

Queensland Race Walking Club Inc.

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



## HEEL & TOE

June 11<sup>th</sup> 2020

### **My Race Walking Journey**

*By former East German 35km National Champion and now Club Treasurer Ralf Hamann*



I grew up in East Berlin in the 1970s and 1980s, the then capital of East Germany (or officially the German Democratic Republic). For the younger club members, Germany had been divided from 1949 until 1990 between East and West with closed borders (we had a concrete wall running through Berlin). So, for me growing up in the East it meant that we were not allowed to travel to the West. We were only allowed to travel relatively freely to the communist countries in the East.

Race walking in East Germany and in particular East Berlin was a very popular sport with many squads and clubs competing in an outdoor season from March to November and a short indoor season in January and February. We would have had easily up to 30 athletes per age group competing in the races.

The system was divided into two streams, the squads open for everybody to join and the elite clubs for athletes who were selected to represent the country in international events. Athletes in these clubs were training as 'professionals' with special schools where schooling was scheduled around training commitments and special scholarships and sponsoring for the time after school. To get into these clubs (about 10 in the country) athletes as young as 13 required to show promising performances but also required to be politically screened (that's where I failed, which ultimately ended my racing career early).

In order to 'feed' these elite clubs a special 'amateur' national championship system was created, which excluded the elite club athletes, however everybody was allowed to compete in the official national championships, where it was an extra motivation for the 'amateurs' to race against the elite athletes. For me it was extra sweet when placed on the podium in

National Championships and when I managed to win the 35km National Championship as a Junior against some of the best elite athletes.

The system with regional and national championships did not start for us before the under 14 age group (we did not have something like the Little Athletics system). Each year we would move up one age group until age 16 when the 16 and the 17 year olds would form one group. The 18 to 20 year old athletes would be Juniors and over 20 was Open. So not much different what we have today.

The difference were the distances. We raced significant longer distances than our system here in Australia now. The under 14 and under 15 distances were similar with 3km and 5km, but starting with 15 years we went straight to 5km and 10km in all Championship events and with 16 we had to race 10km, 20km and 35km. Once entering the junior age group (older than 17) we raced 20km and 35km.

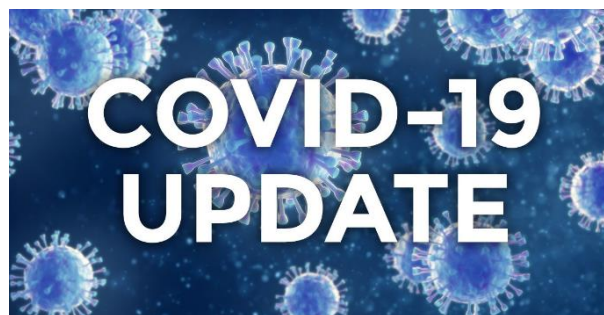
So, once we left the junior age there was not a big jump to race in the Open Championships which were the Olympic distances of 20km and 50km. I raced my first 50km race when I turned 20, which would be quite unusual for us here in Australia nowadays.

I started race walking when I was 5 or 6 years old and when I was 21, I stopped to concentrate on finished University. I was also not motivated anymore as I knew that in the East German system I could never get to any international races. A short time later the borders open with a reunited Germany, but I did not re-start again. In hindsight I regret this decision as I believe I did not reach my full potential.

Managing educations and social life with the demands of training is a challenge for young athletes in any endurance sport. But if you could achieve your full potential you will later look back and be satisfied that you have tried your best.

So, my advice to our young athletes would be to keep pushing yourself even if studies and social life is tempting you to skip the training. Explore how far it can get you.

## **New COVID Regulations Queensland Athletics Clubs and Members**



As of the **7<sup>th</sup> June**, Athletics activity in Queensland now operates under an Industry COVID SAFE Plan for Outdoor Sports.

[https://www.covid19.qld.gov.au/\\_data/assets/pdf\\_file/0010/130204/industry-covid-safe-outdoor-sports.pdf](https://www.covid19.qld.gov.au/_data/assets/pdf_file/0010/130204/industry-covid-safe-outdoor-sports.pdf)

This is supported by information on the Return to Play online hub

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions/sport/funding-grants>

NOTE: Sport Australia, Athletics Australia and other States all have posted also advice, in some cases this differs from the Queensland Government Advice, please follow the above advice and that provided by Queensland Athletics and Qrun.

## **Athletics Specific advice to implement the Industry COVID SAFE Plan**

### **Preparation**

- Ensure members understand the risk they pose to other members if they have any of the COVID 19 symptoms, even minor and do not attend if they do.
- Pre-registration in the best practice, use of the QA supplied RevSport system will automatically then keep a record of all participants for contact tracing and can be set to limit participants to the required 20. Queensland athletics Staff can assist if required.
- If you decide to use another method to organise your groups, such as email or social media, you must keep a record of those that attend, ensure everyone know to not turn up with even minor symptoms and restrict numbers in any group to 20 or less including Coach / Run Leader.
- As part of registering to attend any session all participants should agree to a waiver. This is included at the end of this letter
- Check that there are no restrictions at the chosen venue.
- Check with Venue any special requirements
- Check if Venue will have COVID SAFE single in place at ant entry and exit points
- Check with Venue in regard to regular cleaning of toilet facility's
- Obtain hand sanitiser and small tables for its use.
- Preference is for all participants to bring their own sanitiser and use it on a regular basis

### **Venue Use by Groups of 20 under The COVID SAFE Plan**

- More than one group of 20 can now use a facility,
- There must be no commingling or contact between groups, before, during or after activity.
- Social distancing must be applied, and minimum 4 square metres be available for each individual.
- A minimum of 5 metres, preferably more, must be maintained between groups at all times.
- A parent group may be formed, social distancing must be applied.
- Entry and exits must be controlled to maintain social distancing.
- Participants should be told of the exact location, e.g Northern D, 100m start line, before arrival.
- They also must be informed of the above rules and each group has access to hand sanitiser.
- There is to be no sharing of equipment.
- High Jump and Pole Vault Matts are not to be used by groups.
- Long Jump pits may be used in a limited way athlete must land on and stay on their feet, hand sanitiser must be available near the pit for use after jumps.
- You may be required by the venue to provide a Statement of Compliance – we can provide you with one by contacting [david.brown@qldathletics.org.au](mailto:david.brown@qldathletics.org.au)

As a critical part of the plan is preregistration and keeping a record of attendance in each group, this must be done. We are happy to help set systems in RevSport if that works for you.

### **On the Day**

- The groups must not be larger than 20, this includes all individuals, athletes, coach's and any parents

- The must be no comingling between groups at the same facility, before, during or after activity.
- Athletes should arrive just on time and dressed ready to train, athletes should leave the venue as soon as possible after finishing activity – get in and get out.
- Make sure participants respect social distancing at all times, while 1.5m is the minimum, 2m to 3m is better when athletes are ventilating heavily.
- When running in lanes, athletes to use every second lane
- Avoid running in others' slipstream or in groups
- No sharing water bottles
- Athletes to bring own towel
- Where posable athletes should bring their own equipment, if that's not possible there should be no sharing of equipment and athletes should collect their own implements.
- No high fives or hugs or handshakes
- No use of High Jump, Pole Vault Matts
- Long Triple Jump pits can be used if athletes land on and stay on their feet
- Avoid public facilities wherever possible
- Make sure you demonstrate good behaviour on social media
- Make sure members are aware of abiding by these guidelines

If you have any questions, please feel free to contact myself

[david.gyntner@qldathletics.org.au](mailto:david.gyntner@qldathletics.org.au) or 0437004983

#### **Waiver**

I have not travelled overseas / been exposed to a person with COVID-19 in the preceding 14 days. I agree that I do not feel unwell, and don't have flu/cold like systems such as fever, cough, sore throat, shortness of breath, loss of smell or taste, muscle and joint pain, diarrhoea, vomiting or loss of appetite. I consent information from this form can be used by venue owners and government agencies for COVID-19 contact tracing as part of the public health response. I agree to abide by all the Rules and By Laws of this club, Athletics North Queensland, and Athletics Australia

### **Tokyo 2020: Olympics will be 'simplified' in 2021**

Tokyo 2020 will be a "simplified" Olympics, according to the chief executive of the organising committee. The Games, scheduled to start in July, were postponed for a year in March because of fears over the Covid-19 pandemic. Tokyo 2020 chief executive Toshio Muto added that the Olympics will "not be done with grand splendour".

Organisers said that they are working on more than 200 ideas to simplify and reduce costs for the rescheduled Games. Muto, speaking at a news conference, also revealed that the organisers had not ruled out reducing the number of fans, although the competition schedule remained unchanged for now. Meanwhile, Yoshiro Mori, the president of Tokyo 2020, refused to discuss the possibility of cancelling the Games altogether. "It's not right to discuss speculation based on a hypothetical scenario and therefore our direction is to not consider at all about cancellation," he added.

### **QRWC Winter Road Walk Season**

**See membership update later in this newsletter**

The **Queensland Road Walking Club** is dedicated to the safety and wellbeing of all our members and we are still in the position where we must suspend our winter road walk season. The public health emergency area specified in the State Health order is for **'all of**

**Queensland**. A key message from QA is to forget what may or may not be happening in other States we have to follow the directives that are given to us here in Queensland.

**Stage 3: From 10 July**

Standard activity permitted to occur for up to 100 people.

Spectators and non-essential personnel should be minimized.

*If spectators do attend training or competitions they are to be considered within the specified limit of people for that stage.*

**Possible QRWC road season?** (this is not a programme, just indication of what meets the club could hold: when & if conditions allow). It will no longer be feasible to conduct a Handicap Points competition for 2020 but will endeavour to provide races every weekend until the track season commences whenever possible.

**Stage 2 June 12<sup>th</sup> Midnight**

~~June 14<sup>th</sup> QRWC Meet~~

~~June 21<sup>st</sup> QRWC Meet~~

~~June 28 QRWC Meet~~

July 5<sup>th</sup> Gold Coast Marathon Southport **CANCELLED**

**Stage 3 July 10<sup>th</sup> Midnight**

July 12<sup>th</sup> RWA Postal Challenge?

July 19<sup>th</sup> QRWC Track Meet?

July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**

July 26<sup>th</sup> QA Road Walk Championships Venue Murarrie **TBC**

August 2<sup>nd</sup> Gold Coast RW Championships Mudgeeraba?

August 9<sup>th</sup> QRWC Meet?

August 16<sup>th</sup> QRWC Club Championships?

August 23<sup>rd</sup> QRWC Track Championships?

August 30<sup>th</sup> AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne **Unlikely to be held on this date. See update below re: AA Cross Country Championships**

August 30<sup>th</sup> Australian Masters 20km Championships Adelaide **Maybe a Virtual event**

September 6<sup>th</sup> Father's Day - No Club Races

November 15<sup>th</sup> Pan Pacific Masters Games 10km Road Walk **CANCELLED**

**2021**

January 18-22 Oceania Masters Championships: Norfolk Island

March 5-8 AMA National Championships Canberra, ACT

WMA World Championships: TBA, Tampere, Finland

**GOLD COAST VIRTUAL MARATHON**  
1 - 31 JULY 2020 | QUEENSLAND, AUSTRALIA

- Village Roadshow Theme Parks Gold Coast Virtual Marathon
- ASICS Virtual Half Marathon
- Southern Cross University Virtual 10km Run
- Gold Coast Airport Virtual 5km Fun Run
- 4km Junior Dash

2km Junior Dash

Simply register, record your run with ASICS Runkeeper and upload your results

<https://goldcoastmarathon.com.au/>

## QRWC Memberships 2020/21

### Have you re-joined?

All club memberships became due on April 1<sup>st</sup>. In anticipation of a start to race walking sometime in July we encourage all existing and new members to now join the club prior to race days. To assist in staying COVID Safe we want to reduce queues, handling of forms and money on race day.

#### Membership Process as outlined by Dave Brown from QA

If you were a member last year and you wish to renew your membership online with QRWC, you need to select “RENEW” <https://www.revolutionise.com.au/qldracewalkingclub/registration/> - **OR** you can renew your membership manually at your next QRWC event and your details will be updated by the club Registrar.

**IMPORTANT:** *As a condition of membership under the QRWC Constitution for both options, members will need fill out and sign the club membership application form and sign the code of conduct and waiver before competing in club meets. If you have already renewed your membership on the QA RevSport portal please complete the form and tick the applicable box and return it to the Registrar.*

*Both individual and family membership forms are attached. All Management Committee members and those members appointed to positions in the club must be financial members of the club. There is now a field on the individual application form for **Blue Card holders** to enter their details so that they can be entered into a register on the QA RevSport portal by the Registrar.*

*Please return completed and signed forms to the Registrar at [tara.norton@bigpond.com](mailto:tara.norton@bigpond.com) and CC the Secretary at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)*

You will notice that there are now only two memberships available to you: Student (\$15.00) or Non-Student (\$25.00). These amounts are your Qld Race Walking Club fees only. Because your club operates on a different memberships schedule to Track & Field clubs, we have had to adjust the way membership works for you.

We have noted that most of you are already members of another Track & Field club, which means you have already paid the Qld Athletics fee for either Base or Platinum membership for the October-September season. With this in mind, *any events you wish to register for in the future will be through your Track & Field club, not QRWC.* This change will save you a bit of money and will also make your event registration process a bit easier.

If you are **not** a member of a Track & Field club, you can register as a base member (\$12) by clicking here <https://www.revolutionise.com.au/qldathleticsbase/registration/> - remember T&F membership is October-September.

If you have any questions about your membership as we move forward into your 2020 QRWC season, please contact your committee.

Kind Regards, Dave Brown

## 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 2019/20**

### 2020 AGM POSTPONED

**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

**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/>