

Queensland Race Walking Club Inc.

*Building on a fine tradition of race walking, 64 years in the making.*



## HEEL & TOE

March 26<sup>th</sup> 2020

# Tokyo Olympic Games 2020 POSTPONED until 2021

IOC President Thomas Bach stressed, during a media teleconference on Wednesday, that in the face of an unprecedented challenge, the postponed Olympic Games Tokyo 2020 will need the commitment of all the stakeholders involved to give the athletes the assurance that their Olympic dream can still come true.

**Rescheduling Tokyo 2020 is like "a huge jigsaw puzzle" and the new date "will not be restricted to the summer months", says the International Olympic Committee's president.**



Thomas Bach says he "does not envy the taskforce" set up to tackle the logistics of reorganising the GAMES for 2021

What were the key elements which made the IOC change its stance from commitment to the Games starting on 24 July, at first, to postponement, especially in the last couple of days?

What made us take this decision were the developments with the dynamic spreading of the coronavirus. We have, from the very beginning, communicated that we were monitoring the situation day-by-day, 24 hours a day, and that we would adapt to any changes, and follow the advice of the World Health Organization.

At the very beginning of this crisis, we had a clear focus on the developments in Japan, where we had to evaluate whether Japan would be in a position to offer a safe environment for every participant of the Olympic Games. This focus then shifted more and more to the international world. We could see, on the one hand, the progress being made in Japan, fighting the virus and the efficiency of the measures being taken. On the other hand, the virus was spreading so rapidly that it became more and more a question of whether the world could travel to Japan, and if Japan could really afford to invite the world in the spirit of containing the virus.

This situation changed very rapidly, this is why we were adapting our scenarios, which we have always been discussing with the Organising Committee: mitigating measures, quarantine, many other issues. We then came to the situation where, on the one hand, we were pretty confident that by adapting these protective and mitigating measures, Japan could be able, in four months from now, to organise the Games. At the same time, our doubts were growing whether the world would be ready for these Olympic Games.

We had to address this situation. Japan was very confident to go ahead. Then we saw last Sunday morning the figures from Africa, where we are obviously at the beginning of an outbreak, with many countries being affected. And this is how it started everywhere. We saw the dynamic developments in South America, and in the US and other countries. And this was the moment when I called an emergency meeting of the IOC Executive Board, with the aim to open a discussion with our Japanese hosts, partners and friends, about the postponement of the Games.

Because we could not manage such a postponement without the Organising Committee, and the full support of Japan, I called President Mori from the Organising Committee before this Executive Board meeting. He had contacted Prime Minister Abe. The result of this conversation was that the Organising Committee and Japan were ready to discuss different scenarios, in particular a postponement.

He heard our commitment that a cancellation would not be one of those scenarios to be considered. We then had the Executive Board meeting on Sunday afternoon, which resulted in opening up the door to study postponement. Hours after this meeting, new alarming information was coming in. We saw more and more travel restrictions. We also heard that the virus was starting to spread on a number of islands in Oceania.

The next morning, we received a declaration from the World Health Organization (WHO) which was pretty alarming. The WHO Director General said that the spreading was accelerating, and he wanted to have an emergency call with the G20 leaders to address this situation.

This then led us to contact the Organising Committee again, to inform them of our wish to propose a decision on the postponement of the Games to be taken already in the phone call scheduled for the next day, between Prime Minister Abe and myself. During this call, Prime Minister Abe, in his introductory remarks, suggested the IOC should decide to postpone the Games.

We came to the conclusion that this decision could not be unilateral by the IOC. Instead, it had to be a joint decision because, in order to organise successful Games, we need to be in full agreement, and we need to be united. This was the sequence of our decision-making. It followed our principles, from the very beginning, of adapting to the situation by monitoring. We also followed the principles of putting the health and safety of the athletes and everybody involved in the Games first and contributing to the containment of the virus.

## **Athletics Australia Response**

World Athletics welcomes the decision of the IOC and the Japanese Government to postpone the Tokyo 2020 Olympic Games to 2021. It is what athletes want and we believe this decision will give all athletes, technical officials and volunteers some respite and certainty in these unprecedented and uncertain times.

Athletics will continue to do whatever it can to preserve and create an outdoor season of one-day meetings in 2020, starting and ending later than usual, so athletes, when they are able and it is safe to, will have access to competitions in every region. This will help them benchmark their performances and adjust their training accordingly for an Olympic Games in 2021. In light of this announcement, we will also expedite our current review of the Olympic qualification system, in cooperation with the IOC, and release any changes to the process as soon as possible so athletes know where they stand.

World Athletics stands ready to work with the IOC and all sport on an alternative date for the Olympic Games in 2021 and has already been in discussion with the Organising Committee of the World Athletics Championships Oregon 21 regarding the possibility of moving the dates of this highly popular worldwide event. They have assured us that they will work with all of their partners and stakeholders to ensure that Oregon is able to host the World Athletics Championships on alternative dates, including dates in 2022.

## **Australian T & F Championships Senior, U20 Postponed Cancelled**

It is with regret that Athletics Australia have made the decision to cancel the 2020 Australian Track & Field Championships for Senior, Under 20 and Para athletes.

Due to the threat of the coronavirus the Championships were originally postponed, but with the Tokyo 2020 Olympics, Paralympics and Under 20 World Championships being officially postponed and in efforts to try and flatten the curve of the pandemic the Australian Championships are now cancelled.

Athletics Australia CEO Darren Gocher said: “The situation we currently find ourselves in does not allow us to host the Championships in 2020; hopefully this decision will allow our athletes and coaches further certainty in these times, ”We fully acknowledge and sympathize with our athletes, coaches and their families who have sacrificed so much over the past 12 months in preparation for a national championship”. “The postponement of the Olympic, and Paralympic Games to the northern summer of 2021 and the postponement of the U20 World Championships means that our athletes now have a new goal to work towards,”

“The Australian Cross-Country Championships scheduled for August are still under consideration. We’ll be doing everything in our power to ensure that this event proceeds as scheduled, and look forward, with our Member Associations in developing a national calendar of events for next Summer.

“We are doing everything we can to keep the community aware of all the decisions that are being made in these troubling times,” Mr. Gocher said.

## **COVID-19 Update**

**25 March 2020**

### **Australian Health Protection Principal Committee (AHPPC) advice to National Cabinet about social distancing**

A statement from the Australian Health Protection Principal Committee about refinement of current social distancing measures and consideration of additional measures  
National Cabinet has asked AHPPC for advice on options for the progressive scale up of social distancing measures in response to the COVID-19 outbreak. There was a specific request to look at stronger measures in relation to non-essential gatherings initially, followed by consideration of further more intense options.

### **Epidemiology**

There has been significant further growth in cases, still with substantial numbers of returned travellers and small community outbreaks associated with travellers. Cases of locally acquired disease with no link to returned travel or a confirmed case are starting to occur in specific geographic regions. The severe disease and death rate remain very low, but the test positivity rate is increasing. Weddings and religious services continue to feature in transmission events.

### **Clarification of current measures**

In the advice provided on 22 March 2020, the list of indoor gatherings recommended for closure was prepared with the intention of further refinement. The National Cabinet provided some clarification and asked AHPPC to consider, as a first step, any additional gatherings, the exclusion of which was inconsistent with the principles and approach of closing non-essential gatherings, including outdoor gatherings.

AHPPC recommended a strong general statement be made by Governments on the need to limit all unnecessary personal interactions, for people to stay at home when not engaged in employment, necessary shopping or individual outdoor exercise.

AHPPC considered some specific options provided by jurisdictions and agreed that the original list of indoor gatherings that could close should include:

### **Indoor gatherings**

- 1.All galleries, museums and libraries.
- 2.All auction houses, real estate auctions and open house inspections (excluding private inspections).
- 3.Organised meetings for social, educational or recreational purposes (for example Rotary, mothers' groups, U3A, study groups). Domestic and family violence and drug and alcohol support groups are able to continue as they are part of the health portfolio and considered essential.
- 4.All health clubs, fitness centres, yoga, barre and spin facilities, saunas, bathhouses and wellness centres.
- 5.Amusement parks, arcades and play centres.
- 6.Gaming or gambling venues not currently covered by the casino or licensed venue restrictions.
- 7.All brothels and sex on premises venues.
- 8.Strong recommendation to limit unnecessary visitors to private homes, including private events in homes.

### **Other clarifications**

- 1.Implementation of the 1 person per 4 square metre rule in all shops and businesses remaining open (customer limit, which must be displayed on a sign) with enhanced cleaning provisions in place.
- 2.Clarification that funerals with fewer than 10 people in attendance at any one time (adhering to the 1 person per 4 square metre rule) may proceed. Weddings may proceed with only the couple, the celebrant and witnesses present.
- 3.Clarification that places of worship should be closed.
- 4.We note that we have previously recommended moving universities to online platforms, and employing social distancing practices of 1 person per 4 square metre rule). Consideration should be given to closing student residential accommodation.
- 5.Highly discretionary services that require close and prolonged personal contact between the service provider and client, including beauty therapy, nail salons, massage parlours, body

piercing services and tattoo parlours. Hair dressing is excluded but contact should be less than 30 minutes and the salon should observe the 1 person per 4 sq metre occupancy rule.

### **Outdoor gatherings**

AHPPC noted that current restrictions exist prohibiting gatherings of more than 500 people. The strong imposition of the restriction of the population density measure of no more than 1 person per 4 square metres of ground area is required as is the strong communication of the general principles of social distancing.

AHPPC recommends the cessation of outdoor gatherings, with a limit of no more than 10 persons in a related group in an outdoor gathering. This will entail the closing of funfairs and fetes.

AHPPC further recommends closing all organised sporting events, including outdoor sport and swimming pools.

Additional measures in a next stage of more intense social distancing

AHPPC noted that the new restrictive social distancing measures have only just been introduced and that the border measures and enhancing quarantining provisions for returned travellers are also recent. It is too early to assess the impact of current social distancing measures.

AHPPC noted there remains scope for more aggressive contact tracing and enforcement of quarantine for contacts; this is in progress and is of equal importance to the social distancing measures.

*Whilst clarification and enhancement of the existing measures (which address the highest risk gatherings) are important, additional, materially more disruptive measures, should ideally be held in reserve until some assessment of the initial measures is possible. The next step, if required, is likely to be a carefully considered closure of all activity except essential industries and services.*

*All states and territories are in agreement with the above position, except Victoria, who expressed the desire for even stronger measures at this time.*

## **QRWC Winter Road Walk Season – What Now?**

The Queensland Road Walking Club is dedicated to the safety and wellbeing of all our members but as we reported last week we are in the position where we must suspend our winter road walk season.

The QRWC acknowledges that people are looking for dates as to when the season might be able to commence. We are not in a position to speculate and give false hope as to when racing can start up. The uncertainty of this crisis means that we must follow the advice and guidelines that are constantly and rapidly changing as this situation evolves. As such, we will continue to monitor, and act accordingly, in response to statements and policies enacted by both Federal and State Health authorities. The world is suddenly a different place and we all have to come to terms with the fact that there are some things that will never be the same again; whether that be in sport, overseas travel, social interaction, commerce and employment etc. It will not be a matter of all restrictions suddenly being lifted on a designated date and we all resume our lives where they were two weeks ago. We appreciate your understanding through this difficult time and will keep you informed of developments at the club.

### **So, what can you do to keep fit?**

**With road walks not looking like happening for the next couple of months I starting looking at alternate events to participate in but one by one the **Cancelled** signs starting going up .**

All Park Runs in Australia are now **Cancelled** until further notice

Hervey Bay Marathon scheduled for this weekend is now just a Virtual event rather than an official race.

Brisbane Road Runners have **cancelled** their meets at West End on April 5 & 19<sup>th</sup> and their meet for May 3<sup>rd</sup> is to be confirmed

Queensland Running cross country season **Suspended until further notice**

QA Cross **Country Currently all athletics activities are suspended/cancelled until 31 May 2020.**

1 Saturday 04 April - Teralba Park, Everton Park **(CANCELLED)**

#2 Saturday 18 April - Minnippi Parklands, Tingalpa **(c)**

#3 Saturday 02 May - BBS Parklands, Fig Tree Pocket **(CANCELLED)**

#4 Saturday 09 May - Hoop Pine Reserve, Mt Coot-tha **(CANCELLED)**

All Schools XC Championship - Saturday 16 May - Rivermount College **(POSTPONED)**

#5 Saturday 23 May - Capalaba State School **(CANCELLED)**

#6 Saturday 30 May - Sherwood Forest Park **(CANCELLED)**

July 5 Gold Coast Marathon **Entries Suspended Pending Review by May 19<sup>th</sup>**

OXFAM Trail walker in Melbourne **CANCELLED**

OXFAM Trail walker Brisbane (June 19-21) still going ahead at this stage

Brisbane "Guzzler" trail ultramarathons in July **POSTPONED** to a date to be confirmed in November

Brisbane Trail Ultra in July still open for entries and going ahead at this stage

**But you are allowed to train at home!!**



## **LBG Canberra Federation Meet Cancelled**

The ACT Fitness and Race Walking Club have determined that in the interest of public health they do not wish to conduct the Annual Race Walking Carnival on the long weekend in June. The decision of the ACT Committee is supported by the Executive of Race Walking Australia and consequently the 2020 Canberra Race Walking Carnival is cancelled.

The AGM of RWA which is normally conducted on the June long weekend will now be scheduled for the Saturday evening preceding the AA/RWA Winter Race Walking Championships currently proposed for August 30 in Melbourne.

## **Pan Pacific Masters Games – Gold Coast – November**

The Pan Pacific Masters Games team, while keeping in mind the event is still scheduled for November, will take a timely approach in assessing the impacts of this recommendation while carefully monitoring this evolving situation before any final decisions are made on the status of this year's event.

The wellbeing of our participants and supporters is of utmost importance. Thank you for your patience and understanding in this challenging time.

## **World Athletics Race Walking Team Championships Minsk Postponed**

It is with regret that we have agreed with the Belarus Athletic Federation and the Ministry of Sports and Tourism of the Republic of Belarus to postpone the World Athletics Race Walking Team Championships Minsk 2020 (May 2-3), due to the ongoing challenges created by the spread of new Coronavirus (COVID-19) internationally.



### **Coming Up**

- March 21-29<sup>th</sup> Australian Junior Track Championships, Sydney **CANCELLED**
- Australian Open /U20 Championships Sydney **CANCELLED**
- March 29<sup>th</sup> QMA Gold Coast Championships Runaway Bay Sunday **CANCELLED**
- April 5<sup>th</sup> QRWC Sign On Day Kalinga Park 8.00am **CANCELLED**
- April 10<sup>th</sup> Australian Masters Championships 1,500 metres QSAC **CANCELLED**
- April 11<sup>th</sup> Australian Masters Championships 5,000 metres QSAC **CANCELLED**
- April 12<sup>th</sup> Australian Masters Championships 10km Road Walk West End **CANCELLED**
- April 18-19<sup>th</sup> Australian Little Athletics Track Championships, Canberra **CANCELLED**
- April 19<sup>th</sup> QRWC Handicap Meet Beenleigh Logan River Parklands 8.00am **POSTPONED**
- April 26<sup>th</sup> QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 2-3<sup>rd</sup> IAAF World Race Walking Team Championships, Minsk, Belarus **CANCELLED**
- May 3<sup>rd</sup> QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 17<sup>th</sup> QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 24<sup>th</sup> QRWC Handicap Meet Date & Venue TBC **POSTPONED**
- May 31<sup>st</sup> Gold Coast RW Championships Mudgeeraba **POSTPONED**
- June 5<sup>th</sup> Qld Masters State Championships Townsville **No decision**
- June 7<sup>th</sup> LBG Federation Meet Mt Stromlo Canberra **CANCELLED**

### **Looking further ahead**

- July 17-20<sup>th</sup> World U20 Track Championships, Nairobi, Kenya **POSTPONED to a date to be determined**
  - July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**
  - July 20<sup>th</sup>-Aug 1<sup>st</sup> World Masters Track Championships, Toronto, Canada **CANCELLED**
  - July 26<sup>th</sup> QA Road Walk Championships Venue Murarrie
  - August 30<sup>th</sup> AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC
  - August 30<sup>th</sup> Australian Masters 20km Championships Adelaide
  - November 15<sup>th</sup> Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast
- Situation being monitored – check website regularly for updates**

## **World Masters Athletics Championships 2020 Toronto Cancelled**

The World Masters Athletics Championships due to be held in Toronto at the end of July have officially been cancelled, in a mass mail sent by the Organising committee the statement informed all the athletes that the championships would no longer be going ahead, in light of the current devastating Covid 19 Virus sweeping the world.

## **Queensland Athletics 2019/20 Registration**

- Queensland Athletics registrations are due from October 1<sup>st</sup>. All athletes wishing to compete during the track season must register on line. For information regarding registering with Queensland Athletics, visit
- <http://www.qldathletics.org.au/Membership/Membership-Information>
- To renew your QA registration as a member of QRWC go to
- <https://www.revolutionise.com.au/qldracewalkingclub/registration>
- 
- Current financial club memberships are due to expire 31st March 2020. Click on the required Existing QRWC member option if you paid your club membership during the winter road walk season. If you are not a financial member of the QRWC you are required to select the option that includes club membership. All club officials, coaches, volunteers and Committee Members should register. This is a \$ 0 options and ensures that you are covered by insurance.
- **QA / QRWC Registration Fees Structure**
- QA Base Membership / Existing QRWC member \$ 12
- QA Platinum Membership / Existing QRWC member \$ 232
- QA Young Athlete Platinum / Existing QRWC member \$ 182
- QA Seniors Athlete Platinum / Existing QRWC member \$182
- Club Coach, Officials, Volunteers / Existing QRWC member \$ 0

## **Coaching**

If you are looking for coach or would like to be part of a training squad there are a number of qualified coaches in the club: Dave Smith, Steve Langley, Noela McKinven, Shane Pearson, Robyn Wales. 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>

## **Beginners race walk judging course**

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

## **Calling all First Aiders**

The club will require a list of qualified (up to date) First Aiders or medical practitioners before the start on the winter road walk season. Please let me know at [peter.bennett@live.com](mailto:peter.bennett@live.com) if you wish to be on the club list.

**BlueCard:** The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>  
An application form can be printed off from this site.

## ***Racewalking Queensland***

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)  
**Racewalking Queensland Management Committee 2019/20**

**President:** S. Pearson                      **Secretary:** N. McKinven  
**Vice President:** P Bennett              **Treasurer:** R Hamann  
**Committee:** C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.  
**Patrons:** Patrick & Maxine Sela  
**Registrar:** T Norton  
**Delegates to QA:** S Pearson, P Bennett  
**Handicapper/Results:** N. McKinven  
**Social Media/Publicity:** C Goulding  
**Trophy Officer:** N. McKinven  
**Newsletter Editor:** P. Bennett  
**Club Captains:** Jasmine-Rose McRoberts / Ignacio Jimenez

### **2019/20 Registration Fees**

Family \$40

Students & Officials \$15

Others \$25

Note: To register with Queensland Athletics, you must use their On-Line Registration.

Go to [www.qldathletics.org.au](http://www.qldathletics.org.au)

### **Race Day Fees**

**Students \$ 4 / Others \$6**

Club Championships: Road \$8 / Track \$10

**Season Ticket \$60/\$30 (for students)** per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

**QRWC Website:** [www.qrwc.com.au](http://www.qrwc.com.au)

## **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>

## **Play by the Rules**

Lots of good resources and on-line training here.

<https://www.playbytherules.net.au>

## **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.

**QRWC race entries** [qrwc1955@icloud.com](mailto:qrwc1955@icloud.com)

## **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/>