

Queensland Race Walking Club Inc.

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



HEEL & TOE

April 9th 2020

**Tokyo Olympic Games 2020 now beginning July 23rd
2021**

**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. Commenting on the decision, World Athletics President Sebastian Coe said: "I am grateful for the detailed work and feedback from our Athletes' Commission and Council who believe suspending Olympic qualification during this period gives more certainty for athlete planning and preparation and is the best way to address fairness in what is expected to be the uneven delivery of competition opportunities across the globe for athletes given the challenges of international travel and government border restrictions."

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.

Overall duration of the qualification period

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
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50km race walk	1 January 2019 – 5 April 2020 1 December 2020 – 31 May 2021 21 months	1 December 2018 – 5 April 2020 1 December 2020 – 31 May 2021 22 months
20km race walks	1 January 2019 – 5 April 2020 1 December 2020 – 29 June 2021 22 months	1 January 2019 – 5 April 2020 1 December 2020 – 29 June 2021 22 months

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 -

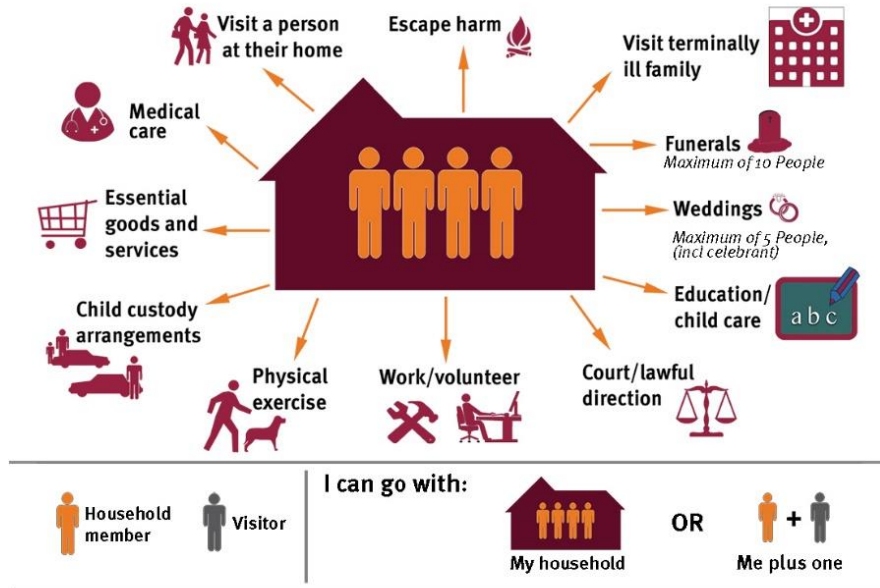
COVID-19

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

The new rules about where you can go and how many visitors you can have are undeniably confusing, and it doesn't help that they keep changing. It's still not completely clear, probably because the rules are actually a little inconsistent in some areas. Hopefully this guide can help.



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)



RESULTS REWIND RESULTS REWIND RESULTS REWIND

2019 Australian Masters Championships Melbourne

M50 1500 Metre Race Walk

1 Duncan, Andrew M53 MAWA 6:40.21

2 Guevara, Argenis M50 QMA 7:50.88

3 Murfett, Grant M51 VMA 8:27.08

M50 5000 Metre Race Walk

1 Duncan, Andrew M53 MAWA 23:51.12

2 Guevara, Argenis M50 QMA 28:13.52

W50 5000 Metre Race Walk

1 Tolardo, Karyn W53 MAWA 28:43.94

2 Sunderland, Nyle W51 QMA 29:17.20
3 Farrow, Wendy W51 MAWA 32:57.48
4 Hunter, Pia W52 VMA 35:13.89

W40 5000 Metre Race Walk

1 Feiner, Tracy W41 VMA 26:12.30
2 Gannon, Brenda W44 QMA 28:33.82
3 Grace, Marnie W44 VMA 33:38.58

10km Road Walk

W40

1 Tracey Feiner VIC 54:08
2 Sarah Brennan VIC 56:13
3 Brenda Gannon QLD 57:38
4 Sandra Geisler VIC 58:45
5 Marnie Grace VIC 1:08:41

W45

1 Kylie Irshad VIC 1:02:11

W50

1 Karyn Tolardo WA 59:11
2 Nyle Sunderland QLD 59:43

M50

1 Andrew Duncan WA 49:25
2 Argenis Guevara QLD 58:12

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.

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 19th and May 3rd 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.**

#2 Saturday 18 April - Minnippi Parklands, Tingalpa **(CANCELLED)**

#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 19th**

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 1st**

Great Moment in Australian Sport

Kieren Perkins 1,500 metres Freestyle Atlanta Olympics 1996

"Perkins said the lessons learned from Atlanta have helped him deal with the challenges he faced later in life and he said they have been more important than ever during the current coronavirus pandemic. "It's important to remind myself what it was that I achieved from a psychology perspective," he said. "With the stress we are all living in at the moment, being able to focus on the things that you can control and having a balance, staying rational and in control - it is all pretty important. "It doesn't matter who you are or what you do, the psychology and ability to get the best out of yourself are all the same," Perkins said. "It's your ability to understand how you get that from yourself in times of stress. That is the hardest bit for some people to work through but it is in all of us. "

From the Sydney Morning Herald this week

Twenty-four years after claiming an unlikely Atlanta Olympic 1500m freestyle gold, Kieren Perkins admits he still wonders at times how he did it.

But the swimming great says the self-belief gained from his famous underdog victory from lane eight in 1996 set him up for success in life. And he believes today's swimmers have the chance to gain similar mental fortitude by tackling the difficulties of the coronavirus shutdown as they readjust to prepare for the Tokyo Olympics in 2021. Perkins went to Atlanta as the defending Olympic champion in 1500m freestyle but appeared a shell of the man once dubbed 'King Kieren'.

Desperately out of form, Perkins scraped into the Australian team for the longer distance at the selection trials, after failing to qualify for the 400m freestyle despite being the world record-holder.

His fortunes did not look like changing in Atlanta. Crippled with self-doubt, Perkins was the slowest qualifier for the 1500m final in Atlanta, scraping in by a fingernail - just 0.24 of a second - with teammate Daniel Kowalski the overwhelming favourite to take the title. History shows Perkins regrouped to dominate the Olympic final from the outside lane in a win that has gone down in Australia's sporting folklore. He swam 14:56.40 - short of his then world record, 14:41.66. Banned Chinese swimmer Sun Yang is the record holder now, with the 14:31.02 he swam at the London Olympics in 2012.

"There are moments when I think, 'Where did that come from?'. It is still hard to believe," Perkins said.

"But there's no doubt when the race is replayed it is goosebumps galore." Perkins said the lessons learned from Atlanta have helped him deal with the challenges he faced later in life and he said they have been more important than ever during the current coronavirus pandemic. "It's important to remind myself what it was that I achieved from a psychology perspective (in Atlanta)," he said.

"With the stress we are all living in at the moment, being able to focus on the things that you can control and having a balance, staying rational and in control - it is all pretty important. "That is what I think about when I look back at that (Atlanta)." Perkins believes the pandemic shutdown provides the ideal situation for current swimmers to gain a similar perspective. "It doesn't matter who you are or what you do, the psychology and ability to get the best out of yourself are all the same," Perkins said. "It's your ability to understand how you get that

from yourself in times of stress. That is the hardest bit for some people to work through but it is in all of us. "And the athletes, coaches and sports scientists are far more aware of psychology of performance these days than my generation."

Perkins admits it will be tough for swimmers to find a way to stay fit as they try to prepare for the rescheduled Olympics, with pools currently shut due to virus restrictions.

Indeed the 46-year-old says he would have been tempted to retire if the same situation had happened before what became his final Olympics - the 2000 Sydney Games - where he was denied a record third-straight 1500m gold by an emerging Grant Hackett. "It would have been a question mark definitely," he said. "You get to a point where your motivation is challenged because you have been doing it for a long time at the highest level.

"There is a limit to how much you are willing to sacrifice to give yourself that shot. "But I am certainly incredibly thankful that I had the opportunity to go to Sydney because it allowed me to finish up my career and answer all the questions I had about whether or not I could win three in a row." While the Atlanta win taught Perkins so much, he admitted he could not separate the 1996 victory from his maiden 1500m Olympic gold in Barcelona four years earlier in what was then a world record. "It is a bit like asking which of your children you love most," he laughed. "They are both special for their own reasons. I probably look at Barcelona and say that is a better swim, whereas Atlanta was a much better test of character."

This was one of those moments in history that everyone who saw this race can remember exactly where they were at the time. This was a race that really did Stop the Nation, it was the most watched sporting event of 1996. . Many call this the greatest single sporting achievement in swimming history and not because of the time (as it was well outside the world record). Daniel Kowalski took the silver medal in the race for Australia after he had been expected by many people to win. Daniel is probably still as shocked after all these years as he appeared after the race with a "what the hell just happened there" expression.

Below is a link to the race which is in two parts. Even if you are not a fan of swimming, I encourage you to watch it. this is about self-belief, raw courage, resilience and standing up to be counted when the chips are down.

Kieran barely even made the Australian team for the Games (as incredible as it may seem now but millions of Australian watched the swimming trials on TV to see if Kieran would actually make the team) , was 40 seconds below his world record best, had been sick and had struggled with self-doubt. He just managed to scrape into the final the night before by .2 of a second and was in lane 8. Who wins an Olympic event from lane 8? The knockers had been having a field day in writing him off as a "has been". What happened after the starters gun went off is now part of Australian folklore. Never write off a champion.

"I can't believe Perkins chest is big enough for his heart "said co-commentator former Olympian Neil Brooks struggling to keep his emotions in check during the second half of the race.

<https://www.youtube.com/watch?v=gIgstGRkTxQ>

If you have an hour to spare watch "Stopping the Nation – Kieran Perkins" to find out what makes a champion. What an inspiration and great motivational and goal setting words of advice from Kieran.

<https://www.youtube.com/watch?v=3Bb0EM79OqE>

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.'

Riverside Drive, West End Certified Walks Course

The Australian Masters Athletics Championships originally scheduled for over Easter may have been cancelled but there has been one positive legacy of all the pre-planning. There is now an AIMS certified 1km walk course at Riverside Drive, West End that could be utilized by QA or the club (subject to getting BCC permits). The official documents also allow the IAAF-AIMS certified Course logo to be used for the promotion of races on this course.



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 18-19th Australian Little Athletics Track Championships, Canberra **CANCELLED**
April 19th QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am **CANCELLED**
April 26th QRWC Handicap Meet Date & Venue TBC **CANCELLED**
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus **CANCELLED**
May 3rd QRWC Handicap Meet Date & Venue TBC **CANCELLED**
May 17th QRWC Handicap Meet Date & Venue TBC **CANCELLED**
May 24th QRWC Handicap Meet Date & Venue TBC **POSTPONED**
May 31st Gold Coast RW Championships Mudgeraba **POSTPONED**
June 5th Qld Masters State Championships Townsville **CANCELLED or POSTPONED TO A DATE TO BE DECIDED**
June 7th LBG Federation Meet Mt Stromlo Canberra **CANCELLED**

Looking further ahead

July 17-20th World U20 Track Championships, Nairobi, Kenya **POSTPONED to a date to be determined**
July 24th-Aug 9th Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**
July 20th-Aug 1st World Masters Track Championships, Toronto, Canada **CANCELLED**
July 26th QA Road Walk Championships Venue Murarrie
August 30th AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC
August 30th Australian Masters 20km Championships Adelaide

November 15th 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 1st. 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

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

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

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/>