

Queensland Race Walking Club Inc.

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



HEEL & TOE

April 29th 2021

Japanese pledge to make the Olympics "proof of the victory against the coronavirus"

With fewer than 90 days to go until the Tokyo Olympics, the capital is in a state of COVID emergency.

The country this week passed a grim milestone of 10,000 deaths, less than 1 per cent of the population is fully vaccinated and thousands of COVID-19 patients are waiting for a hospital bed.

One month ago Japan's Prime Minister, Yoshihide Suga, renewed a pledge to make the Olympics "proof of the victory against the coronavirus". And organisers remain as confident as ever that the Games will go ahead here on July 23. They have been running test events, checking everything from COVID-19 countermeasures down to the precise path that athletes will take to minimise contact inside the venues.

They have released an updated playbook they believe is the key to holding a safe and secure games.

The details include:

Overseas athletes will have to have two PCR antigen tests within 96 hours of departure and then another one at the airport on arrival in Japan

Once in the country they are likely to have daily tests, and as a result the 14-day quarantine will be waived so they can immediately go to training

They will only be allowed to go to the Olympic village, training and competition venues

"The playbooks have been developed based on science, benefiting from learnings gathered during the evolution of the COVID-19 pandemic," a joint statement from the International Olympic Committee, International Paralympic Committee, Olympic organisers, as well as the Tokyo and Japanese governments said.

"In addition to implementing the most effective tools being used throughout society, such as mask wearing, personal hygiene and physical distancing, they also draw upon the experience of hundreds of sports events that have taken place across the world during the pandemic, which have been held safely, with minimal risk to participants and the local population."

Japan's fourth wave of infections is making preparations even more challenging, and some athletes are growing increasingly anxious.

The Australian Olympic team will be vaccinated before leaving for Tokyo here's what we know about how that will work

By Andrew McGarry

Australia's preparations for the Tokyo Olympics and Paralympics have taken another step forward with confirmation that both teams will be vaccinated before leaving for Japan. What does this mean for our Olympians and the team staff accompanying them to the Games? How will the vaccination program work?

What are the plans for their time on the ground at the Olympics? How will they stay safe? And what will happen when they return home?

Here's what we know.

When will the vaccinations start?

The Australian Olympic Committee (AOC) plans to start vaccinating athletes and other team members and officials next week.

The program is expected to run through May into June, ahead of the start of the Olympics on July 24.

Are they jumping the queue?

Australian Olympic bosses say no.

AOC chief executive Matt Carroll says there will be "no load on the public system whatsoever".

However, most athletes would have fallen into phase 2b of the national vaccine rollout, which is not due to begin until much later this year.

The new decision puts Australia's team into phase 1b of the program, which is currently underway.

"The Australian Olympic team, the Paralympic team are going overseas. It's not as if they're staying here to compete," Carroll said.

"It protects their health and welfare, without impacting on Australians and their health at all."

Which vaccine will they get?

The plan is for athletes and officials to be put in with their age groups.

So most (mainly younger) athletes will probably get Pfizer, while athletes and officials over 50 will get AstraZeneca.

How many team members will be vaccinated?

At this stage, the AOC expects there will be a team of about 500 athletes representing Australia in Tokyo.

When officials are added in, that will mean approximately 1,200 people will be on the ground in Japan.

But it's expected that up to 1,400 Australians will be vaccinated in preparation for the Games.

Wait, why is that?

The Olyroos have not named their final squad for Tokyo, so a group of possible selections will all get vaccinated.

Not all sports have picked their lists of athletes for Tokyo, with qualifying events — such as swimming — still to come.

There are also a number of teams — such as the Matildas and the Olyroos in football and the men's and women's rugby sevens teams — who have not made their final selections yet. The AOC will organise vaccinations for all the squad members, prior to the team announcements, hence there will be a group of "extras" who will get the vaccine but will not travel to Japan.

Have any of the team already had the jab?

Yes. Certain groups have already been vaccinated, including members of the team's medical staff, Indigenous Olympians and many Paralympians — the latter two because they fit into the list of vulnerable groups.

How long will the team be in Tokyo?

Athletes must leave Tokyo within 48 hours of their event finishing — although the AOC is hoping to get Australians out within a day.

Olympic organisers will restrict how long athletes can be at the Games, to minimise the risk of infection.

Those taking part can arrive in Tokyo no more than four days before their event starts — and they must leave within 48 hours of their competition finishing.

However, Matt Carroll says the AOC will try to ensure that Australian athletes are out within 24 hours. The team will fly to Tokyo on Qantas charter flights, with Japan Airlines flights bringing them home.

How will they stay safe in Tokyo?

Australia's Olympic team will be COVID tested as soon as they arrive in Tokyo and during their stay

Team members will have a temperature check 14 days out from departure, then a COVID test 72 hours before leaving.

They will be tested on arrival in Tokyo, tested in the Olympic village, and tested throughout their stay.

They will keep largely to their section of the village, and unlike previous Olympics, they will not be able to go out and support other Australian athletes at the venues once their competitions are finished.

What if an Aussie athlete gets COVID?

They will go into the Japanese quarantine system, but the AOC will look after them.

They will be tested as they leave Japan as well — if someone tests positive, the AOC will leave an official behind to stay across their recovery.

What will happen when they come back?

The AOC says they will be talking to the various state and federal governments to work out the process of quarantine for the team on their return.

They will not get an exemption — athletes and officials will have to complete 14 days quarantine like any other returning Australian.

They will be staying in hotels that are outside the current quarantine system, so they aren't a drain on capacity for other Australians who are returning.

However, since they will all be vaccinated, they may have some relaxed conditions.

Final details of how the Olympics will look will come when organisers release their "playbook" in June.

RESULTS RESULTS RESULTS

April 24th, 2021

QRWC Handicap #2

Kalinga Park

A Grade 10km

Men: (1) Iggy Jimenez (2) Argenis Guevara 1.02.39 (3) Peter Bennett 1.03.53

Women: (1) Jasmine-Rose McRoberts 1.07.04 (2) Noela McKinven 1.27.15.

B Grade 5km

Men: (1) Alex Bradley 26.20 (2) Patrick Sela

Women: (1) Camryn Novinetz 26.55 (2) Anika Clarke 28.18 (3) Brenda Gannon 29.23 (4)

Summer Millard 30.03 (5) Korey Brady 34.09

C Grade 3km

Women: (1) (1) Makenna Clarke 16.52 (2) Destinee Pickvance 18.59.

E Grade 1.5km

Men: (1) Hunter Sibenaler 10.32

F Grade 1km

Women: (1) Katya Martin 5.07 (2) Kiara Waterman 6.42

UniSport Nationals 2021

Sydney Olympic Park Athletics Centre

Men 5000 Metre Race Walk Open

1 Tingay, Declan The Universi 19:04.60R

Women 5000 Metre Race Walk Open

1 Blanch, Emma The Universi 24:31.16

2 O'Neill, Molly The Universi 25:33.61

3 Parker, Hannah The Universi 26:31.82

4 Bell, Bridget Western Sydney 28:27.24

AA Invitational 20km Race May 2nd Melbourne

AA are putting on a 20km race in Melbourne this Sunday aimed at Olympic Qualification.

The Invitational 20km Race in Melbourne will be held at Fawkner Park in conjunction with AV / VMA & VRWC CLUB races.

QRWC Winter Road Walk Season

This Week

Sunday May 2nd Logan River Parklands

Age Races & Handicap #3

8.00am A Grade 10km

8.15am E Grade 1.5km

F Grade 1km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

The RevSport portal has been set up to accept payment of race fees) . You will need your National ID to register.

Note: There is a separate registration tab for non athletes .

To enter go to

[Home - Qld Race Walking Club - revolutioniseSPORT](#)

Race Fees

Club Members \$5

Non Member \$10 (payable on the day)

If you experience any problems lodging your entry, please contact the Registrar at :

qrwcregistrar@gmail.com

Uniforms

To enquire about club uniforms please contact Jenny at qrwcregistrar@gmail.com or go to our Shop on the QRWC RevSport portal.

The QRWC COVID Safe Plan

A reminder to everyone to wash their hands regularly, use hand sanitizer and to socially distance.

Any officials, coaches, parents, spectators or anyone accompanying a competitor and not walking, will also have to register. If you feel unwell, have any symptoms of a cold or flu – stay at home and get tested. This includes our all volunteers, officials, competitors and spectators.

Please do not congregate in groups before or after your race.

Follow any QRWC signs or other COVID safety markings. These are here for your safety and to ensure we are complying with our COVID-Safe Plan.

Next Week

No club races – Mother's Day

Coming Up

Sunday May 16th Mudgeeraba

Gold Coast Road Walk Championships

GCC Open M/W 10km

Invitation M/W 5km Non-Championship

GCC U20 M/W 5km

GCC U18 M/W 5km

GCC U16 M/W 3km

GCC U14 M/W 2km
 GCC U12 M/W 2km
 GCC U10 M/W 1km
 GCC U8 M/W.5km

Gold Coast Road Walk Championship Records

Open 10km Men: B Dewar 44.12 2012
 Open 10km Women: J. Pickles 52.40 2018
 U20 5km Men: L. McCutcheon 21.14 2017
 U20 5km Women: J. Pickles 25:04 2013
 U18 5km Men: J. Osborne 21:30 2011
 U18 5km Women: K. Hayward 22.39 2018
 U16 3km Men: N. McCutcheon 13.20 2017
 U16 3km Women: K Hayward 13:26 2015
 U14 2km Men: B. Housden 9.03 2020 NEW
 U14 2km Girls: J. Anderson 9.18 2019
 U12 2km Boys: K Hayward 10:04 2016
 U12 2km Girls: J. Anderson 9.50 2017
 U10 1km Boys: K Hayward 5:09 2014
 U10 1km Girls: L. Williams 5.18 2017
 U8 .50km Boys: K Hayward 2:30 2012
 U8 .50km Girls M. Clarke 3.12 2017

Draft only for the first half of the season. Note that the AA Winter Road walk Championships are tentatively scheduled or September 12th in Victoria.

April	11	QRWC Sign On Meet /AGM	Beenleigh
	13-17	AA Track Championships - Walks	Sydney
	18	QRWC Handicap Meet 1	North Lakes 8.00am
<i>Saturday</i>	24	QRWC Handicap Meet 2	Kalinga Park 7.30am
	25	ANZAC Day	No club competition
May	2	QRWC Handicap Meet 3	Beenleigh 8.00am
	9	Mother's Day	No club competition
	16	Gold Coast Championships	Mudgeeraba 8.00am
	23	QRWC Handicap Meet 4	Morningside 7.30am
	30	QRWC Handicap Meet 5	TBA
June	6	QRWC Handicap Meet 6	TBA
	13	LBG Federation Meet	Mt Stromlo Canberra
	20	QRWC Handicap Meet 7	TBA
	27	QRWC Handicap Meet 8	TBA
July	4	Gold Coast Marathon	Southport
	11	RWA Postal Challenge	Beenleigh
	18	QRWC Track Championships	UQ St Lucia 8.00am
<i>Saturday</i>	24	QA Road Walk Championships	Ipswich
August	1	QRWC Handicap Meet 9	TBA
	8	QRWC Handicap Meet 10	TBA
	15	QRWC Club Championships	Beenleigh
	22	?	
	29	?	
September	12	AA/Federation Championships	Melbourne TBC

Racewalking Queensland Management Committee 2021/22

As elected AGM April 11th

President: Vacant

Secretary: N. McKinven

Vice President: P Bennett

Treasurer: Vacant

Committee: I. Jimenez, J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard

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

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.

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 in June wearing the club uniform is compulsory.

All QRWC memberships for 2021/2012

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

jenny.stuckey@gmail.com

Canberra Federation LBG Carnival

Sunday June 13th Stromlo Forest Park Canberra

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55th year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

All events will be conducted on a 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

Venue

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road.

There are women's

and men's toilets & showers located in the centre of the building near the track, and ample car parking.

Programme of Events

1 RWA Open 30 km 8.00am

2 ACT Fitness 30 km 8.00am Non Hcp/Judged contact only

3 AACT W&M 30 km Champ 8.00am Non Handicap event

4 RWA Open Women's 15 km 8.00am 69 mins-Includes RWA Masters 15km

5 RWA Open Men's 15 km 8.00am 65 mins-Includes Masters15km

6 ACT Fitness 15 km 8.00am Non Hcp/Judged contact only

7 ACT Fitness 8 km 9.00am Non Hcp/Judged contact only

8 RWA Men's U20 10 km 10.30am

9 ACT Open (Over 19 years) 10 km 10.30am Non Handicap Event

10 RWA Women's U20 10 km 10.30am

11 RWA Boys Under 10 1 km 12.15 noon

12 RWA Girls Under 10 1km 12.15 noon

13 RWA Boys Under 12 2km 12.25 pm
14 RWA Girls Under 12 2km 12.45 pm
15 RWA Boys Under 14 2km 13.05 pm
16 RWA Girls Under 14 2km 13.25 pm
17 RWA Boys Under 16 3km 13.45 pm
18 RWA Girls Under 16 3km 14.10 pm
19 RWA Boys Under 18 5km 14.40 pm
20 RWA Girls Under 18 5km 14.40 pm
21 RWA Women's Open 5km 15.10pm

NOTES:

Events 1, 4, 5, 8, and 11 to 22 inclusive are Race Walking Australian (Federation) individual and team events. Events 4 & 5 incorporate a Race Walking Australia Master's individual competition. AGE for all Race Walking Australia events is age on the day, and for Athletics ACT Championships age is as at 31 December 2020.

Entries

Entries will close 5 pm Friday 28th May 2021. Competitors must complete an ON-LINE ENTRY. NO

MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED. This

applies to both Race Walks & Fitness Walks.

Entries MUST be submitted by individuals via an Entry Portal available on the VRWC Web page.

<http://vrwc.org.au/wp1/54th-lbg-walking-carnival/>

Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events

- A family cap of \$150 will also apply.

Fitness Walks:

- Fitness Walk & Open 10k fee is \$20.00

Team Events

Team events will be conducted in conjunction with ALL RACE WALKING AUSTRALIA EVENTS except

the Masters Women's & Masters Men's 15 kilometers. The first three (3) competitors of each Club to finish

without disqualification will constitute TEAM 1, the next three (3) to finish TEAM 2 and so on.

An exception will be to the Open 30 kilometers and the 15 kilometers for Women. This may be scored

differently in that two (2) finishers can make a team, providing that there are three (3) or more starters.

Volunteers

The number of Volunteers / Officials is vital to the successful operation of the carnival.

Clubs/States will be

asked this year to provide volunteers based on the number of club entrants.

Protests

Protests must be lodged in writing with the event referee within 30 minutes of the completion of the event in dispute and accompanied by a cash fee of \$20.00.

Race Numbers and Judging

Race numbers will be supplied by ACT Walkers and will be given to the Team Managers together with the program of events, at the Race Walking Australia Conference. A YELLOW race number will be issued to Fitness Walkers to enable clear identification of non-race walking participants. The Walk Judges will be advised that Fitness Walkers will be wearing a YELLOW race number and that they are to be judged for loss of contact only.

Canteen

A canteen WILL NOT be operated by the club this year, however there is a café located at the top of the venue that provides hot drinks and food.

Uniforms

All Race Walking Australia event competitors **MUST** wear the uniform of their Club, as registered with Race Walking Australia. Failure to do so may result in disqualification. Competitors not competing in a Race Walking Australia event are also encouraged to wear their Walking Club uniform.

Presentation of Awards

This year presentations will take place at the Stromlo at the following times:
Event Nos. 1 to 10 at 11.45 am; and
Event Nos. 11 to 21 at 16.00 pm

- A COVID Officer will be present on the day to assist with any enquiries.
- For more information about COVID requirements in the ACT, please visit:
<https://www.covid19.act.gov.au>

Accommodation options can be found on this website:

<https://visitcanberra.com.au/accommodation>

Awards

- Any competitor is eligible to win the perpetual trophy for winning an event.
- Gold, Silver & Bronze medallions will be presented to the first three Australians in all Race Walking Australia events.
- **WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY.**

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

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

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>

QA Call for officials for Out of Stadia Season

Greg Ison from QA is calling for officials for the upcoming Out of Stadia Season, if you are available for any of the dates for this Winter Season please complete the Nomination form at <https://www.revolutionise.com.au/qldathletics/events/97114/>

Date	Event	Host Club	Venue
Saturday, 24 April 2021	Brisbane Series XC #1	Thompson Estate	Minnippi Parklands
Saturday, 1 May 2021	Brisbane Series XC #2/ Short Course Championships	Toowong Harriers	CJ Greenfields, Rich
Saturday, 8 May 2021	QA All Schools Cross Country Championships	Ipswich	Limestone Park, Ipsw
Saturday, 15 May 2021	Brisbane Series XC #3	Ashgrove	Upper Kedron
Saturday, 22 May 2021	Brisbane Series XC #4	Intraining	Sherwood Arboretum
Saturday, 5 June 2021	Brisbane Series XC #5	Athletics North	Teralba Park
Saturday, 12 June 2021	Brisbane Series XC #6	Toowong Harriers	Fig Tree Pocket
Saturday, 19 June 2021	Qld XC Relay Championships	Thompson Estate	Nudgee College
Saturday, 26 June 2021	Brisbane Series XC #7	Redlands	Capalaba State Colle
Saturday, 10 July 2021	Brisbane Series XC #8	Thompson Estate	Minnippi Parklands
Saturday, 24 July 2021	Qld Road Walk Championships	Queensland Race Walking	Ipswich Cycle Park
Saturday, 31 July 2021	Qld Cross Country Championships	Ashgrove Rangers	Toogoolawah Golf C

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/>