

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 25th 2020

AN UPDATE FROM RACE WALKING AUSTRALIA PRESIDENT – Bob Cruise

Fears of a second wave of Covid 19, border closures, restrictions still in place in most states of Australia, the current situation in Victoria and the slowness of, and confusion associated with, a return to normal have clearly impacted, and continue to impact on sporting clubs throughout Australia. And so it has been and continues to be with Race Walking Australia.

Three issues of immediate concern to RWA are:

- The Conduct of the Annual General Conference;
- The AA/RWA Australian Road Walking Championships; and
- The Conduct of the Interstate Challenge Event.

An update on each of these items follows.

2020 Annual General Conference: The AGC is normally conducted the evening before the conduct of the Lake Burley Griffin Carnival in Canberra, on the long weekend in June. With the cancellation of that event the AGC was not able to be held. The RWA Constitution states that the AGC must be conducted within five months of the end of the financial year which is March 31st . Since RWA is incorporated in NSW I sought advice from Andrew Mitchell, Treasurer of RWA who advised, following information received from the relevant NSW authority that delaying of the AGC was acceptable given the circumstances and that it could be conducted utilising electronic communications as appropriate. Whereas there is still time to conduct the AGC within the constitutional timeframe there is unlikely to be an opportunity to do so unless via video conferencing, zoom meeting or perhaps via email. Options as to how RWA can conduct the meeting effectively and efficiently are currently being explored. As soon as a decision by the Executive has been made, AGC papers will be distributed to Member Clubs and Board of Management.

The 2020 AA/RWA Australian Road Walking Championships: The original venue for this event was Hobart, Tasmania. Tasmania advised that it was not in a position to conduct this event due to a number of reasons but mainly due to small numbers of persons involved in race walking in Tasmania. I then asked the Victorian Race Walking Club if they would be prepared to conduct the event. They agreed and AA was advised. Initial discussions with the Competition Department of Athletics Australia regarding the rescheduling of the event determined that October 18th would be a suitable date to conduct this event, the usual time for the event at the end of August/early September deemed too soon. I requested that AA liaise with the VRWC to determine further details e.g. date, time, venue etc. Discussions between RWA and VRWC Secretary, Terry Swan and AA have been ongoing with AA yet to confirm

October 18th or otherwise. The recent circumstances in Victoria will most likely lead to further delays in finalising dates.

The Conduct of the Interstate Challenge Event: Communications with Mark Donahoo of the VRWC, the organiser of the Interstate Challenge, determined that I would ascertain what Member Clubs were currently competing and what would be the likelihood of such Clubs conducting the Interstate Challenge this year. Information received from Clubs indicated that only two are currently conducting Club events with several hopeful of starting competition in the near future. Given that, the Executive of RWA, after consultation with Mark, has determined not to conduct the Interstate Challenge this year.

Bob Cruise President, Race Walking Australia. June 25th 2020.

Where it all Began

My race walking journey by Argenis Guevara

From North of the South

I was born, grew up and started Athletics in Ciudad Bolívar, a city in southern Venezuela (North of South America), located 580 kilometres from the capital Caracas, a curious fact about my hometown, is that it is famously known because there It was where the world-famous [Angostura Bitters](#) was first made, the old name of Ciudad Bolívar was Angostura until 1846 when the change was made.

I was 14 years old when I was on a running track for the first time, it was on occasion when the sports teacher in my class made us run 1,000 meters on a 333-meter ash and earth track, as part of a Sport exam, it was strenuous for me, but at the same time enough to know what it feels like not to be a spectator, by the way I came first in that test, that same year (1983) I enrolled in an Athletics club and started my journey, during my first year I was dedicated to the races of 1500mts, 3000mts and the street races that took place in my city, let's say that year was an experiment, I had a great time, but I had the feeling that there was something more to running, throwing and jumping .

When Racewalking began

One day in 1984 I was watching the Athletics of the Los Angeles Olympics when the participants of the 20kms walk test appeared on the screens, it caught my attention because I had seen results of Racewalking competition results in my club, but I had never seen or knew what the Racewalking was, I asked my teammates at the club, and they didn't know how to tell me what it was either. The racewalking was not popular at all in my town, in fact there were only 2 racewalkers who practiced in another club on the other side of town.

Returning to the Los Angeles competition, I was listening carefully to the commentators while the competition was taking place, there was an Australian who looked very strong who came out in the group of leaders, I think that face is well known by the way. Days Later I found out that there were also 50kms.

That 20kms competition was the spark that started in me the decision to change from being runner to the be a racewalker, the following week I left the athletics club where I was and moved to where the other two young racewalkers were, I introduced myself to the coach and I said to him I wanted to be a racewalker, The coach introduced me to the group of athletes, and I started learning the technique, the fundamentals, and a change in my training routine. After my first two weeks of training I had my first 5000m competition and I got a second place very close to one of my club mate, surprise for everyone, the following competition two weeks later I managed to beat my teammates in the state competition, selective for the national championships, however the time was not good enough to remain in the state team. However, he had already found it was something more than running, throwing and jumping.

Breaking the shell

The following year I was already in Youth category, my teammates left the club for study reasons, I was the only racewalker in the club, I trained with the clear goal of attending

my first event outside my state, I achieved my goal in the national games youth, I placed the Bronze medal, surprise in the community of racewalkers since I came from a province where the racewalking was not very popular.

In 1986 I managed to qualify as the National Youth Champion of my country and earn the right to go to my first international event; South American Youth Championship in Quito Ecuador, I felt the height of more than 2800 meters above sea level and placed myself in 6th place.

New Horizons I

In 1987, after finishing high school, I moved to Caracas to go to university and train with a group of racewalkers from different states of the country who had already been training for some time and with whom I have already competed, which is new for me: To train twice a day

Already in 1988 it had passed to the open category, and there was a very important competition in November of that year: The Pan American Racewalking Cup, in Mar del Plata Argentina, prior to that competition we competed as a guest country in the Nationals in Santiago de Chile. I was 20 years old at the time and I was very well placed when the long walks training of 25kms 35kms, so the Racewalking committee convinced me that I participated in the 50kms. I managed to rank 2nd in the competition to attend the event. There I was able to meet in person the 1984 Los Angeles winner Ernesto Canto, also the future winner of the 50Kms silver in Barcelona 92 Carlos Mercenario, and the prestigious coach Jerzy Hausleber who is considered the Father of La Caminata in Mexico.

In that team competition Venezuela managed to place 3rd teams.

College life

Studying at university was my biggest commitment between 1988 and 1992, I complemented studies with training, these years without a coach, my competitive participation was limited to inter-university events, for the moment I was awarded a scholarship as an outstanding athlete of the national team, I achieved medals in all the events between those years, in the distances of 5,000, 10,000 and 20kms, meanwhile my participation in the open competitions, managed to place me in the top 3 but not very regularly.

Frustration and withdrawal.

Between 1990 and 1992 I had a more serious regime in my training, I had a clear goal: Barcelona 1992 50Kms, I felt very strong and managed to always reach the top in all the evaluations that the Athletics Federation carried out of 20 and 35kms that were carried out to be part of the selection, one athlete managed to make the qualifying standards for the 20kms and two of us managed for the 50kms. In the end, the federation, together with the Venezuelan Olympic Committee, decided to reduce the number of attendees in Athletics and other sports, and all of us racewalkers were on that list. A decision that we never expected, so many kilometers and strenuous training to finally inform us that for technical reasons our participation would not be possible.

Motivation hit rock bottom, quit training and moved away from Athletics. I did not touch a track or road to train since 1992. I fully dedicated myself to my IT profession and being a 100% father of two wonderful children

The good son returns home

Until July 2007 nothing new in my racewalking journey, I was totally retired, my two children were already grown as well as my weight of 88Kgs (20 more than when I was an athlete) with 1.63 meters of height, physical inactivity and many disordered eating, kidney disease. After a visit to the doctor, and another to the University where I studied years before, the Athletics coach there asked me if I could help him with a group of starters, it was an offer that I could not, nor did I want to reject, at The following Monday I was already on the track meeting my new squad, it was a group of about 7 or 8 over different ages, after the first talk and training session, I expected everyone to leave and I did about 10 laps on the track to see how I felt, total torture. But I continued that routine

for about 2 weeks, until several people told me that I looked a little thinner, that year I trained secretly at nights when everyone left.

Reunion with the Podium again.

In 2008 my squad came to me with a flyer about a South American Master Championship what would take in Argentina later in November, I was already 39, they had the information about the times, statistics and other data. I thought, why not try it, this time more relaxed, before that South American there was a National Master Championship in Caracas, I signed up, competed in the 10k and achieved 1st place in the General, I felt that I still had something left. After the Nacional I realized that I could have a chance in Argentina in my group, indeed it was so, I trained regularly, formalized my registration and embarked on the trip, there I met again with some of my former teammates of competitions. Arrived on the day of the 5,000 meters I felt a tremendous expectation during the warm-up and at the start, it was scorching heat in the summer of Rosario, all to the starting point, when the shot rang I started located between 10th and 15th place, but I knew that Those who started to fast were not going to follow that pace for more than 2 or 3 laps, indeed it was so, they stayed until I was in 1st place 5 laps to go, not hearing steps behind me, I knew I will win, my name and my country in the 1st place.

New Horizons II - Australia

Between 2008 and 2011 I only dedicated myself to being a coach and training without aiming at any competition.

In November 2011 I left my country with my family. We landed in Brisbane and I was greeted by Iggy at the Airport, two or 3 days later Iggy and Peter welcomed me in a training session at Mount Coot tha, and the following day my first 5,000mts.

Since then I have competed in Nationals Master since 2015, Master World Championship Perth2016, and in the Club events, sometimes disappeared, but always appear, I have not left and here I stay.

Thanks to Queensland Racewalking Club for welcoming me before I even came, Noela was the first contact when I was still in Venezuela. And very special thanks to “El Jefe” Dave Smith.

This club is part of my journey.

The journey continues.

This is not over yet

Thank you to Argenis for sharing his very interesting story with our members.

New COVID Regulations Queensland Athletics Clubs and Members

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 signage in place at all 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.
- 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

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
- There 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 possible 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
- 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.gynther@qldathletics.org.au or 0437004983

Note: When QRWC race walks do begin this season (hopefully sometime in July) all attendees at our meet; athletes, parents, siblings, friends, coaches, volunteers etc will be required to sign a waiver and supply contact details. At our meets all attendees will need to adhere to all the protocols of our COVID Safe plan under the direction of the club appointed Health & Safety Officer. These will be communicated to members once race meets are confirmed.

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 symptoms 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

QRWC Winter Road Walk Season

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.

As announced earlier in the newsletter there will be no RWA Postal Challenge this year. The positive of this is that QRWC, as winners in 2019, retain the title until 2021.

The Australian Road Walk Championships will not take place in August and have been pushed out to a tentative date of October 18th. This does allow the club the possibility of conducting a road walk meet on Sunday August 30th.

Athletics is not looking any better looking ahead to the track season with Schools Sport having already cancelled both the Primary & Secondary Schools Championships and the National Primary Schools Championships

School Sport Primary Championships

Track and field—cancelled

Age division: 10–12 years boys and girls

Dates: 13–14 October 2020

Location: QSAC Nathan, Brisbane

School Sport Secondary Championships

Track and field—cancelled

Age division: 13–19 years boys girls

Dates: 15–18 October 2020

Location: QSAC Nathan, Brisbane
School Sport National Primary Championships
Track and field (National)—cancelled
Age division: 10–12 years boys girls
Dates: 20–24 November 2020
Location: Cairns

Stage 3 July 10th Midnight

July 12th QRWC Meet?
July 19th QRWC Track Meet?
July 24th-Aug 9th Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**
July 26th QA Road Walk Championships Venue Murarrie **TBC**
August 2nd Gold Coast RW Championships Mudgeeraba?
August 9th QRWC Meet?
August 16th QRWC Club Championships?
August 23rd QRWC Track Championships?
August 30th QRWC Meet?
August 30th Australian Masters 20km Championships Adelaide **Maybe a Virtual event**
September 6th Father's Day - No Club Races
October 18th AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne
UNCONFIRMED
November 15th 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

QRWC Memberships 2020/21

Have you re-joined?

All club memberships became due on April 1st. 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 and CC the Secretary at 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

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/>