

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 66 years in the making.



HEEL & TOE

July 8th 2021

Final team selections for the Australian Olympic Team for Tokyo announced Two Queensland race walkers in the team.

Congratulations to Dane Bird-Smith and Katie Hayward on their selections in the Australian athletics team for the Tokyo Olympics .

As the bronze medalist in the 20km at the 2016 Rio Olympics Dane is the only current Olympic medal winner in the athletics team .



The Australian Olympic Committee has announced the final team selection for the Australian Olympic Team for Tokyo, with 36 track and field athletes joining the 27 previously announced athletes to complete the 63-strong Athletics squad.

Only Sydney 2000 (87) and Melbourne 1956 (75) have had bigger Australian Olympic Athletics teams.

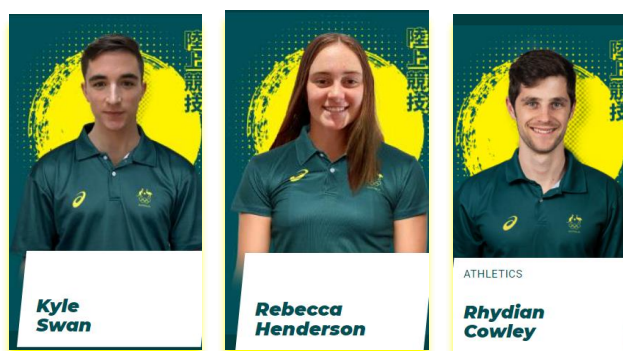
The announcement takes the number of athletes selected to the Australian Olympic Team for Tokyo to 473.

Ian Chesterman, Chef de Mission of the Australian Olympic Team, congratulated the athletes on today's selection.

“With athletes facing so many obstacles and challenging to qualification and competition throughout this Olympic cycle, it is fantastic to send our biggest ever Athletics team to an away Games,” Mr Chesterman said. “To have so many athletes qualify is a great reflection of their commitment and persistence. It also speaks volumes of the tremendous support from their coaches, families, friends and Athletics Australia. The depth and talent we have in Australian athletics is exciting.

“With 63 athletes this is the biggest section of the Team and they will bring great energy to the group in the second week of the Games.

“Well done to all the athletes announced today, I look forward to seeing you in Tokyo in just a few short weeks.”



(I don't know when these photos were taken but when I saw some of these athletes just a few weeks ago a couple of them looked quite different to how they look in these photos)

The Team

Women's 20km: Jemima Montag (Vic), Katie Hayward (Qld), Rebecca Henderson (Vic)

Men's 20km: Dane Bird-Smith (Qld), Kyle Swan (Vic), Declan Tingay (WA)

Men's 50km Men: Rhydian Cowley (Vic)

No spectators at Olympics marathons and race walks

World Athletics said that it was surprised by the "seemingly inconsistent" decision to ask spectators to stay away from the marathon and race walk at the Tokyo Olympics, outdoor events that are hugely popular in Japan.

Organisers had earlier asked the public not to gather on the streets for the events to reduce the risk of infection amid the COVID-19 pandemic, after a technical working group meeting with Hokkaido prefectural and Sapporo city authorities and police.

The decision is a blow to fans in a country where the marathon has gained in popularity in recent years, after Naoko Takahashi and Mizuki Noguchi won gold in the women's event in 2000 and 2004 respectively.

"World Athletics is surprised by this new decision about our events in Sapporo, which is seemingly inconsistent with the decision to allow up to 10,000 spectators in venues in Tokyo, many of which are indoor venues," the athletics governing body said in a statement.

"We'll discuss this decision as soon as possible as it would be a great shame not to have spectators for the race walk and marathon in Sapporo given the popularity of both disciplines in Japan and the fact they are being held outdoors."

The race walks will be held on Aug. 5-6 and the marathon races on Aug. 7.

This Week

**Sunday July 11th Racewalking Australia Postal Challenge
Logan River Parklands, Beenleigh**

8.00am Open M/W 10km

U 20 M/W 10km

U18 M/W 8km
8.10am U10 M/W 1.5km
 Invitation (Non-challenge event) 500 metres
8.30am Invitation 5km (non-challenge event)
 U16 M/W 5km
 U14 M/W 3km
 U12 M/W 2km

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is 'age on the day' for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

At the same meet we will be conducting the Qld Masters Short Course Road Walk Championships . You need to enter both events and women in the Challenge 10km will get a 5km split on the way through.

Sunday July 11th Logan River Parklands, Beenleigh

Queensland Masters Athletics Short Course Road Walk Championships

8.00am QMA Masters M 10km
 QMA Masters M 5km (M60+ option)
 QMA Masters W 5km

Entry Fee \$7 (Collected on behalf of QMA and is in addition to the QRWC race fee)
Athletes must be a current registered member of Qld Masters Athletics to compete in these Championships.

QMA have commissioned new design medals but these will not be available before August.

Coming up

Sunday July 18th QRWC Track Championships

University of Qld St Lucia

8.00am Open M/W 5,000 metres
 U20 M/W 5,000 metres
 U18 M/W 5,000 metres
8.45am U16 B/G 3,000 metres
9.10am U14 B/G 1,500 metres
 U12 B/G 1,500 metres
9.25am U10 B/G 1,000 metres

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge).

Age is Age on Day.

Medals for these Championships will be presented at the Club Relay / Trophy Day.

We will need a number of volunteers to assist with lap scoring and time keeping on Sunday.

Race Walking Qld Track Championship Records

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22
Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98
Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90

Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20
 Under 14 Boys 1,500 metres Kris Hayward 2017 6:36
 Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24
 Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00
 Open Women's 5,000 metres Jessica Pickles 2017 23.03
 Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00
 Under 18 Women's 5,000 metres Katie Hayward 2017 21:56
 Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97
 Under 14 Girls 1,500 metres Jayda Anderson 2018 6.46
 Under 12 Girls 1,500 metres Lyla Williams 2019 7:18.00
 Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27



**QUEENSLAND ROAD WALKING CHAMPIONSHIPS
 + QMA Long Course Road Walk Championships**

Entries Now Open

Saturday 24 July 2021 Ipswich Cycle Park, Churchill

Programme

8.00am 20km Open Men
 Open Women
 Masters Men 35+ (30+ for QMA)
 10km Under 20 Men 2002 / 2003
 Under 20 Women
 Under 18 Boys 2004 / 2005
 Masters Women 35+ (30+ for QMA)
 8.30am 5km Under 18 Girls 2004 / 2005
 Under 16 Boys 2006 / 2007
 Under 16 Girls 2006 / 2007
 9.00am 3km Under 14 Girls 2008 / 2009
 Under 14 Boys 2008 / 2009
 9.30am 2km Under 12 Girls 2010 / 2011
 Under 12 Boys 2010 / 2011
 1km Under 10 Girls 2012 / 2015
 Under 10 Boys 2012 / 2015

Entries

Entries are taken online at www.qldathletics.org.au and close at 9:00am Friday 23 July
 There are strictly no late entries to this event.

If you have any issues with the online portal contact Dave Brown at QA
david.brown@qldathletics.org.au

QA Platinum Members FREE

QA Base & QMA Members \$ 30.0

COVID-19 INFORMATION - Coaches, parents and other guests MUST register their attendance online prior to the event, otherwise they cannot remain at the venue. - Social distancing must be adhered to.

July	11	RWA Postal Challenge	Beenleigh 8.00am
	11	QMA Short Course Championships	Beenleigh 8.00am
	18	QRWC Track Championships	UQ St Lucia 8.00am
<i>Saturday</i>	24	QA Road Walk Championships	Ipswich

August	1	No club competition scheduled	
	8	QRWC Handicap Meet 9	Kalinga Park 7.30am
	15	QRWC Handicap Meet 10 / M&W Club 15km C/ship	Morningside 7.30am
	22	QRWC Club Championships	Beenleigh 8.00am
	29	QRWC Relay/ Trophy Day/ Lunch	Kalinga Park
September	12	AA/Federation Championships	Melbourne

DATE CLAIMER: Sunday, August 29th QRWC End of Season Relays / Lunch / Trophy Day

AA Road Walk Championships & RWA (2nd Federation) Carnival

The 2021 Australian Road Walking Championships are yet to be finalised, check the event page on the Athletics Australia website - www.athletics.com.au
 Entries are open to all race walkers with no selection or qualifying standards. Entries are taken online directly with Athletics Australia

Sunday September 12th Middle Park, Melbourne

9.00am 20km AA Championship & RWA Teams Open Men
 9.00am 20km RWA Championship Masters Men
 9.00am 20km AA Championship Open Women
 9.15am 2km RWA Championship & Teams U12 Boys/Girls
 9.35am 3km AA Championship & RWA Teams U14 Boys/Girls
 10.00am 5km AA Championship & RWA Teams U18 Girls
 10.00am 5km AA Championship & RWA Teams U16 Boys/Girls
 10.30am 10km RWA Championship & Teams Open Women
 10.30am 10km RWA Championship Masters Women
 10.30am 10km AA Championship & RWA Teams U20 Men/Women
 10.30am 10km AA Championship & RWA Teams U18 Boys
 11.40am Presentations

Australian Masters National Championships 2022

Following the cancellation of the last two AMA National Championships Tasmanian Masters offered to defer their turn in favour of a mainland state in the expectation that there would be a higher than usual number of entries. Queensland took up this offer and are to be followed by New South Wales in 2023 as already planned. Tasmania will take their turn in 2024.

TO BE HELD IN BRISBANE, QUEENSLAND 1 TO 4 APRIL, 2022

The preparation for the 2022 Brisbane AMA Championships is based on the Local Organising Committee's work for the cancelled 2020 Championships. The major change, after consultation with states, is that the event not being held at Easter. With the Friday and Monday being normal working days, and the subsequent reduced number of officials on those days means that non-stadia events will not be held on the Monday. That means the 10km road walks will now be on the Sunday .

CLUB UNIFORMS – ONLINE SHOP NOW OPEN

<https://www.revolutionise.com.au/qldracewalkingclub/>

You can now order and pay for club uniforms at the QRWC RevSport portal. Orders are taken on the understanding that they will be able to be picked up on race day.

Contact Jen at qrwcregistrar@gmail.com if you have any questions or want to make alternative arrangement to collect your purchase.

Wearing the QRWC uniform is not compulsory at club meets but it is encouraged. For Federation Meets like the Canberra Carnival wearing the club uniform is compulsory

QRWC memberships for 2021/2022

\$15.00 for students

\$25.00 for non-students

*QRWC fee only, does not include Qld Athletics membership.

Members to go to the page

<https://www.revolutionise.com.au/qldracewalkingclub/registration/> and enter their National ID, Surname and DOB - click RENEW if you have been on RevSport before and the new payment classes will be there to select.

If you have any problems or queries about club membership contact ;

david.brown@qldathletics.org.au or QRWC Registrar Jenny Stuckey

qrwcregistrar@gmail.com

QA Membership Details South Qld 2020/21 Season

Base Membership - \$12 plus club fee

During the pandemic we are offering pay-as-you-go membership:

All Shield meets - \$25 per meet

All State Championships* - \$30 per event

Eligible for in-stadium** state teams & national teams - \$100 fee

Eligible for all out of stadia*** state teams & national teams

Club Coach, Officials & Volunteers - \$0

If you need clarification on any aspect of membership and benefits, please email

info@qldathletics.org.au

QRWC Handicap Meets and Points

At the end of the season trophies are awarded to the first three places, male and female, in each grade based on total accumulated points from club **Handicap race meets** during the season. For each grade the following table indicates the points to be allocated for each week's handicap races for males and females.

Grade	Start Points	Completed Points	Best Season Performance	Handicap Points
A	8	21	29	57,54,51,48,45,42,39
B	7	17	24	47,44,41,38,35,32,29
C	5	14	19	37,34,31,28,25,22,19
D	4	10	14	27,25,23,21,19,17,15
E	2	7	9	17,15,13,11,9,7,5
F	1	3	4	7,6,5,4,3,2,1

Starting points are awarded for starting the event.

Completed points are awarded for finishing the race distance.

The Best Season Performance. To be awarded handicap points for the best season performance, the member must have competed in a prior Racewalking Queensland or Queensland Athletics road walking event over the same distance during the current winter season.

To be eligible for Handicap Trophies a member must participate in a minimum of 50% of

designated Handicap Races during the season.

Handicap points are awarded to the top 7 place-getters within the sealed or non-sealed handicaps as per the above table. The member placed 1st, based on the handicap results, receives the highest points while the member placed 7th, based on the handicap results, receives the least points, thus a member winning the handicap for the A grade men could be

awarded a maximum of 115 points. To maximise your points for the season it is recommended that an athlete stays in the same grade for the season.

Racewalking Queensland Management Committee 2021/22

President: P Bennett **Secretary/Treasurer:** N. McKinven
Vice President. I Jimenez
Committee: J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard, K Martin
Patrons: Patrick & Maxine Sela
Registrar: J Stuckey / C Chadwick
Equipment J McRoberts
Uniforms: J Stuckey
Publicity / Media C Chadwick
Newsletter Editor: P. Bennett
Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

Race Walk Coaching

If you are looking for coach or would like to be part of a training squad here are the qualified coaches in the club:

Noela McKinven Walks Level 4
Robyn Wales Walks Level 3
Shane Pearson Walks Level 3
Steve Langley Walks Level 2
Jasmine-Rose McRoberts Level 2 Club coach

PAN PACIFIC MASTERS GAMES 2021



Entries Now Open

The Queensland Race Walking Club has been appointed to deliver the 10km road walks at the 2021 Pan Pacific Masters Games.

Check out the Road Walk page at <https://mastersgames.com.au/ppmg/sports/>

The walks will take place on Sunday November 14th at the Luke Harrop Cycling Circuit at Runaway Bay at 7am



The medals for the Games have now been unveiled

Competitor Games Fee

\$125 Early Bird Fee (16 March – 31 August 2021)

\$145 standard fee (from 1 September 2021)

Sport Fee: \$20 per person

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

Games Fee includes:

Option to compete in unlimited number of sports
Access to Games Village and entertainment
Accreditation pass
Sports bag
Access to Sports Medicine
Placegetter medals should you be eligible to win one

Event Enquiries: Pan Pacific Masters Games Email: info@mastersgames.com.au Phone: +61 7 5668 9888

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:

grwc1@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.

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/>