

**Queensland Race Walking Club Inc.**

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



## **HEEL & TOE**

**August 6<sup>th</sup> 2020**

### **12<sup>th</sup> Gold Coast Road Walk Championships Sunday August 9<sup>th</sup> Mudgeeraba**

In a season that has been left in tatters by restrictions imposed to fight the pandemic we are pleased that we have been able to salvage one of our most popular road walk meets. The Gold Coast Road Walk Championships will be conducted this Sunday morning at Woodlands Park (formerly known as Somerset Park) at Mudgeeraba. We have to thank the Mudgeeraba Little Athletics Club for the use of their facilities at this venue .

#### **August 9<sup>th</sup> Mudgeeraba**

##### **Programme**

8.00am Open M/W 10km

8.05am U10 M/W 1km

U8 M/W.5km

8.15am U20 M/W 5km / Invitation M/W 5km Non-Championship

U18 M/W 5km

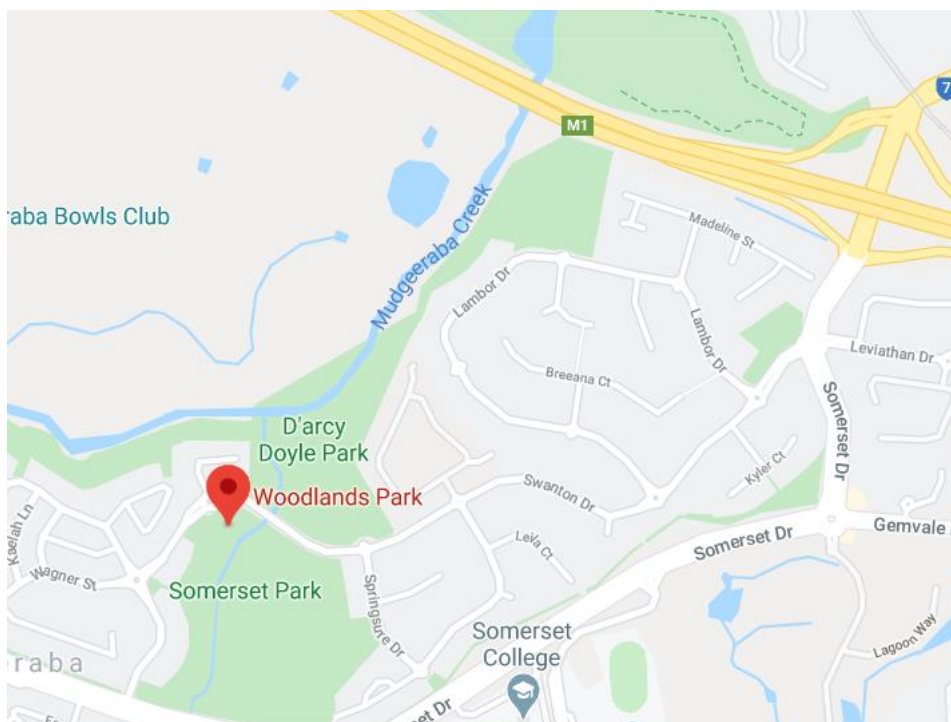
8.45am U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

**REGISTER NOW AT QRWC REVSPORT PORTAL – Athletes, parents, volunteers  
and officials**

<https://www.revolutionise.com.au/qldracewalkingclub/events/71652/>



Venue: Mudgeeraba

Little Athletics Woodlands Park 84 Swanton Drive Mudgeeraba

## **Gold Coast Road Walk Championship Records**

### **Updated June 2nd 2019**

Open 10km Men: B Dewar 44.12 2012  
Open 10km Women: J. Pickles 52.40 2018  
U20 5km Men: L. McCutcheon 21.14 2017  
U20 5km Women: J. Pickles 25:04 2013  
U18 5km Men: J. Osborne 21:30 2011  
U18 5km Women: K. Hayward 22.39 2018  
U16 3km Men: N. McCutcheon 13.20 2017  
U16 3km Women: K Hayward 13:26 2015  
U14 2km Men: J. Wearne 9.28 2018  
U14 2km Girls: J. Anderson 9.18 2019  
U12 2km Boys: K Hayward 10:04 2016  
U12 2km Girls: J. Anderson 9.50 2017  
U10 1km Boys: K Hayward 5:09 2014  
U10 1km Girls: L. Williams 5.18 2017  
U8 .50km Boys: K Hayward 2:30 2012  
U8 .50km Girls M. Clarke 3.12 2017

### **GC Championships Information**

1. **All races are Age on the Day.**
2. Only one race per person
3. Records and medals will only be awarded to those who walk in their correct age group (listen for announcements on the day re: distribution of medals ).
4. Athletes can walk out of their age groups but won't qualify for records or medals.

### **Check-in**

To comply with our COVID-19 Safe plan please follow all signage and directions as indicated at the venue and by QRWC committee members. After parking, please proceed to check-in. Please check your name to confirm your attendance. A bag drop area will be available. Athletes will be requested to leave the track immediately after completing their event.

Thank you!

## **Queensland Athletics SAFE Event Plan - Race Walking**

*This plan has been devised to ensure that QRWC events comply with the current Queensland Government regulations as set out in the Stage 3 Roadmap and Outdoor Sports Industry COVID SAFE Plan.*

Good COVID safe hygiene is to be required of all participants and spectators

No one should attend if they have any symptoms of COVID 19

No one should attend if they have been in a designated COVID hot spot in the last 14 days

No one should attend if they have been in contact with someone that has been in a designated COVID hot spot in the past 14 days

Social distancing is not required in the race but avoid walking in a pack.

Social distancing is required by all, including race participants while not racing on the course.

All participants should spend as little time at the venue as possible, participants should arrive just in time for warm up and leave as soon as their race finishes, results to be posted after the event.

Contact with officials and event volunteers should be avoided.

Our meets will have designated COVID SAFE Safety officers who are responsible for implementation of this plan. Give them your full co-operation.

There is to be no shaking of hands, high fives or other contact post-race. No sharing of drink bottles.

All athletes pre entered online preferred.

Ensure that social distancing and good hygiene is maintained at all times. Use the hand sanitiser provided or bring your own personal sanitiser.

Surfaces such as tables will be cleaned with disinfectant before use.

### **Copy of latest health advice for sporting activity:**

*Approved [Industry Plans](#) restrict access to anyone who has:*

- *COVID-19 or has been in direct contact with a known case of Covid-19 within the last 14 days*
- *Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing conditions)*
- *Travelled internationally*
- *Travelled to a [Covid declared hotspot](#).*

*With recently reported positive COVID-19 cases confirmed in Queensland, please note the advice below and ensure your organisation and members are aware of these developments.*

1. *Individuals who have been in close contact with a confirmed positive COVID case will be issued with quarantine directions by the Public Health Unit which will require them to isolate for 14 days.*
2. *The Public Health Unit may be requesting contact tracing information from organisations today which must be provided within 1 hour of the request.*
3. *If you or a family member are exhibiting any signs or symptoms of being unwell, please contact your GP or your local Queensland Health Fever and Respiratory Clinic.*

*In line with the above, **any person who has visited affected locations identified by Queensland Health should not attend organised sport, active recreation or fitness activities until further information on the situation comes to hand.** These locations can be found here via the [contact tracing](#) alerts page. You can also stay up to date with all COVID-19 Queensland Health alerts [here](#).*

## RESULTS RESULTS RESULTS

**2<sup>nd</sup> August, 2020**

**Logan River Parklands**

**10km**

**Men:** (1) Peter Bennett 1.07.48.

**Women:** (1) Brenda Gannon 1.03.47 (2) Jennifer Stuckey 1.08.05 (3) Jasmine-Rose McRoberts 1.14.10 (4) Noela McKinven 1.25.55.

**5km**

**Men:** (1) Sam McCure 24.51 (2) Alex Bradley 28.18.

**Women:** (1) Jayda Anderson 24.39 (2) Ashanti Heap 27.27 (3) Lyla Williams 28.38 (4) Summer Millard 30.00 (5) Phoebe Chadwick 36.24.

**3km**

**Men:** (1) Bailey Housden 14.43 (2) Blake Gee 21.02

**Women:** (1) Tamika Gee 16.05 (2) Destinee Pickvance 17.44. Natasha Flahey DQ.

**1km**

**Men:** eq (1) Knox Anderson, Hunter Sibenaler 5.58 (3) Noah Wheeley 6.23.

**Women:** (1) Isabella Gee 5.44

Following IAAF timing rules for hand timed outside events, all times have been converted to the *next* longer whole second (unless they already end in a complete second)

Thank you to everyone who helped out at our second club meet of the season on Sunday at the Logan River Parklands. In the absence of some of our regular officials it was pleasing to see other volunteers step in to help out .

\*Australian Local rules – When there are only two judges, two Red Cards (one from each) constitute DQ.

### Judges' Summary

245	c	C
289	c	
300	ck	
336	c	
337	c	C
361	kk	K
365	c	C
376	cc	
377	c	
380	kk	K
382	cc	CC*
385	kk	K

### August 16<sup>th</sup> QRWC Club Meet 3

**Logan River Parklands**

8.00am 10km

8.15am 1km

8.30am 5km

8.45am 3km

### August 16<sup>th</sup> QRWC Club Meet 4

**Logan River Parklands**

8.00am 10km

8.15am 1km  
8.30am 5km  
8.45am 3km

## **QUEENSLAND ROAD WALKING CHAMPIONSHIPS**

**+ QMA Long Course Road Walk Championships + AMA Virtual 20km  
NEW DATE TO BE CONFIRMED Sunday September 6<sup>th</sup> Murarrie  
Recreation Reserve**

QA are looking to re-schedule the Walks for Sunday September 6<sup>th</sup>, the same weekend at the Cross Country Championships (Saturday September 5<sup>th</sup>). This will be the weekend after our Club Road Walk Championship. Once QA have received a permit from the BCC (the cycle club has already given the all clear for the venue ) they will make an official announcement. The entries will be re-opened to allow walkers who were unable or not ready to race last weekend.

08:00am **20km** Open Men / Open Women / Masters Men 35+ (30+ for QMA)  
**10km** Under 20 Men / Under 20 Women / Under 18 Boys / Masters Women 35+  
(30+ for QMA)  
08:30am **5km** Under 18 Girls / Under 16 Boys / Under 16 Girls  
09:00am **3km** Under 14 Girls / Under 14 Boys  
09:30am **2km** Under 12 Girls / Under 12 Boys  
**1km** Under 10 Girls / Under 10 Boys

## **QRWC Road Season**

August 9<sup>th</sup> Gold Coast Road Walk Championships Mudgeeraba 8.00am  
August 16<sup>th</sup> QRWC Club Meet 3 Logan River Parklands 8.00am  
August 23<sup>rd</sup> QRWC Club Meet 4 Logan River Parklands 8.00am  
August 30<sup>th</sup> QRWC Club Championships Logan River Parklands 8.00am  
September 6<sup>th</sup> QA Road Walk Championships Murarrie Recreation Reserve 8.00am **TBC**  
October 18<sup>th</sup> AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne  
**UNCONFIRMED but looking doubtful**  
**2021**  
January 18-22 Oceania Masters Championships: Norfolk Island **POSTPONED to 2022**  
March 5-8 AMA National Championships Canberra, ACT

## **QRWC Memberships 2020/21**

### **Membership Process as outlined by Dave Brown from QA**

If you were a member last year and you wish to renew your membership online with QRWC, you need to select  
“RENEW” <https://www.revolutionise.com.au/qldracewalkingclub/registration/> - **OR** you can renew your membership manually at your next QRWC event and your details will be updated by the club Registrar.

**IMPORTANT:** *As a condition of membership under the QRWC Constitution for both options, members will need fill out and sign the club membership application form and sign the code of conduct and waiver before competing in club meets. If you have already renewed your membership on the QA RevSport portal please complete the form and tick the applicable box and return it to the Registrar.*

*Both individual and family membership forms are attached. All Management Committee members and those members appointed to positions in the club must be financial members of the club. There is now a field on the individual application form for **Blue Card holders** to enter their details so that they can be entered into a register on the QA RevSport portal by the Registrar.*

*Please return completed and signed forms to the Registrar at [tara.norton@bigpond.com](mailto:tara.norton@bigpond.com) and CC the Secretary at [noelarhoda@gmail.com](mailto:noelarhoda@gmail.com)*

You will notice that there are now only two memberships available to you: Student (\$15.00) or Non-Student (\$25.00). These amounts are your Qld Race Walking Club fees only. Because your club operates on a different memberships schedule to Track & Field clubs, we have had to adjust the way membership works for you.

We have noted that most of you are already members of another Track & Field club, which means you have already paid the Qld Athletics fee for either Base or Platinum membership for the October-September season. With this in mind, *any events you wish to register for in the future will be through your Track & Field club, not QRWC*. This change will save you a bit of money and will also make your event registration process a bit easier.

If you are **not** a member of a Track & Field club, you can register as a base member (\$12) by clicking here <https://www.revolutionise.com.au/qldathleticsbase/registration/> - remember T&F membership is October-September.

If you have any questions about your membership as we move forward into your 2020 QRWC season, please contact your committee.

Kind Regards, Dave Brown

## **Queensland Athletics Annual General Meeting September 9<sup>th</sup> 2020**

The Annual General Meeting of Queensland Athletics Association shall be held on September 9 at 6.30pm, the Meeting was delayed with permission of ASIC due to COVID 19 restrictions. At this stage it has been proposed to hold the meeting online via video conference. More details closer to the meeting.

### **Race Walk 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:

David Smith Walks Level 5

Noela McKinven Walks Level 4

Robyn Wales Walks Level 3

Shane Pearson Walks Level 3

Steve Langley Walks Level 2

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>

## **Racewalking Queensland**

(Trading as the Queensland Race Walking Club Inc. ABN 59065512712)

**Racewalking Queensland Management Committee 2019/20**

**2020 AGM POSTPONED**

**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

**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>

### **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/>