

Queensland Race Walking Club Inc.

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



HEEL & TOE

November 19th 2020

QRWC 2020 AGM **Saturday, November 21st 10am**

This **Saturday November 21st** the postponed AGM of the QRWC will be conducted at the State Athletics Facility, Nathan and commencing at 10am. As we will be in the precinct of the SAC please comply with all COVID protocols that are in place including signing the attendance register and using the hand sanitizer provided.

The meeting will be kept short to enable the financial and management reports to be received and for the election of office bearers namely; President, Vice President, Secretary, Treasurer and up to six Management committee members. We will also appoint a club Patron. Any business of an urgent nature will also be addressed.

There is a Qld Masters Athletics track meet with two race walk events at the SAC on Saturday morning prior to the AGM.

8.00am 3,000m Walk / 9.45am 1 Mile Walk (please bring your water bottle if you require water during the 3,000 metres)

Good Sportsmanship – It is not just about winning

We can't always control the outcome of a race, but we can control how we each behave while competing. Good sportsmanship is the mark of a great athlete and is actively encouraged at all levels of our sport. There is QA athletes Code of Conduct that clearly explains what is expected of each member on and off the track/road and outlines the principles of good sportsmanship and fair play.

ATHLETE CODE OF CONDUCT

In addition to the Queensland Athletics General Code of Conduct, you must meet the following requirements in regard to your conduct during any activity associated either directly or indirectly

with your involvement in the sport of athletics (including, but not restricted to, the activities of training, competing, travelling to and from training and competition and team membership) whether or not such activity is held or sanctioned by the Athletics Australia, Queensland Athletics or an affiliated club or venue, and including your role as a participant:

1. Respect the rights, dignity and worth of fellow athletes, coaches and officials;
2. Do not accept inappropriate behaviour from others;
3. Respect the talent, potential and development of fellow athletes and competitors;
4. Care for and respect the equipment provided to you as part of your program;
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements;
6. At all times maintain an appropriate relationship with your coach;
7. Maintain high personal behaviour standards at all times;

8. Abide by the rules and respect the decision of the officials, making all appeals through the formal process and respecting the final decision;
9. Be honest in your attitude and preparation to training;
10. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

Here are some examples of those moments of great sportsmanship that typify what sport is all about . . . the triumph of the human spirit.

John Landy, Australian distance runner

John Landy, the second man to run a mile in under four minutes, was chasing the world 1500m record in 1956 at the Australian National Championships. Another Australian legend, Ron Clarke, was in the lead when he stumbled and fell. As the other runners passed Clarke, Landy jogged back to help him to his feet and abandoned all hope of breaking the world record. However, Landy's race wasn't over. Coming from well behind, he displayed amazing speed and endurance over the last two laps to win the race only six seconds outside the world mark.

Kurt Fearnley, Australian wheelchair racer

At the 2008 Paralympic Games in Beijing, the UK's David Weir won the gold medal in the men's 800m T54 race ahead of Kurt Fearnley from Australia. Following the race, the International Paralympic Committee (IPC) ordered a re-run after discovering a lane violation. Fearnley and the Australian authorities wrote to the IPC asking that, in the spirit of sportsmanship, the re-run be cancelled and the medals re-instated. "I just thought that at the end of the day a race was run, it may not have been the race that was supposed to happen but it happened and the best man won," said Fearnley. Fearnley and Weir will again race in London

Lawrence Lemieux, Canadian sailor

Racing alone near the halfway point in his Finn class race at the 1988 Olympic Games in Seoul, Korea, Lemieux was in second place in a seven-race event when he spotted two Singapore sailors in the water. Both injured, they were unable to right their boat. Lemieux broke away and sailed to rescue them, waited for an official patrol boat and then transferred the two sailors. He continued his race and finished in 22nd place. After the race the International Yacht Racing Union jury awarded him second place, his position when he went to the aid of the capsized crew.

Lutz Long, German long jumper

At the 1936 Olympic Games in Berlin, Lutz Long set an Olympic record during the heats to qualify for the finals. American Jesse Owens fouled on his first and second jumps and faced disqualification if he fouled a third time. Long, a German, advised Owens to adjust his take-off point to several inches behind the foul line to ensure that he would advance to the next round. Owens took Long's advice, qualified for the finals, set a new world record and won the gold medal. Long came second. "It took a lot of courage for him to befriend me in front of Hitler," Owens later said.

Shawn Crawford, American sprinter

American sprinter Shawn Crawford won the gold medal in the 200m at the 2004 Olympics in Athens. Racing four years later in Beijing, he finished in fourth place but was awarded the silver medal when the athletes in second and third place were disqualified. The original second-placed runner, Churandy Martina from Netherlands Antilles, received a package eight days later containing Crawford's silver medal. "He told me he didn't feel good that it was his medal," said Martina. "He said he doesn't deserve it."

COVID Athletics Impacts

Just as Victoria is easing restrictions and re-commencing competition South Australia this week went into lockdown After a great start to the summer season where athletes have enjoyed being back at the track for training and competition they have now had to postpone all competition for the next two weeks. All the best to our South Australian friends and we hope you all stay safe.

Results Results Results

1,500 Metre Classic November 14th

QSAC - MAIN

Women 1,500 Metre Race Walk Open

1 Anderson, Jayda	15 GC Central	6:27.16
2 Norton, Amber	14 QA	7:18.28
3 Gee, Tamika	13 GC Central	7:20.73
4 Williams, Lyla	13 GC Victory	7:49.16
5 Chadwick, Phoebe	14 QRWC	8:29.59
6 Bray, Katie	12 Ashgrove	10:49.86

Men 1,500 Metre Race Walk Open

1 McCure, Lachlan	16 QA	6:31.46
2 Housden, Bailey	13 QA	6:39.67
3 McCure, Sam	14 QA	6:48.29
4 Norton, Kai	15 QA	7:23.56

Brisbane QMA Saturday November 14th

QSAC

5,000 Metre Race Walk

Kirwin, Roslyn	W31	40:21.54 (40:21.55 49.02%)
Woodward, Erika	W54	31:12.73 (27:40.37 71.49%)
Bennett, Peter	M65	29:23.00 (22:19.89 80.42%)
McKinven, Noela	W78	42:32.17 (27:34.32 71.75%)

Age Graded Times & Percentages in Brackets

COMING UP – Track Walks

November 21st QMA SAC 8.00am 3,000m Walk / 9.45am 1 Mile Walk
December 5th QMA SAC 8.00am 2,000m Walk / 9.25am 1,500m Walk
December Sunday 6th QMA Runaway Bay 8.00am 3,000m Walk
December 11th QA Mid-Week Meet QSAC 3/5km walk
December 19th QMA SAC 8.00am 3,000m Walk
December Sunday 20th QMA Runaway Bay 8.00am 3,000m Walk
January 10th QMA Runaway Bay TBA
January 24th QMA Runaway Bay TBA
February 7th QMA Runaway Bay TBA
February 21st QMA Runaway Bay TBA

*Please adhere to Covid-19 health and safety requirements while competing.
Respect the health and well-being of all fellow competitors, officials, volunteers, spectators,
family, friends, and venue staff.
If you are unwell, stay home.*



Sunday, December 6th Coolangatta 5am

This walk or run festival utilizes the pathways of the Gold Coast beachfront. The new home for the event is at **Queen Elizabeth Park in Coolangatta** (no longer starts/finishes at Kurrawa).

Events to test yourself; 15km ,30km & 50km 30km.

<https://www.gc50runfestival.com.au/>

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

**State championships includes 3000m, 5000m & 10000m Championships, Qld Athletics Championships, Qld Combined Event Championships, Qld Cross Country, Qld Race Walking Championships, Qld Road Running Championships*

***In-stadium state teams includes Australian Athletics Championships, Australian Combined Event Championships, Zatopek 10000m, National 5000m Championships*

****Out of stadia events include Australian Cross-Country Championships, Australian Half Marathon, Australian Marathon, Australian Road Running Championships, Australian Walk(s) Championships*

^all athletes nominating for the National T&F Championship incur the \$150 team levy, regardless of membership.

***NB:** if you have unaffiliated base membership (no club) you are limited to only three shield meets, and you are ineligible for national championship. If you wish to take up this casual membership, click [here](#).*

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)

Racewalking Queensland Management Committee 2019/20

2020 AGM November 21st 10am

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/>