

**Queensland Race Walking Club Inc.**

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



## **HEEL & TOE**

April 16<sup>th</sup> 2020

### **Open Letter to QRWC Members**

Queensland Racewalking Club

Hello to one and all,

Well, this afternoon I was asked to reflect on times past and the future of this incredible sport that we love and live. Racewalking

This bloody Coronavirus has turned everything upside down and sideways and totally disrupted the way we live, work and train. Many of you are sidelined from work and for the first time in a long time some of us our out of work completely. This has had a staggering effect on our morale, our behaviour and our general wellbeing.

Training for all of our young athletes has been disrupted with all goals and dreams and aspirations put on hold up and until it is deemed safe to once again, get together and compete. Just crazy, crazy times.

And yet, we are all coping as we can with staying at home, sneaking away on the pretext of walking our dogs, training where and when we can given the constraints of public allowance and generally improvising to at least try and maintain some semblance of fitness. IT IS HARD ... there's no denying that , but we WILL prevail. That's etched in our DNA .

When I first came to Qld way back in 1990, I was still a partially competing athlete and blended completely into QRWC, training, coaching, administering and promoting the sport of Racewalking wherever I could and still do to this day. QRWC has grown in that time with many many athletes that I have coached and others achieving way past where they thought they could and hopefully I have been responsible for inspiring, motivating and pushing some of these wonderful young athletes to greater heights. I love this sport.

From our Masters athletes to Little A's and everything in between with 2 Guinness World Records for the 24 hr walks , multiple Australian and World Championships held here in Qld and Queensland representation at the highest levels Internationally and Nationally , our athletes have lifted this sport to be recognised and acknowledged right across Australia as producing some of the finest athletes ever to have racewalked , Masters, Seniors, Juniors and Little A's included . We have a great heritage and with whatever direction the future takes with sport in general, we can be proud, Very proud of our Queensland athletes.

Once we have clear air in front of us with the Federal Govt giving the green light to train and compete and our state and National bodies giving us the dates for future competitions , I am

sure that we can adjust to the new paradigm that will exist irrespective of what changes that have to be made to accommodate our new way of life . We will prevail.

A few months back I was faced with a troubling and personal attack on my character and personage and I was going to give it all away having been involved with Racewalking for nigh on 47 years now. But I reminded myself that the Coat of Arms that I wore in 2 Olympics have 2 of my favourite typically Aussie Icons on it . A Kangaroo and an Emu, both of which can NOT take a Backward step and especially in the face of adversity. Neither will I , EVER . This sport has to be nurtured and promoted and developed irrespective of petty mindedness that damages the sport and will see it cast out of track and field if we let naysayers prevail. Not on my watch .. There is no room for personal attacks on any individuals as we and only we can hold this event, this sport together and that goes for this bloody virus as well. Stay safe, Stay well, Train hard and see you all on the track soon in whatever form that takes.

Dave Smith  
Dual Olympian  
20klm Racewalk  
Level 5 AT&FCA Walks Coach and AA Level 5 Walks Coach

## Olympic qualification period suspended until 1 December 2020

World Athletics announces today the qualification period for the Tokyo 2020 Olympic Games is suspended effective from 6 April 2020 until 30 November 2020 included, following consultation with its Athletes' Commission, Area Presidents and Council. During this period, results achieved at any competition will not be considered for Tokyo 2020 entry standards or world rankings, the publication of which will also be suspended.

Results will continue to be recorded for statistical purposes, including for world records, subject to the applicable conditions. But they will not be used to establish an athlete's qualification status.

Subject to the global situation returning to normal, the qualification period will resume on 1 December 2020 and continue to the new qualification deadline in 2021 set by the International Olympic Committee (see qualification period table at the end). The total qualification period, which started in 2019, will be four months longer than it was originally.

**Athletes who have already met the entry standard since the start of the qualification period in 2019 remain qualified and will be eligible for selection by their respective Member Federations and National Olympic Committees,** together with the other athletes who will qualify within the extended qualification period. The end of the Olympic qualification periods are 31 May 2021 (for 50km race walk and marathon) and 29 June 2021 for all other events. Qualification starting dates for entry standards and world rankings remain unchanged with many athletes already qualified by meeting the entry standards during 2019. With the qualification period from 1 December 2020 to 31 May 2021 (or 29 June 2021 depending on the event) the eligible qualification period (taking into account the eight-month suspension period) is longer than the original period by an additional four months. See summary below:

Events	Entry standards period	World rankings period
50km race walk	1 January 2019 – 5 April 2020 1 December 2020 – 31 May 2021 <b>21 months</b>	1 December 2018 – 5 April 2020 1 December 2020 – 31 May 2021 <b>22 months</b>
20km race walks	1 January 2019 – 5 April 2020 1 December 2020 – 29 June 2021 <b>22 months</b>	1 January 2019 – 5 April 2020 1 December 2020 – 29 June 2021 <b>22 months</b>

## **Dates confirmed for World Athletics Championships Oregon 2022**

The World Athletics Championships in Oregon have been rescheduled to 15-24 July in 2022, following the postponement of the Tokyo Olympic and Paralympic Games to 2021 due to the coronavirus pandemic.

The Oregon World Championships were originally scheduled for 6-15 August, 2021, but have been rescheduled to the following year to avoid a clash with the Olympic and Paralympic Games.

Organisers of the 2021 World Athletics Championships in the United States will stage the event in 2022 but will avoid a clash with the Birmingham Commonwealth Games.

While the dates of Birmingham 2022 will remain the same for now - 27 July to 7 August -

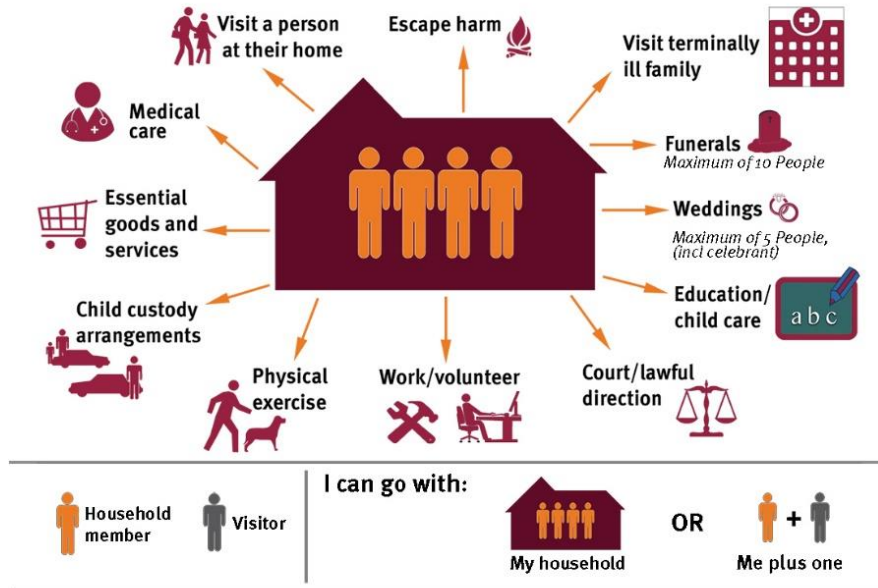
### **COVID-19**

**What services are open? When can I leave my home?**

**Who can come over?**



## When can I leave my house?



## How many people can come to my house?

**You can have a maximum of 2 visitors**

*(excluding workers/volunteers)*



You can only have two visitors no matter how many people usually reside in your household.



[COVID19.qld.gov.au](https://www.covid19.qld.gov.au)



## QRWC Winter Road Walk Season

The **Queensland Road Walking Club** is dedicated to the safety and wellbeing of all our members but we are in the position where we must suspend our winter road walk season. The QRWC acknowledges that people are looking for dates as to when the season might be able to commence. We are not in a position to speculate and give false hope as to when racing can start up. The uncertainty of this crisis means that we must follow the advice and guidelines that are constantly and rapidly changing as this situation evolves. As such, we will continue to monitor, and act accordingly, in response to statements and policies enacted by both Federal and State Health authorities. The world is suddenly a different place and we all have to come to terms with the fact that there are some things that will never be the same again; whether that be in sport, overseas travel, social interaction, commerce and employment etc. It will not be a matter of all restrictions suddenly being lifted on a designated date and we all resume our lives where they were two weeks ago. We appreciate your understanding through this difficult time and will keep you informed of developments at the club.

## **16,04,2019 Coronavirus restrictions to remain in place for at least four weeks,**

### **Scott Morrison says**

Australians will have to live with coronavirus restrictions for at least another four weeks, Prime Minister Scott Morrison has said, as the Government begins to chart a path out of the measures.

acknowledging that we in Australia are in a considerably better position than expected at this point, there will be no easing of restrictions made for four weeks. are three criteria that will need to be in place before that can happen which are:

- More extensive testing regime
- Australia will continue with social distancing restrictions for at least another four weeks
- A greater tracing capability than we have currently
- Local response capability (in the event of localised outbreaks)

**QRWC UPDATE: Going on the latest update from the PM this evening there seems little prospect of any club activity before June at the earliest.**

There is the caveat implied that if some States or even councils are even further ahead in these aspects, they may be in a position to relax conditions earlier. While we are trying to remain optimistic and as disappointing as this latest announcement may be, we fully support the decisions and planning that are clearly being outlined.

### **What's Not On this Week**

All Park Runs in Australia are now **Cancelled** until further notice

Brisbane Road Runners have **cancelled** their meets at West End on April 19<sup>th</sup> and May 3<sup>rd</sup> All events replaced by "virtual races" run close to your home.

Queensland Running cross country season **Suspended until further notice**

QA Cross **Country Currently all athletics activities are suspended/cancelled until 31 May 2020.**

#3 Saturday 02 May - BBGS Parklands, Fig Tree Pocket (**CANCELLED**)

#4 Saturday 09 May - Hoop Pine Reserve, Mt Coot-tha (**CANCELLED**)

All Schools XC Championship - Saturday 16 May - Rivermount College (**POSTPONED**)

#5 Saturday 23 May - Capalaba State School (**CANCELLED**)

#6 Saturday 30 May - Sherwood Forest Park (**CANCELLED**)

July 5 Gold Coast Marathon **Entries Suspended Pending Review by May 19<sup>th</sup>**

OXFAM Trail walker in Melbourne **CANCELLED**

OXFAM Trail walker Brisbane (June 19-21) still going ahead at this stage **Awaiting decision**

Brisbane "Guzzler" trail ultramarathons in July **POSTPONED** to a date to be confirmed in November

Brisbane Trail Ultra in July still open for entries and going ahead at this stage **Re-assessing decision to be announced by May 1<sup>st</sup>**

### **They Said it: Sports Commentators dribble**

Grand Prix Race Announcer: "The lead car is absolutely, truly unique, except for the one behind it which is exactly identical to the one in front of the similar one in back."

Greg Norman, Pro Golfer: "I owe a lot to my parents, especially my mother and father."

Ringside Boxing Analyst: "Sure there have been injuries and even some deaths in boxing but none of them really that serious."

Baseball announcer: "If history repeats itself, I should think we can expect the same thing again."

Basketball analyst: "He dribbles a lot and the opposition doesn't like it. In fact, you can see it all over their faces."

## Results!

From our Co -Patrons Maxine & Pat

We both play Rummikub a Number Game. We play about 4 Games a day.

Result – Lowest score is the winner – **At 9/4/2020** Maxine 315 Patrick 500. Go Maxine!!

In addition, Maxine also plays Rummikub Electronically with other members of the Family. We also play quite a few games on WORD with a number of Friends and Family. Anyone for a game? Let us know.

## From the Archives – Where are they now?

### QRWC Club Championships

**Lytton August 31<sup>st</sup> 2003**

#### Open/Masters 10km

**Men** 1 K Rose 51.54 2. P Bennett 52.36 3 A Leggett 58.23 4 R Coleman 1.01.13 5 R Lynch 1.06.05 7 R Keatinge 1.12.17 I Jimenez DNF

**Women** 1 J Moller 1.00.51 2 S Lynch 1.04.04 3 L Woodward 1.08.07 4 N McKinven 1.09.41 5 C Dauphinet 1.12.04

#### U20 8km

**Men** P Biggs 47.27

**Women** S Vardanega 46.15

#### U18 6km

**Men** B Perske 28.36

**Women** J Moulds 46.32

#### U16 4km

**Men** A Murray 21.01 2 D Collier 23.50

**Women** A Woodforth 25.14 2 S Hayes 25.53

#### U14 2km

**Men** J Loi 9.59

**Women** 1 T Foran 10.01 2 D Petith 10.37 3 M Hayward 10.52 4 N Sorensen 11.27 5 K Brieschke 11.32 6 K Sanford 11.35 7 E Pinkerton 13.41

#### U12 1.5km

**Women** 1 C Sorensen 8.24 2 S Tesch 8.38 3 B Horsburgh 8.42 4 D Loi 9.15 5 R Maher 9.31

#### U10.75km

**Men** B Tesch 5.35

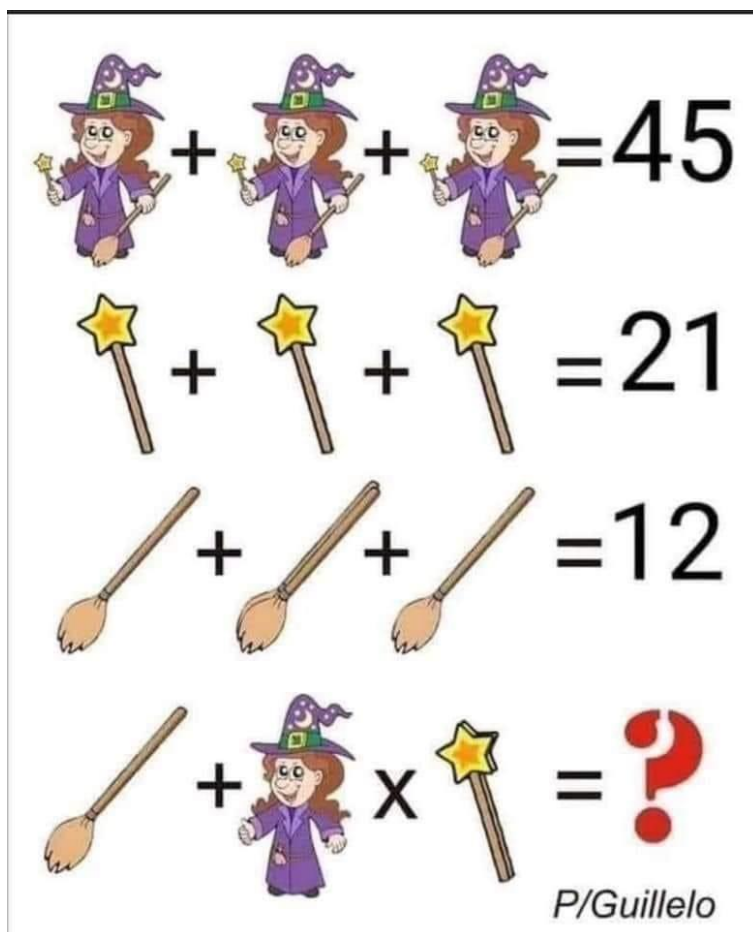
**Women** 1 C Sims 5.05 2 J Sims 5.43 3 N Bennett 6.06

## Competitions this Week

**A little puzzle for you all to solve.**

From Brenda





## LBG Canberra Federation Meet Cancelled

The ACT Fitness and Race Walking Club have determined that in the interest of public health they do not wish to conduct the Annual Race Walking Carnival on the long weekend in June. The decision of the ACT Committee is supported by the Executive of Race Walking Australia and consequently the 2020 Canberra Race Walking Carnival is cancelled.

The AGM of RWA which is normally conducted on the June long weekend will now be scheduled for the Saturday evening preceding the AA/RWA Winter Race Walking Championships currently proposed for August 30 in Melbourne.

## Pan Pacific Masters Games – Gold Coast – November

The Pan Pacific Masters Games team, while keeping in mind the event is still scheduled for November, will take a timely approach in assessing the impacts of this recommendation while carefully monitoring this evolving situation before any final decisions are made on the status of this year's event.

The wellbeing of our participants and supporters is of utmost importance. Thank you for your patience and understanding in this challenging time.

### Coming Up

April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra **CANCELLED**  
 April 19<sup>th</sup> QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am **CANCELLED**  
 April 26<sup>th</sup> QRWC Handicap Meet Date & Venue TBC **CANCELLED**  
 May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus **CANCELLED**

May 3<sup>rd</sup> QRWC Handicap Meet Date & Venue TBC **CANCELLED**  
May 17<sup>th</sup> QRWC Handicap Meet Date & Venue TBC **CANCELLED**  
May 24<sup>th</sup> QRWC Handicap Meet Date & Venue TBC **CANCELLED**  
May 31<sup>st</sup> Gold Coast RW Championships Mudgeeraba **POSTPONED**  
June 5<sup>th</sup> Qld Masters State Championships Townsville **CANCELLED** or **POSTPONED TO A DATE TO BE DECIDED**  
June 7<sup>th</sup> LBG Federation Meet Mt Stromlo Canberra **CANCELLED**

## **Looking further ahead**

July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya **POSTPONED to a date to be determined**

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

July 20<sup>th</sup>-Aug 1<sup>st</sup> World Masters Track Championships, Toronto, Canada **CANCELLED**

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

August 30<sup>th</sup> AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC

August 30<sup>th</sup> Australian Masters 20km Championships Adelaide

November 15<sup>th</sup> Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

**Situation being monitored – check website regularly for updates**

## **World Masters Athletics Championships 2020 Toronto Cancelled**

The World Masters Athletics Championships due to be held in Toronto at the end of July have officially been cancelled, in a mass mail sent by the Organising committee the statement informed all the athletes that the championships would no longer be going ahead, in light of the current devastating Covid 19 Virus sweeping the world.

## **Queensland Athletics 2019/20 Registration**

- Queensland Athletics registrations are due from October 1<sup>st</sup>. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
- 
- Current financial club memberships expired 31st March 2020. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

## **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: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. 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

### **2019/20 Registration Fees**

Family \$40

Students & Officials \$15

Others \$25

Note: To register with Queensland Athletics, you must use their On-Line Registration.

Go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

### **Race Day Fees**

**Students \$ 4 / Others \$6**

Club Championships: Road \$8 / Track \$10

**Season Ticket \$60/\$30 (for students)** per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

**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/>