

## Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 66 years in the making.*



## HEEL & TOE

January 14<sup>th</sup> 2021

### **QRWC Judging Seminar Brisbane Saturday February 20<sup>th</sup>**

The QRWC Race Walking Judging Seminar will be held in Brisbane on Saturday February 20<sup>th</sup>. This is the ideal time for volunteers, athletes, coaches and parents to become a qualified race walk judge, upgrade or refresh qualifications or just to come along to the seminar to learn about the rules of race walking and more importantly, how they should be applied. Please pass on information about this seminar to anyone at your athletics club or Little Athletics club who may be interested.

The seminar is to both prepare for professional development as well as enabling current judges to undertake the current AA Racewalk Judging exams (Level 1, 2 and 3). I understand that Judges that have their current Level 1 and 2 are required to undertake at least one seminar as part of the Athletics Australia Education Scheme before they can proceed to the next Level (i.e. Level 1 to 2, Level 2 to 3). This seminar will count towards this.

Some members may have already done the AA Officials Education Scheme: AAOES Level 1 <https://www.athletics.com.au/officials/australian-athletics-officials-education-scheme/>

Participants new to officiating are encouraged to undertake the online Level 1 before the seminar - it's free and does not take much time but it is not a pre-requisite for this seminar. If you are looking to gain competency and confidence to be a competition official this is the course for you.

Zoe Eastwood-Bryson from South Australia has been invited to present the seminar. Zoe was head judge at the Gold Coast Commonwealth Games, has been re-appointed to the World Athletics International Race Walk Judges' Panel, officiated at the 2019 Taicang World Walk Challenge and was Chief Walk Judge at the Oceania Championships.

Zoe has conducted numerous Racewalk Judging seminars in Adelaide, Perth and Melbourne. She was also lecturer and examiner for the RWJECs Level II Course in 2018 on behalf of Oceania Athletics and IAAF. Zoe was chief judge for the walks at the 2018 Gold Coast Commonwealth Games.

Details of the day to follow when finalized but indications are that it will start around 9am. Queensland Athletics have scheduled the race walk events (3/5km) at the Shield Meet on that day to commence at 3pm to allow new judges to stand with a qualified judge during a race.

Register your interest by emailing [peter.bennett@live.com](mailto:peter.bennett@live.com)

*Random Acts of Kindness by Nyle & Friends*



In a time of doom and gloom it is wonderful share such a delightful & uplifting story by our own Masters walker from the Gold Coast, Nyle Sunderland. That is Nyle on the right, dressed to blend in with the flowers.

*In December I floated an idea with my work colleague, Angie. The idea was to pass out flowers to random people to brighten their day. (Something I had seen in a fb video) This week we chatted again about this and we were both so keen to make it happen. We each put in some \$\$ and then Angie calls up her friend, Isaac, who works with flowers. He was super excited to source some flowers for us from the wholesale markets. We gave him a budget and next minute we have 60 single stem rose buds to give away.*

*Today we all met up at Broadbeach, on the Gold Coast and then we walked around the cafes and along the beach front and passed out single roses to random people. Omg! the reactions were amazing and some so emotional. A few said no thank you, i guess they were suspicious that there was a catch. But the looks of confusion, would turn to bewilderment and then to pure joy when the receiver of a rose realised that there was no catch and it was just a pure moment of kindness.*

*With all that is happening in the world right now, there needs to be more kindness. If we each did one random act of kindness, imagine the impact that would have on the world. I'm so full off love right now I could burst.*

*Nyle*



**QRWC Challenge:** Tell us about a random act of kindness you performed or received this week. Don't be a "gunna" just go and do it e.g. check in with a friend you have not seen for a few days to see if they are OK or offer to mow an elderly neighbour's lawn.

### **Melbourne 10,000 Metre Trials 10,000m Walk Men**

1. Rhydian Cowley VIC 1991 39:58
2. Declan Tingay WA 1999 40:31 PB 0:18
3. Kyle Swan VIC 1999 42:17
4. Mitchell Baker ACT 2001 42:55 PB 0:52
5. Will Thompson (U20) VIC 2002 43:39 PB 0:39

6. Tim Fraser ACT 2000 44:18 PB 0:10
7. Tristan Camilleri SA 2001 45:21 1 minute penalty
8. Jared Tallent SA 1984 45:19
9. Corey Dickson (U20) VIC 2002 45:46

### **10,000m Walk Women**

1. Jemima Montag VIC 1998 43:45 PB 0:05
2. Rebecca Henderson VIC 2001 46:25 PB 1:18
3. Katie Hayward QLD 2000 47:17
- Jemma Peart VIC 2001 DNF
- Alannah Peart (U20) VIC 2003 DNF
- Rachel Tallent VIC 1993 DNS

## **This Week**

The Queensland Masters track race last Saturday was cancelled due to the 3 day lockdown. Now the season resumes for the year this Saturday morning (January 16<sup>th</sup>) at the SAC with an 8.00am start for the **Qld Masters 3,000 metres walk championships** .

### **TOP PRIORITY for those intending to compete at Masters meets**

PLEASE NOTE: ALL QMA MEMBERS, SPECTATORS, & VISITORS - NEW REQUIREMENTS

The key additional requirements that relate to athletics activity are:

You must carry a mask with you at all times when outside of your home.

- **You must wear a mask in indoor spaces other than your home (examples: clubhouses, toilets, officials' room)**
- You do not need to wear a mask while exercising or competing on the field of play.
- In outdoor spaces you should socially distance at all times and if that is not possible wear a mask
- Children under 12 are not required to wear a mask.

**QMA COVID-19 CONTACT TRACING. New registration requirement.** The Queensland Government has mandated that from 24th December 2020, all persons attending an event or venue must register their details **electronically** for contact tracing purposes. This means that at the **QMA Brisbane competitions at the SAF track**, there will no longer be lists at the gate for you to tick off.

The following procedures will be implemented:

- All members intending to compete are encouraged to enter and pay on-line, following the usual link from the website. That is all you will need to do.
- Members who want to enter on the day, visitors intending to compete, officials, volunteers and spectators have two alternatives:
  - o You can register on-line ahead of the competition following the link from the website, or
  - o You can scan the QR code at the gate and enter your required details.

Then those intending to compete go ahead and lodge their entry using the pink and blue forms as usual.

NOTE: If you have an iPhone, you can scan the QR code using the photo app, or if you have an android phone, you will need to have a QR code scanning app installed. If you don't have a phone, try to come with a friend who has one as they will be able to register you. It is the responsibility of all attendees to register their correct details appropriately.

## COMING UP – Track & Road Walks

January 16<sup>th</sup> QMA SAC 8.00am 3,000 metre Championship  
January 17<sup>th</sup> QMA Runaway Bay 8.00am 3,000 metres  
January 23<sup>rd</sup> QMA SAC 8.10am 2,000m metres / 9.40am 1,500 metres  
January 23<sup>rd</sup> QA Shield Meet QSAC 3/5km Walk  
January 30<sup>th</sup> QMA SAC 8.00am 3,000 metres  
January 31<sup>st</sup> QMA Runaway Bay 3,000 metres 8.00am  
February 6<sup>th</sup> QMA SAC 9.00am 1,500 metres  
February 7<sup>th</sup> QMA SAC 10,30am 1,500 metres  
February 7<sup>th</sup> QMA Runaway Bay TBA  
February 10<sup>th</sup> QA Mid-Week Meet QSAC 3/5km Walk  
February 14<sup>th</sup> AA 20km Championships SA  
February 20<sup>th</sup> QMA SAC 8.00am 3,000 metres  
February 20<sup>th</sup> QA Shield Meet QSAC 3.00pm 3/5km Walk / Judging Seminar  
February 21<sup>st</sup> QMA Runaway Bay TBA  
February 24<sup>th</sup> QMA Wednesday night SAC 8.20pm 3,000 metres  
March 1-14<sup>th</sup> QA State Age & Open Track Championships  
March 27<sup>th</sup> AA 50km Championships Vic  
April 12-21<sup>st</sup> AA Track & Field Championships  
April 23-24<sup>th</sup> Australian Little Athletics Championships Vic

## Queensland Athletics State T&F Championships 2021 March 11-14<sup>th</sup>

QA have announced that the Queensland Athletics State Championships, U14 to Open will be held on the 11<sup>th</sup> to 14<sup>th</sup> 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 27<sup>th</sup> March. The Australian Athletics Championships will be held in Sydney starting on April 12<sup>th</sup>.

## Oceania Masters Athletics Virtual Championships

With the Oceania Masters Athletics Virtual Championships postponement of the January 2021 Oceania Masters Athletics champs to January 2022, and the closing of countries borders throughout the region, Masters athletics in the region have very limited opportunities for regional competition. For this reason, the OMA Council has decided that we should promote a virtual championship.

The proposed conditions for the competition are:

1. Competition to take place between **Jan 01 and Jan 31, 2021** in one or more organized meets
2. Athletes aged 30 plus on Jan 01, 2021 are eligible to participate.
3. Membership of an athletics club or federation is required
4. Program of events would be the same as on the program for the Oceania Masters champs : **Eligible Walks 1,500 metres, 5,000metres and 10km .**
5. Individuals may only submit a result for an event once.
6. Results to be submitted by Club or Federation a. Results should be returned on the form supplied by OAA (And available on the OMA Webpage) and should include: i. Event ii. Venue and date iii. Athletes name and Date of Birth iv. Performance: Time/distance/Height v. Wind Reading
7. Performances should be done under appropriate WA/WMA rules and guidelines
8. Results to be submitted to, collated and tabulated by OAA Office. Email address [competitions@oceaniaathletics.com](mailto:competitions@oceaniaathletics.com)
9. Awards (Electronic certificates) will be made to the first three performances in each 5-year age group for each event.

## **Racewalking Queensland Management Committee 2020/21**

**As elected AGM November 21<sup>st</sup>**

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](mailto: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)

**Racewalking Queensland Management Committee 2020/21**

**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

**QRWC Website:** [www.qrwc.com.au](http://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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto:racewalkqld@outlook.com) Articles for the newsletter, to send in results, to join newsletter mailing list.

QRWC race entries [qrwc1955@icloud.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>