

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 24th 2021

**Tokyo Olympic tough new rules: No alcohol, no hugs, no cheers
and no autographs
..... but you can yell at your TV at home.**

Tokyo 2020 president Seiko Hashimoto warned festivities 'will have to be suppressed' to keep the Games safe, and conceded that organisers will need to be 'creative' to stoke a party atmosphere.

No alcohol, no hugs, no cheers and no autographs: Tokyo Olympic organisers unveiled tough new rules for spectators at the pandemic Games on Wednesday, as they marked one month until the opening ceremony.

Tokyo 2020 president Seiko Hashimoto warned festivities "will have to be suppressed" to keep the Games safe, and conceded that organisers will need to be "creative" to stoke a party atmosphere.

Games chiefs decided on Monday to allow up to 10,000 spectators into competition venues, but Hashimoto warned them not to expect the kind of festival mood currently being enjoyed by football fans at Euro 2020.

"In Europe, the venues are filled with celebration," she said. "Unfortunately, we may not be able to do the same."

Spectators will need to clear several antivirus requirements, including temperature checks and mask-wearing, just to get into venues -- with no refunds available for those who can't. Once inside, they are forbidden from cheering or "making direct contact with other spectators" and will be asked to go straight home after events end. Asking athletes for autographs or "expressing verbal support" is also a no-no, as is waving a towel or "any form of cheering that could create a crowd".

COVID -19 UPDATE Queensland

Relaxation of restrictions from 1am **Friday 25 June 2021**

Changes will include:

Density restrictions lifted to 3 people per 4m²

No limits on gatherings in homes or outdoor public spaces

No restriction on self-service food

100% capacity allowed for events with allocated seating

Fewer COVID safe plans will be required, and will be replaced by a single checklist.

To help keep everyone safe and make contact tracing easier with eased restrictions, we've introduced a travel declaration for those travelling into Queensland and we'll be expanding the use of the Check In Qld app.

Queensland Travel Declaration

From 1am AEST Saturday 19 June 2021 you must complete a declaration to enter Queensland from anywhere in Australia or New Zealand.

To reduce the risk of COVID-19 in Queensland and manage outbreaks, the Queensland Government has put in place declaration requirements for all travel into Queensland from interstate and New Zealand (on quarantine free flights).

Queensland has two types of declarations, a Queensland Travel Declaration and a Queensland Border Declaration Pass.

You must complete the right declaration for your situation before you travel to enter Queensland. If conditions change or you need to update your travel details, you'll need to complete a new declaration with updated details. Queensland residents must also complete a declaration if they are returning home from interstate or New Zealand.

RESULTS RESULTS RESULTS

Congratulations to Iggy, Jenny, Torryn, Lily, Kiara & Freya for walking seasons' best times at the club meet at Mudgeeraba on Sunday. A big Thank You to everyone who assisting in running the meet on Sunday; the judges, timekeepers and lapscorers.

QRWC Handicap Meet # 8 20th June 20th Mudgeeraba

A Grade 10km

Men: (1) Ignacio Jimenez 51.39 (2) Argenis Guevara 1.01.09 (3) Peter Bennett 1.13.18
Women (1) Jennifer Stuckey 1.06.08 (2) Noela McKinven 1.27.39

B Grade 5km

Men: (1) Paul Lindenberg 34.15 (2) Patrick Sela 42.33
Women: (1) Lyla Williams 28.26 (2) Anika Clarke 30.48 (3) Torryn Fisher 31.01 (4) Deborah Lindenberg 38.34

C Grade 3km

Men: (1) Bailey Housden 15.10 (2) Kai Dale 17.40.
Women: (1) Makenna Clarke 17.12 (2) Natasha Flahey 17.37 (3) Casey Smith (Visitor) 18.13 (4) Siaan Fisher 20.13 (5) Lily Housden 20.29

D Grade 2km

Men: (1) Korbyn Bricknell-Hewitt 13.12
Women: (1) Maya Barron 12.15

E Grade 1km

Men: (1) Hunter Sibenaler 6.22
Women: (1) Kiara Waterman 6.10 (2) Freya Williams 6.49 (3) Tully Fisher 7.25.

Judges' Reports

Red caution

314 k
230 c
315 k
376 c

This Week

Sunday June 27th QRWC Handicap Meet # 8

Kalinga Park

7.30am A Grade 10km

8.00am B Grade 5km

C Grade 3km
8.20am D Grade 2km
E Grade 1.5km
F Grade 1km

Entry is via the RevSport portal. Non-Members can enter on the day.

Entry fee is \$5.00 for members, \$10.00 for non-members.

[Handicap Meet #8 - Old Race Walking Club - revolutioniseSPORT](#)

If you need any assistance lodging your entry or have any queries about this meet please contact the Registrar qrwcregistrar@gmail.com

Volunteers: We will need your help... at this meet and every other meet.

Coming up

Sunday July 11th Racewalking Australia Postal Challenge / QMA C/Ships

Logan River Parklands, Beenleigh

8.00am Open M/W 10km
 QMA Masters M 10km (M60+ 5km option)
 QMA Masters W 5km
 U 20 M/W 10km
 U18 M/W 8km
8.10am U10 M/W 1.5km
 Invitation (Non-challenge event) 500 metres
8.30am Invitation 5km (non-challenge event)
 U16 M/W 5km
 U14 M/W 3km
 U12 M/W 2km

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is 'age on the day' for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

Sunday July 18th QRWC Track Championships

University of Qld St Lucia

8.00am Open M/W 5,000 metres
 U20 M/W 5,000 metres
 U18 M/W 5,000 metres
8.45am U16 B/G 3,000 metres
9.10am U14 B/G 1,500 metres
 U12 B/G 1,500 metres
9.25am U10 B/G 1,000 metres

Race Walking Qld Track Championship Records

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22
Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98
Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90
Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20
Under 14 Boys 1,500 metres Kris Hayward 2017 6:36

Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24
 Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00
 Open Women's 5,000 metres Jessica Pickles 2017 23.03
 Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00
 Under 18 Women's 5,000 metres Katie Hayward 2017 21:56
 Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97
 Under 14 Girls 1,500 metres Jayda Anderson 2018 6.46
 Under 12 Girls 1,500 metres Lyla Williams 2019 7:18.00
 Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

June	27	QRWC Handicap Meet 8	Kalinga Park 8.00am
July	4	Gold Coast Marathon	Southport
	11	RWA Postal Challenge	Beenleigh 8.00am
	18	QRWC Track Championships	UQ St Lucia 8.00am
<i>Saturday</i>	24	QA Road Walk Championships	Ipswich
August	1	No club competition scheduled	
	8	QRWC Handicap Meet 9	TBA
	15	QRWC Handicap Meet 10 / M&W Club 15km C/ship	Morningside 7.30am
	22	QRWC Club Championships	Beenleigh 8.00am
	29	QRWC Relay/ Trophy Day/ Lunch	Kalinga Park
September	12	AA/Federation Championships	Melbourne

DATE CLAIMER: Sunday, August 29th QRWC End of Season Relays / Lunch / Trophy Day

AA Road Walk Championships & RWA (2nd Federation) Carnival

Sunday September 12th Middle Park, Melbourne

9.00am 20km AA Championship & RWA Teams Open Men
 9.00am 20km RWA Championship Masters Men
 9.00am 20km AA Championship Open Women
 9.15am 2km RWA Championship & Teams U12 Boys/Girls
 9.35am 3km AA Championship & RWA Teams U14 Boys/Girls
 10.00am 5km AA Championship & RWA Teams U18 Girls
 10.00am 5km AA Championship & RWA Teams U16 Boys/Girls
 10.30am 10km RWA Championship & Teams Open Women
 10.30am 10km RWA Championship Masters Women
 10.30am 10km AA Championship & RWA Teams U20 Men/Women
 10.30am 10km AA Championship & RWA Teams U18 Boys
 11.40am Presentations

Sport and Recreation update: your obligations, protecting Queensland children

There are new criminal law offences commencing in Queensland to increase protection of children from the risk of sexual abuse. The new offences target behaviour that ignores or hides the sexual abuse of children. Everyone involved in sport and active recreation has a role to play in keeping children safe from harm.

The following will come into effect from **5 July 2021**:

Failure to report

All adults in the community that reasonably believe (or should reasonably believe) that a child is being or has been the victim of sexual abuse must report it to the police – unless they have a reasonable excuse.

The maximum penalty for failing to report belief of a child sexual offence is 3 years' imprisonment.

Failure to protect

Adults in an institutional setting (including sport and recreation clubs) must protect children from the risk of a sexual offence being committed against them.

Specifically, an adult in a position of power or responsibility within an institution that has children in its care, supervision and control will be required to reduce or remove a known risk of sexual offending against a child by an adult associated with an institution.

How an adult can remove or reduce risk will depend on the situation. Adults should not have to adopt unnecessarily expensive or risk-averse behaviour.

The maximum penalty for failing to protect a child from a sexual offence is 5 years' imprisonment.

As activity providers, it is important that you understand your obligations and take the necessary steps to protect children at your institution.

More information about these offences can be found at www.qld.gov.au/protectchildren. You may wish to seek legal advice if you are unsure about reporting obligations.

Regards

Andrew Sly

Assistant Director-General Sport and Recreation

Department of Tourism, Innovation and Sport

CLUB UNIFORMS – ONLINE SHOP NOW OPEN

<https://www.revolutionise.com.au/qldracewalkingclub/>

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Contact Jen at qrwcregistrar@gmail.com if you have any questions or want to make alternative arrangement to collect your purchase.

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival wearing the club uniform is compulsory

All QRWC memberships for 2021/2022

The club has now been changed over to the new season and new payment classes installed.

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ;

david.brown@qldathletics.org.au or QRWC Registrar Jenny Stuckey

qrwcregistrar@gmail.com

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

Club Coach, Officials & Volunteers - \$0

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

QRWC Handicap Meets and Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club **Handicap race meets** during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be awarded a maximum of 115 points. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

Racewalking Queensland Management Committee 2021/22

President: P Bennett

Secretary/Treasurer: N. McKinven

Vice President. I Jimenez

Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin

Patrons: Patrick & Maxine Sela

Registrar: J Stuckey / C Chadwick

Equipment J McRoberts

Uniforms: J Stuckey

Publicity / Media C Chadwick

Newsletter Editor: P. Bennett

Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

Jasmine-Rose McRoberts Level 2 Club coach

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



Entries Now Open

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am

Sport Fee: \$20 per person

Games Fee: Competitor: Early bird \$125 (until 11:59pm AEST 31 August 2021) Standard \$145 (from 1 September 2021)

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

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.

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/>