

Queensland Race Walking Club Inc.

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



HEEL & TOE

July 23rd 2020

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

**+ QMA Long Course Road Walk Championships + AMA Virtual 20km
Sunday July 26th Murarrie Recreation Reserve**

Information for Athletes, Coaches and Spectators.

It's great to be back competing this weekend, with the Queensland Race Walking Championships being the first event staged by Queensland Athletics since the shutdown on March 20.

However, as things have not totally returned to normal, we must do things differently, safely and strictly to the rules and regulations as set out by the Queensland Government. If we do not, or if some break the rules, our rights to deliver competitions and training can and will be taken away as quickly as they have been given. Everyone is responsible.

I understand that there are clear inconsistencies across some activities - from schools, markets and shopping centres to dining out and sport. And yes, that can be both confusing and frustrating. To be clear, the sport of Athletics has been granted the ability to return under a specific set of rules and an Industry Specific COVID Safe Plan, and everyone involved must make every effort to abide by those specific rules or we risk fines and closure.

In relation to the Queensland Race Walking Championships the important rules are clear and simple:

1. Maintain social distancing at all times - the only exception is for athletes during the race. This applies to coaches, parents interacting with athletes, spectators and officials. I realise that there will be members of the same household in attendance and so for them social distancing may make no sense, however I would ask that while at the event everyone maintains social distance regardless.
2. Everyone - no exceptions - attending the event **MUST** be registered online. Evidence that is coming from Vic and NSW clearly shows that failure of some venues to have clear and complete details of all attendees is a major issue. Queensland Health are now conducting spot checks on this on a regular basis, and QA have already had two such checks.
3. Please come and go as quickly as you can, results will not be posted at the event and, unfortunately, we will not be conducting medal ceremonies.

I thank you for your cooperation and hope you enjoy the day.

Regards, David Gynther CEO Queensland Athletics

Numbers are looking good for the first road walk Championship meet of the year. Remember, for parents, supports and volunteers intending to be there on Sunday that you must register your personal details for contact tracing.

<https://www.qldathletics.org.au>

COVID-19 INFORMATION

- Unfortunately, the following are not permitted at this event: gazebos, bbqs, shared food.
- Social distancing **MUST** be adhered to. This includes no hugging, high-fives, sharing water bottles and personal equipment.
- Once each athlete has finished their race, they **MUST** continue beyond the finish line and leave the venue.

With the above protocols needing to be enforced the current wet weather throws up another dilemma in respect of the obligation to;

"Implement a process for other restrictions such as cancelling if wet weather to reduce the risk of people congregating such as under shelter."

The ground will be wet and there will be no pergolas so leave your bag and a change of warm and dry clothes in the car. Parents & volunteers bring an umbrella and a warm shower proof jacket. There will be no canteen so bring your own hot drinks and snacks. Please check the QA website, social media and your emails for any meet updates.

PROGRAM OF EVENTS

Important: There will be no Medal Presentation including shaking hands. Medals will be given to each club to distribute accordingly.

There are strictly NO LATE ENTRIES to this event.

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

Welcome Back QRWC

We finally are allowed to get back and start racing again and that's what we did. What a great way to get started. A bit chilly in the morning but warmed up to be a beautiful morning. With a new set up in how we conduct events, I want to thank all members, new and old, in how everybody followed the regulations we are required to adopt to be allowed to have races. The whole morning in general seemed to run very smoothly. It was great to see the amount of athletes turn up and race. The smiles on the faces showed me you were happy to be out competing again. Also, a huge thank you to all the family members of athletes putting their hand up to volunteer. Time keeping, lap scoring, judging, setting up and packing down. A lot of planning was done by committee members in a very short time to get us back into somewhat of a season. It will only be a very short season this year, but some of a season I think will be better than none at all.

So, I hope we can continue to keep racing.

This Sunday is the QA State Road Walking Champs at Murarrie. I wish all athletes good luck. Go out there and race the very best you can. But most importantly, have fun. I'm guessing that QA may need some assistance on the morning. So, if available and needed, please help out. It will most likely be with Lap scoring. I'm still waiting to have it confirmed from QA where our help may be needed.

The following Sunday, August 2nd, we'll be back at Logan Parklands. Please jump on to our online registration and register to be there. I look forward to seeing you all this Sunday.
Shane

RESULTS RESULTS RESULTS

Yes, we have our own real race walk results at long last!!

19th July, 2020

Club Meet 1

Logan River Parklands

10km

Men: (1) Ignacio Jimenez 55.37 (2) Peter Bennett 59.46

Women: (1) Jasmine-Rose McRoberts 1.09.36 (2) Noela McKinven 1.26.31.

5km

Men: (1) Lachlan McCure 25.23 (2) Sam McCure 25.26 (3) Riley Whatman 28.23 (4) Jack Bannister 32.53

Women: (1) Jayda Anderson 25.21 (2) Anika Clarke 28.10 (3) Brenda Gannon 31.36 (4) Jennifer Stuckey 34.02.

3km

Men: (1) Bailey Housden 15.17 (2) Kai Norton 17.43 (3) Blake Gee 20.47 (4) Korbyn Bricknell-Hewitt 23.53.

Women: (1) Amber Norton 15.36 (2) Tamika Gee 15.49 (3) Lyla Williams 16.20 (4) Mia Bergh 16.29 (5) Olivia Hingst 17.51 (6) Makenna Clarke 17.53 (7) Torryn Fisher 19.10 (8) Natasha Flahey 19.25 (9) Ella Cosgrove 19.49 (10) Phoebe Chadwick 20.49 (11) Siaan Fisher 20.55 (12) Destinee Pickvance 22.02 (13) Pippa Anderson 22.38 (14) Katya Martin 23.52 (helping Korbyn) .

1km

Men: (1) Knox Anderson 6.30 (2) Hunter Sibenaler 6.38 (3) Noah Wheeley 7.08.

Women: (1) Isabella Gee 5.52

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 Report

We have often had a problem with the communication of judges' reports to walkers and coaches due to lack of time, and even more so now with Covid directives requesting members to leave the area after finishing their event, so I have decided to give a shortened summary

after the meet. The format is as used for large meets such as LBG and it is in numerical order. At this time, I have not used the walker's name.

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**

230 c
271 c
289 k
290 k
300 kkk
332 c
333 k
336 c
361 cc
376 c
385 k

QRWC road season

July 26th QA Road Walk Championships/ QMA Long Walks Championships Murarrie
8.00am

August 2nd QRWC Club Meet 2 Logan River Parklands 8.00am

August 9th Gold Coast Road Walk Championships Mudgeeraba 8.00am

August 16th QRWC Club Meet 3 Logan River Parklands 8.00am

August 23rd QRWC Club Meet 4 Logan River Parklands 8.00am

August 30th QRWC Club Championships Logan River Parklands 8.00am

September 6th Father's Day - No Club Races

October 18th AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne

UNCONFIRMED

November 15th Pan Pacific Masters Games 10km Road Walk **CANCELLED**

2021

January 18-22 Oceania Masters Championships: Norfolk Island **POSTPONED to 2022**

March 5-8 AMA National Championships Canberra, ACT

August 2nd QRWC Club Meet 2

Logan River Parklands

8.00am 10km

8.15am 1km Note: Change of start time

8.30am 5km

8.45am 3km

August 9th Gold Coast Road Walk Championships

Mudgeeraba

Programme

8.00 Open M/W 10km

TBA U10 M/W 1km

U8 M/W.5km

TBA U20 M/W 5km / Invitation M/W 5km Non-Championship

U18 M/W 5km

TBA U16 M/W 3km

TBA U14 M/W 2km

U12 M/W 2km

Gold Coast Road Walk Championship Records

Updated June 2nd 2019

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: J. Wearne 9.28 2018
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

GC Championships Information

1. All races are Age on the Day.
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group (no medals presented on the day).
4. Athletes can walk out of their age groups but won't qualify for records or medals.

Tokyo 2020 would have started today – will they still go ahead?



Fox Sports :

The year-long postponement of the Tokyo 2020 Olympics due to coronavirus has presented organisers with unprecedented challenges and questions over costs, sponsorship and safety. With one year to go, many of these questions remain unanswered, with surveys suggesting Tokyo residents are beginning to cool on the idea of hosting the Games during a global pandemic.

What will a post-COVID Games look like?

In a word, “simpler” -- the new buzzword for Olympic officials. Tokyo 2020 chief Yoshiro Mori put it best when he said the Olympics “used to be conducted in an extravagant, grand, splendour. But the point is that in the face of COVID, would that kind of Games be accepted?” With millions around the world losing jobs and the global economy facing the worst downturn since the Great Depression, officials are at pains to dial down the razzmatazz. “We are looking, together with our Japanese partners and friends, on ways to simplify the organisation of the Games, how we can reduce the complexity of the Games, how we can save costs for these postponed Games,” International Olympic Committee boss Thomas Bach told AFP in an interview last month.

But exactly how remains unclear. Tokyo 2020 has said there are 200 possible cost-cutting measures under discussion, without revealing examples.

Plans said to be on the table include cutting the number of spectators and reducing participation in the opening and closing ceremonies.

How much will it cost?

Again, we don't really know.

According to the latest budget, the Games were due to cost \$12.6 billion, shared between the organising committee, the government of Japan and Tokyo city.

But the postponement has thrown up a plethora of new costs -- from re-booking venues and transport to retaining a huge organising committee staff for an extra year.

The IOC has already set aside \$800 million to help organisers and sports federations meet the extra costs of a postponed Olympics, \$650 million of which is earmarked for the Games.

Tokyo 2020 officials have remained tight-lipped about additional costs, saying they need to finalise the organisational side of things before working out the bill.

What are the main headaches?

Almost every aspect of the Olympic Games, after seven years of preparation, needs to be unpicked and started again. Let's take two of the major problems: sponsorship and venues.

Just before the year-to-go landmark, Tokyo 2020 said it had secured 100 percent of the venues for next year, leaving the competition schedule broadly unchanged.

But it remains unclear how much rearranging the venues will cost -- including buying out organisations that had reserved them for 2021.

Another major problem is the athletes' village, with many units already sold off as luxury bayside apartments.

The postponement and continued uncertainty surrounding the Games is also making sponsors jittery, with doubts over the \$3.3 billion they were expected to stump up -- more than half Tokyo's revenue.

A poll published last month by Japanese public broadcaster NHK suggested 65 percent of sponsors had not decided whether to extend their financial backing for another year.

Will they even happen?

Senior officials from Prime Minister Shinzo Abe downwards have conceded a second postponement would be virtually impossible and that if the Games are not held next year, they would have to be scrapped.

Bach said he understood Japan's view that 2021 was the "last option" for the Tokyo Games, stressing postponement cannot go on forever.

Even the biggest optimists admit no one can be certain the coronavirus situation will allow the Games to happen.

"To be honest with you I don't think the Olympics is likely to be held next year," said Kentaro Iwata, a professor of infectious diseases at Kobe University.

"Japan might be able to control this disease by next summer, I wish we could, but I don't think that will happen everywhere on Earth, so in this regard I'm very pessimistic," he said.

The development of a coronavirus vaccine or treatment will be key to allowing the postponed Games to open in a year's time, Mori said Wednesday.

Asked what factors will be crucial for the rescheduled Games to go ahead, Mori said "it would be whether the coronavirus woe is settling down." "Specifically, the first point will be that a vaccine or drug has been developed," he said in an interview with national broadcaster NHK, published Wednesday.

Asked whether Tokyo could hold the Games if the virus situation remained unchanged, Mori said: "If things continue as they are now, we couldn't."

Tokyo governor Yuriko Koike told AFP last month that she would be making a "120 percent" effort to ensure the safety of everyone attending the Games, but this is no easy task.

Organisers have vowed to look at coronavirus countermeasures "from this autumn forward" but the scale of the challenge was encapsulated by John Coates, a top IOC official in charge of working with the Tokyo 2020 team.

"Do we quarantine the Olympic village? Do all athletes when they get there go into quarantine? Do we restrict having spectators at the venues? Do we separate the athletes from

the mixed zone where the media are?” “We’ve got real problems because we’ve got athletes having to come from 206 different nations,” said Coates.

“There’s a lot of people.”

Will it be safe?

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/>