

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 4th 2021

Tokyo 2020: Olympics '100%' going ahead Games president Seiko Hashimoto

Tokyo 2020 president Seiko Hashimoto is "100%" certain the Olympics will go ahead, but warned the Games "must be prepared" to proceed without spectators in the event of a coronavirus outbreak. There are 50 days until the delayed Tokyo Games begin on 23 July. Japan is battling a surge in coronavirus cases, with large parts of the country under a state of emergency.

Hashimoto told BBC Sport: "I believe that the possibility of these Games going on is 100% that we will do this."

Speaking to BBC Sport's Laura Scott, she added: "The question right now is how are we going to have an even more safe and secure Games. "The Japanese people are feeling very insecure and at the same time probably feel some frustration at us talking about the Olympics and I think that is giving rise to more voices opposing having the Games in Tokyo.

"The biggest challenge will be how we can control and manage the flow of people. If an outbreak should happen during the Games times that amounts to a crisis or an emergency situation then I believe we must be prepared to have these Games without any spectators. "We are trying to create as complete a bubble situation as possible so we can create a safe and secure space for people who come in from overseas as well as people who are in Japan, the residents and citizens of Japan."

No international fans will be permitted this summer at the Olympics or Paralympics, which begin on 24 August.

A new wave of infections began in April in Japan, where some areas face restrictions until 20 June.

The country began vaccinating its population in February - later than most other developed nations - and so far only about 3% of people have been fully vaccinated.

Hashimoto said it was a "very painful decision" to have no overseas spectators present, but one necessary to ensure "a safe and secure Games". "[For many] athletes it's a once-in-a-lifetime opportunity that they can compete in the Games. To not be able to have family members and friends who have supported them all along must be a very painful thing and that has caused me pain too," she said.

On the possibility of some countries being prevented from travelling, Hashimoto added: "Who can come to Japan is something the Japanese government will decide. "If it should happen that a country cannot come to Japan because they do not meet the minimum requirements that the government set, I think that is something we have to listen to what the IOC and IPC feel about that."

COVID Queensland Health Update June 2nd

Restrictions update for anyone in Queensland who has been in Victoria

From 11:59pm AEST Thursday 2 June 2021:

- Anyone who has been to **Greater Melbourne** in the last 14 days and arrived in Queensland between 1am AEST 27 May and 12:59am AEST 28 May 2021 must continue to follow the stay at home requirements. However you can now leave your residence for work, education or child care if it cannot be done from home.
- Anyone in Queensland who has been to **regional Victoria** (and not Greater Melbourne) in the last 14 days does not have to follow the stay at home requirements. If you develop symptoms [get tested](#).
- If 14 days have passed since you were in Greater Melbourne, you do not have to follow the stay at home requirements as long as you have not been to an interstate exposure venue.

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

QRWC Handicap Meet #5 May 30th

Riverside Place, Morningside

Some very good walking at the meet on Sunday at Kalinga Park with no fewer than 14 seasons best times being recorded (half the field!). Thank you to all our wonderful volunteers; lapscorers, timekeepers, judges, check in, setting up and packing up. We value your assistance.

A Grade 10km

Men: (1) Ignacio Jimenez 52.49 (2) Argenis Guevara 59.30 (3) Peter Bennett 1.21.45.

Women (1) Brenda Gannon 1.00.29 (2) Jennifer Stuckey 1.06.18 (3) Jasmine-Rose

McRoberts 1.07.00 (4) Noela McKinven 1.23.17

B Grade 5km

Men: (1) Patrick Sela 43.15.

Women: (1) Clara Smith 23.36 (2) Lyla Williams 27.00 (3) Anika Clarke 27.36 (4) Mia Bergh 28.22 (5) eq Korey Brady, Torryn Fisher 32.41 (7) Amber McLoughlin 34.04.

C Grade 3km

Men: (1) Kai Dale 18.25.

Women: (1) Makenna Clarke 16.37 (2) Skye Presland 18.30 (3) Lily Goulding 19.18 (4) Siaan Fisher 19.20.

D Grade 2km

Women: Phoebe Chadwick 15.14

E Grade 1.5km

Men: (1) Hunter Sibenaler 10.27.

Women: (1) Olivia Rutten 9.27.

F Grade 1km

Women: (1) Katya Martin 5.30 (2) Kiara Waterman 6.39 (3) Freya Williams 6.47.(4) Tully Fisher 7.27.

Judges feedback from Kalinga Park by Rodney Clarke

Again, with only one judge as an athlete we know what that means when it comes to red cards.

It was pleasing to say our younger athletes continued to get the balance right between starting quickly but correctly so well done to you all in this regard. When a course presents itself that does have a tight turnaround point caution needs to be adopted. The tight turnaround point at the finish line was one that presented a tough challenge for our walkers on Sunday. When added to the tightness of the turn a very active pathway that included cyclists, runners and other users it is always going to be harder to ensure technique is maintained whilst same time avoiding who's around.

What I would like to say is for walkers to really pay attention to their knees when making these types of turns. Whilst allowance was made for the environment here was a few walkers (both senior and junior) who failed to keep good technique around the cone. The turnaround point is part of the course and so the rules of walking still apply. When competing at other events where full a complement of judges are present such areas are always under scrutiny so you need to ensure your technique is maintained. If you have doubts or questions ask your coach to have a look at your technique or even better come and talk to the judges.

At club events we are there to help the athletes achieve their goals just as much as your coach is, our feedback can assist you in becoming an improved walker.

Ed. Note: A very good point raised by Rodney “*The turnaround point is part of the course and so the rules of walking still apply*”. Some athletes look at the turnarounds as a chance to slow down and briefly relax. Beware, you will always find a judge at a turnaround in a Championship event. You will also find that you could lose many metres to a competitor who maintains momentum and technique on the turns.

This Week

Sunday June 6th QRWC Handicap Meet #6

Aurora Park, North Lakes

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

Enter on line through the QRWC RevSport portal.

[Handicap Meet 6 - ATHLETE - Sun 6 June 2021 8:00am - Qld Race Walking Club - revolutioniseSPORT](#)

If you have any queries or have trouble with your entry, contact the Registrar at;
grwcregistrar@gmail.com

Volunteers: We will need your help... this week and every week

Reminder from the Handicapper: To be eligible for Handicap Trophies a member must participate in a minimum of 50% of designated Handicap Races during the season.



**Oceania Invitational 1: June 5th
Runaway Bay Performance Centre**

Women 10,000 Metre Race Walk

Hayward, Katie Australia
Henderson, Rebecca Australia
Hill, Gabriella Australia
Montag, Jemima Australia
Peart, Alana Australian Under 20 Team
Sandery, Olivia Australian Under 20 Team

Men 10,000 Metre Race Walk

Cowley, Rhydian Australia
Dickson, Corey Australian Under 20 Team
du Toit, Daniel New Zealand
Swan, Kyle Australia
Thompson, Will Australian Under 20 Team
Tingay, Declan Australia

Next Week

Sunday June 13th LBG Carnival Canberra

Canberra Federation LBG Carnival
Sunday June 13th Stromlo Forest Park Canberra

Programme of Events

- 1 RWA Open 30 km 8.00am
- 2 ACT Fitness 30 km 8.00am Non Hcp/Judged contact only
- 3 AACT W&M 30 km Champ 8.00am Non Handicap event
- 4 RWA Open Women's 15 km 8.00am 69 mins-Includes RWA Masters 15km
- 5 RWA Open Men's 15 km 8.00am 65 mins-Includes Masters 15km
- 6 ACT Fitness 15 km 8.00am Non Hcp/Judged contact only
- 7 ACT Fitness 8 km 9.00am Non Hcp/Judged contact only
- 8 RWA Men's U20 10 km 10.30am
- 9 ACT Open (Over 19 years) 10 km 10.30am Non Handicap Event
- 10 RWA Women's U20 10 km 10.30am
- 11 RWA Boys Under 10 1 km 12.15 noon
- 12 RWA Girls Under 10 1km 12.15 noon
- 13 RWA Boys Under 12 2km 12.25 pm
- 14 RWA Girls Under 12 2km 12.45 pm
- 15 RWA Boys Under 14 2km 13.05 pm
- 16 RWA Girls Under 14 2km 13.25 pm
- 17 RWA Boys Under 16 3km 13.45 pm
- 18 RWA Girls Under 16 3km 14.10 pm

19 RWA Boys Under 18 5km 14.40 pm
 20 RWA Girls Under 18 5km 14.40 pm
 21 RWA Women's Open 5km 15.10pm

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	TBA
	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	QRWC Handicap Meet 9	TBA
	8	QRWC Handicap Meet 10 / M&W Club 15km C/ship	Morningside 7.30am
	15	QRWC Club Championships	Beenleigh
	22	? QRWC Relay/Trophy Day/ Lunch	
	29	? QRWC Relay/ Trophy Day/ Lunch	
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 in June 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/>