

Queensland Race Walking Club Inc.

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



## HEEL & TOE

July 2<sup>nd</sup> 2020

***“I GET KNOCKED DOWN; I GET UP AGAIN”***

***The Nyle Sunderland race walking story***

*Anyone who knows Nyle will agree that she always tells it as it is and her story of her journey with race walking is no different. It is a very personal story and some may find it a bit confronting but it is a story that Nyle wanted to tell and to share with our members. Thank you Nyle.*

I'm Nyle, the squawking Kiwi...here is a little back ground info on me. Born in Marlborough, New Zealand on 12 June 1967 at 7 weeks premature and then to the horror of my parents, walking by 10 months. Athletics are in my genes with my Dad being a top runner at the time. Running alongside Dick Quax and John Walker. My running started in my teens. I was bullied terribly at school and I so I would run around the playing fields in all my breaks – my bullies couldn't be bothered with that and so left me alone. It wasn't long before I caught the eye of the PE teacher and was introduced to Cross Country Running and also long-distance track. Twice I represented the College at NZ Champs Cross Country and NZ Track and Field. I married early and swapped to Power-lifting and Bodybuilding. I had 3 children along the way. I entered numerous Bodybuilding competitions and earned 2nd at NZ Amateur Body Building Champs. Unfortunately, in 1997 I was in a serious motorbike crash which left me with a badly broken pelvis, shoulder and elbow along with ruptured ligaments in my lower back and inner pelvis. My 30th birthday was spent unable to stand or walk. 6 months of intense rehab and I finally took my own unassisted steps. But this was an unpleasant time of my life, finding myself as a solo mother, battered and broken and with depression and anxiety. So, I ate for comfort.

### **How Walking Found Me:-**

In 2005 A close friend approached me about joining her in a local Women's Triathlon. With some prodding from my new hubby and friends, I agreed to do it. I had gained 25kg and desperately needed to get motivated and out of my funk. This is where I was introduced to racewalking. We lined up at the back of the big group with the plan of staying together, the gun goes off and that was the last she saw of me. Here the lead walker was Wendy Healey (a top NZ walker) and after seeing her moving so fast and so fluid, I was determined to learn. So you-tube and google become my teachers. I picked up tips from other walkers, but locally there was only running events to enter and I entered them all, even duathlons. A new training partner moved to Nelson and he coaxed me to enter 2008 Oceania Masters in Townsville and 2009 World Masters Games in Sydney. I was gaining confidence in myself and placed in both events. 2010 - It was friending Tammy from USA that changed everything for my Racewalking. Through her, I met Jim Leppik and took up him as my Coach. My goal was to compete at the World Masters Athletics in Sacramento, USA. We had a year to train and boy did I train. I drummed up sponsorship from a sports physio and it was their help that kept me together as I was constantly plagued with back and hip pain. Most weeks I would average 80+kms and trained 6 days a week. During this year I competed locally and

nationally beating my times each race. I travelled to Melbourne and achieved my biggest PB over 20km at Albert Park. I then tried out for the NZ team to race against the U23 Aussie team and raced in Hobart (the year of the hottest ever day!) I netted the NZ Record for 10,000m on the track. The trip to Sacramento will always be my most memorable. I came away from that event with 3 Gold Medals which in turn saw me nominated for NZ Walker of the Year and Nelson Masters Sportsperson of the year. Later in the year I was awarded **NZ Masters Athlete of the Year** and earning my “colours” from the NZ National Association as a World Champion.

2013 - Hubby and I moved to the Gold Coast. I quickly sought out where the walkers were and introduced myself. Racing many local and national races and World Masters in Perth 2016, earning Gold, Silver and Bronze. But injury was to plague me again after Perth and along with that the depression struck again. I continued to train and race but I had lost my passion for the Sport that had given me so much pleasure. 2018 - The Commonwealth Games was to have a huge impact on me. It was the boost that I needed. Getting involved on the side lines and being there to cheer on Alana and Qew was fantastic and a real eye opener to what a world event looks like for a spectator but being there for Danes finish was just exceptional. The hype and vibe from the crowd and the competitors got me motivated to get back in my shoes and back training.

2019 Saw me heading up to Mackay for the Oceania Masters, where I secured a solid win for 10km but again my back was to be my curse. 4 weeks later I am off to NZ and to ultimately experience my biggest challenge, my first DQ. It happens to the best and 100% your own doing but I don't know if anyone is mentally prepared for a DQ, I sure wasn't and am still licking my wounds. I have yet to get back in-front of judges and now with Covid-19 it may be a little while before I get the chance.

While life is a little odd at present, no racing and no big events on the horizon to train towards, it has given me the chance to heal, strengthen and find the “love” for training. No pressures to perform, just walk and get into the groove. I am not done with this amazing sport. It is one of the hardest sports to take up. Ask any runner to racewalk just one lap of the track LOL but it is a sport that gives so much back. The athletes are like family and so supportive of each other. It's like no other sport I have ever been a part off. I will continue to lace my shoes and hit the pavements for as long as I can. I love my sport and all those who are part of it.





*Collage of photos, starting with the triathlon, a half marathon, group photo in Townsville, Triple world champ, getting my colours and award and my last race in NZ. Centre photos are body building*

*On the right; Nyle the New Zealand cheer squad leader at the Gold Coast Commonwealth Games road walks*

## **QRWC Winter Road Walk Season Are We there Yet? Not Quite but getting closer.**

From 12 noon on Friday 3 July 2020, sport, recreation and fitness organisations following **an Industry COVID Safe Plan** can resume their activities including competition and contact on the field of play. Physical distancing off the field of play remains a key feature of the resumption of these activities, with outdoor activities required to implement physical distancing off the field of play and indoor venues permitted to host one person per four square metres. More events will also be allowed, opening up participation opportunities even more. This easing of restrictions is more extensive than was envisioned even a week ago and is only possible due to the great work you have all done in helping to contain COVID 19 in Queensland.

As some of the new freedoms announced yesterday were unexpected our Industry COVID Safe Plan for Outdoor Sport needs to be modified and then approved by the Chief Health Officer. When that is done and signed off, Queensland Athletics will be able to produce Athletics specific COVID Safe plans for the conduct of Cross Country and Track & Field events with up to 500 in attendance.

The State Government, Department of Sport and Recreation and Department of Health is working with State Sporting organisations, including Queensland Athletics to complete this task.

What this means for race walking is that the Industry COVID Safe Plan for Outdoor Sport needs to be modified and then approved by the Chief Health Officer. When that is done and signed off, Queensland Athletics will be able to produce Athletics specific COVID Safe plan for the conduct of road events. The club will then need to ensure we are able to meet all the specified conditions to abide by the plan. At our meets all attendees will need to adhere to all the protocols of our COVID Safe plan under the direction of the club appointed Health & Safety Officer. These will be communicated to members once race meets are confirmed.

When QRWC race walks begin all attendees at our meets; athletes, parents, siblings, friends, coaches, volunteers etc will be required to sign a waiver and supply contact details. To this end it is important that any walkers wanting to participate in our meets ensure that they have become members of the club (please read QRWC Memberships 2020/21 article below) so that we have an update data base of members details.

## QRWC road season

It will not be possible for the club to run a graded handicap points series this year. Any meets we run will be possibly be just 1,3,5 & 10km races open to all. There will be no RWA Postal Challenge this year.

The Australian Road Walk Championships will not take place in August and have been pushed out to a tentative date of October 18<sup>th</sup>.

July 12<sup>th</sup> QRWC Meet?

July 19<sup>th</sup> QRWC Meet?

July 24<sup>th</sup>-Aug 9<sup>th</sup> Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**

July 26<sup>th</sup> QA Road Walk Championships Venue Murarrie **TBC**

August 2<sup>nd</sup> Gold Coast RW Championships Mudgeeraba?

August 9<sup>th</sup> QRWC Meet?

August 16<sup>th</sup> QRWC Club Championships?

August 23<sup>rd</sup> QRWC Track Championships?

August 30<sup>th</sup> QRWC Meet?

August 30<sup>th</sup> Australian Masters 20km Championships Adelaide **Maybe a Virtual event**

September 6<sup>th</sup> Father's Day - No Club Races

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

**UNCONFIRMED**

November 15<sup>th</sup> Pan Pacific Masters Games 10km Road Walk **CANCELLED 2021**

January 18-22 Oceania Masters Championships: Norfolk Island

March 5-8 AMA National Championships Canberra, ACT

WMA World Championships: TBA, Tampere, Finland

## QRWC Memberships 2020/21

### Have you re-joined?

All club memberships became due on April 1<sup>st</sup>. In anticipation of a start to race walking sometime in July we encourage all existing and new members to now join the club prior to race days. To assist in staying COVID Safe we want to reduce queues, handling of forms and money on race day.

**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

## **AN UPDATE FROM RACE WALKING AUSTRALIA PRESIDENT**

**2020 Annual General Conference:** Since RWA is incorporated in NSW I sought advice from Andrew Mitchell, Treasurer of RWA who advised, following information received from the relevant NSW authority that delaying of the AGC was acceptable given the circumstances and that it could be conducted utilising electronic communications as appropriate. Whereas there is still time to conduct the AGC within the constitutional timeframe there is unlikely to be an opportunity to do so unless via video conferencing, zoom meeting or perhaps via email. Options as to how RWA can conduct the meeting effectively and efficiently are currently being explored. As soon as a decision by the Executive has been made, AGC papers will be distributed to Member Clubs and Board of Management.

**The 2020 AA/RWA Australian Road Walking Championships:** The Victorian Race Walking Club agreed to conduct this carnival after Tasmania withdrew and AA was advised. Initial discussions with the Competition Department of Athletics Australia regarding the rescheduling of the event determined that October 18th would be a suitable date to conduct this event, the usual time for the event at the end of August/early September deemed too soon. I requested that AA liaise with the VRWC to determine further details e.g. date, time, venue etc. Discussions between RWA and VRWC Secretary, Terry Swan and AA have been ongoing with AA yet to confirm October 18th or otherwise. The recent circumstances in Victoria will most likely lead to further delays in finalising dates.

**The Conduct of the Interstate Challenge Event:** The Executive of RWA, after consultation with Mark, has determined not to conduct the Interstate Challenge this year.

*Bob Cruise President, Race Walking Australia. June 25th 2020.*

## **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/>