

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 20th 2020

Race Walking - An affair of restraint

Walkers are a special breed in the world of athletics: even more so than marathon runners, they are the adepts of silent fatigue and efforts that drain the body of every hidden ounce of energy. They are people with endless reserves of patience who, through their walking, remind us all of an ancient truth: man was made not for speed, but for walking. Walking is the fundamental exercise of all living beings, be they humans or animals, until some more pressing need – flight or the pursuit of prey – pushes them increase their pace.

The walker epitomizes calm in the face of the frenzies of modern life. When, in races which start on a track, we see them quitting the stadium to embark upon a road, with no end in sight, we can see how the whole body – following the impulses of the mind – adopts a posture of economy. Economy of movement and even of respiration, to avoid too much oxygen being supplied to the system and burning too rapidly those precious reserves of sugar. Walking is an art, an art that demands hours of daily practice and years of training. The development of style is as complex and difficult as the development of the driving force: the physiological qualities that make of the walker an example of extraordinary aerobic resistance.

Race walking is, above all, a question of endurance. Enduring the heat and the cold; the continual twisting of the intestines and stomach which induces pains like a malevolent hand screwing them into a ball. Resisting the insidious temptation to break into a trot and break the restrictive rigidity of the walking style, which often hits walkers.

The strict rules, which must be followed if disqualification is to be avoided, define the thin line of demarcation separating walking and running. It is easy to cross this line when the pace is fast, particularly over the shorter distances.

Giorgio Reineri IAAF

Be proud to be a race walker

RESULTS RESULTS RESULTS

QRWC Meet 3 August 16th

Logan River Parklands

Some more great club racing in ideal conditions at the Logan River Parklands on Sunday. With these club meets, our walkers will be in much better shape for the postponed QA Championships in a fortnight than they would have been at the end of July. The girls in the 5km are leading the way with great walking by Jayda Anderson (24.31), Lyla Williams (26.49) and Amber Norton (27.17) and Sam McCure for the boys in 25.15. Best walk of the day was an outstanding 3km by Bailey Housden in a fast 14.12. Given the chance on the track he will be looking to give the U14 State record held by Kris Hayward (14:07.18) a good shake. Thank you once again to all our dedicated and hardworking volunteers that make these meets possible.

Open 10km

Men: (1) Ignacio Jimenez 56.54 (2) Peter Bennett 1.01.15.

Women: (1) Jennifer Stuckey 1.07.40 (2) Noela McKinven 1.24.16.

5km

Men: (1) Sam McCure 25.15 (2) Kai Norton 30.06.

Women: (1) Jayda Anderson 24.31 (2) Lyla Williams 26.49 (3) Amber Norton 27.17 (4) Ashanti Heap 27.58 (5) Anika Clarke 28.12 (6) Mia Bergh 29.38 (7) Brenda Gannon 31.05 (8) Torryn Fisher 33.52 (9) Phoebe Chadwick 39.25.

3km

Men: (1) Bailey Housden 14.12 (2) Korbyn Bricknell-Hewitt 21.38.

Women: (1) Tamika Gee 16.20 (2) Makenna Clarke 17.14 (3) Destinee Pickvance 17.22 (4) Natasha Flahey 17.45 (5) Olivia Hingst 17.47 (6) Siaan Fisher 21.37.

1km

Men: (1) Knox Anderson 6.00 (2) Blake Gee 6.07 (3) Hunter Sibenaler 6.53 (4) Noah Wheeley 7.21.

Women: (1) Isabella Gee 5.59 (2) Pippa Anderson 7.18.

Following IAAF timing rules for hand timed outside events, all times have been converted to the next longer whole second (unless they already end in a complete second)

Judges' Reports

230 c

271 cc

300 k

314 k

315 k

333 kkk

336 c

361 k

376 cc

385 k

Abbreviations: - K = Red Card for bent Knees

k = caution for bent knees

C = Red Card for Loss of Contact

c = caution for loss of contact

**QUEENSLAND ROAD WALKING
CHAMPIONSHIPS**

+ QMA Long Course Road Walk Championships + AMA Virtual 20km
Sunday September 6th Murarrie Recreation Reserve

Registration has reopened – Entries now closing August 31st at 9am

Athletes: If you have previously entered you do not need to enter again.

If you are a coach, parent or guest you MUST register your personal details for contact tracing. Please understand that by not cooperating with this request you place our future events at risk.

<https://www.revolutionise.com.au/qldathletics/events/63379/>

08:00am **20km** Open Men / Open Women / Masters Men 35+ (30+ for QMA)

10km Under 20 Men / Under 20 Women / Under 18 Boys / Masters Women 35+ (30+ for QMA)

08:30am **5km** Under 18 Girls / Under 16 Boys / Under 16 Girls

09:00am **3km** Under 14 Girls / Under 14 Boys

09:30am **2km** Under 12 Girls / Under 12 Boys

1km Under 10 Girls / Under 10 Boys

THIS WEEK

This Sunday we are back at the Logan River Parkland at Beenleigh for our 4th Club Meet of our shortened season.

August 23rd QRWC Club Meet 4

Logan River Parklands

8.00am 10km

8.15am 1km

8.30am 5km

8.45am 3km

Register Now : Entry

Link: <https://www.revolutionise.com.au/qldracewalkingclub/events/72872/>

No entry fee for Members. Non-Members race fee \$10 per race

Please complete a separate registration for every person attending – athlete, parent volunteer, coach, spectator.

Check-in

To comply with our COVID-19 Safe plan please follow all signage and directions as indicated at the venue and by QRWC committee members. After parking, please proceed to check-in. Please check your name to confirm your attendance. A bag drop area will be available. Athletes will be requested to leave the track immediately after completing their event. Thank you!

Queensland Athletics SAFE Event Plan - Race Walking

This plan has been devised to ensure that QRWC events comply with the current Queensland Government regulations as set out in the Stage 3 Roadmap and Outdoor Sports Industry COVID SAFE Plan.

Good COVID safe hygiene is to be required of all participants and spectators

No one should attend if they have any symptoms of COVID 19

No one should attend if they have been in a designated COVID hot spot in the last 14 days

No one should attend if they have been in contact with someone that has been in a designated COVID hot spot in the past 14 days

Social distancing is not required in the race but avoid walking in a pack.

Social distancing is required by all, including race participants while not racing on the course.

All participants should spend as little time at the venue as possible, participants should arrive just in time for warm up and leave as soon as their race finishes, results to be posted after the event.

Contact with officials and event volunteers should be avoided.

Our meets will have designated COVID SAFE Safety officers who are responsible for implementation of this plan. Give them your full co-operation.

There is to be no shaking of hands, high fives or other contact post-race. No sharing of drink bottles.

All athletes pre entered online preferred.

Ensure that social distancing and good hygiene is maintained at all times. Use the hand sanitiser provided or bring your own personal sanitiser.

Surfaces such as tables will be cleaned with disinfectant before use.

Copy of latest health advice for sporting activity:

Approved [Industry Plans](#) restrict access to anyone who has:

- COVID-19 or has been in direct contact with a known case of Covid-19 within the last 14 days

- Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing conditions)
- Travelled internationally
- Travelled to a [Covid declared hotspot](#).

With recently reported positive COVID-19 cases confirmed in Queensland, please note the advice below and ensure your organisation and members are aware of these developments.

1. Individuals who have been in close contact with a confirmed positive COVID case will be issued with quarantine directions by the Public Health Unit which will require them to isolate for 14 days.
2. The Public Health Unit may be requesting contact tracing information from organisations today which must be provided within 1 hour of the request.
3. If you or a family member are exhibiting any signs or symptoms of being unwell, please contact your GP or your local Queensland Health Fever and Respiratory Clinic.

In line with the above, **any person who has visited affected locations identified by Queensland Health should not attend organised sport, active recreation or fitness activities until further information on the situation comes to hand.** These locations can be found here via the [contact tracing](#) alerts page. You can also stay up to date with all COVID-19 Queensland Health alerts [here](#).

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/contact-tracing>

COMING UP

August 30th QRWC Club Championships

Logan River Parklands

8.00am Open & Masters 10km

Under 20 M & W 8km

Under 18 M & W 6km

8.15am Under 10 M & W 0.75km

Under 12 M & W 1.5km

8.30am

Under 14 M & W 2km

Under 16 M & W 4km

- Age is taken as **Age on the Day**. Athletes eligible for awards in their own age group event only.

- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.

- For Masters Athletes the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Club Championship Entry Fee \$8 / Non-Members entry Fee \$10 (not eligible for championship awards)

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00

Under 20 Men 8 km Dane Bird-Smith 2009 34.59.00

Under 18 Men 6 km Dane Bird-Smith 2009 26.16.00

Under 16 Men 4 km Jesse Osborne 2010 18:30.00

Under 14 Boys 2 km Ben Tesch 2009 9:22.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7.28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13:00
Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00

QRWC Memberships 2020/21

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

Queensland Athletics Annual General Meeting September 9th 2020

The Annual General Meeting of Queensland Athletics Association shall be held on September 9 at 6.30pm, the Meeting was delayed with permission of ASIC due to COVID 19 restrictions. At this stage it has been proposed to hold the meeting online via video conference. More details closer to the meeting.

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/>