

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 27th 2020

Dane named in Australian Olympic Team - Tokyo Olympics Congratulations to Dane and Jemima

Reigning javelin World Champion Kelsey-Lee Barber, **Rio bronze medallist walker Dane Bird-Smith** and three Olympic debutants have been selected to the Australian Olympic Team for the Tokyo Olympics.

Runners Jessica Hull (5000m), Stewart McSweyn (5000m and 10000m) and **racewalker Jemima Montag** will make their Olympic debut in Tokyo, with Barber and Bird-Smith returning for their second Games.

Hull, Montag, McSweyn and Bird-Smith are all current national champions, winning their titles at national championships held before any COVID-19 event cancellations, while Barber won her javelin world title in Doha in October 2019. As national and world champions who have achieved a Tokyo 2020 qualifying result, the five athletes qualified for auto-nomination to the AOC under the Athletics Australia nomination criteria and were officially selected to the Team today.

Chef de Mission Ian Chesterman welcomed the athletes to the Australian Olympic Team. “Congratulations to these athletes on earning their spot on the Team for the Tokyo Games,” Mr Chesterman said. “Each of them has shown what outstanding athletes they are, and we are excited to add our five track and field athletes to the Team, as athletics is always such an important part of every Games. “Having moved beyond the original dates of Tokyo 2020, the full focus shifts to being ready for 23 July next year. On being told of their selection all five athletes have been positive that they can focus fully on the challenge ahead, to allow them to be at their best for the Games.

“This is a challenging time for athletes and sports across the world, but this is a day to celebrate for the athletes, their families, coaches, supporters, friends and the athletics community who have helped them reach this milestone. “I also want to thank Athletics Australia for its work with athletes from the community level to the champions named to the Olympic Team for Tokyo today.”

Christian Malcolm, Head of Performance & Coaching at Athletics Australia congratulated the athletes on their selection.

“It is fantastic to have our first group of track and field athletes selected for the Tokyo Olympic Games Team after an extremely difficult time for world sport and the Olympic Games,” Mr Malcolm said.

“These five athletes include a current World Champion, Olympic medallist, a young athlete who achieved 10th at the World Championship and Australian record holders and we can’t wait to see them perform at the Games next year. “Whilst we look forward to a stream of athletes being selected closer to the Olympics it is exciting for Kelsey, Stewart, Dane, Jess and Jemima to be the first athletes selected.”

Today's selection takes the selected Team size for Tokyo 2020 to 78 athletes of an expected 480-strong Team. The Australian Olympic Committee has confirmed selected athletes shall remain members of the Australian Olympic Team to Tokyo, and athletes who have completed the entire qualification process, under the existing National Federation nomination criteria and international qualification systems, shall be nominated and selected in line with the existing policy.

Track and Field athletes selected to the Australian Olympic Team for Tokyo:

Name	Event/s	Age	Olympics	Suburb	State	Postcode
Kelsey-Lee Barber	Javelin	28	Rio 2016	Crace	ACT	2911
Dane Bird-Smith	20km Walk	28	Rio 2016, Bronze	Wynnum	QLD	4178
Jessica Hull	5000m	23	Debut	Albion Park	NSW	2527
Stewart McSweyn	5000m, 10000m	25	Debut	King Island	TAS	7256
Jemima Montag	20km Walk	22	Debut	Elwood	VIC	3184

Australian Fastest Men of All Time List as compiled by Paul Jenes 6th June 2020 AA Statistician

3000m				5000m		
10.54 16	Dane Bird-Smith	Q		18.38.97	Dane Bird-Smith	Q Mar
10.56.22 09	Andrew Jachno	V		18.41.83	Jared Tallent	V Feb
10.59.04 06	Luke Adams	N		18.45.19	Nathan Deakes	V Mar
11.00.56 98	Dave Smith	V		18.51.39	Nick Ahern	N Feb
11.11.45 86	Nick Ahern	N		18.52.87	Dave Smith	V Feb
11.13.77 09	Jared Tallent	V		18.54.65	Adam Rutter	N Feb
11.16.2 10	Troy Sundstrom	N		18.56.67	Luke Adams	N Feb
11.17.0	Nathan Deakes	V				
11.21.86	Adam Rutter	N				
11.23.2	Steve Beecroft	V				
10 000m Track				30km	This event is not often raced	
38.20.9 06	Dave Smith	V	Sep 85	2.05.06	Nathan Deakes	V Aug
38.30.61 09	Dane Bird-Smith	Q	Apr 19	2.05.15	Jared Tallent	V Jun
38.44.87 86	Nathan Deakes	V	Feb 02	2.05.59	Dave Smith	V May
39.10.10 89	Nick Ahern	N	Jan 91	2.06.39	Simon Baker	V May
39.29.3 94	Andrew Jachno	V	Jan 91	2.07.53	Nick Ahern	N Aug
39.30.8 82	Rhydian Cowley	V	Jan 20	2.08.01	Willi Sawall	V May
				2.09.09	Andrew Jachno	V Feb
				2.09.29	Chris Erickson	V Aug
10						
20km	Sub 80 minutes			50km		
1.17.33.0	Nathan Deakes	V	Apr 05	3.35.47	Nathan Deakes	V Dec

06	1.19.15.01	Luke Adams N	May 08	3.36.53	Jared Tallent V	Aug
12	1.19.15.0	Jared Tallent V	Feb 10	3.43.13	Simon Baker V	Aug
89	1.19.22.0	Dave Smith V	Jul 87	3.43.39	Luke Adams N	Aug
09	1.19.28.0	Dane Bird-Smith	Aug 17	3.46.34	Willi Sawall V	Apr
80	1.19.33.0	Nick Ahern N	Dec 90	3.47.34	Dion Russell V	Dec
99				3.48.40	Chris Erickson V	Aug
16				3.52.49	Adam Rutter N	Dec
07						

THIS WEEK

2020 Queensland Race Walking Club Championships

Sunday, August 30th WOODLANDS PARK MUDGEERABA

After the cancellation of our club meet last Sunday our attention turns to the Club Championships this Sunday. The venue for the meet has been moved out of the Logan area to the Gold Coast where the Mudgeeraba Little Athletics Club has kindly allowed us to use their facilities. This is everyone's last hit out before the rescheduled State Road Walk Championships at Murarrie on September 6th. All the best everybody. Stay safe.

NOTE: CHANGE OF VENUE: MUDGEERABA not Logan River Parklands

REVSORT ONLINE ENTRIES CLOSE MIDNIGHT FRIDAY: Please complete a separate registration for every person attending – athlete, parent volunteer, coach, spectator.

ATHLETES ONLY <https://www.revolutionise.com.au/qldracewalkingclub/events/73542/>

NON ATHLETE

ATTENDANCE <https://www.revolutionise.com.au/qldracewalkingclub/events/73544/>

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

Programme

- 8.00am Open & Masters 10km (5 x 2km loop)
 - Under 20 M & W 8km (4 x 2km loop)
 - Under 18 M & W 6km (3 x 2km loop)
- 8.15am Under 10 M & W 0.75km (1 x 750m loop)
 - Under 12 M & W 1.5km (2 x 750m loop)
- 8.30am
 - Under 14 M & W 2km (2 x 1km loop)
 - Under 16 M & W 4km (4 x 1km loop)

**Please familiarize yourself with your turn point during your warm-up.*

- 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.
- There will be **no presentations on the day** - these will be made on a date to be determined.

QRWC events during current COVID-19 restrictions are conducted in accordance with the Queensland Athletics COVID-SAFE Event Plan - Race Walking as at July 8th 2020

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.

Don't Forget!!



Important Details

We advise that access to the championships as an athlete , parent or volunteer is not allowed to those who have

- * 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 [4]

Anyone who has been to the locations named on the Queensland Government contact tracing alert and at the nominated times should monitor their health and, if they develop even the mildest of COVID-19 symptoms to get tested. <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/contact-tracing>

- Please follow any directives given by our COVID Safety Officers - they are there to protect you.
- 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,
- Contact with officials and event volunteers should be avoided.
- There is to be no shaking of hands, high fives or other contact post-race. No sharing of drink bottles.
- Use the hand sanitiser provided or bring your own personal sanitiser.
- Surfaces such as tables will be cleaned with disinfectant before use.



Please adhere to strict social distancing

Letter from David Gynther QA CEO August 25th 2020

I am writing to you to clarify the current position in regard to athletics activity.

Over the weekend the Premier announced some new COVID restrictions in response to increases in community transmission, Private gatherings in the home or any public area are currently restricted to a maximum of 10 persons, in the Greater Brisbane area, and a maximum of 30 outside of that area. However, businesses and sport may continue to operate with larger numbers under Industry COVID Safe Plans.

Queensland Athletics, our Clubs and Coaches are covered under the Outdoor Sports Industry COVID Safe Plan

https://www.covid19.qld.gov.au/_data/assets/pdf_file/0025/134791/covid-safe-industry-plan-outdoor-sports.pdf?nocache-v1

Based on this master plan, Queensland Athletics has a number of event specific COVID Safe Plans published on our website. <https://qldathletics.org.au/policiesdocument/>

So, for now the news in regard to Queensland Athletics events is good. Clubs, training groups and events should all operate these COVID Safe plans.

Given the recent increase in community transmission it is very important that we all do our utmost to conduct safe activities utilizing these plans. In particular participants must not attend with even the most minor of symptoms, and anyone that has attended one of the identified "Contact tracing alert venues" should get tested if showing even the most minor of symptoms.

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/contact-tracing> . If there are any changes to COVID restrictions, we will update you.

COMING UP

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

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/>