

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 17th 2021

Olympics Covid Update: Japan to ease state of emergency, focus on Games spectators

TOKYO: Japan is set to outline how it will lift its "state of emergency" curbs while keeping some restrictions, including spectator numbers at big events, amid fears that next month's Olympics could trigger a new wave of COVID-19 infections.

Media reports say the government is considering allowing up to 10,000 spectators into stadiums during the Games, in line with a plan endorsed by health experts on Wednesday (Jun 16) for local events.

Later on Thursday, Prime Minister Yoshihide Suga is due to announce a decision on the state of emergency for Tokyo, Osaka and seven other prefectures, which expires on Jun 20.

Instead of removing all lockdown measures, the government is seeking to call a "quasi-emergency" in seven of those prefectures, Economy Minister Yasutoshi Nishimura said on Thursday, meaning some curbs will remain in place.

The southern island prefecture Okinawa, currently battling a surge in infections, is widely expected to remain in a state of emergency.

The one-notch easing of the emergency restrictions would come just over a month before the Tokyo Olympics, delayed last year because of the COVID-19 pandemic, is due to start on Jul 23.

To avoid a resurgence of the pandemic, Japan, which is due to decide this month on whether to allow domestic spectators at the Games, will likely keep restrictions on the flow of people, including the Olympics.

Health experts including top medical adviser Shigeru Omi on Wednesday agreed with a government plan that would permit up to 10,000 spectators or 50 per cent of a venue's capacity, whichever is smaller, at events, under certain conditions.

The Mainichi and other media reported the government was aiming to allow spectators into the Games, using the 10,000 cap. A decision on the maximum number of spectators for the Olympics is due by the end of the month.

54th Annual LBG Race Walking Carnival Sunday June 13th



54th LBG Race Walking Carnival Results

Even though Saturday was cold and dreary in Canberra the weather on race day was chilly but sunny (which is as good as it gets for Canberra in winter) . It was a very well-run carnival with an excellent team of dedicated volunteers and was a relaxed and fun event.

Numbers were down due to COVID lockdown restrictions in greater Melbourne but there was representation from regional Victoria.

For a very small team the QRWC did surprising well. Our standout performer was Sam McCure (or Mark Walker or Mark Mc Clune as the race commentator repeatedly called him) . Sam convincingly won the U16 3km before lining up again minutes later for the U18 5km. Sam walking a very well judges and controlled race was 7th overall and 70 metres behind the leader at 1km , closed to 5km after 2km and hit the front before the 3km mark. From there he was never headed despite the brave walk from the ACT walker and went on to comfortably take his second with of the day. Well done Sam, Kai, Natasha, Noela & Argenis for your efforts and to Robyn Wales who made the trip to support the athletes and to assist with officiating. Robyn warmed up for the carnival doing a 5km Park Run on Saturday while in Queensland Nyle, Mia , PAUL & Debbie ran the Park Run at Runaway Bay .

Queensland Medal Winners

Gold Sam McCure Boys Under 16 3 Km

Gold Sam McCure Boys Under 18 5 Km

Gold Argenis Guevara Masters Men 15 Km (and Perpetual Shield)

Gold Peter Bennett Men 8 Km Fitness Walk

Silver Noela McKinvin Masters Women 15 Km

Queensland Handicap Award Winners

1. Noela McKinvin Masters Women 15 Km

2. Argenis Guevara Masters Men 15 Km

3 Kai Dale Boys Under 14 2 Km

Selected results.

Full results go to <http://www.rwa.org.au/wp/wp-content/uploads/2021/06/Results-for-RWA-LBG-2021.pdf>

Open Mens 30 Km

2. Kim Mottrom SARW 2:27:36

3. Tim Fraser ACTRWC 2:31:49

4. Dylan Richardson NSWRC 2:32:24

5. Peter Crump SARWC 3:18:48

Open Womens 15 Km

1 Hannah Mison NSWRC 1:18:54

2. Rachael Tallent RWV 1:22:27

3. Bridget Bell NSWRC 1:27:26

4. Teegan Pengilly NSWRC 1:32:20

5. Antoinette Woodward NSWRC 1:45:13

6. Noela McKinvin QRWC 2:14:3

Handicap Results

1. Noela McKinvin QRWC

2. Teegan Pengilly NSWRC

3. Antoinette Woodward NSWRC

Oldest Competitor to Finish

Noela McKinvin QRWC

Masters Women 15 Km

1. Antoinette Woodward NSWRC 1:45:13

2. Noela McKinvin QRWC 2:14:35

Open Mens 15 Km

1 Tyler Jones NSWRC 1:11:14

2 Tristan Camilleri SARWC 1:18:36

3 Mathew Bruniges SARWC 1:23:37

4 Argenis Guevara QRWC 1:31:54

5 Andrew Jamieson RWV 1:32:28

6 Greg Metha SARWC 1:33:50

Masters Men 15 Km

1. Argenis Guevara QRWC

2. Andrew Jamieson RWV

Handicap Results

1. Greg Metha SARWC

2. Argenis Guevara QRWC

3. Andrew Jamieson RWV

ACT 8 Km Fitness Walk

Men

1. Peter Bennett Queensland 00:59:03

2. John Nilon New South Wales 1:00:05

Boys Under 14 2 Km

1 Owen Toyne ACTRWC 0:08:55

2 Kodi Clarkson ACTRWC 0:08:59

3 Sebastian Richards SARWC 0:09:14

13 Kai Dale QRWC 0:11:13

Handicap Results

1 Dylan Allabush NSWRC

2 Alexander Braendle NSWRC

3 Kai Dale QRWC

Girls Under 14 2 Km

1 Sienna Pitcher NSWRC 0:09:38

2 Grace Beck NSWRC 0:09:44

3 Zoe Woods NSWRC 0:09:57

9 Natasha Flahey QRWC 0:11:13

Boys Under 16 3 Km

1 Sam McCure QRWC 0:14:23

2 Sebastian Richards SARWC 0:14:44

3 Jack Robson NSWRC 0:15:06

4 Scott Peart RWV 0:15:26

5 Darcy Bell NSWRC 0:15:44

6 Mark Walker NSWRC 0:16:05

7 Jai Horton NSWRC 0:16:09

8 Myles Ashby NSWRC 0:16:44

9 Maxwell Mayhew NSWRC 0:17:18

10 Cooper Rech SARWC 0:18:46

Boys Under 18 5 Km

1 Sam McCure QRWC 0:24:33

2 Owen Toune ACTRWC 0:24:42

3 Raven Pyda NSWRC 0:24:55

4 Jack Robson NSWRC 0:25:00

5 Grady Platt NSWRC 0:26:47

6 Scott Peart RWV 0:28:24

7 Brendan Pospischil NSWRC 0:29:58

8 Siddarth Dhawan ACTRWC 0:31:03

9 Mark Walker NSWRC 0:32:11



Argenis & Noela are all smiles before the 15km

Kai, Sam & Robyn keeping warm



Zoe ready to pounce with her paddle

The photo isn't blurred .. Natasha is just going too

fast

Merit Awards

Congratulations to the following people for their outstanding services to the Race Walking community.

At the 54th LBG Race Walking Carnival held in Canberra on the long weekend the following were awarded Merit Award Service Pins for their contribution to the AFRWC Inc.: Pins are awarded for 15, 25, 40 and 50years' service.

- 15 years Kim Mottrom SARWC**
- 25 years Zoe Eastwood-Bryson SARWC**
- 25 years Noela McKinvin QRWC**
- 40 years Andrew Mitchell NSWRC**
- 40 years Heather Mitchell NSWRC**
- 40 years Bob Cruise SARWC**
- 50 years Bill Starr SARWC**

This Week

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

[Handicap](#) Entries are now open for our club meet on Sunday at Mudgeeraba

Enter via the RevSport portal. Non-Members can enter on the day. Entry fee is \$5.00.

[Meet #7 - Old Race Walking Club - revolutioniseSPORT](#)

Venue: Little Athletics Club - Woodlands Park, Swanton Drive, Mudgeeraba.

Race Notes:

10km race uses a 2km loop.

1, 2, 3, 5km races use a 1km loop.

.5km race uses a 500m loop (250m out and back).

All races start and finish in the car park off Swanton Drive.

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.

Coming from Brisbane? Please note.



If you are down on the Gold Coast on Sunday and looking for something to do after the race you may want to get along to the market at Labrador to check the handiwork of our talented Masters athlete, Nyle.

June 20th from 8am till 1 pm

Labrador State School Cnr Government Road & Imperial Parade

Arts And Craft Market - all new and hand made crafts plus fresh grown vegetables.

Facebook site is Labrador Community Market.

Nyle will there selling her Art, Painted Stones, Painted coasters and wooden display stands.



Coming up

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
<i>Saturday</i>	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
<i>Saturday</i>	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

Queensland Travel Declaration

From 1am AEST Saturday 19 June 2021 you must complete a declaration to enter Queensland from anywhere in Australia or New Zealand.

To reduce the risk of COVID-19 in Queensland and manage outbreaks, the Queensland Government has put in place declaration requirements for all travel into Queensland from interstate and New Zealand (on quarantine free flights).

Queensland has **two types** of declarations, a **Queensland Travel Declaration** and a **Queensland Border Declaration Pass**.

You must complete the right declaration for your situation before you travel to enter Queensland. If conditions change or you need to update your travel details, you'll need to complete a new declaration with updated details. Queensland residents must also complete a declaration if they are returning home from interstate or New Zealand.

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.

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.

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

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

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:

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.

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/>