

Queensland Race Walking Club Inc.

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



HEEL & TOE

December 24th



The Management Committee of the QRWC would like to wish all our members a **Merry Christmas and Happy New Year**. 2020 has been a difficult year for us all and we look forward to seeing you all when we are back on the road in 2021. Please continue to stay safe and healthy. Much has been said about the difficulties that we as a club and as individuals, the whole country and the world faced during the year. We can all learn from the year like no other and look forward to a brighter tomorrow.

Nothing is certain anymore, but State & National Championships are scheduled for 2021 and we hope that we can conduct a full winter road walk competition and be able to participate in the annual Canberra LBG Race Walk Carnival in June.

The QRWC is hoping to facilitate a race walking judging seminar in Brisbane in the early part of 2021. This will be the ideal time to become a qualified race walk judge, upgrade or refresh your qualifications or just to come along to the seminar to learn about the rules of race walking and how they should be applied. As one of Australia's former international judges used to remind every athlete "*It's not what you think the rules are, it's not what you think the rules should be. It is what the rules actually are*".

We are seeking expressions of interest from athletes, parents, coaches, current judges and volunteers to participate. Just send your name to peter.bennett@live.com

We hope you have a fabulous Christmas surrounded by family and friends and we wish you all the best for the New Year!

Athletics Australia Race Walk Camp

By Lachlan Moorhouse

Australia's most elite race walkers will be ready for the biggest year of their careers to date, after the completion of a high altitude camp at Thredbo this week.

The easing of border restrictions within Australia made the camp a realistic possibility to host a large percentage of the nation's best race walkers, which Athletics Australia Event Group Lead - Walks Brent Vallance says has been accomplished.

"We've captured most of the talent pool across the country which we're pretty happy about," he said.

Vallance says the average day on the camp consists of long threshold workouts in the morning, followed by shorter repetitions in the afternoon along with a structured gym routine.

The three week camp headlined by Australian stars Jemima Montag, Jared Tallent, Katie Hayward and Rhydian Cowley and was designed to prepare Australia's elites for the world stage in 2021. "My goal is to influence the daily training environment and actually have genuine training impact and improvement of performance," Vallance said.

"Our 20km trials are on February 14, so these camps are really important for a lot of our people aspiring to claim some bonus points and hopefully some fast times to stake their claim for Olympic selection."

Montag has already punched her ticket to Tokyo and Vallance says she has had "a fantastic winter's training" and that her "fitness is starting to shine through".

Hayward and Cowley have also clocked Tokyo qualifying standards, with Vallance also touting Declan Tingay as a rising star.

"He was fourth at World Juniors a couple of years ago and broke our national junior record," he said.

"He had a couple of injuries in that junior to senior transition, but he's tracking for a really good season this year."

The top level juniors on the camp will be eyeing off next year's World Junior Championships in Nairobi, and with the Kenyan capital standing at 1800m above sea level - the lessons learnt on Thredbo will stand them in good stead.

"We've got a lot of transitioning athletes going from under 20's to seniors, which in walking their race distances are doubled," he said. "And in a year that we didn't have World Juniors, I thought it was pretty important to offer a lot of the 18 to 21-year-old athletes an opportunity as well."

The goals of the camp have extended far beyond athletics, with Vallance determined to prepare his athletes for all elements of athletics and life. "We've had communal cooking and we've had a couple of really good chefs here so the food quality has been sensational," he said. "Learning how to live together and learning how to train together are very important aspects of learning how to travel and compete as well." The group will return to Thredbo for another stint of training in January 2021.

Japanese government struggling with increased costs of Tokyo Olympics

Paris – The rescheduled Tokyo Olympics will be the centerpiece of a crammed sporting year in 2021, as leagues who had their calendars wiped away by the COVID-19 pandemic try to fill in the gaps — even as another wave hits.

While the games will still be called the 2020 Olympics, they have been altered by COVID-19. Tokyo 2020 organizers and the Japanese government are struggling with increased costs and — despite the growing possibility of vaccines being available — whether to allow foreign visitors and what safeguards and restrictions will be in place.

In early December, Olympic organizers said the delayed Games will cost at least an extra \$2.4 billion as the unprecedented peacetime postponement and a raft of pandemic health measures inflate a budget that was already over \$13 billion.

Enthusiasm also appears to have waned in Japan. A poll in July showed just one in four people wanted to see the games held in 2021 — and that a majority backed another delay or cancellation.

“Whether it’s seen as too much or that we have done well to contain the costs, I think it depends on how you look at it,” Tokyo 2020 CEO Toshiro Muto said. Organizers have reduced the number of free tickets, scaled down the opening ceremony and made savings on mascots, banners and meals, but so far have cut just \$280 million.

“It will be simple rather than festive, but I hope it will be something moving that encourages people through the power of sport,” Muto said.

Tokyo 2020 officials are determined to go ahead next year, even if the pandemic has not receded.

They want to welcome foreign spectators and plan to waive quarantine requirements. They plan to require fans to wear masks and ask them to refrain from cheering and keep their ticket stubs for contact tracing.

Athletes will be asked to arrive late and leave early, minimize their time in the Olympic village, refrain from speaking loudly, avoid physical contact and wear masks when not competing or training. They will be screened on arrival and undergo tests every four to five days.

“I think the games will go off,” World Athletics president Sebastian Coe said this month.

“What nobody is clearly across at the moment, is... whether we are going to have a stadium populated by good, noisy, passionate fans.”

The challenge for organizers is considerable, since the games bring together over 11,000 athletes from 206 countries, accompanied by at least 5,000 officials and coaches, 20,000 media representatives and 60,000 volunteers.

The significance of staging the Olympics goes beyond sports.

Building on diplomatic gestures seen at the PyeongChang Winter Games in 2018, there was reportedly talk of inviting North Korean leader Kim Jong Un to the Tokyo Games and holding a summit with South Korea, China, the United States and host Japan.

Another dominant theme in 2020, opposition to racism, also threatens to cause friction in Tokyo.

In early December, Coe pointedly gave the World Athletics President’s award to 400-meter runners John Carlos, Tommie Smith, both American, and Australian Peter Norman. Carlos and Smith each famously raised a gloved fist in a Black Power salute on the podium at the 1968 Mexico City Games.

“Sadly, their cause and what they so bravely stood for has not been consigned to the history books,” said Coe.

Thomas Bach, the head of the International Olympic Committee, quickly responded with irritation, saying any gestures opposing racism, such as taking a knee, would be against IOC rules prohibiting “political and religious marketing” at the games.

RESULTS RESULTS RESULTS

Queensland Masters December 19th QSAC

It was not as hot as the previous Saturday track meet but still sufficiently humid to make conditions tough for the competitors Noela & Peter won the Andrew Ludwig Memorial award based on their age graded times.

Thirteen year old Tamika Gee was the fastest overall and it is good to see junior walkers continuing the long established understanding with Masters who welcome junior athletes to participate in their competitions.

3,000 Metre Race Walk

Gee, Blake M11 20:17.69 (20:17.70 51.85%)

Gee, Tamika W13 16:17.62 (16:17.63 71.09%)

Gee, Isabella W9 24:12.51 (24:12.52 47.85%)

Masters 3,000 Metre Race Walk

Kirwin, Roslyn W31 21:27.95 (21:27.96 53.96%)

Gannon, Brenda W46 18:39.89 (17:15.90 67.09%)

Bennett, Peter M65 17:17.29 (13:05.75 80.36%)

McKinven, Noela W78 24:31.03 (16:11.18 71.56%)

Age Graded Times & Percentages in Brackets

COMING UP – Track & Road Walks

January 10th QMA Runaway Bay TBA
January 23rd QMA SAC 8.00am 3,000 metre Championship
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 14th AA 20km Championships SA
February 20th QMA SAC 8.00am TBC
February 20th QA Shield Meet QSAC 3/5km Walk
February 21st QMA Runaway Bay TBA
February 24th QMA Wednesday night 10,000 metre Championship
March 1-14th QA State Age & Open Track Championships
March 27th AA 50km Championships Vic
April 12-21st AA Track & Field Championships
April 23-24th Australian Little Athletics Championships Vic

Queensland Athletics State T&F Championships 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.

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.

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

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

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/>