

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 13th 2021

AA announces team of junior athletes to represent Australia at the Oceania Athletics Invitational series on the Gold Coast in June

AA is pleased to announce a 49-strong team of junior athletes to represent Australia at the Oceania Athletics Invitational series on the Gold Coast next month. Following the announcement that AA will not send a team to the World Athletics Under 20 Championships in Nairobi, Kenya this August, athletes will instead travel to compete in the two-part competition series as they continue their development pathway towards the Olympic Games.

For some athletes selected, this will be their first taste of what it means to represent their nation at an international level, while all athletes will benefit from the team camp and competition experience from June 2 – 13.

Athletics Australia Chief Executive Officer Peter Bromley said despite the team not travelling overseas, the selection of an athlete to an Australian team holds much significance and should be recognised accordingly. “The 49 athletes we have selected are some of the most impressive athletes from our next generation, and some of them will no doubt become household names in the years to come as we look ahead to Birmingham 2022, the World Championships next year and of course, Paris 2024,” Bromley said. “Despite not sending a team overseas, we felt each of them deserved due recognition for their hard work and determination to excel in our sport, with each reaching international qualifying standards and winning coveted medals at our Australian Track and Field Championships last month. “I’d like to congratulate each of them on their selection, and I look forward to seeing each athlete compete for their nation next month and experience the next step on their journey as they strive towards representing Australia at a senior level.”

Athletes will compete against the New Zealand Under 20 representative team, athletes from the Oceania region, as well as Australian athletes who will continue their quest towards Tokyo. The camp held around the two competitions is proudly supported by the City of Gold Coast.

Race Walkers: Australian Under 20 Athletics Team:

Will Thompson (Brent Vallance) – 10,000m race walk
Corey Dickson (Donna Dickson) – 10,000m race walk
Olivia Sandery (Bob Cruise)– 10,000m race walk
Alana Peart (Wayne Peart) – 10,000m race walk

13th Gold Coast Road Walk Championships Sunday May 16th



On this Sunday. Have you entered yet? The venue is the Mudgeeraba Little Athletics Club ground at Woodlawn Park, Swanton Drive. These Championships are open to all race walkers from all clubs and associations. You do not have to be a member of the QRWC to participate.

Programme

8.00am Open M/W 10km *

8.05am U10 M/W 1km
U8 M/W .5km

8.15am U20 M/W 5km
Invitation M/W 5km Non-Championship
U18 M/W 5km

8.45am U16 M/W 3km
U14 M/W 2km
U12 M/W 2km

*10 km walkers use the 2km loop.

1/2/3/5km walkers use the 1km loop.

U8 walkers use a 500 metre loop (250 metres out and back).

All races start and finish in the car park.

Gold Coast Championships Important Information

1. All races are Age on the Day (i.e. Age as at May 16th)
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group.
4. Athletes can walk out of their age groups but won't qualify for records or medals.
5. Entry is via RevSport portal. Non-Members can enter on the day. Entry fee is \$5 for all
6. Medals will be presented at the conclusion of the meet.

Thank you to the Gold Coast Victory Athletics Club and the Mudgeeraba Little Athletics Club for their support in making these Championships possible.

To Enter go to:

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

If you experience any problems lodging your entry, please contact the Registrar at:

qrwcregistrar@gmail.com

Gold Coast Road Walk Championship Records

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: B. Housden 9.03 2020
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

Uniforms

Do you have a club uniform? Are you planning on competing in Canberra in June?

Remember that uniforms are **compulsory** at the Canberra Federation Carnival.

To enquire about club uniforms please contact Jenny at qrwcregistrar@gmail.com or go to our Shop on the QRWC RevSport portal.

IOC insist Olympics will go forward in “a safe and secure” way

Prime Minister Yoshihide Suga said on Monday that he had never “put the Olympics first”, as an opinion poll showed nearly 60 percent of Japanese want the Olympics cancelled less than three months before they are due to begin. International Olympic officials, Tokyo planners and Suga himself have insisted the \$15.4bn event will go forward in “a safe and secure” way. Overseas spectators have been banned and planners issued an elaborate playbook of rules last month aimed at preventing coronavirus infections. There was no option to postpone the event, which has already been delayed by a year.

“My priority has been to protect the lives and health of the Japanese population. We must first prevent the spread of the virus,” he added. He repeated that the IOC has the final say on the fate of the Games and that the government’s role is to take steps so the event can be held safely.

U.S.A track & field team has cancelled its training outside Tokyo

The U.S. national track & field team has cancelled its training planned outside Tokyo for the Olympics due to safety concerns for the athletes, in another blow to the sporting event which has come under strong opposition from the Japanese public.

The U.S. team notified the decision last month to authorities in Chiba prefecture, located next to Tokyo, saying the pandemic would put athletes’ safety at risk, according to Takuya Iida, an official in charge of the training camps in the prefecture. The team had planned to train in July and August. Some other national teams have also canceled training camps for similar reasons, he said.

Earlier this week, International Olympic Committee President Thomas Bach postponed his trip to Japan this month after the government decided to extend the state of emergency in Tokyo and other areas due to concerns over a rise in virus cases.

Next Week

May 26th QRWC Handicap Meet # 5
Riverside Place (off Lytton Road) Morningside
7.30am A Grade M 15km

A Grade W 10km
 B Grade 8km
 8.00am C Grade 5km
 D Grade 3km
 E Grade 2km
 F Grade 1km

Draft only for the first half of the season.

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	TBA
June	6	QRWC Handicap Meet 6	TBA
	13	LBG Federation Meet	Mt Stromlo Canberra
	20	QRWC Handicap Meet 7	TBA
	27	QRWC Handicap Meet 8	TBA
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	TBA
	15	QRWC Club Championships	Beenleigh
	22	?	
	29	?	
September	12	AA/Federation Championships	Melbourne Confirmed

COVID Queensland Health Update May 13th

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.

Canberra Federation LBG Carnival

Sunday June 13th Stromlo Forest Park Canberra

The annual Carnival is held each June in Canberra and brings together race walkers of all ages and abilities from race walking clubs all around the country. This is the main event for the Australia Federation of Race Walking Clubs (Race Walking Australia) and has a strong team emphasis. The carnival is now in its 55th year and involves over 300 walkers of all ages. This is a chance for EVERY member of the club to represent your State. There are individual, team and handicap medals and trophies to be won in all age groups. For those who are not race walkers there are non judged races over distances of 5,10 or 20 miles. There is a race for every member of the family. So now is the time to start looking at accommodation and flights.

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

Entries

Entries will close 5 pm Friday 28th May 2021. Competitors must complete an ON-LINE ENTRY. NO MANUAL ENTRIES WILL BE ALLOWED and LATE ENTRIES CANNOT BE ACCEPTED. This applies to both Race Walks & Fitness Walks.

Entries MUST be submitted by individuals via an Entry Portal available on the VRWC Web page.

<http://vrwc.org.au/wp1/54th-lbg-walking-carnival/>

Entry Fees

Race Walking Australia Events;

- \$35.00 for first event, \$20.00 for second event (including an Athletics ACT Championship), or a \$60.00 cap for 3 events
- A family cap of \$150 will also apply.

Fitness Walks: Fitness Walk & Open 10k fee is \$20.00

Presentation of Awards

This year presentations will take place at the Stromlo at the following times:

Event Nos. 1 to 10 at 11.45 am; and

Event Nos. 11 to 21 at 16.00 pm

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

Racewalking Queensland Management Committee 2021/22

As elected AGM April 11th

President: Vacant

Secretary/Treasurer: N. McKinven

Vice President: P Bennett

Committee: I. Jimenez, J Stuckey, S McCure, J-R McRoberts, S Pearson, D Millard

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

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
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.

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/>

