

Queensland Race Walking Club Inc.

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




HEEL & TOE

June 4th 2021

54th Annual LBG Race Walking Carnival Sunday June 13th

We have a small but dedicated and enthusiastic team heading to the nation's capital this weekend. All the best to the athletes on Sunday. It looks like it will be frosty and below zero degrees on race morning, which seems about normal for a Canberra Carnival. Pack your winter woolies, have a change of warm dry clothes to put on after your race and do not forget to take your QRWC uniform.

Canberra Weekend Weather

Sat Jun 12	Sun Jun 13
	
Cloudy	Frost then sunny
11°C	14°C
2°C	-1°C

Full details of the meet can be found here:

<http://www.rwa.org.au/wp/wp-content/uploads/2021/04/2021-LBG-Information-Sheet-Revised-19-April-FINAL.pdf>

TOKYO: An Olympics without Cheers and Beers?

The Olympic Village has traditionally been a fun place to be, housing thousands of young athletes and staff ready to party and share a few beers and bubbly toasts. But not at the Tokyo Olympics, which are to open in just over six weeks amid a pandemic.

These are going to be the "no cheers" Olympics with testing and vaccinations taking priority over fun and games.

It's not clear if alcohol will be allowed in the village, which will house 11,000 Olympic athletes and 4,400 Paralympians.

Organizers say they have yet to decide on a policy, which is expected by the end of the month. Toshiro Muto, the CEO of the Tokyo organizing committee, said Wednesday it might be difficult to ban alcohol from the athletes' private rooms in the village, but public areas in the village might be a different matter. "In the case that they were to drink inside their own rooms, this is equivalent to cases where we are drinking in our own home."

Muto said, speaking to Japanese media on Wednesday after an online meeting with the International Olympic Committee executive board. "Can we prohibit that? That's not conceivable," Muto added. "It would be very difficult to do so."

But he said it might be banned from dining areas and other public areas in the village. Tokyo and much of the rest of the country is under a state of emergency, with many bars and restaurants closing early and banning alcohol sales. The emergency order ends on June 20 and it's not clear if it will be extended.

Depending how the question is asked, 50-80% of Japanese people oppose holding the Olympics.

If the state of emergency is extended, many Japanese residents might not be happy seeing athletes partying in the village when regular citizens cannot do the same in local pubs.

New cases have been falling in Tokyo over the last several weeks.

Japan overall has attributed about 14,000 deaths to COVID-19, good by global standards but not as good as some Asian neighbors.

"We have not yet clearly decided on the (alcohol) policy," Muto said. "We hope to do so by the end of this month."

Looking for more fun? There's the matter of GPS monitoring. Muto said athletes, as well as media, broadcasters and others, will have to sign papers allowing organizers to use GPS to monitor their movements at the Olympics through smartphones.

Athletes will be isolated in a bubble-atmosphere in the village and are expected to stay there, or be in a similar bubble at venues or training sites. Everyone else entering Japan for the Olympics will be tested twice before leaving home, and upon arrival in Japan.

They will have to agree to limit their movements for the first 14 days and submit an activity plan. "We are not going to monitor at all times the behaviour," Muto said. "It's not for that purpose. The thing is, though, if there should be issues pertaining to their activity then, since the GPS function will be on, we'll be able to verify their activities."

COVID Queensland Health Update June 11th

Update for anyone who has been in Victoria in the last 14 days

Anyone who has been in Victoria in the last 14 days who develops COVID-19 symptoms should [get tested](#).

From 1am AEST 11 June 2021

- The Local Government Areas in Victoria that are not in Greater Melbourne will be removed as hotspots. The Local Government Areas that make up Greater Melbourne will still be declared [COVID-19 hotspots](#).
 - Anyone who has been in Greater Melbourne in the last 14 days or since the start date identified for the hotspot (whichever is shorter) will not be allowed to enter Queensland, except for a limited range of people who can enter for essential purposes.
 - Anyone who has been in Victoria in the last 14 days must apply for a [Queensland Border Declaration Pass](#) at least three business days before they enter Queensland.
- If you arrived in Queensland **after 1am AEST Thursday 27 May and before 12.59am AEST Friday 28 May** and have been in **Greater Melbourne** you will no longer have to follow the stay at home requirements.

In Queensland, outdoor based sporting organisations are no longer considered restricted businesses under the Business Restrictions Direction (No. 18) and are **not** required to continue collecting contact tracing information. Indoor occupant density requirements no longer apply to shared change rooms for these organisations.

Indoor spaces associated with outdoor clubs, such as clubhouses with hospitality activities or canteens with indoor dining etc are still required to follow occupant density requirements (e.g. one person per 2 square metres) relevant to that space, allowing for physical distancing to the extent possible and adhering to the public health controls. These areas are also mandated to use the [Check In Qld app](#) to collect contact information for the purposes of contact tracing.

The measures detailed in the Industry Plans have become a part of our day-to-day routine, so we would encourage you to continue to promote COVID Safe messages, even if your organisation is no longer required to follow an Industry Plan.

As a reminder this includes:

- promoting physical distancing
- promotion of good hand and respiratory hygiene
- regular cleaning and disinfection of frequently touched surfaces and equipment.

Results Results Results

6th June, 2021

Aurora Park, North Lakes

Well done to Argenis, Kai, Olivia for seasons best performances on Sunday at North Lakes. A big thank you goes to all the volunteers who stepped up to help out run the meet on Sunday and it was great to see Hazel & Dawn out there with the paddles. A very pleasing team effort from everyone.

A Grade 10km

Men: (1) Ignacio Jimenez 54.51 (2) Argenis Guevara 58.39 (3) Peter Bennett 1.18.47

Women (1) Jennifer Stuckey 1.06.50 (2) Jasmine-Rose McRoberts 1.11.19 (3) Noela McKinven 1.24.25

B Grade 5km

Women: (1) Brenda Gannon 29.09 (2) Summer Millard 30.04 (3) Korey Brady 34.04

C Grade 3km

Men: (1) Kai Dale 17.32.

Women: (1) Skye Presland 19.01 (2) Phoebe Chadwick 20.19

D Grade 2km

Women: (1) Siaan Fisher 13.14

E Grade 1km

Men: (1) Hunter Sibenaler 6.27.(2) Brock Miller 6.29

Women: (1) Olivia Rutten 6.02 (2) Tully Fisher 8.04.

F Grade .5km

Women: (1) Kiara Waterman 2.49

Judges' Reports

	Red	caution
317		ck
13		k
314		ckk
365		ck
219		ck
396		k
387		c
444		k
385		k
312		k

This Week

Sunday June 13th LBG Carnival Canberra

Coming up

Sunday June 20th QRWC Handicap Meet #7

Mudgeeraba

8.00am A Grade 10km

8.15am E Grade 1km

F Grade .5km

8.30am B Grade 5km

8.45am C Grade 3km

D Grade 2km

Entries open June 13th on the RevSport portal

If you have any questions about entering this meet, please contact the Registrar at;

qrwcregistrar@gmail.com

Volunteers: We will need your help... at this meet and every other meet.

Sunday June 27th QRWC Handicap Meet # 8

Kalinga Park

7.30am A Grade 10km

8.00am B Grade 5km

C Grade 3km

8.20am D Grade 2km

E Grade 1.5km

F Grade 1km

Sunday July 11th Racewalking Australia Postal Challenge / QMA C/Ships

Logan River Parklands, Beenleigh

8.00am Open M/W 10km

QMA Masters M 10km (M60+ 5km option)

QMA Masters W 5km

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

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

April	11	QRWC Sign-On Meet /AGM	Beenleigh
	13-17	AA Track Championships – Walks	Sydney

	18	QRWC Handicap Meet 1	North Lakes 8.00am
Saturday	24	QRWC Handicap Meet 2	Kalinga Park 7.30am
	25	ANZAC Day	No club competition
May	2	QRWC Handicap Meet 3	Beenleigh 8.00am
	9	Mother's Day	No club competition
	16	Gold Coast Championships	Mudgeeraba 8.00am
	23	QRWC Handicap Meet 4	Morningside 7.30am
	30	QRWC Handicap Meet 5	Kalinga Park 7.30am
June	6	QRWC Handicap Meet 6	North Lakes 8.00am
	13	LBG Federation Meet	Mt Stromlo Canberra
	20	QRWC Handicap Meet 7	Mudgeeraba 8.00am
	27	QRWC Handicap Meet 8	Kalinga Park 8.00am
July	4	Gold Coast Marathon	Southport
	11	RWA Postal Challenge	Beenleigh 8.00am
	18	QRWC Track Championships	UQ St Lucia 8.00am
Saturday	24	QA Road Walk Championships	Ipswich
August	1	No club competition scheduled	
	8	QRWC Handicap Meet 9	TBA
	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 Confirmed

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

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	

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

All QRWC memberships for 2021/2022

The club has now been changed over to the new season and new payment classes installed.

\$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

qrwc REGISTRAR@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

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>

PAN PACIFIC MASTERS GAMES SET FOR 2021 RETURN



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

Sport Fee: \$20 per person

Games Fee: Competitor: Early bird \$125 (until 11:59pm AEST 31 August 2021) Standard \$145 (from 1 September 2021)

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

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/>