

Queensland Race Walking Club Inc.

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



HEEL & TOE

February 6th 2020

Australian 20km Road Walking Championships

All the very best to Charlotte, Dane, Katie, Caitlin and Camryn who will be competing on Sunday morning in Adelaide at the Australian 20km Road Walk Championships and Oceania U20 10km Championships.

War Memorial Park, Adelaide

Sunday February 9th

7:00am Australian 20km Race Walking Championships

8:00am Oceania Under 20 10km Race Walking Championships

8:00am Invitational Under 18 5km Race Walk

Men 20,000 Meter Race Walk Open

1 Dane Bird-Smith 92 Queensland

2 Rhydian Cowley 91 Victoria

3 Evan Dunfee 90 Canada

4 Timothy Fraser 00 Canberra

5 Adam Garganis 97 Victoria

6 Carl Gibbons 96 New South Wales

7 Alix Harlington 99 South Australia

8 Michael Hosking 85 Victoria

9 Tyler Jones 98 New South Wales

10 Perseus Karlstrom 90 Sweden

11 Remo Karlstrom 88 Sweden

12 Jason Kozica 87 Victoria

13 Bradley Mann 99 Western Australia

14 Carlos Mercenario Arsos 00 Mexico

15 Quentin Rew 84 New Zealand

16 Dylan Richardson 00 New South Wales

17 Tadas Suskevicius 85 Lithuania

18 Kyle Swan 99 Victoria

19 Chun Hung Tse 81 Hong Kong

20 Marius Ziukas 85 Lithuania

Women 20,000 Meter Race Walk Open

1 Alana Barber 87 New Zealand

2 Anna Cross 99 South Australia

3 Rachelle De Orbeta 01 Puerto Rico

4 AneÅ¾ka Drahotova 95 Czech Republic

5 Katie Hayward 00 Queensland

6 Laura Langley 97 New Zealand
7 Simone McInnes 91 Victoria
8 Jemima Montag 98 Victoria
9 Sau Man Ng 80 Hong Kong
10 Rozie Robinson 90 New Zealand
11 Kelly Ruddick 73 Victoria
12 Courtney Ruske 94 New Zealand
13 Beki Smith 86 Canberra
14 Rachel Tallent 93 Canberra
15 Brigita Virbalyte-Dimsiene 85 Lithuania

Men 10,000 Meter Race Walk Under 20

1 Mitchell Baker 81 Canberra
2 Tristan Camilleri 01 South Australia
3 Corey Dickson 02 Victoria
4 Jack McGinniskin 02 New South Wales
5 Jan R Moreu 01 Puerto Rico
6 Benjamin Reid 01 Western Australia
7 William Robertson 03 Tasmania
8 Oscar Tebbutt 01 New South Wales
9 Will Thompson 02 Victoria
10 Gwyllym Young 02 Canberra

Women 10,000 Meter Race Walk Under 20

1 Anna Blackwell 01 Tasmania
2 Hannah Bolton 03 New South Wales
3 Sophie Charlotte Hamann 01 Queensland
4 Caitlin Hannigan 02 Queensland
5 Charlotte Hay 03 Victoria
6 Rebecca Henderson 01 Victoria
7 Camryn Novinetz 03 Queensland
8 Alanna Peart 03 Victoria
9 Jemma Peart 01 Victoria
10 Allanah Pitcher 03 New South Wales
11 Olivia Sandery 03 South Australia

Women 5,000 Meter Race Walk Under 18

1 Ruby Langford 04 South Australia
2 Darcey Roberts 07 Victoria
3 Kiera Ross 05 South Australia

For those going to Adelaide for Australian 20km Championships, Bob Cruise is conducting a Coaching Seminar there on Saturday 8th February. It is an introduction to coaching with an emphasis on technique and training plans. Registrations is via the ASA website.

Link at <https://www.athleticssa.com.au/events/55019/>.

THE ART OF JUDGING

Following is a summary of the presentation made by Dr Bob Cruise to the 2019 Race Walking Judging Seminar held in Melbourne on the 30th November.

Introduction:

The 2018 – 2019 IAAF Rules of Competition Handbook states that:

Race Walking is a progression of steps so taken that the athlete makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of the first contact with the ground until the vertical upright position.

At this seminar the presenter examined the race walking rule, analysed the capacity of the walking judge to effectively apply the rule, discussed the 100 metre rule and proposed methodologies for judging.

DOES RULE 230.2 MAKE SENSE?

There are numerous concerns here.

Firstly, the use of the word 'ground', whilst possibly understood to be a generic and used to describe all surfaces upon which the walker may walk does not, in the presenters view, specifically cover situations where competitive race walking may be undertaken on grass surfaces or indoors on indoor surfaces. Replacement of the word 'ground' with the words 'walking surface' would be more appropriate.

Secondly, 'The walker makes contact....' is not specific. What part of the walker needs to make contact? There is probably no doubt in anyone's mind that it is the shoe of the walker, or the foot if walking without shoes, that needs to make contact but the statement is not specific enough given that it is a rule.

Thirdly, the use of the term 'human eye' is also somewhat less than specific. Current practice allows a walking judge to use spectacles to judge but there are no regulations relating to the strength of spectacles. They could be almost of binocular strength but no checks of spectacles are ever made. So, what does being judged by the '... human eye...' actually mean?

Fourthly, and this is the writers greatest concern with the walking rule, is the statement 'The advancing leg must be straightened (i.e. not bent at the knee) from the moment of the first contact...'. Is there a second contact? If not, why include the word 'first'? '...first...' is undoubtedly superfluous.

Further the swing leg is no longer advancing when it makes contact with the walking surface, it is on the way back relative to the 'centre of gravity', so the use of the word '...advancing...' is almost certainly incorrect.

But moreso, the greatest 'fault' with the rule and its current interpretation is the requirement that 'The advancing leg must be straightened (i.e. not bent at the knee) from the moment of the first contact with the ground until the vertical upright position'. This, without doubt, does not require the leg to be straight at the moment of contact but rather straighten during the time of first contact until the leg is in the vertical upright position. Why then has the walking world adopted the practice of the leg needing to be straight at the point of first contact? Strange.

And finally, I suppose one could argue further that the leg cannot possibly be straight at a point i.e. the knee.

Maybe the rule could be rewritten as follows so as to comply with current judging practices:

Race Walking is a progression of steps so taken that the athlete's foot or shoe makes contact with the walking surface, so that no visible (to the human eye) loss of contact with the walking surface occurs. During each stride the swing leg must be straight at the moment of contact with the walking surface and remain so until the vertical upright position.

JUDGING 'LOSS OF CONTACT'

Judging 'loss of contact' is not easy. And this is probably why there appears to be few 'loss of contact' red cards being issued when a casual observer thinks there should be more. Consider the following:

A 15 minute walker over 3,000 metres with an average single stride length of 1 metre (assuming no loss of contact occurs) takes 3.33 steps per second or 0.3 seconds per step. Pat Cummins, Australian Opening Bowler, bowls at 140 kph over approximately 18 metres. This equates to a speed of 38.8 metres per second. From the time the ball leaves Cummins hand until the batsman has to make a decision to play the ball or not is 0.47 seconds.

The above shows that a walking judge has less time to make a decision regarding 'loss of contact' than he/she would have to hit Pat Cummins fast bowling. Scary!

A more detailed analysis of a 20 KM 81 minute walker follows:

Race distance (metres)	20000
Race time (hrs:mins:secs)	1:21:00
Race time (seconds)	4860

Speed (met/sec)	4.12
Single Stride Length (s) (met) - estimated	1.05
Number of Single Steps	19048
Strike rate (Single Stride)	3.92
Double Stride Length without Flight Phase (met)	2.10
Number of Double Strides without Flight Phase	9524
Double Stride Length with Flight Phase (met)	2.35
Flight Phase (met)	0.25
Number of Double Strides with Flight Phase	8511
Strike rate (Double Stride)	1.75
Distance 'Off the Ground' (met.) during race.	2127.66
Percentage of race 'Off the Ground'	10.64
Time of Flight Phase(secs)	0.061

The calculation above demonstrates that whereas the walker in question is off the walking surface for approximately 10% of the race the actual time the walker is off the walking surface per double stride is only 0.061 secs. Clearly the ability of a judge to detect such a flight time is questionable indeed.

JUDGING A STRAIGHT LEG:

According to the rule a 'straightened' leg is a leg that is '...not bent at the knee'. A judge must remember that the previous Rule 230.2 of the IAAF Handbook specified that from the time of contact until the vertical upright position the leg should be 'straightened'. So a leg can be 'bent' at all other times.

Given that it is not uncommon for an elite walkers foot to land only 20 – 30 centimetres in front of the vertical the time available for a walking judge to make a determination as to whether the leg is straight or not is, in the case of a 3000 metre walker with a 1 metre stride length, say $25/1000 = 0.25$ i.e. a quarter of the time taken for a single stride (see above) i.e. 0.25×0.33 secs = 0.0825 secs.

So, in summary then a walking judge has 0.33 seconds to determine whether a walker is in breach of the contact rule and only 0.08 seconds to determine whether a leg is 'straight'. Now that's extra scary.

So how do judges make these determinations? Indeed, the question is and can legitimately be asked 'how can they?'

A Methodology:

1. Observe the moment of contact of the shoe or foot of the swing leg of the walker with the walking surface. A straight leg cannot be judged prior to this moment;

2. Assess whether the leg is straight at that moment.

A handy way to assist the judge is for the judge to look at the front of the athletes leg i.e. the quadriceps of the swing leg. If the leg muscles are tight/firm as the shoe or foot of the swing leg makes contact with the walking surface it is highly likely the leg will satisfy the knee component of the race walking rule. However, this may not always be the case. It is an indicator only.

But how does a judge determine whether the leg is straight or not at the moment of contact? Perhaps the following may be useful.

- Draw an imaginary line through the hip joint of the walker to the ankle joint of the swing leg. If this imaginary line is totally contained within the leg then the leg should be considered 'straightened' or more correctly 'straight';

- Place an imaginary cricket wicket (3 stumps) in front of the walkers legs. By doing so a framework is established and comparative judgement can occur. The judge is not simply assessing against an imaginary single line to determine whether a leg is straight or not but rather a framework in which to do so. This, whereas a useful technique once mastered, is very difficult to put into practice; or

- Make a subjective judgement without attempting to frame the legs or apply any attempt at objective judging. Subjectivity is essentially your best guess.

3. Observe that the leg remains straight until the vertical upright position.
Given that contact may be only 20 to 30 cms in front of the vertical the time available to the judge to determine whether the leg remains straight is approximately 0.1 secs (0.3 x 0.33 secs for the 15 minute walker mentioned previously);

4. Assess whether the leg is straight when in the vertical upright position.
This can be done by comparing the straightness of the leg with a vertical fixture e.g. an upright of the surrounding fence.

Prior to the above the judge should determine the plane in which the athletes swing leg is travelling.

Sometimes an athlete's swing leg does not travel parallel to the plinth or road kerbing e.g. the swing leg of an athlete with excessive hip rotation will not travel parallel to the direction of travel or plinth or kerb and consequently judging at right angles to the direction of travel may not be appropriate.

5. Judge from a fixed position i.e. knees cannot be judged if the judge is moving.

DECISION MAKING

If you don't know then do nothing;

If you believe the walker may not be complying or you are not satisfied they are in breach of the rule then issue a 'yellow card';

If you are absolutely certain the athlete is in breach of the rule then write a 'red card'.

JUDGING THE LAST 100 METRES

According to the previous IAAF Rule 230.4 (a) this provision does not apply to national/local competitions (Only 1(a), 1 (b), 1(c), 1(d) and 1(e) competitions) however a number of IAAF member associations have chosen to adopt the rule for their own competitions. Australia is one of these.

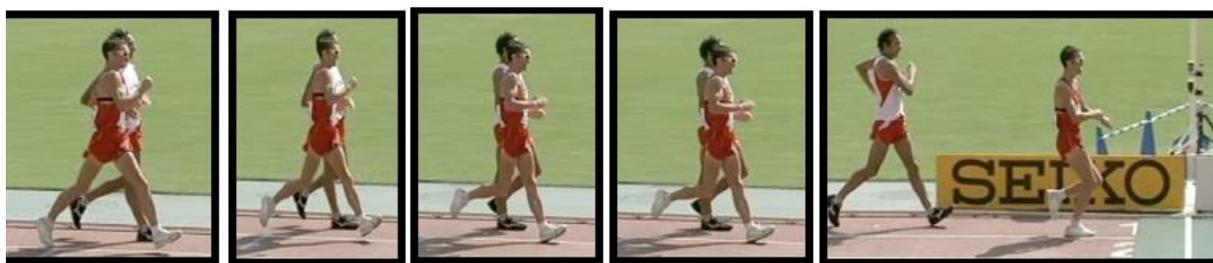
In Australia only IAAF International Judges and Oceania Area Judges can use the provisions of Rule 230.4 (a) to disqualify an athlete.

The key word for the Chief Judge is the word 'obviously'.

If an athlete does receive a disqualification in the last 100 metres then that athlete must be allowed to finish the event. The athlete can then protest the Chief Judges decision.

A Case Study

The Chief Judge disqualified the Spanish athlete using the last 100 metre rule. 26 August 2007 – Osaka, Japan



A protest was presented by the Spanish Team concerning the disqualification of Francisco Fernandez in the 20km Race Walk at the 11th World Championships in Athletics, Osaka 2007
The Decision of the Jury:

...After examining the video of the race and discussing with the Chief Judge, the Jury of appeal decided unanimously that the mode of progression of the Spanish athlete did not merit a disqualification.

The Jury of Appeal in its decision noted that the purpose of Rule 230.3 (a) is to prevent athletes from improving their position in the closing stages of the competition by obviously failing to comply with the mode of progression defined as race walking.

The appeal of the Spanish federation is upheld and the athlete reinstated.

Bid fails for Olympic women's 50km walk

Press extract February 5th

Australia's Claire Woods is among a group of women's walkers who have failed in a bid to have a 50km race put on the Tokyo Olympics program.

Woods and others had appealed to the Court of Arbitration for Sport (CAS), alleging discrimination against women by not including a 50km race while a men's event over the distance has been scheduled.

But CAS has ruled it doesn't have the jurisdiction to rule on the appeals by Woods and others against the International Olympic Committee and World Athletics decision.

American lawyer Paul DeMeester launched the appeal on behalf of Woods and others, claiming the Olympic Charter's gender equality edict should ensure a women's 50km walk was included.

A women's 50km walk has never featured at an Olympics but the men's event has been on the program at every Games since 1932, except for 1976. Australia's Jared Tallent won 50km walk gold at the 2012 London Olympics and silver medals at the 2008 Beijing Games and in 2016 in Rio.

A women's 50km walk was added to the world championships schedule in London three years ago but only seven athletes took part. The event was also part of last year's world championships in Doha. Woods wasn't among the field in either world title edition of the event.

QRWC 2020 Winter Road Walk Season

The 2020 Winter Road Walk season will kick off on **Sunday April 5th** with a **Sign on Day and Annual General Meeting** at Kalinga Park, Clayfield.

A formal notification of the Annual General Meeting will be released shortly as will the call for nominations for members to be elected to the Management Committee or to be appointed to a number of other important volunteer roles within the club. All positions within the club will become vacant and up for election.

Draft Sign-On Day /AGM Schedule

Sunday April 5th Kalinga Park

8.00am 5km

8.30am 3km

9.00am 2km / 1km

9.15am AGM

Sunday April 19th Logan River Parklands Beenleigh

Handicap Meet 8.00am

A draft schedule of meets up until the Canberra LBG Carnival on June 7th has been added to the calendar of events below.

RESULTS RESULTS RESULTS

QMA Gold Coast Runaway Bay

Sunday February 2nd

5,000 Meter Race Walk

1 Patrick Sela 37:27.57 (23:23.39 76.79%)

Age Graded Times & Percentages in Brackets

Pat was among six walkers in the 3,000 metres at the QMA Brisbane meet at QSAC on Saturday morning. Official results of that meet are still to be released.

AUSTRALIAN TRACK & FIELD CHAMPIONSHIPS 2020

Sydney Olympic Park Athletic Centre

Sunday 22nd March

12.10pm U16 Men 3,000m Walk

U15 Men 3,000m Walk

3.45pm U16 Women 3,000m Walk

U15 Women 3000m Walk

Monday 23rd March

9.20am U18 Women 5,000m Walk

U17 Women 5,000m Walk

Tuesday 24th March

9.30am U18 Men 5,000m Walk

U17 Men 5,000m Walk

Thursday 26th March

9.00am U14 Women 3,000m Walk

9.30am U14 Men 3,000m Walk

Friday 27th March

9.00am Open Women 10,000m Walk

U20 Women 10,000m Walk

Sunday 29th March

9.30am Open Men 10,000m Walk

U20 Men 10,000m Walk

This Week

All the race walking action this week will be in Adelaide for the Australian 20km Road Walk Championships on Sunday.

It looks like it might be a soggy Saturday night for runners and walkers for the Dusk to Dawn 12 hours at the Caboolture Historical Village.

Next Wednesday night (February 12th) Qld Masters are at QSAC with a 5,000 metres starting at 7pm.



ONLY 9 WEEKS TO GO
REGISTRATIONS NOW OPEN

Countdown

5 weeks to 1st closing date

7 weeks to 2nd extended closing date

9 weeks to competition

<http://www.brisbane2020nationals.com.au/register/>

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC at Riverside Drive, West End.



Toronto WMA Championships start on 20 July 2020

<https://wmatoronto2020.com/>

**Pan Pacific Masters Games
November 6-15th 2020 Gold Coast**

PLAY IT, LIVE IT, LOVE IT!

ENTRIES NOW OPEN

<https://entermastersgames.com>

**The QRWC is the host club for the Games 10km road walk at the
Luke Harrop Cycle Circuit at Runaway Bay**

Coming Up

February 9th Australian 20km Road Walk Championships, Adelaide
February 12th Qld Masters SAC 5,000 metres 7pm Wednesday night
February 16th Gold Coast Masters Runaway Bay 3,000 metres 8.00am
February 22nd Qld Masters SAC 1,500 metres 9am
February 22nd Qld Athletics SAC 3,000/5,000 metres
February 29th Qld Masters SAC 3,000 metres Championship 8.10am
March 1st Gold Coast Masters Runaway Bay 5,000 metres 8.00am
March 4th Qld Masters SAC 10,000 metre Walk Championship Wednesday night
March 7th QA State Championships SAC Age Walks from 9.00am
March 8th QA State Championships SAC 10,000 metres U20/Open 8.00am
March 11th Qld Masters SAC TBA Wednesday night
March 13-15th Qld LA's State Championships QSAC
March 15th Gold Coast Masters Runaway Bay 3,000 metres 8.00am
March 21st Qld Masters SAC TBA
March 21-29th Australian Open and Junior Track Championships, Sydney
March 29th QMA Gold Coast Championships Runaway Bay Sunday

Looking further ahead

April 5th QRWC Sign On Day Kalinga Park 8.00am
April 10th Australian Masters Championships 1,500 metres QSAC
April 11th Australian Masters Championships 5,000 metres QSAC

April 12th Australian Masters Championships 10km Road Walk West End
April 18-19th Australian Little Athletics Track Championships, Canberra
April 19th QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am
April 26th QRWC Handicap Meet Date & Venue TBC
May 2-3rd IAAF World Race Walking Team Championships, Minsk, Belarus
May 3rd QRWC Handicap Meet Date & Venue TBC
May 17th QRWC Handicap Meet Date & Venue TBC
May 24th QRWC Handicap Meet Date & Venue TBC
May 31st Gold Coast RW Championships Mudgeeraba
June 5th Qld Masters State Championships Townsville
June 7th LBG Federation Meet Mt Stromlo Canberra
July 17-20th World U20 Track Championships, Nairobi, Kenya
July 24th-Aug 9th Olympic Games, Tokyo, Japan
July 20th-Aug 1st World Masters Track Championships, Toronto, Canada
August 30th Australian Masters 20km Championships Adelaide
November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

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 are due to expire 31st March 2020. Click on the required Existing QRWC member option if you paid your club membership during the winter road walk season. 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>

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

Calling all First Aiders

The club will require a list of qualified (up to date) First Aiders or medical practitioners before the start on the winter road walk season. Please let me know at peter.bennett@live.com if you wish to be on the club list.

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

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>

Play by the Rules

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

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/>