

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

May 20<sup>th</sup> 2021

### 13th Gold Coast Road Walk Championships

Athletics and spectators had to contend with glorious Queensland sunny winter weather at Mudgeeraba on Sunday. There were a number of good performances with Freya Williams getting the closest to a record (two seconds shy of the record held by Makenna Clarke). Great to see a number of people travel big distances to indulge in their passion of race walking. Eli Melinz came down from Noosa and then there is Kevin Cassidy who was visiting from Melbourne. Not only was Keven up in sunny Queensland for a break and to escape the colds weather but to take in some NRL games. Race walking is just one string to Kevin's bow. And he has done lots of multiday ultra runs and is an accomplished open water swimmer having swum the English Channel, He has also swum the Cook Strait (between the North & South Islands of New Zealand). Reportedly, for this effort he now has lifetime free travel on the ferry.

Congratulation to all medal winners and thank you to the Gold Coast Victory athletics club and to the Mudgeeraba Little Athletics Club for their support in making these Championships possible.

Also, a big thank you to all our volunteers on Sunday; the judges, timekeepers, lapscorers, check in and marshalls.

### Results Results Results

#### May 16<sup>th</sup> Gold Coast Championships

##### Mudgeeraba

##### Open 10km

Men: (1) Iggy Jimenez 51.51 (2) Kevin Cassidy (VIC) 54.11 (3) Peter Bennett 1.04.57 (4) Patrick Sela 1.22.49.

Women: (1) Jenny Stuckey 1.10.05 Noela McKinven 1.25.20.

##### U20 5km

Women: (1) Jasmine-Rose McRoberts 32.48.

##### U18 5km

Men: (1) Sam McCure 24.35

Women: (1) Gabriella Hill 25.46 (2) Korey Brady 34.03

##### U16 3km

Women: (1) Anika Clarke 16.29 (2) Mia Bergh 17.26 (3) Torryn Fisher 18.35 (4) Phoebe Chadwick 20.52 (5) Lily Housden 20.55.

##### U14 2km

Men: (1) Bailey Housden 9.18 (2) Kai Dale 12.18.

Women: (1) Lyla Williams 9.47 (2) Tamika Gee 10.24 (3) Natasha Flahey 10.46 (4) Milly Sharpe 10.51 (5) Skye Presland 11.54 (6) Lily Goulding 13.26.

##### U12 2km

Men: (1) Korbyn Bricknell-Hewitt 12.03 (2) Blake Gee 12.42 (3) Eli Melinz 14.58.  
Women: (1) Ella Cosgrove 11.58 (2) Maya Barron 12.07 (3) Siaan Fisher 12.25 (4) Kiara Waterman 13.50 (5) Isabella Gee 13.53

**U10 1km**

Men: (1) Hunter Sibenaler 6.53.

**U8 .5km**

Women: (1) Freya Williams 3.14 (2) Tully Fisher 3.20.

**Invitation 5km**

Men: (1) Paul Lindenberg 33.49.

Women: (1) Nyle Sunderland 31.07 (2) Deborah Lindenberg 38.12



**Gold Coast Championships**

**Judges' Summary**

	<b>Red</b>	<b>caution</b>
376	C	
361	K	kc
371	C	
315		k
401		kk
356		k
191		k
388	C	
312	C	
398		k
337		k

**UPDATE: Racewalking Queensland Management Committee 2021/22**

Following a club Committee meeting at Mudgeeraba on Sunday we are pleased to announce that the club now has a full line up of office bearers for 2021/22. Peter Bennett has stepped up from the Vice President position to take on the role of President for the rest of the season. Club Captain & Life Member Ignacio Jimenez is the new Vice President and Katya Martin has accepted an invitation to join the committee to fill the vacancy left by Iggy taking on the VP position. We now have an engaged Management Committee with youth and experience with new ideas and enthusiasm to take the club forward.

**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

## **This Week**

### **May 23<sup>rd</sup> QRWC Handicap Meet # 4**

#### **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

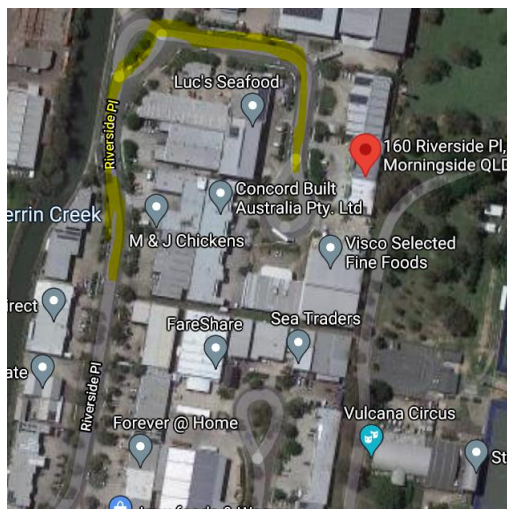
E Grade 2km

F Grade 1km

Entries are now open for Sunday at the QRWC RevSport portal.

[Handicap Meet 4 - ATHLETE - Qld Race Walking Club - revolutioniseSPORT](#)

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



**Course in Yellow Start/Finish at the end of Riverside Place**

## **Next Week**

### **May 30<sup>th</sup> QRWC Handicap Meet # 5**

#### **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 June 6<sup>th</sup> 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

### **Sunday June 13<sup>th</sup> LBG Carnival Canberra**

# Canberra Federation LBG Carnival

## Sunday June 13<sup>th</sup> Stromlo Forest Park Canberra

### Entries close 5 pm Friday 28th

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 55<sup>th</sup> 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.

### 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](mailto:qrwcregistrar@gmail.com) or go to our Shop on the QRWC RevSport portal.

### 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

## **2022 Beijing Winter Olympics a minefield for Australia**

The Australian government, Olympic Committee and business sponsors face a tense 10 months grappling with the public and political backlash to the 2022 Beijing Winter Olympics as calls grow for a diplomatic and commercial boycott of the Games.

House Speaker Nancy Pelosi, one of the United States' most powerful politicians, on Wednesday became the highest-profile figure to call for a diplomatic and commercial boycott, following a rising outcry from human rights groups and a global push by members of the Inter-Parliamentary Alliance on China. "We cannot proceed as if nothing is wrong about the Olympics going to China," Pelosi told a House of Representatives hearing on Wednesday following years of reports of human rights abuse in Xinjiang and the erosion of democracy in Hong Kong. Pelosi said athletes should be allowed to compete, but hit out at Olympic corporate sponsors who "look the other way on China's abuses out of concern for their bottom line". The Democrat House leader said heads of state should not attend the February Games. "If we don't speak out against human rights violations in China for commercial reasons, we lose all moral authority to speak out for human rights anywhere," she said.

China's Foreign Ministry has repeatedly denied claims of human rights abuse as baseless smears. Spokesman Zhao Lijian said on Wednesday night that "some US individuals' remarks are full of lies and disinformation" and that they were "trying to sabotage the preparations for the Winter Olympics". "Their clown-like performance and staged farce will get no support and are doomed to fail," he said. But the move from Pelosi brings her closer to the views of some Republicans across the aisle and other MPs in Europe who have spent months campaigning for a broader boycott. Public opposition is also growing in another Winter Olympic heavyweight, Canada, where a survey of 1000 Canadians found that more than 50 per cent opposed the country participating in Beijing.

The developments threaten to wedge sponsors of the Olympics teams and the Australian government.

The Minister for Sport has historically attended the Winter Olympics as Australia's official representative but no Australian ministers or MPs have been able to travel to China for more than a year as diplomatic relations have soured.

The current Minister for Sport, Richard Colbeck, could be the first minister to travel to China under that convention after a year of rancour and trade strikes. But with attention on the fate of the Tokyo Summer Games, little progress has been made on the Winter plans. The Beijing Games are due to start just six months after the coronavirus delayed the Tokyo event. Colbeck was contacted for comment.

Australia's own bid for the 2032 Summer Olympics in Brisbane could be opposed by Chinese Olympic lobbyists and its economic partners if Australia were to boycott Beijing in any fashion. The IOC has given the Brisbane bid preferred status but organisers will not know if they have been locked in until later this year. A spokesman for the Australian Olympic Committee said "political interference in sport does not have a good record, particularly when it comes to boycotts." "Governments have many avenues they can pursue – unilateral discussions, bilateral talks or diplomatic sanctions if they wish," he said. "There will always be different political and social perspectives – but athletes must have the right to practice their sport in that spirit of mutual understanding."



Liberal MP Ted O'Brien, the Morrison government's representative on the 2032 Olympic Candidature Leadership Group, said Australia would always make decisions based on its national interest. He added he "stood by his previous statements" on Xinjiang. In March he called for unfettered access to be given to independent UN observers to examine reports of "enforced disappearances, mass detentions, systematic torture and abuse of women" of the region's Muslim Uighur minority. "A nation's foreign policy is an outward expression of its national identity, its values, its people and what they believe in," he said. "One of the things we believe in as a liberal democracy is universal human rights."

The Games could become a corporate minefield for Olympics sponsors as they weigh up duelling commercial risks - a consumer backlash at home for participating or retaliation at China's checkouts for pulling out. Only seven out of 32 sponsors listed by the Australian Olympic Committee are publicly associated with the Winter Olympics on the AOC website, including Chinese internet giant Alibaba. Optus and Swisse have signed long term contracts that take their involvement through to 2024 and 2026 respectively. Independent Senator Rex Patrick said he understood that the Olympics are big business but "the Chinese Communist regime's violations are on such an enormous scale that they cannot be ignored, downplayed or whitewashed". "The Australian government should actively encourage Australian companies to dissociate themselves from promoting the Beijing Winter Olympics," he said. "No Australian minister - federal or state - should attend the Beijing Games. No senior Australian officials, including Australia's Ambassador to China, should attend the Games."

<b>April</b>	<b>11</b>	<b>QRWC Sign On Meet /AGM</b>	<b>Beenleigh</b>
	<b>13-17</b>	<b>AA Track Championships - Walks</b>	<b>Sydney</b>
	<b>18</b>	<b>QRWC Handicap Meet 1</b>	<b>North Lakes 8.00am</b>
<i>Saturday</i>	<b>24</b>	<b>QRWC Handicap Meet 2</b>	<b>Kalinga Park 7.30am</b>
	<b>25</b>	<b>ANZAC Day</b>	<b>No club competition</b>
<b>May</b>	<b>2</b>	<b>QRWC Handicap Meet 3</b>	<b>Beenleigh 8.00am</b>
	<b>9</b>	<b>Mother's Day</b>	<b>No club competition</b>
	<b>16</b>	<b>Gold Coast Championships</b>	<b>Mudgeeraba 8.00am</b>
	<b>23</b>	<b>QRWC Handicap Meet 4</b>	<b>Morningside 7.30am</b>
	<b>30</b>	<b>QRWC Handicap Meet 5</b>	<b>Kalinga Park 7.30am</b>
<b>June</b>	<b>6</b>	<b>QRWC Handicap Meet 6</b>	<b>North Lakes 8.00am</b>
	<b>13</b>	<b>LBG Federation Meet</b>	<b>Mt Stromlo Canberra</b>
	<b>20</b>	<b>QRWC Handicap Meet 7</b>	<b>TBA</b>
	<b>27</b>	<b>QRWC Handicap Meet 8</b>	<b>TBA</b>
<b>July</b>	<b>4</b>	<b>Gold Coast Marathon</b>	<b>Southport</b>
	<b>11</b>	<b>RWA Postal Challenge</b>	<b>Beenleigh 8.00am</b>
	<b>18</b>	<b>QRWC Track Championships</b>	<b>UQ St Lucia 8.00am</b>
<i>Saturday</i>	<b>24</b>	<b>QA Road Walk Championships</b>	<b>Ipswich</b>
<b>August</b>	<b>1</b>	<b>QRWC Handicap Meet 9</b>	<b>TBA</b>
	<b>8</b>	<b>QRWC Handicap Meet 10</b>	<b>TBA</b>
	<b>15</b>	<b>QRWC Club Championships</b>	<b>Beenleigh</b>
	<b>22</b>	<b>?</b>	
	<b>29</b>	<b>?</b>	
<b>September</b>	<b>12</b>	<b>AA/Federation Championships</b>	<b>Melbourne Confirmed</b>

### COVID Queensland Health Update May 13<sup>th</sup>

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.

## **AA Road Walk Championships & RWA (2<sup>nd</sup> 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](mailto: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  
[qrwcregistrat@gmail.com](mailto:qrwcregistrat@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](mailto: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 14<sup>th</sup> 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](mailto: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](mailto:qrwc1@optusnet.com.au) Membership, coaching or general enquiries about the club  
[racewalkqld@outlook.com](mailto: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](http://www.rwa.org.au)

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>

