

Queensland Race Walking Club Inc.

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



HEEL & TOE

January 7th 2021

2021 Are you ready for this?



QRWC Judging Seminar Brisbane Saturday February 20th

Please be advised that the QRWC is planning to hold a Race Walking Judging Seminar in Brisbane on Saturday February 20th. This will be 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. 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.

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.

Details of the day to follow when finalized. Register your interest by emailing peter.bennett@live.com



Walks Day

Robyn Wales has invited all Little A's race walks to A Walks Day at Ashmore Little Athletics club this Saturday morning.

When: 9am January 10th

Where: Ashmore LAC

Walks: U9 700m,

U10, U11 1100m,

U12 - U17 1500m.

Just come along - Registration on the day

Coaching, judging, warm up, warm down, drills.

Tokyo Olympics will go ahead says Japan's Prime Minister

The delayed 2020 Tokyo Olympics and Paralympics will go ahead this summer despite concern over rising coronavirus cases, says Japan's prime minister. The Olympics are due to begin on 23 July with the Paralympics following a month later from 24 August. Cases have surged in Japan in recent days with Tokyo reporting over 1,000 daily infections for the first time.

But prime minister Yoshihide Suga said the "Games will be held this summer" and be "safe and secure".

Japan is responding to cases of the new variant of coronavirus first found in the UK, with Tokyo governor Yuriko Koike warning the number of infections could "explode".

There were a record 1,337 cases in Tokyo on 31 December with 783 new infections announced on Friday.

Japan has recorded 239,041 coronavirus cases and 3,337 deaths during the pandemic, according to Johns Hopkins University.

Costs for the Games have increased by \$2.8bn (£2.1bn) because of measures needed to prevent the spread of coronavirus but organisers have ruled out a delay. The Games could be the most expensive summer Olympics in history.

A poll by national broadcaster NHK showed that the majority of the Japanese general public oppose holding the Games in 2021, favouring a further delay or outright cancellation of the event. Suga said the Games going ahead could serve as a "symbol of global solidarity".

Fresh fears for Tokyo Olympics as host city sees surge in Covid-19 infections

When Japanese and International Olympic Committee officials finally accepted defeat in March and postponed the Tokyo 2020 Olympics, there was general agreement that a one-year wait would give the world ample time to overcome the coronavirus pandemic.

The delayed Olympics, the then prime minister Shinzo Abe said, would be an opportunity to pay tribute to the human spirit in overcoming the world's biggest public health crisis for a century. But in the nine months since the first postponement in the modern Games' 124-year history, Olympic officials have found themselves wrongfooted by the virus at every turn. Far from the communal celebration of sport envisaged by Abe, the harsh realities of Covid-19 have forced them to lower their expectations.

With just over half a year to go before the opening ceremony at the \$1.4bn (£1.02bn) main stadium, organisers are battling rising costs stemming from the pandemic and, critically, waning public interest in the host country. The discovery of a new variant of Covid-19 – which has now been identified in Japan and prompted a ban on non-resident arrivals – has only underlined the difficulties facing Olympic officials as they prepare for the March release of plans for a scaled-down Games. Publicly, Japanese organisers and the IOC are optimistic they can ensure the safety of more than 11,000 athletes, as well as thousands of officials, journalists and other Games-related staff.

During a visit to Tokyo in November, the IOC president, Thomas Bach, said he and Japan's new prime minister, Yoshihide Suga, were "totally aligned in the full determination and

confidence” to make the Olympics and Paralympics “a great success”, adding that the events would be “the light at the end of the tunnel”. Suga, meanwhile, was confident a “safe and secure” Olympics would offer “proof that humanity has defeated the virus”. Just six weeks on, that sounds like wishful thinking. While Japan has fared better than many other countries – with 230,000 cases and just under 3,400 deaths – it is heading into the new year amid a surge in infections, with the host city at its centre.

Tokyo’s governor, Yuriko Koike, warned that the capital could face an “explosion” of cases and urged people to “put life before fun” and stay home over the new year holidays. Only 24 hours later, Koike told the Kyodo news agency that Tokyo had 1,300 new infections, beating the previous one-day high of 949 from last Saturday. Even if, as Bach believes, it will be possible to admit a “reasonable” number of visitors, health experts have pointed to the logistics of testing and tracking, as well as the potential for additional pressure on Tokyo’s already overstretched medical infrastructure.

Rising costs are also a concern. While all 68 domestic sponsors have reached a “basic agreement” to extend their contracts until next year, along with further injections of money to address the postponement and pandemic, the \$7.3bn Tokyo cited when it won the bid in 2013 now seems like fantasy accounting. Last month, organisers announced that the latest Olympic bill had risen by \$2.8bn – including \$900m on Covid-prevention measures – to \$15.4bn, most of which will be shouldered by the Japanese taxpayer. The double whammy of rising costs and coronavirus fears have combined to turn the Japanese public against the Olympics. In a December poll by the public broadcaster NHK, 63% of respondents said the Games should be postponed again or cancelled. Just 27% said they should take place.

The next few months will be critical. Japan is not expected to begin vaccinating its population until February at the earliest – beginning with medical workers, followed by vulnerable older people in March, when 10,000 runners are due to start carrying the Olympic torch to every part of the country.

Tokyo, though, will not get a third chance – the IOC and organisers have established that a further postponement is out of the question. With billions of dollars in television rights and sponsorship at stake, the indications are that a version of the Games will open on 23 July. But it will do so in a wary, virus-fatigued country whose people appear ready to abandon the Olympic dream.

Here we go again – Cancellation of Australian Masters Track Championships

The Local Organising Committee of the 2021 AMA National Track and Field Championships has recommended to the AMA Board the scheduled event for March 2021 be cancelled due to uncertainty over the COVID-19 situation.

Despite the extensive efforts the Canberra 2021 Local Organising Committee has made in preparation for the event, to the extent that opening of registrations was imminent, the current COVID-19 outbreaks and State border closures mean that the committee is not prepared to carry on because of the continuing uncertainty.

In consultations with the AMA, the Local Organising Committee also considered postponing to later in 2021, but there was agreement the uncertainty is likely to continue for some time.

Oceania Masters Athletics Championships Norfolk Island 2021 – Postponed

Having considered the impact of the Covid19 pandemic and the continuing uncertainty in relation to international travel restrictions, the Local Organising Committee (LOC) for the 2021 Oceania Masters Athletics Championships regret to advise that the Championships have been postponed from January 2021 until the week of the **10th to 14th January 2022**.

Details of the new dates and further information will be updated on the Athletics Norfolk website athleticsnorfolkisland.com

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
9. Awards (Electronic certificates) will be made to the first three performances in each 5-year age group for each event.

This Week

Queensland Masters track season resumes for the year this Saturday morning (January 9th) at the SAC with an 8.00am start for the 2,000 metres walk.

TOP PRIORITY for those intending to compete at Masters meets
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 9th QMA SAC 8.00am 2,000 metres

January 16th QMA SAC 8.00am 3,000 metre Championship
January 17th QMA Runaway Bay 8.00am 3,000 metres
January 23rd QMA SAC 8.10am 2,000m metres / 9.40am 1,500 metres
January 23rd QA Shield Meet QSAC 3/5km Walk
January 30th QMA SAC 8.00am 3,000 metres
January 31st QMA Runaway Bay 3,000 metres 8.00am
February 6th QMA SAC 9.00am 1,500 metres
February 7th QMA SAC 10,30am 1,500 metres
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 SAC 8.20pm 3,000 metres
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/>