

Queensland Race Walking Club Inc.

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



HEEL & TOE

July 1st 2021

COVID -19 UPDATE Queensland Advice - Sport and Lockdown

As you are all aware parts of Queensland entered a 3-day lockdown commencing **6pm Tuesday 20 June 2021**.

This includes the Local Government Areas of:

Brisbane / Gold Coast / Ipswich / Lockyer Valley

Logan City / Moreton Bay / Noosa Shire

Redland City / Scenic Rim / Somerset

Sunshine Coast / Townsville (including Magnetic Island) / Palm Island

From 6pm Tuesday 29 June 2021 until 6pm Friday 2 July 2021, people in the identified local government areas will be required to stay at home (which includes temporary accommodation such as a holiday rental) except for the following essential reasons:

Obtaining essential goods or services

Exercise in your local area

Attending essential work, study or childcare if you can't do it from home

Healthcare or to provide help, care of support to vulnerable person (includes getting vaccinated)

In a practical sense for sport, recreation and fitness organisations, this means that during the lock down period:

organised community sport, recreation and fitness is not permitted you may exercise outside (in your local area) with your household group and/or with one other person not from your household

professional and Elite Sport and Athletes – training may occur without spectators and physical distancing observed to the extent possible. Where such training is occurring, all other lockdown restrictions must still be observed at all times. (While this is our current advice, please refer to the Queensland Health website for any further updates)

In addition, you must continue to carry and wear a face mask at all times when you leave home, unless you have a lawful reason not to. **You must wear a mask at:**

shopping centres and supermarkets

hospitals and aged care facilities, if permitted to visit

indoor workplaces (where safe to wear a mask and you can't physically distance)

public transport, taxis and rideshare, and waiting places or queues for this transport

airports and travelling on planes.

Full details of the restrictions during the lockdown period are available on the [Queensland Health website](#).

Anyone who was in South East Queensland, Townsville or Palm Island on or since 6pm Tuesday 29 June 2021 is required to follow the same lockdown rules even if they are no longer in those areas. Those leaving South East Queensland, Townsville or Palm Island during this time may do so for essential reasons or to return home, but must also remain at

their residence and limit their movements until the lockdown period has ended. The lockdown restrictions will be reviewed on **Friday 2 July 2021**. Until such time, we are unable to provide advice on what restrictions may be in place after the initial 3-day lockdown.

Andrew Sly
Assistant Director-General Sport and Recreation
Department of Tourism, Innovation and Sport

Tokyo 2020 organisers fine-tuning Olympic preparations

Olympics committee chief Thomas Bach is slated to arrive in Japan on July 8 as the Tokyo 2020 organisers are fine-tuning preparations for the pandemic-hit Games. Initially, Bach had been expected to visit Tokyo in May, however, the trip was cancelled owing to restrictions of the virus. Tokyo 2020 organisers said Bach would isolate for three days on arrival. They went on to add that the International Olympic Committee head has already been vaccinated. Bach will visit Hiroshima on July 18 and it will coincide with the start of an Olympic truce, organisers added. The truce — which has been adopted by the United Nations — looks to ensure a halt to all hostilities and this will allow the safe passage and participation of athletes and spectators for the Games. Apart from this, the IOC will also hold a board meeting in Tokyo from July 17 and a general meeting from 20 July. There is also a vote which is expected on Brisbane as 2032 Olympic host.

Japan likely to extend COVID-19 curbs in Tokyo as infections rise

Japan is likely to extend by two weeks or more coronavirus containment measures in the greater Tokyo area, four government sources said on Thursday, as infection numbers creep up less than a month before the Summer Olympics start. Japan's capital and three neighbouring prefectures are among areas under a 'quasi' state of emergency set to run through July 11, but a recent uptick in infections has officials leaning towards keeping restrictions in place - a move that could affect the number of spectators allowed into Olympic venues, the sources said. Depending on the extent of the strain on the medical system, the government could reinstate a full state of emergency for Tokyo, the sources said. New infections in the Olympics' host city rose to 714 on Wednesday, the highest in more than a month.

Cancelled: Gold Coast Marathon

Due to the three-day lockdown enforced by the Queensland Government to mitigate the spread of Covid-19, Events Management Queensland has been left with no choice but to cancel the Village Roadshow Theme Parks Gold Coast Marathon. The ongoing health risks, impacts on workforce/volunteers, disruptions to travel and uncertainty ahead dictated drastic action to ensure there were no further threats to the health and wellbeing of participants, stakeholders and the wider Gold Coast community.

This decision has not been made lightly given the experience of the 2020 cancellation and comes with heartfelt disappointment from the team at Events Management Queensland. We are working hard to provide options for your consideration tomorrow. Thank you for your understanding.

RESULTS RESULTS RESULTS

Our athletes are getting better each week as the season progresses with Tully, Lily H, Kai, Lyla, Korey, Brenda, Jenny, Argenis & Iggy all recording seasons best performances at the meet at Kalinga Park on Sunday. Thank you once again to all our happy helpers. Good to see the number of volunteers out there; lap scorers, timekeepers, setting up and packing up and everyone found the time to sing "Happy Birthday" to Noela as she crossed the finish line. Well done everyone and welcome to our new members .

QRWC Handicap Meet 8

June 27th Kalinga Park

A Grade 10km

Men: (1) Ignacio Jimenez 49.41 (2) Argenis Guevara 57.43 (3) Peter Bennett 1.11.59

Women: (1) Brenda Gannon 59.36 (2) Jennifer Stuckey 1.05.15 (3) Jasmine Rose McRoberts 1.08.34 (4) Noela McKinven 1.25.11

B Grade 5km

Men: (1) Sam McCure 25.01 (2) Bailey Housden 25.33 (3) Alex Bradley 34.10

Women: (1) Lyla Williams 26.41 (2) Summer Millard 30.15 (3) Korey Brady 31.33 (4) Torryn Fisher 31.35

C Grade 3km

Men: (1) Kai Dale 17.14

Women: (1) Milly Sharpe 17.12 (2) Skye Presland 18.59 (3) Katie Bray Visitor 19.11 (4) Phoebe Chadwick 19.14 (5) Lily Goulding 19.21 (6) Siaan Fisher 19.53 (7) Lily Housden 20.20 (8) Aleksia Thomasson 22.55

E Grade 1.5km

Women: (1) Kiara Waterman 10.08

F Grade 1km

Women (1) Freya Williams 6.54 (2) Tully Fisher 7.05

Coming up

There were no club races scheduled this weekend because of the now cancelled Gold Coast marathon festival that traditionally involved a number of our athletes and volunteers. Looking ahead, all we can do at present is to follow all Queensland Health advice and wait to see what restrictions may be in place after the current three day lockdown is lifted.

If the outcome is positive, we can look forward to a meet on July 11th with the same Covid safe protocols in place that we had for our shortened season last year.

Sunday July 11th Racewalking Australia Postal Challenge

Logan River Parklands, Beenleigh

8.00am Open M/W 10km

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

This is a virtual interstate meet whereby all Federation Race walking clubs from around Australia conduct the same programme of events.

RWA Rules

1. The Racewalking Australia State Challenge event is a RWA club-versus-club team's competition with points being awarded within each race to the top finisher for each club.
2. Walkers may compete in more than one event on the day provided the events are held at different times. A walker cannot walk in two different age groups in a concurrent race.
3. Age is 'age on the day' for all walkers including Masters.
4. Master's athletes will not be scored on their time but their age grading so all Masters athletes must submit their age at entry time.

At the same meet we will be conducting the Qld Masters Short Course Road Walk Championships . You need to enter both events and women in the Challenge 10km will get a 5km split on the way through.

Sunday July 11th Logan River Parklands, Beenleigh

Queensland Masters Athletics Short Course Road Walk Championships

8.00am QMA Masters M 10km

QMA Masters M 5km (M60+ option)

QMA Masters W 5km

Entry Fee \$7 (Collected on behalf of QMA and is in addition to the QRWC race fee)

Athletes must be a current registered member of Qld Masters Athletics to compete in these Championships.

For more information on QMA membership & activities go to:

[Old Masters Athletics | Brisbane, Gold Coast, Sunshine Coast | QMA](#)

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

Race Walking Qld Track Championship Records

Open Men's 5,000 metres Dane Bird-Smith 2012 19.22.22

Under 20 Men's 5,000 metres Luke McCutcheon 2016 21.48.98

Under 18 Men's 5,000 metres Brad Aiton 2010 22.25.90

Under 16 Boys 3,000 metres Nelson McCutcheon 2017 13.20

Under 14 Boys 1,500 metres Kris Hayward 2017 6:36

Under 12 Boys 1,500 metres Jonathan Wearne 2015 7.00.24

Under 10 Boys 1,000 metres Flynn Callaghan 2018 6.00.00

Open Women's 5,000 metres Jessica Pickles 2017 23.03

Under 20 Women's 5,000 metres Jessica Pickles 2013 24.26.00

Under 18 Women's 5,000 metres Katie Hayward 2017 21:56

Under 16 Girls 3,000 metres Katie Hayward 2015 13.23.97

Under 14 Girls 1,500 metres Jayda Anderson 2018 6.46

Under 12 Girls 1,500 metres Lyla Williams 2019 7:18.00

Under 10 Girls 1,000 metres Lyla Williams 2016 5.22.27

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|------------------|-----------|---|---------------------------------------|
| July | 4 | Gold Coast Marathon | Southport Cancelled |
| | 11 | RWA Postal Challenge | Beenleigh 8.00am |
| | 11 | QMA Short Course Championships | 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 |

**DATE CLAIMER: Sunday, August 29th QRWC End of Season Relays /
Lunch / Trophy Day**

For Sale - Pre-loved QRWC uniform

We have a pre-loved uniform given by a member who has outgrown it and now we are looking to see if anyone is interested in buying it: cross-back singlet, size C10. Asking price : \$17.

If you are interested in this singlet please contact qrwcregistrar@gmail.com

If anyone else has other pre-loved items and are looking to sell them please email us with all the details (and a photo if you have one) and we will see if we can connect you to an interested buyer.



**AA Road Walk Championships & RWA (2nd
Federation) Carnival**

There have not been any details released from Athletics Australia or the Race Walk Federation on the meet at this stage.

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

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/>