/>



April 10-13th 2020

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC at Riverside Drive, West End.

More Details at <http://www.brisbane2020nationals.com.au/>

Still to Come 2019

September 28th Qld Masters SAC 5,000 metres 8.00am
September 28th - Oct 6th IAAF World Championships Doha, Qatar
October 5th Qld Masters SAC 3,000 metres 8.00am
October 6th Gold Coast Masters Griffith Uni 3/5km 8.00am
October 19th Qld Masters UQ **St Lucia TBA 2.00pm ****
October 26th Qld Masters UQ **St Lucia TBA 2.00pm ****
October 27th Gold Coast Masters Griffith Uni 3/5km 8.00am
November 7th Thursday QA UQ 1,500m Classic
November 9th Qld Masters SAC TBA 8.00am
November 10th Gold Coast Masters Griffith Uni 3/5km 8.00am
November 16th Qld Masters SAC TBA 8.00am
November 23rd Qld Masters SAC TBA 8.00am
December 1st Australian 50km Championships, Fawkner Park, Melbourne
December 1st Gold Coast Masters Griffith Uni 3/5km 8.00am
December 7th Qld Masters Venue not confirmed TBA
December 11th Qld Masters Wednesday SAC TBA 7.00pm
December 15th Gold Coast Masters Griffith Uni 3/5km 8.00am
December 21st Qld Masters SAC TBA 8.00am
December 6-8th Australian All Schools Track Championships, Perth

Looking further ahead 2020

February 9th Australian 20km Road Walk Championships, Adelaide
March 21-29th Australian Open and Junior Track Championships, Sydney
April 10-13th Australian Masters Championships, Brisbane
April 18-19th Australian Little Athletics Track Championships, Canberra
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
July 17-20th World U20 Track Championships, Nairobi, Kenya
July 24th-Aug 9th Olympic Games, Tokyo, Japan
July 20th-Aug 1st World Masters Track Championships, Toronto, Canada

Racewalking Queensland

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

Racewalking Queensland Management Committee 2019/20

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
Social Media / Webmaster: C Goulding
Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

2019/20 Registration Fees

Family \$40
Students & Officials \$15
Others \$25

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

Go to www.qldathletics.org.au

Race Day Fees

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

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>

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

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/>