

Queensland Race Walking Club Inc.

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



HEEL & TOE

April 23rd 2020

Tokyo Olympics and Paralympics in 2021 'very unrealistic unless vaccine is found' by Laura Scott BBC Sport

It is "very unrealistic" the Tokyo Olympics and Paralympics will take place next year unless a coronavirus vaccine has been found by then, says a leading global health scientist.

Professor Devi Sridhar said the development of effective and affordable treatment would be a "game-changer" in whether the postponed Games take place.

The International Olympic Committee and Tokyo 2020 organizers held an executive board meeting this week at which they reiterated their hope the Games can be the "light at the end of the tunnel". However, IOC coordination commission chair John Coates acknowledged Covid-19 could still affect the rescheduled Olympics, which are due to take place from 23 July-8 August 2021.

Speaking at a news conference on Thursday, he said it could have an impact in terms of "mass gatherings or testing of athletes" and that the IOC would be guided by the World Health Organization. Professor Sridhar, who is chair of global health at the University of Edinburgh, said the chances of Tokyo 2020 going ahead as planned "all depends on a vaccine".

"We're hearing from the scientists that this could be possible. I had thought it would be a year or a year and a half away but we're hearing possibly this could come sooner," she said.

"If we do get a vaccine within the next year then actually, I think that (Olympics) is realistic. The vaccine will be the game-changer - an effective, affordable, available vaccine.

"If we don't get a scientific breakthrough then I think that looks very unrealistic.

"I think they've made the right decision in saying 'we are going to put it back a year and re-evaluate'. "And I think that is the only way you can deal with this situation - to take stock, to be hopeful, to support our scientific community and our NHS community to do what they can, because science in the long-term is going to be the way we get out of this."

A nationwide state of emergency has been declared in Japan until 6 May because of the country's worsening coronavirus outbreak. The IOC and Tokyo 2020 local organizing committee announced on Thursday they have set up a joint steering committee to deliver the postponed Olympics, led by Coates and Tokyo 2020 president Yoshiro Mori. Mori said:

"Soon after the postponement of the Tokyo 2020 Games on 24 March, Tokyo 2020 established a 'New Launch' taskforce and we have been working since then to create a structure capable of overcoming these unprecedented challenges. "We believe that today's new step is an important achievement in advancing over the coming year what we have prepared over the past five to six years. We will continue to work closely with all stakeholders to ensure the success of the Games."

There might be a better way for sport to operate

Former Socceroos captain Craig Foster hopes a closer connection between athletes and their communities will become the silver lining of the coronavirus crisis.

After years of professional sports becoming increasingly detached from the communities they came from, Craig Foster hopes adversity can bring the two together.

Amid the coronavirus crisis, sport at all levels has been parked indefinitely and through the 'Play for Lives' initiative, the former Socceroos captain is urging people to spend hours they would normally dedicate to their team helping those who need it. That includes the professionals. "Having been idle now for almost a month, (sport's attitude) is turned from initial shock and a feeling of fear and crisis to now increasingly questioning 'what is our role? What should sport be doing now?'" Foster told AAP.

"And some in sport have felt that their role is to try to continue to play on or to play as quickly as possible but a growing number of us feel that actually the real responsibility of sport now is to help and to give."

The charity sector is in extra need of support as a large number of usual volunteers are over 65, and considered high-risk in the COVID-19 pandemic, while the crisis has exacerbated the issues many vulnerable communities already faced. And athletes are the perfect group to step up. "Those of us in community sport who had attributed at least 5-8 hours per week to our amateur team or sport are now really motivated to apportion that time commitment across to vulnerable communities who are in circumstances far worse than ourselves," Foster said.

"I think it's also almost an historic opportunity for sport to recalibrate our relationship with all of society and to better understand vulnerable communities who were perhaps invisible to professional athletes and professional sport." "What we're finding is professional athletes and international athletes are very much enjoying the opportunity to take a much more outward focus and to learn about different vulnerable communities and to actually embed themselves," Foster said.

Great Moment in Australian Sport

Debbie Flintoff-King - 1988 Olympic 400m Hurdles Final

Leading up to the 1982 Commonwealth Games Debbie Flintoff changed coaches, joining future husband Phil King. Debbie won the Nationals in Brisbane in 56.43. Then she ran well at the selection trials and made the team for Brisbane. A month later Debbie was the Commonwealth champion in 55.89.

For the 1986 Commonwealth Games in Edinburgh Debbie qualified for three events (400 metres, 400 hurdles and 4 x 400 metre relay). Debbie had to beat the strong British and Canadian runners and won the double in 51.29 and 54.19. Her 51.1 final leg of the relay brought Australia home for the bronze medal.

Preparations were then all geared towards the 1988 Olympics in Seoul but injuries had affected her preparations. She won the Nationals in Perth in 56.27 and then headed to Europe where she ran well. A 54.05 win in Berlin confirmed she was on track for the Olympics Seoul.

Tragedy struck with the death of Debbie's older sister Noeline, two weeks before the Olympic final. But Debbie's remarkable inner strength and all the preparation came to the fore. She won both her heat and semi-final. The final saw Tatyana Ledovskaya running for the USSR, race to the lead and build an apparently insurmountable lead coming to the last hurdle. Then suddenly she tired as Debbie, who was well off the

lead as they hit the home straight, closed. In a desperate finish Debbie threw herself at the tape winning by the barest margin 53.17 to 53.18. This was the second fastest ever recorded at the time, barely missing the world record but delivering Gold. As the telecast host says we like to compare athletes with a big heart as being like the legendary racehorse Phar Lap. Debbie was right up there with the best of them.

WATCH IT HERE

Re-live the moment that had all Australians leaping out of their lounge chairs to scream and yell at their TV set as they hit the last hurdle. Just magnificent.

https://www.youtube.com/watch?v=n_kLKyhIZzY

Ecstasy & Agony

Test yourself – Where, When, Who and What (just happened)



COVID-19

**What services are open? When can I leave my home?
Who can come over?**

Coronavirus (COVID-19)

Non-essential business, activity and undertaking Closure Direction (No.6)

To slow the spread of novel coronavirus (COVID-19), the Queensland Government is restricting the operation of non-essential businesses.

A person who owns a non-essential business can no longer operate the business for the duration of the COVID-19 pandemic.

There are exceptions that allow some businesses to stay open such as hairdressers and barber shops who can open with no more than 1 person per 4 square metres with social distancing observed. Or cafes, restaurants, food courts and fast-food outlets who can open for takeaway or delivery.

The official public health direction is available here.

What this means for you

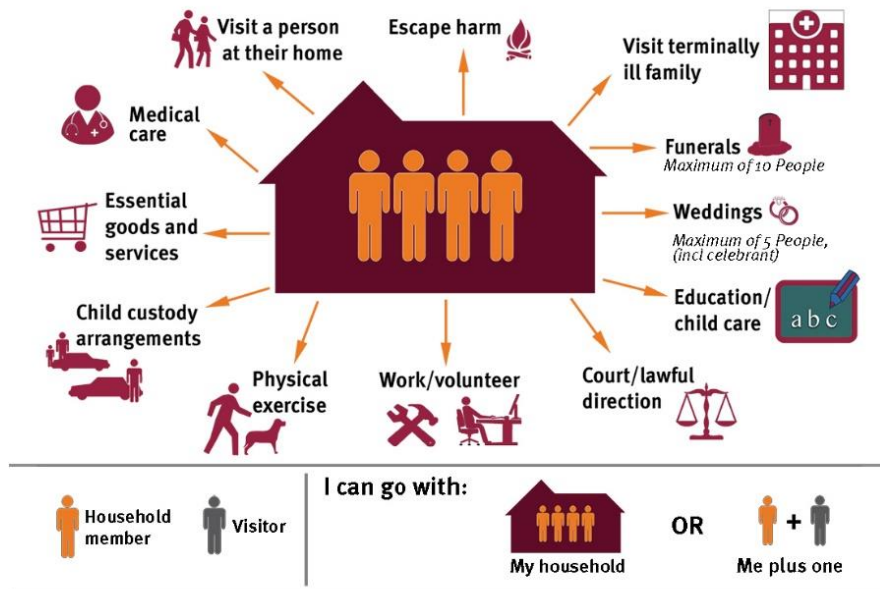
Recent updates to this direction mean that:

- qualified massage therapists can provide services for the management or prevention of a disease, injury or condition.
- you are allowed up to up to 3 funeral officials at a funeral service, in addition to 10 mourners
- any religious service such as a baptism or church service can be held provided there are no more than 5 people attending in total
- you can live stream a wedding, funeral or any other service with the maximum number of people attending in person as outlined in the direction (5 for a wedding, 10 for a funeral plus 3 officials, 5 for other religious services). Any camera operator is included in this count.

A non-essential business or activity can continue to operate online.



When can I leave my house?



How many people can come to my house?

You can have a maximum of 2 visitors

(excluding workers/volunteers)



You can only have two visitors no matter how many people usually reside in your household.



[COVID19.qld.gov.au](https://www.covid19.qld.gov.au)



QRWC Winter Road Walk Season

Are we there yet? NO

The **Queensland Road Walking Club** is dedicated to the safety and wellbeing of all our members but we are in the position where we must suspend our winter road walk season. The QRWC acknowledges that people are looking for dates as to when the season might be able to commence. We are not in a position to speculate and give false hope as to when racing can start up. The uncertainty of this crisis means that we must follow the advice and guidelines that are constantly and rapidly changing as this situation evolves. As such, we will continue to monitor, and act accordingly, in response to statements and policies enacted by both Federal and State Health authorities. The world is suddenly a different place and we all have to come to terms with the fact that there are some things that will never be the same again; whether that be in sport, overseas travel, social interaction, commerce and employment etc. It will not be a matter of all restrictions suddenly being lifted on a designated date and we all resume our lives where they were two weeks ago. We appreciate your understanding through this difficult time and will keep you informed of developments at the club.

The public health emergency area specified in the State Health order is for ‘**all of Queensland**’. Its duration has been extended by regulation to 19 May 2020. The key message here is that we cannot deliver an event until the end of the declared public health emergency. We do not know when the public health emergency in Queensland will end.

There is the caveat implied that if some States or even councils are even further ahead in these aspects, they may be in a position to relax conditions earlier. While we are trying to remain optimistic and as disappointing as this latest announcement may be, we fully support the decisions and planning that are clearly being outlined.

QRWC UPDATE: Going on the latest updates there seems little prospect of any club activity before June at the earliest.

What's Not On this Week

All Park Runs in Australia are now **Cancelled** until further notice

Brisbane Road Runners have **cancelled** their meets at West End on May 3rd All events replaced by “virtual races” run close to your home.

Queensland Running cross country season **Suspended until further notice**

QA Cross **Country Currently all athletics activities are suspended/cancelled until 31 May 2020.**

#3 Saturday 02 May - BBGS Parklands, Fig Tree Pocket (**CANCELLED**)

#4 Saturday 09 May - Hoop Pine Reserve, Mt Coot-tha (**CANCELLED**)

All Schools XC Championship - Saturday 16 May - Rivermount College (**POSTPONED**)

#5 Saturday 23 May - Capalaba State School (**CANCELLED**)

#6 Saturday 30 May - Sherwood Forest Park (**CANCELLED**)

July 5 Gold Coast Marathon **Entries Suspended Pending Review by May 19th**

OXFAM Trail walker in Melbourne **CANCELLED**

OXFAM Trail walker Brisbane (June 19-21) still going ahead at this stage **Awaiting decision**

Brisbane “Guzzler” trail ultramarathons in July **POSTPONED** to a date to be confirmed in November

Brisbane Trail Ultra in July still open for entries and going ahead at this stage **Re-assessing decision to be announced by May 1st**

Results!

Jenny Stuckey, has been out and about keeping fit by training around the streets of her home ignoring the doubters.

Her big **WIN** came the other day in a game of Monopoly. What a sweet victory for Jenny of the opposition (her 4 young kids). But a win's a win.



LBG Canberra Federation Meet **Cancelled**

The ACT Fitness and Race Walking Club have determined that in the interest of public health they do not wish to conduct the Annual Race Walking Carnival on the long weekend in June. The decision of the ACT Committee is supported by the Executive of Race Walking Australia and consequently the 2020 Canberra Race Walking Carnival is cancelled.

The AGM of RWA which is normally conducted on the June long weekend will now be scheduled for the Saturday evening preceding the AA/RWA Winter Race Walking Championships currently proposed for August 30 in Melbourne.'

Pan Pacific Masters Games – Gold Coast – November

The Pan Pacific Masters Games team, while keeping in mind the event is still scheduled for November, will take a timely approach in assessing the impacts of this recommendation while carefully monitoring this evolving situation before any final decisions are made on the status of this year's event.

The wellbeing of our participants and supporters is of utmost importance. Thank you for your patience and understanding in this challenging time.

Coming Up

April 26th QRWC Handicap Meet Date & Venue TBC **CANCELLED**

May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus **CANCELLED**

May 3rd QRWC Handicap Meet Date & Venue TBC **CANCELLED**

May 17th QRWC Handicap Meet Date & Venue TBC **CANCELLED**

May 24th QRWC Handicap Meet Date & Venue TBC **CANCELLED**

May 31st Gold Coast RW Championships Mudgeeraba **POSTPONED**

June 5th Qld Masters State Championships Townsville **CANCELLED or POSTPONED TO A DATE TO BE DECIDED**

June 7th LBG Federation Meet Mt Stromlo Canberra **CANCELLED**

Looking further ahead

July 17-20th World U20 Track Championships, Nairobi, Kenya **POSTPONED to a date to be determined**

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

July 20th-Aug 1st World Masters Track Championships, Toronto, Canada **CANCELLED**

July 26th QA Road Walk Championships Venue Murarrie TBC

August 30th AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC

August 30th Australian Masters 20km Championships Adelaide

November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

Situation being monitored – check website regularly for updates

Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1st. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
-
- Current financial club memberships expired 31st March 2020. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

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>

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

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>

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/>