

Queensland Race Walking Club Inc.

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



HEEL & TOE

July 16th 2020

We're Back on the Road again QRWC Winter Road Walk Season

We are super excited to announce that the QRWC (shortened) road walking season will finally kick off this Sunday after the latest easing of restrictions and the implementation of a Covid Safe Plan by the Management Committee. There will be four club road walk meets, all at the Logan River Parklands, the Gold Coast Road Walk Championships (at Mudgeeraba) and the club Road Walk Championships as the end of season meet on August 30th. Club races will all be open events; no age groups, grades or handicaps. It is the first week of racing for most athletes so please take it easy and just enjoy being able to get out on the road racing again. There are State Championships next week so there is nothing to be gained by overdoing it this Sunday. Stay safe and healthy.

Sunday July 19th Logan River Parklands

Programme of events

8.00am 10km

8.30am 5km

8.45am 3km

9.00am 1km

- All registered members of QRWC will have their race fees waived for all club meets (entry fees applicable for Championship events) for the remainder of 2020.
- Non-members race fee - \$10.00 per event to be paid on arrival.
- Enter On Line at <https://www.revolutionise.com.au/qldracewalkingclub/events/69659/>

We are obliged to record contact tracing information (an attendance register) of all competitors, officials, family members and anyone else who attends the meet and retain it for 56 days.

COVID or no COVID the club races can only take place with the generous assistance of our volunteers and this Sunday will be no exception. Please offer to help out wherever needed (lapscoring especially)

Ask not what your club can do for you ... but what you can do for your club.

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. **See diagram below**
- 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.

This has been a long journey to get our club back on the road and we thank you for your patience and understanding. It is however important that all participants, parents and others that may be involved are aware of and understand these plans. Some people may find these conditions onerous. But these are extraordinary times and it calls for extraordinary measures. Please understand that by not cooperating with this request you place our future events at risk.

Check-in

To comply with our COVID-19 Safe plan please follow all signage and directions as indicated at the venue (Refer venue diagram below) and by QRWC committee members. After parking, please proceed to check-in. A bag drop area will be available but if at all possible leave you bag in your car. Athletes will be requested to leave the race area immediately after completing their event. Do not linger around the finish line area .

Logan River Parklands Race Venue – please familiarize yourself with the details before Sunday



How to get to the Logan River Parklands

Coming from Brisbane

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit at Eagleby. Continue around the roundabout and take the 5th exit into Blackbird Street. This is the last exit off the roundabout before the northbound entrance back onto the Pacific Motorway. Continue along Blackbird Street for about a kilometre and turn left into the Logan River Parklands (just before where the Street bears right under the bridge.)

Coming from the South

Exit 34 from the Pacific Motorway at the Beenleigh North - City Road Exit. Do not turn left into City Road but stay on the roundabout before turning off into Blackbird Street.

We set up in a picnic pergola just past the amenities block. There is ample parking.

QRWC road season

July 19th QRWC Club Meet 1 Logan River Parklands 8.00am

July 24th-Aug 9th Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**

July 26th QA Road Walk Championships/ QMA Long Walks Championships Murarrie Recreation Reserve

August 2nd QRWC Club Meet 2 Logan River Parklands 8.00am

August 9th Gold Coast RW Championships Mudgeeraba 8.00am

August 16th QRWC Club Meet 3 Logan River Parklands 8.00am

August 23rd QRWC Club Meet 4 Logan River Parklands 8.00am

August 30th QRWC Club Championships Logan River Parklands 8.00am

September 6th Father's Day - No Club Races

October 18th AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne

UNCONFIRMED

November 15th Pan Pacific Masters Games 10km Road Walk **CANCELLED**

2021

January 18-22 Oceania Masters Championships: Norfolk Island **POSTPONED to 2022**

March 5-8 AMA National Championships Canberra, ACT

August 2nd QRWC Club Meet 2

Logan River Parklands

8.00am 10km

8.30am 5km

8.45am 3km

9.00am 1km

August 9th Gold Coast Road Walk Championships

Mudgeeraba

Programme – start times TBA

Open M/W 10km

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

U18 M/W 5km

U16 M/W 3km

U14 M/W 2km

U12 M/W 2km

U10 M/W 1km

U8 M/W.5km

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 (no medals presented on the day).
4. Athletes can walk out of their age groups but won't qualify for records or medals.



QUEENSLAND ROAD WALKING CHAMPIONSHIPS

+ QMA Long Course Road Walk Championships + AMA Virtual 20km

Entries to date are looking healthy for the long awaiting first championship road walk race of the year after so many cancellations and postponements

Sunday 26 July 2020

Murarrie Recreation Reserve, Wynnum Road, Murarrie

PROGRAM OF EVENTS

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

HOW TO ENTER

- Entries are taken online at www.qldathletics.org.au and close at **9:00am Friday 24 July 2020**.

- There are strictly **NO LATE ENTRIES** to this event.

- Coaches, parents and other guests **MUST** register their attendance online prior to the event, otherwise they cannot remain at the venue.

QA Platinum Members FREE

QA Base & QMA Members \$ 30.00

COVID-19 INFORMATION

- Unfortunately, the following are not permitted at this event: gazebos, bbqs, shared food.

- Social distancing **MUST** be adhered to. This includes no hugging, high-fives, sharing water bottles and personal equipment.
- Once each athlete has finished their race, they **MUST** continue beyond the finish line and leave the venue.

STATE CHAMPIONSHIP MEDALS

- Queensland State Championship medals will be awarded to the first three individual male and female place getters in each age group.
- Queensland Championship medals will also be awarded to the first three placed QA club teams in each age group.
- **Medals will be given to each club to distribute accordingly, there will be no presentation including shaking hands, etc.**

AGE GROUPS

Athletes are permitted to compete in an older age group where appropriate.

- Age groups are determined by the athlete's age as on 31 December 2020 (i.e. year born). For example, if an athlete will be turning 12 years old during 2020 (born 2008), they are considered to be 12 years old and therefore in the Under 14 age group. Refer to the program above for guidance.
- All races and results are conducted as separate male or female events, for each age group listed, with concurrent start times.
- The Open age group is open to all ages, as appropriate, although generally for athletes aged 20 years old and above.
- The minimum age for these championships is 6 years (born 2014).
- For Masters events age is calculated as at the day of competition and will be run in 10-year age groups. (35-44, 45-54, 55-64, 65+)
- Certificates will be awarded to QMA registered athletes who enter the Masters Events in the 5 year age groups from 30+.

TEAMS

Queensland State Championship medals will also be awarded to the first three placed QA club teams in each age group.

- A team consists of three competitors who are all;
 - o the same gender
 - o entered into the same age group
 - o registered members of the same Queensland Athletics club
- Athletes are automatically placed in teams according to their QA club and their finishing order. If there are more than three walkers in an age group from a club, then the first three walkers from the club to finish will constitute the first team and the second three walkers from that club to finish shall be deemed to be the second team and so on.
- Athletes are only eligible for team medals in the age group they specifically entered.
- Masters Teams will be in the 35-54 and 55+ year age groups.

Postal/Virtual Championship AMA 20km walk

It has been decided that a Postal/Virtual Championship for the AMA 20km walk will be conducted this year. These Championships were originally scheduled for Adelaide on August 30th.

In Queensland, the QA 20km on July 26th will constitute our leg of the AMA Championships as the event meets the pre-conditions of complying with the government requirements for COVID-19 recovery, conducted on a measured course and having a minimum of 4 (preferably 6) qualified judges.

- Entrants must complete a form and pay entry (\$20) before the event
- Age will be taken as at the day of competition

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 and CC the Secretary at 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 9th 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

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.
QRWC race entries 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

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>