

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 65 years in the making.



HEEL & TOE

December 10th

Queensland Athletics State T&F Championships are back in 2021 March 11-14th

QA have announced that the Queensland Athletics State Championships, U14 to Open will be held on the 11th to 14th March 2021. The 2021 Queensland Track Classic will be a World Athletics Silver Permit Meet and will be held on the evening of Saturday the 27th March. The Australian Athletics Championships will be held in Sydney starting on April 12th.

Looking after our mental health (during a pandemic)

By Clyde Rathbone former Wallaby

Until recently, I don't think sporting organisations invested much time or effort on the mental wellbeing of their players and staff. With that said, one of the more encouraging trends in professional sport is the degree to which attitudes about mental health have shifted. It is now an issue that receives the full attention it deserves. Nowadays in sport, mental health is addressed in much the same way that physical health always has been, which is to say that organisations and sporting communities are far more aware of mental health and utilise an evidence-based approach to set up their wellbeing programs. As sport continues to be affected by the pandemic, I think it is worth looking at various ways to address mental health on a personal and community level and investigate how we can navigate through these uncharted waters together.

I spend a lot of time speaking with recently retired professional athletes, and I think this group provides us with interesting insights into the effects of sport on our mental health. When I retired from rugby, I noticed a significant shift in my mood. When I was no longer training multiple times a day with my mates, I remember almost immediately feeling a lack of energy and enthusiasm. Now I understand that when you exercise, your body releases endorphins that interact with receptors in your brain to trigger a positive feeling in the body, similar to the effect of morphine. Some of the chemicals released are dopamine, norepinephrine and serotonin. These brain chemicals play an important part in regulating our moods and emotional stability. It took me a while to figure out that exercise and training were much more than a job, they had become a fundamental part of how I maintained my health and wellbeing. When I speak with recently retired athletes, I notice how often they mention reaching this same conclusion.

All of which leads me to believe that while exercise alone isn't an entire solution to mental wellbeing, it is most certainly a major factor and one that is strongly supported by research. As the weeks roll on and the pandemic continues to disrupt sport on all levels, many of us have been denied the usual access to exercise that our favourite sport provides. During this

time, it is critically important that we all look to establish new routines that ensure the maintenance of regular physical activity. And as much as we'd all prefer to be kicking around with our team-mates, now is the time to try new activities and explore different methods of training.

If you take one thing from this article, please let it be a call to action for movement. Go hiking, ride your bike, play in a park or swim in the ocean. These activities are free and they always improve our sense of wellbeing. At a community level, let's remember to support one another by sharing useful resources such as tips and articles related to maintaining mental health during this time. Perhaps the single best thing we can do for our friends and family is to stay in regular contact with them. A good conversation with a loved one is far more powerful than we tend to appreciate, and it's all too easy to neglect these chats when our lives become stressful. And if we notice someone who appears to be struggling during this time, let's have the awareness to encourage them to seek help and take action to prevent things from getting worse. The pandemic has disrupted all our lives to some degree, but we can support each other and look after ourselves. Let's not forget to take that opportunity and remain grateful for all the positive things in life.

RESULTS RESULTS RESULTS

Qld Masters Brisbane Saturday December 5th

It was very hot on the track at QE11 last Saturday where the walkers had two events but were grateful they were short distances. There were a host of Masters Age group records broken in the 2,000 metres and Roslyn got a double with a record in the 1,500 metres as well.

1,500 Metre Race Walk

Kirwin, Roslyn 9:54.92 (9:54.93 56.65%)
Guevara, Argenis 8:08.16 (7:05.49 72.62%)
Woodward, Erika 8:43.77 (7:44.85 72.50%)
Jimenez, Ignacio 6:56.44 (5:47.52 88.92%)
Bennett, Peter 8:21.83 (6:19.24 81.48%)
McKinven, Noela 12:22.51 (8:20.38 67.35%)

2,000 Metre Race Walk

Kirwin, Roslyn 14:26.21
Guevara, Argenis 11:09.43
Woodward, Erika 11:33.20
Jimenez, Ignacio 9:30.93
Bennett, Peter 11:05.80
McKinven, Noela 16:13.33

Gold Coast 50 Coolangatta Sunday December 6th

The conditions were hot and extremely humid for the Gold Coast 50 carnival on Sunday morning. Strong wind gusts both helped and hindered the athletes at times during the race. Brenda Gannon put in a great effort to fight all the way to the finish of her first 50km beating many seasoned runners in the process. Very few Queensland women have ever walked 50km and Brenda was not far off the Qld best of 6:12.40 set by Sarah Vardanega in 2012. Peter Bennett completed another 50km race and George "MegaStar" Megas raced the 15km event

15km George Megas 2:21.18
50km Brenda Gannon 6:18.17
50km Peter Bennett 5:58.01



Peter & George after the event



Brenda, Peter & George in action on the Gold Coast

**Australian Masters Athletics
20km Road walk Championships – Final Virtual results**

MEN

Name	State	Place	Time
30-34 Men			
Oliver Berry	WA	1	3:00:43
45-49 Men			
Pramesh Prasad	VIC	1	1:55:14
55-59 Men			
Andrew Duncan	WA	1	1:43:47
Richard Everson	SA	2	1:51:27
Peter Crump	SA	3	2:03:47
60-64 Men			
Kevin Cassidy	VIC	1	1:57:20
Simon Evans	VIC	2	2:02:30

Terry O'Neill	Vic	3	2:11:00
65-69 Men			
Peter Bennett	QLD	1	2:08:53
Victor Munoz Martinez	WA	2	2:15:49
Ross Hill-Brown	SA	3	3:02:48
70-74 Men			
Brian Witty	SA		DQ
75-79 Men			
George White	SA	1	2:13:23
Bryan Thomas	ACT	2	2:42:35

WOMEN

Name	State	Place	Time
45-49 Women			
Brenda Gannon	QLD	1	2:18:37
Kylie Irshad	VIC		DNS
50-54 Women			
Karyn Toledo	WA	1	2:14:15
Wendy Farrow	WA	2	2:23:52
55-59 Women			
Ann Staunton-Jugovic	ACT	1	2:06:42
60-64 Women			
Marie Maxted	SA	1	2:23:26
70-74 Women			
Heather Carr	VIC	1	2:22:49
80-84 Women			
Val Chesterton	ACT	1	3:01:19

COMING UP – Track Walks

December 11th QA Mid-Week Meet QSAC 3,000 metre 6.00pm walk
 December 19th QMA SAC 8.00am 3,000m “Andrew Ludwig” Memorial walk
 December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk
 January 10th QMA Runaway Bay TBA
 January 23rd QA Shield Meet QSAC 3/5km Walk
 January 24th QMA Runaway Bay TBA
 February 7th QMA Runaway Bay TBA
 February 10th QA Mid-Week Meet QSAC 3/5km Walk
 February 20th QA Shield Meet QSAC 3/5km Walk
 February 21st QMA Runaway Bay TBA
 March 1-14th QA State Age & Open Track Championships

Personality Traits of High-Performing Athletes Do you have what it takes, how do you stack up?

Self Confidence
Strong Sense of Motivation
Inner Desire to Succeed
Natural Goal Setter
Self-Discipline
Optimism
Sense of Belonging
Natural Leader
Willingness to Take Criticism
Humility
Ability to Manage Stress
Low Anxiety
Strong Sense of Focus
Trust in the Process
Resiliency and the Ability to Learn from Setbacks
Vulnerability
Perfectionism
Killer Instinct
Willingness to Fight
Appreciation

Racewalking Queensland Management Committee 2020/21

As elected AGM November 21st

Congratulations to the newly elected Management Committee that will take us through until the 2021 AGM scheduled for April.

President: S. Pearson

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: R Hamann

Committee: I. Jimenez, S. Langley, T. Norton, J Stuckey

Patrons: Patrick & Maxine Sela

Registrar: T Norton

Uniforms: J Stuckey

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

Return to Sport Update Contact Information: Is it really THAT important?

YES! Contact information gained by organisations and businesses is an essential element to help prevent the spread of COVID-19.

When a person is diagnosed with COVID-19, the local public health unit (PHU) commences Contact Tracing to assess the movements of the person with COVID-19 while they were infectious and determine who in community are considered 'close contacts'.

Close contacts will be directed to quarantine and may also be tested for COVID-19. Contact Tracing assists public health officers to contain and respond to the spread of COVID-19 within the community. Without the contact information, the virus will continue to spread throughout the community.

We all want to continue to enjoy sport, active recreation and fitness pursuits, to be outdoors and to spend time with our friends and family, so please follow the COVID Safe guidelines and practices.

Regarding contact information, organisations and businesses must:

- Prominently display your [Conditions of Entry sign](#)
- Actively collect all attendees' contact information
- Ensure your system is efficient, secure, stores the data for 56 days and enhances privacy
- Know how to access the stored data quickly when it is requested by the PHU
- Remember the contact information is only for the purposes of contact tracing.

Participants and patrons:

- Look out for and proactively sign-in
- Provide correct details
- Check out when finished.

NEXT WEEK: Legal liability and the COVID-19 Safety Coordinator

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

**State championships includes 3000m, 5000m & 10000m Championships, Qld Athletics Championships, Qld Combined Event Championships, Qld Cross Country, Qld Race Walking Championships, Qld Road Running Championships*

***In-stadium state teams includes Australian Athletics Championships, Australian Combined Event Championships, Zatopek 10000m, National 5000m Championships*

****Out of stadia events include Australian Cross-Country Championships, Australian Half Marathon, Australian Marathon, Australian Road Running Championships, Australian Walk(s) Championships*

^all athletes nominating for the National T&F Championship incur the \$150 team levy, regardless of membership.

***NB:** if you have unaffiliated base membership (no club) you are limited to only three shield meets, and you are ineligible for national championship. If you wish to take up this casual membership, click [here](#).*

Qrun - \$12 (access to Qld Athletics distance events only (800m up))

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits please email
info@qldathletics.org.au

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)

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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/>