

Queensland Race Walking Club Inc.

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



HEEL & TOE

April 2nd 2020

Open Letter by Queensland Athletics CEO

Hope you and your family are well and staying safe.

These are unprecedented and challenging times, and every day seems to bring another change and distressing news with no clear end point in site.

As an athletics community we need to support each other and communicate as much as possible.

The physical Queensland Athletics Office is closed, and some staff are working from home, with some taking leave. This staff that are working from home are currently on reduced hours and taking some leave each week. We are in the early stages of a number of projects that we hope will provide some support to members via online services and social media. We are also busy doing some detailed data and strategic work that will see us in the best position possible when COVID 19 restrictions finally are relaxed.

Queensland Athletics, unlike some of the big-name sports, is in a sound financial position to deal with this crisis. We have very good reserves in relation to our outgoings and while income will be significantly affected that is offset by a reduction in expenses. The Board and I have spent considerable time on modeling worst case, and we will still be able to come through this in a good position. That's important to the sport as we will be able to start delivery of athletics as soon as we are allowed with full capacity. Additionally, we are getting great support from the Queensland Government and Stadiums Queensland. As a Business we are eligible for a range of support programs recently announced by the Australian Government.

I understand these are changing times for your club and your members. With physical social interaction temporarily canceled in such a sudden fashion we need to do all we can to support each other, some will find it tough. Our Member Clubs are varied with some focusing on In Stadium athletics others Out of Stadium and some Recreational Running and Fitness, so each will have a unique set of challenges.

If you would like to talk or need some assistance, advice, or want to discuss an idea that we might be able to help with please feel free to contact me.

Regards

David Gynther

CEO Queensland Athletics

david.gynther@qldathletics.org.au

Tokyo Olympic Games 2020 POSTPONED until July 23rd 2021

IOC President Thomas Bach stressed, during a media teleconference on Wednesday, that in the face of an unprecedented challenge, the postponed Olympic Games Tokyo 2020 will need the commitment of all the stakeholders involved to give the athletes the assurance that their Olympic dream can still come true.

The Tokyo Olympic Games will start on 23 July, 2021 and run to 8 August after being postponed for a year because of the coronavirus pandemic.

The International Olympic Committee's (IOC) executive board met on Monday to make the decision. The Olympics will still be called Tokyo 2020 despite taking place in 2021.

The Paralympic Games, originally due to start on 24 August, 2020, will now take place between 24 August and 5 September, 2021.

IOC president Thomas Bach said: "I am confident that, working together with the Tokyo 2020 Organising Committee, the Tokyo Metropolitan Government, the Japanese Government and all our stakeholders, we can master this unprecedented challenge. "Humankind currently finds itself in a dark tunnel. These Olympic Games Tokyo 2020 can be a light at the end of this tunnel."

QRWC Winter Road Walk Season – What Now?

The **Queensland Road Walking Club** is dedicated to the safety and wellbeing of all our members but as we reported last week 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.



QUEENSLAND RACE WALKING CLUB INC. Known as RACEWALKING QUEENSLAND NOTICE OF CANCELLATION

In the current health situation the decision has been made to cancel the QRWC Annual General Meeting mooted for Sunday, 5th April, 2020
All nominations whether received by the Secretary or not become void and are to be destroyed.

As we are legally required by our Club Constitution to hold our AGM by 30th June of the year, it will be rescheduled at a future time to be decided within that period, and nominations called for the positions.

Virtual Race Walks Competitions

Gold Gold race walker Nyle aka Kiwi Froot is looking at setting up some virtual races on Strava. For those of us that never win real races this might be our big chance. Nyle is looking into how this will all work and once finalised it will be posted on Facebook. Details will also be in future newsletters.

Australian T & F Championships Senior, U20 Postponed Cancelled

It is with regret that Athletics Australia have made the decision to cancel the 2020 Australian Track & Field Championships for Senior, Under 20 and Para athletes. Due to the threat of the coronavirus the Championships were originally postponed, but with the Tokyo 2020 Olympics, Paralympics and Under 20 World Championships being officially postponed and in efforts to try and flatten the curve of the pandemic the Australian Championships are now cancelled.

Since the 2020 Championships were cancelled and we do not have any race results to give you we have decided to look back on the great success of our members had in 2019.

RESULTS REWIND RESULTS REWIND RESULTS REWIND

2019 Australian Athletics Championships

Sydney Olympic Park Athletics Centre

Men 10,000 Metres Race Walk Open

Meet: M 38:34.23 2017 Dane Bird-Smith, QLD

41:30.00 OCE Oceania Qualifying

1 Bird-Smith, Dane 92 QLD 38:30.61MOCE

2 Cowley, Rhydian 91 VIC 40:44.81 OCE

3 Rew, Quentin 84 NZL 41:02.24 OCE

4 Jones, Tyler 98 NSW 41:39.27

5 Gibbons, Carl 96 NSW 43:16.99

6 Tebbutt, Oscar 01 NSW 44:14.50

7 Kozica, Jason 87 VIC 47:06.44

8 Richardson, Dylan 00 NSW 47:14.74

9 Reid, Benjamin 01 WA 49:00.20

10 Bird, Kyle 96 VIC 54:14.02

-- Mann, Bradley 99 WA DNF

Women 10,000 Metres Race Walk Open

Meet: M 43:48.08 2016 Beki Smith, ACT

46:30.00 OCE Oceania Qualifying

1 Hayward, Katie 00 QLD 43:20.65MOCE

2 Montag, Jemima 98 VIC 43:51.47 OCE

3 Tallent, Rachel 93 VIC 46:10.54 OCE

4 McInnes, Simone 91 VIC 46:11.63 OCE

5 Smith, Clara 98 QLD 46:38.88

6 Papadopoulos, Christina 96 QLD 47:37.38

7 Huse, Philippa 99 VIC 49:37.84
8 O'Neill, Molly 00 NSW 52:41.72

Women 5,000 Metres Race Walk U17

1 Novinetz, Camryn 03 QLD 24:18.27

2 Peart, Alanna 03 VIC 25:14.19

3 Blanch, Emma 03 NSW 26:20.59

4 Vickers, Larissa 03 QLD 28:30.30

5 Hill, Gabriella 03 QLD 28:55.90

6 Ross, Kiera 05 SA 29:03.44

7 Ireland, Hannah 03 WA 29:19.22

8 Callaway, Madison 03 NSW 30:38.75

9 Thomson, Jada 04 NSW 30:39.41

10 Louey, Grace 03 VIC 31:01.45

11 Martin, Brooke 03 NSW 32:42.84

12 Dingli, Alannah 03 VIC 34:15.59

Women 5,000 Metres Race Walk U18

1 Hannigan, Caitlin 02 QLD 24:18.92

2 Sandery, Olivia 03 SA 25:18.61

3 Bolton, Hannah 03 NSW 25:28.68

4 Hay, Charlotte 03 VIC 26:17.20

5 Manning, Hannah 02 ACT 26:41.11

6 Bell, Bridget 02 NSW 27:29.96

7 Cocking, Holly 02 VIC 27:51.81 (0:30 IAAF 230.7c)

8 Brennan, Elise 02 NSW 28:49.24

9 Powierski, Rebekah 02 VIC 29:13.33

10 Parker, Hannah 02 NSW 29:38.07

11 O'Mahony, Kathleen 02 VIC 29:50.98

12 Robertson, Brittany 02 NSW 30:37.79

Men 5,000 Metres Race Walk U17

1 Du Toit, Daniel 03 NZL 23:14.86

2 Robertson, William 03 TAS 23:39.30

3 Mandic, Nikola 03 VIC 23:55.60

4 Beveridge, Heath 03 VIC 25:00.06

5 Kemp, Joel 03 NSW 25:36.01

6 Hay, Angus 03 VIC 29:33.38

Men 5,000 Metres Race Walk U18

1 Young, Gwyllym 02 ACT 21:51.69

2 McCutcheon, Nelson 02 QLD 21:54.19

3 Dickson, Corey 02 VIC 22:03.13

4 McGinniskin, Jack 02 NSW 22:37.87 (0:30 IAAF 230.7c)

5 Blaskett, Hayden 02 NSW 26:21.05

Our Sign On Day for 2020 was cancelled so this is what happened last year

QRWC Sign-on Day 7th April, 2019

Kalinga Park

5km

Men: (1) Peter Bennett 28.05 (2) Argenis Guevara 28.18 (3) Patrick Sela 40.25.

Women: (1) Brenda Gannon 28.35 (2) Charlotte Hamann 32.16 (3) Elliot Bow 33.46 (4)

Noela McKinven 42.32.

3km

Men: (1) Kai Norton 17.16.

Women: (1) Tamika Gee 16.01 (2) Lyla Williams 16.57 (3) Amber Norton 17.50 (4)

Korey Brady 18.41 (5) Sophie Porter 18.49 (6) Jasmine McRoberts 19.44 (7) Torryn

Fisher 20.40 (8) Phoebe Chadwick 21.52.

2km

Men: (1) Sam McCure 10.26 (2) Alex Bradley 12.05.

Women: (1) Anika Clarke 10.24 (2) Makenna Clarke 11.58 (3) Alejandra Hannouf 12.00 (4) Lily Goulding 12.29 (5) Caterina Davey 13.25 (6) Anna Tudor 13.42 (7) Charlotte Brady 14.26 (8) Zoe Davey 14.28 (9) Gabriela Hannouf 14.29.

1km

Men: (1) Ethan Gratton 6.57 (2) Blake Gee 7.37.

Women: (1) Siaan Fisher 6.04 (2) Imogen Miller 6.47 (3) Isabella Gee 6.56

So, what can you do to keep fit?

With road walks not looking like happening for the next couple of months I starting looking at alternate events to participate in but one by one the **Cancelled signs starting going up .**

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

Brisbane Road Runners have **cancelled** their meets at West End on April 5 & 19th and their meet for May 3rd is to be confirmed

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

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

1 Saturday 04 April - Teralba Park, Everton Park (**CANCELLED**)

#2 Saturday 18 April - Minnippi Parklands, Tingalpa (**CANCELLED**)

#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 May1st**

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.'

Riverside Drive, West End Certified Walks Course

The Australian Masters Athletics Championships originally scheduled for over Easter may have been cancelled but there has been one positive legacy of all the pre-planning. There is now an AIMS certified 1km walk course at Riverside Drive, West End that could be utilized by QA or the club (subject to getting BCC permits). The official documents also allow the IAAF-AIMS certified Course logo to be used for the promotion of races on this course.



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 5th QRWC Sign On Day Kalinga Park 8.00am **CANCELLED**
- April 10th Australian Masters Championships 1,500 metres QSAC **CANCELLED**
- April 11th Australian Masters Championships 5,000 metres QSAC **CANCELLED**
- April 12th Australian Masters Championships 10km Road Walk West End **CANCELLED**
- April 18-19th Australian Little Athletics Track Championships, Canberra **CANCELLED**
- April 19th QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am **POSTPONED**
- April 26th QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus **CANCELLED**
- May 3rd QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 17th QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 24th QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- 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
 - 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**

World Masters Athletics Championships 2020 Toronto Cancelled

The World Masters Athletics Championships due to be held in Toronto at the end of July have officially been cancelled, in a mass mail sent by the Organising committee the statement informed all the athletes that the championships would no longer be going ahead, in light of the current devastating Covid 19 Virus sweeping the world.

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 are due to expire 31st March 2020. Click on the required Existing QRWC member option if you paid your club membership during the winter road walk season. 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

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/>