

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

May 27<sup>th</sup> 2021

### **Tokyo Olympic Games: will they go ahead and other important questions ?**

#### **What's happening with Covid in Japan?**

Japan has had relatively low numbers of Covid cases, but a new wave of infections began in April. Since last year there have been around 720,000 cases and 12,200 deaths. As a result of the surge, large parts of the country are under a state of emergency until the end of May, with some areas facing restrictions until 20 June.

Japan only began vaccinating people in February, later than most other developed nations. So far, only about 2.9m people - or 2.3% of the Japanese population - are fully vaccinated.

A mass vaccination programme began in late May in Tokyo and Osaka, the two cities hit hardest by the surge. Authorities hope those aged 65 and above will be fully vaccinated by the end of July.

#### **What Covid measures are in place for the Games?**

Japan's borders are shut to foreigners due to the virus, which means no international fans can travel to the games.

Domestic spectators will be allowed, though it's possible a worsening Covid situation could mean competitions go ahead without any audience. International athletes and support staff will have to be tested before departure and on arrival in Japan.

They won't have to quarantine, but will have to stay in bubbles and avoid mixing with locals. Athletes also don't have to be vaccinated, though IOC officials expect around 80% will be. They will be tested daily throughout the games.

#### **Do people in Japan want the games to go ahead?**

Recent polls in Japan have shown nearly 70% of the population are opposed to the Games. Several towns which were set to host the athletes across the Tokyo region have reportedly pulled out for fear the programme might add to the spread of Covid and put pressure on the healthcare system.

Earlier in May, a doctors union told the government that it was "impossible" to hold the Games, given the pandemic.

One of Japan's most prominent business tycoons has also criticised the decision to continue with the Games.

In a tweet which went viral, SoftBank CEO Masayoshi Son said that most people wanted the Olympics "to be postponed or cancelled", asking "on what authority is it being forced through?"

In late May, the leading Asahi Shimbun newspaper also called for the Games to be cancelled.

#### **What have athletes' representatives said?**

A number of bodies and experts have expressed concern about the Games.

The World Players Association - which represents 85,000 sportsmen and women in over 60 countries - has said that the IOC must do more to ensure athletes' safety. It wants more precise physical distancing measures - and more rigorous and effective testing.

It also wants the IOC to revoke its demand that athletes sign waivers as a condition of participation. Japanese athletes have largely kept a low profile, but the country's biggest sports star, tennis champion Naomi Osaka, said there should be a debate over the issue.

### What have other countries said about taking part?

No major countries have spoken out against the Games. The US issued a travel warning for Japan following the surge, but officials say they are confident their athletes will still take part. Team GB remains "fully committed to sending our full team to the Tokyo Olympic Games". Chinese President Xi Jinping has also pledged his support. China is due to host the next Winter Games in February 2022.

### Could the Olympics be cancelled?

Yes, but normally only under very exceptional circumstances like war or civil disorder. Importantly, the contract between the IOC and host city Tokyo makes it clear that only the IOC can cancel the event.

The IOC is thought to make around 70% of its money from broadcast rights, and around 18% from sponsorship. If the Games don't go ahead, it could severely damage the IOC's finances, and the future of the Olympic movement.

Given that the IOC has repeatedly insisted the Games can go ahead safely, even under a state of emergency, it seems there's little chance of it deciding to pull the plug. If Tokyo was to break the contract and cancel against the will of the IOC, the risks and losses would fall on the Japanese side. The budget for Tokyo 2020 was set at \$12.6bn (£8.9bn), although it's been reported that the actual cost could be double that. Even though all sides involved in the Olympics are heavily insured, losses if the Games don't go ahead would still be high. The postponement and the lack of international fans have already dented the expected profits of a normal Olympics for both the host country and the IOC.

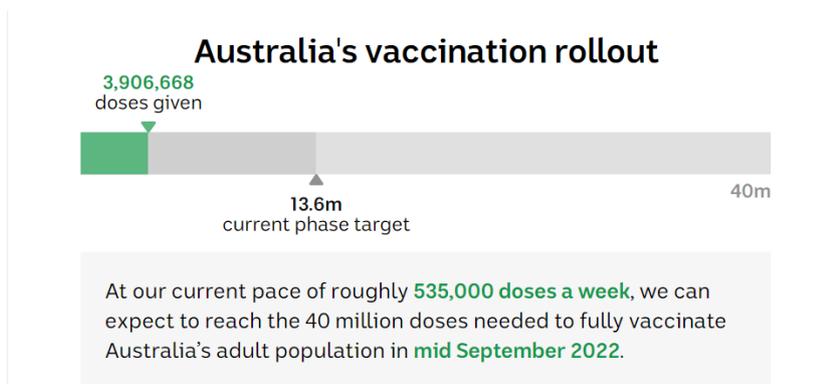
## COVID Queensland Health Update May 27<sup>th</sup>

**From 11:59pm tonight, Victoria will enter a 7-day circuit breaker lockdown.**

Queensland Premier Annastacia Palaszczuk has declared Victoria a coronavirus hotspot in the wake of the southern state's growing cluster. From **1:00am tomorrow**, anyone who has been in Victoria in the last 14 days will have to hotel quarantine upon entering Queensland. Ms Palaszczuk said anyone who entered the state from Victoria before that time "will have to observe the same lockdown conditions as they would if they were still in Victoria".

Ms Palaszczuk said police would meet incoming flights at the airports and be conducting checks at road borders.

All people entering the state will have to complete a border declaration.



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 #4 May 23<sup>rd</sup> Riverside Place, Morningside**

#### **A Grade Men 15km**

(1) Ignacio Jimenez 1.18.34 (2) Argenis Guevara 1.33.40 (3) Peter Bennett 1.39.05.

#### **Invitation Women 15km**

(1) Brenda Gannon 1.32.24.

#### **A Grade Women 10km**

(1) Brenda Gannon 1.01.23 (in 15km) (2) Jasmine-Rose McRoberts 1.07.27 (3) Noela McKinven 1.26.23

#### **B Grade 8km**

Men: (1) Patrick Sela 1.10.11.

Women: Nyle Sunderland 50.50 (2) Jennifer Stuckey 55.07 (3) Korey Brady 57.24.

### **Pending Qld Masters Road Walk Records from Sunday**

W45 Brenda Gannon 1.32.24

W50 Nyle Sunderland 50.50

W55 Jennifer Stuckey 55.07

M65 Peter Bennett 1.39.05

#### **C Grade 5km**

Men: (1) Alex Bradley 27.10.

Women: (1) Clara Smith 24.57 (2) Anika Clarke

#### **D Grade 3km**

Men: (1) Bailey Housden 15.40 (2) Kai Dale 18.54.

Women: (1) Lyla Williams 15.25 (2) Milly Sharpe 16.31 (3) Makenna Clarke 17.38 (4) Kirstin Shaw 17.57 (5) Skye Presland 19.06 (6) Lily Goulding

#### **E Grade 2km**

Men: (1) Hunter Sibenaler 14.42.

Women: (1) Maya Barron 12.50.

#### **F Grade 1km**

Women: (1) Kiara Waterman 6.30 (2) Freya Williams 7.01.

### **Judges' Reports**

<b>R</b>	<b>caution</b>
399	c
376	k
356	k

## This 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

Enter on line through the QRWC RevSport portal.

[Handicap Meet 5 - Athlete - Old Race Walking Club - revolutioniseSPORT](#)

If you have an queries or have trouble with your entry contact the Registrar at;  
[qrwcregistrar@gmail.com](mailto:qrwcregistrar@gmail.com)

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

## Next Week

### 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

**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.

### Sunday June 13<sup>th</sup> LBG Carnival Canberra **Entry closing date Extended**

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

~~**Entries close 5 pm Friday 28<sup>th</sup>**~~

**Entries will close at 23:59 pm, Sunday, 30th May (extended from 28 May)**

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 Sunday 30th 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

<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>
<b>Saturday</b>	<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>

## 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

[qrwcregistrar@gmail.com](mailto: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](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.

<b>Grade</b>	<b>Start Points</b>	<b>Completed Points</b>	<b>Best Season Performance</b>	<b>Handicap Points</b>
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 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:

[grwc1@optusnet.com.au](mailto:grwc1@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/>