

# Queensland Race Walking Club Inc.

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



## HEEL & TOE

July 15<sup>th</sup> 2021



### **QUEENSLAND ROAD WALKING CHAMPIONSHIPS + QMA Long Course Road Walk Championships**

**Entries Closing Friday 23<sup>rd</sup> 9am**

**Saturday 24 July 2021 Ipswich Cycle Park, Churchill**

#### **Programme**

- 8.00am 20km Open Men
  - Open Women
  - Masters Men 35+ (30+ for QMA)
- 10km Under 20 Men 2002 / 2003
  - Under 20 Women
  - Under 18 Boys 2004 / 2005
  - Masters Women 35+ (30+ for QMA)
- 8.30am 5km Under 18 Girls 2004 / 2005
  - Under 16 Boys 2006 / 2007
  - Under 16 Girls 2006 / 2007
- 9.00am 3km Under 14 Girls 2008 / 2009
  - Under 14 Boys 2008 / 2009
- 9.30am 2km Under 12 Girls 2010 / 2011
  - Under 12 Boys 2010 / 2011
- 1km Under 10 Girls 2012 / 2015
  - Under 10 Boys 2012 / 2015

#### **Entries**

Entries are taken online at [www.qldathletics.org.au](http://www.qldathletics.org.au) and close at 9:00am Friday 23 July

There are strictly no late entries to this event.

If you have any issues with the online portal contact Dave Brown at QA

[david.brown@qldathletics.org.au](mailto:david.brown@qldathletics.org.au)

QA Platinum Members FREE

QA Base & QMA Members \$ 30.0

**COVID-19 INFORMATION** - Coaches, parents and other guests **MUST** register their attendance online prior to the event, otherwise they cannot remain at the venue. - Social distancing must be adhered to.

#### **This Week**

**Sunday July 18<sup>th</sup> QRWC Track Championships**

**University of Qld St Lucia**  
**Sir William MacGregor Drive, 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

**Please Note**

Entry Fees: Members \$ 10 / Non-Member Guests \$ 15.00. (This includes UQ Track Fee surcharge).

**Age is Age** on the day (i.e. as at 18 July 2021).

Medals for these Championships will be presented at the Club Relay / Trophy Day.

**Volunteers Needed Trackside**

We will need a number of volunteers to assist with judging, lap scoring and time keeping. Being on the track the walkers come through more times than on a 1km road circuit so we need more lapscorers to ensure we capture everyone's times. Please put your hand up to help even if it's just for one event. All offers for assistance will be greatly appreciated. There will always be someone around to help you fill in a lap sheet and John will be only too pleased to provide a Stop Watch 101 crash course.

Register your entry at the QRWC Revsport portal. All non-athlete attendees are also urged to register.

[Home - Qld Race Walking Club - revolutioniseSPORT](#)

For any entry process queries please contact [grwcregistrar@gmail.com](mailto:grwcregistrar@gmail.com)

**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

**15.07.2021 Mask rules for South East Queensland (excerpt)**

**Masks are currently required to be worn when you are outside your home, unless:**

- you are alone in your car or with the members of your household
- you are eating or drinking
- you are at your usual workplace and can physically distance from others (except if you work in a hospitality venue or are a passenger transport operator)
- you are alone outdoors or with members of your household
- it is unsafe.

## Face masks do not have to be worn by:

- infants and children under the age of 12
- anyone in their workplace if they can maintain a 1.5 metre distance from others
- anyone who is outside, including in an outdoor workplace, who can maintain a 1.5 metre distance from people who are not members of their household
- anyone travelling alone in their car or only with members of their household
- anyone engaged in strenuous physical exercise
- anyone eating, drinking or taking medicine

## RESULTS RESULTS RESULTS

There was a good athlete turn out for the Postal Challenge and QMA road walks at Beenleigh on Sunday with nearly half the fields recoding seasons best times. Well done to Kiara, Hunter, Aleksia, Lyla, Natasha, Katie, Bailey, Kai, Korey, Jasmine, Brenda & Iggy.

Thank you once again to all the volunteers that assisting in the running of the meet on Sunday; all the judges, timekeepers and lapscorers.

### **Race Walking Australia Postal Challenge July 11<sup>th</sup>**

#### **Logan River Parklands, Beenleigh**

##### **Open 10km**

Men: (1) Ignacio Jimenez 48.11 (2) Argenis Guevara 58.41 (3) Peter Bennett 1.11.37

Women: (1) Brenda Gannon 58.38 (2) Nyle Sunderland 1.01.08 (3) Jennifer Stuckey 1.06.05  
(4) Kirstin Shaw 1.07.39 (5) Noela McKinven 1.24.05

##### **U20 10km**

Women: (1) Jasmine Rose McRoberts 1.05.41

##### **U18 8km**

Women: (1) Summer Millard 49.39 (2) Korey Brady 55.06

##### **U16 5km**

Women: (1) Anika Clarke 29.23 (2) Lily Housden 35.46

##### **U14 3km**

Men: (1) Bailey Housden 13.59 (2) Kai Dale 16.51

Women: (1) Lyla Williams 14.51 (2) Makenna Clarke 17.03 (3) Natasha Flahey 17.14 (4) Katie Bray 19.08 (5) Lily Goulding 20.49.

**Invitation 3km** Roel Wheeley 18.38, Aleksia Thomasson 21.54

##### **U12 2km**

Men: (1) Hunter Sibenaler 13.47 (2) Noah Wheeley 14.03

Women: (1) Maya Barron 12.10 (2) Siaan Fisher 13.05 (3) Kiara Waterman 13.49

##### **U10 1.5km**

Women: 1) Freya Williams 11.05 (2) Tully Fisher 11.50

### **Judges' Reports**

#### **Caution Red**

169 k K

191 k k

314 c

356 k

365 c C

376 c c

382 c

385 k k

388 k

392 c c

406 k

410 c k

## **QMA Short Course Championships**

### **Men 10km**

M50-54 (1) Argenis Guevara 58.41

M55-59 (1) Ignacio Jimenez 48.11

M65-69 (1) Peter Bennett 1.11.37

### **Women 5km**

W50-54 (1) Nyle Sunderland 30.00\*

W55-59 (1) Erika Woodward 30.13

(2) Jennifer Stuckey 32.07\*

W75-79 (1) Noela McKinven 41.57\*

\* Within 10km

## **From the Judges**

Congratulations to all athletes from the weekends Postal Challenge, was good to see some good numbers and lots of athletes moving around the course.

It was again so pleasing to see many athletes, especially our younger athletes finishing their event a good 2-3 metres past the finishing line. Being a distance event makes it an endurance event, this means as an athlete you are subjecting yourself to both physical and mental challenges during your event. It would be awful to see all that work done for such a long time lost because of failing to cross the line correctly.

With the QA Winter Road Walking Championships coming up it is a great reminder to all athletes young and old to cross the line as a race walker and not as a walker as you will be receiving a red card.

The other area to ensure you get right is your starts....don't give the start line judge reason to give you a red card because you take off so quick that you lose contact with the race surface. When you think about it, you might lose 1 maybe 2 seconds but now have to carry that red card through the entire event and are already 1/3rd of the way towards an unfavorable outcome. Control in that first 50 metres or so is crucial.

A special mention to our two youngest athletes Freya and Tully, you girls are really doing well holding good technique and form for the duration of your event which is pleasing, encouraging and showing a total respect for your sport at such a young age. Well done and keep it up.

Rodney

## **Olympic Games Stuff**

### **STATEMENT FROM ATHLETICS AUSTRALIA July 14<sup>th</sup> 2021**

Following extensive discussions with Queensland Health officials last week, Athletics Australia confirmed that eight Sydney based track & field athletes would not be granted exemptions from QLD quarantine laws and were unable to join their team-mates in Cairns. The Queensland Government offered the opportunity for these athletes to hotel quarantine, with opportunities to train separately. Athletics Australia determined that it was more beneficial for these athletes to remain in their home training environment in Sydney and put in place support where necessary, to ensure they have access to training and heat facilities. We have been advised by QLD Government representatives that Sydney based NRL players will be restricted to hotels in QLD for the quarantine period and provided with access to training and game day facilities.

The Olympic preparations of eight Australian team members have been thrown into disarray after the Queensland government prevented them from joining their teammates at a training camp in Cairns.

Sydney-based athletes including Steve Solomon, Morgan Mitchell, Anneliese Rubie-Renshaw and Commonwealth Games bronze medallist Nick Hough had planned to train and compete at the team camp in the Sunshine State this weekend.

The Queensland government said all of the athletes could travel to the camp but, due to Sydney's wave of COVID-19 infections, they would have to isolate from the rest of the team, train alone and not compete against other athletes in trial competitions. The restrictions meant it was pointless for them to fly to Cairns to follow the same training routine as in Sydney.

## Participants to put on their own medals

In another measure aimed at preventing the spread of COVID-19 IOC President Thomas Bach said that athletes will put their medals around their own necks. "The medals will not be given around the neck," Mr Bach told international media on a conference call from Tokyo. "They will be presented to the athlete on a tray and then the athlete will take the medal him or herself."

"It will be made sure that the person who will put the medal on tray will do so only with disinfected gloves so that the athlete can be sure that nobody touched them before," Mr Bach added. Mr Bach confirmed that "there will be no handshakes and there will be no hugs there during the ceremony".

Olympic medals are typically presented by an IOC member or a leading official in a sport's governing body.

The IOC had previously said medallists and ceremony officials would have to wear masks.

## Athlete tests positive for Covid-19 as Tokyo Olympics opening nears

An athlete in Japan and five Olympic workers, mostly contractors, have tested positive for coronavirus, Tokyo 2020 organisers said on Thursday, just over a week before the opening ceremony. The news came as eight staff at a Japanese hotel hosting Brazil's Olympic judo team tested positive, and a staff member from Russia's rugby sevens team was hospitalised after a positive test. The cases underscore the challenges ahead for organisers, although they note that only a handful of cases have been detected so far among more than 8,000 people who have entered Japan since 1 July. Tokyo 2020 said six people, including an athlete, several contractors and a Games staffer had tested positive for the virus on July 13 and 14.

<b>July</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>No club competition scheduled</b>	
	<b>8</b>	<b>QRWC Handicap Meet 9</b>	<b>Kalinga Park 7.30am</b>
	<b>15</b>	<b>QRWC Handicap Meet 10 / M&amp;W Club 15km C/ship</b>	<b>Morningside 7.30am</b>
	<b>22</b>	<b>QRWC Club Championships</b>	<b>Beenleigh 8.00am</b>
	<b>29</b>	<b>QRWC Relay/ Trophy Day/ Lunch</b>	<b>Kalinga Park</b>
<b>September</b>	<b>12</b>	<b>AA/Federation Championships</b>	<b>Melbourne</b>

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

# AA Road Walk Championships & RWA (2<sup>nd</sup> Federation) Carnival

**Entries Open Monday 26th July**

[www.athletics.com.au](http://www.athletics.com.au)

Entries are open to all race walkers with no selection or qualifying standards. Entries are taken online directly with Athletics Australia.

An invitational 5km and 1km (U10's) will be held during the Championships. Entries will be taken by the VRWC on the day between 7.30am and 9.00am (for the 5km) and 11am-12pm for the 1km. The cost will be \$5.

## **Australian Winter Race Walking Championships**

**Sunday 12th September**

**Middle Park, Melbourne, VIC**

**Updated Draft as 9th July**

- 1 8.00 am A.A Open Men 20km Championship  
R.W.A. Masters Men 20km Championship  
R.W.A. Open Men 20km Teams Race
- 2 8.00 am A.A. Open Women 20km Championship
- 3 8.30 am R.W.A. Open Women 10km Championship  
R.W.A. Open Women 10km Teams Race  
R.W.A. Masters Women 10km Championship
- 4 10.00 am A.A. Under 20 Men 10km Championship  
R.W.A Under 20 Men 10km Teams Race
- 5 10.00 am A.A. Under 20 Women 10km Championship  
R.W.A Under 20 Women 10km Teams Race
- 6 10.00 am A.A. Under 18 Men 10km Championship  
R.W.A Under 18 Men 10km Teams Race
- 7 10.30 am A.A. Under 18 Women 5km Championship  
R.W.A Under 18 Women 5km Teams Race
- 8 10.30 am Invitation Open 5km
- 9 11.15 am A.A. Under 16 Boys 5km Championship  
R.W.A Under 16 Boys 5km Teams Race
- 10 11.15 am A.A. Under 16 Girls 5km Championship  
R.W.A Under 16 Girls 5km Teams Race
- 11 11.45 am A.A. Under 14 Boys 3km Championship  
R.W.A Under 14 Boys 3km Teams Race
- 12 11.45 am A.A. Under 14 Girls 3km Championship  
R.W.A Under 14 Girls 3km Teams Race
- 13 12.10 pm R.W.A. Under 12 Boys 2km Championship  
R.W.A. Under 12 Boys 2km Teams Race
- 14 12.10 pm R.W.A. Under 12 Girls 2km Championship  
R.W.A. Under 12 Girls 2km Teams Race
- 15 12.25 pm Invitation Under 10 Boys 1km  
Invitation Under 10 Girls 1km

## **Australian Masters National Championships 2022**

Following the cancellation of the last two AMA National Championships Tasmanian Masters offered to defer their turn in favour of a mainland state in the expectation that there would be a higher than usual number of entries. Queensland took up this offer and are to be followed by New South Wales in 2023 as already planned. Tasmania will take their turn in 2024.

**TO BE HELD IN BRISBANE, QUEENSLAND 1 TO 4 APRIL, 2022**

The preparation for the 2022 Brisbane AMA Championships is based on the Local Organising Committee's work for the cancelled 2020 Championships. The major change, after consultation with states, is that the event not being held at Easter. With the Friday and

Monday being normal working days, and the subsequent reduced number of officials on those days means that non-stadia events will not be held on the Monday. That means the 10km road walks will now be on the Sunday .

### **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 wearing the club uniform is compulsory

### **QRWC memberships for 2021/2022**

\$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

## **PAN PACIFIC MASTERS GAMES 2021**



### **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





*The medals for the Games have now been unveiled*

## Competitor Games Fee

**\$125 Early Bird Fee (16 March – 31 August 2021)**

\$145 standard fee (from 1 September 2021)

Sport Fee: \$20 per person

Entries Close Wednesday 3 November 2021 (11:59pm AEST)

Games Fee includes:

Option to compete in unlimited number of sports

Access to Games Village and entertainment

Accreditation pass

Sports bag

Access to Sports Medicine

Placegetter medals should you be eligible to win one

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/>