

Queensland Race Walking Club Inc.

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



HEEL & TOE

June 4th 2020

**Queensland Athletics Advice
to
Queensland Athletics Clubs and Members
Re June 1 Stage 2 COVID 19 Restrictions**

You will have heard that Premier Anastacia Palaszczuk announced a move to Stage 2 COVID 19 restrictions as of yesterday 1 June. This is great news as we are now allowed organised non-contact training with groups of 20 or less.

Queensland Athletics, working with the Department of Sport and Recreation, Q Sport and other outdoor sports have presented to the Chief Health Officer a COVID SAFE Industry Plan. We are still waiting for the response. In that COVID SAFE Plan we have proposed the use of athletics venues by more than one group of 20 and associated rules that will ensure that can be done in a COVID SAFE way. I will update you as soon as we get a response.

Until we get that advice athletics facilities are restricted one group of 20 at any one time.

Queensland Athletics advice on return to training under Stage 2 – from 1 June

Committee members of your Club or Groups should all read and stay up to date with the Queensland Government – Return to Play online hub

<https://www.covid19.qld.gov.au/government-actions/roadmap-to-easing-queenslands-restrictions/sport/funding-grants>

NOTE: Sport Australia, Athletics Australia and other States all have posted also advice, in some cases this differs from the Queensland Government Advice, please follow the above advice and that provided by Queensland Athletics and Qrun.

Preparation

- Ensure members understand the risk they pose to other members if they have any of the COVID 19 symptoms, even minor and that they do not attend if they do.
- Pre-registration in the best practice, use of the QA supplied RevSport system will automatically then keep a record of all participants for contact tracing and can be set to limit participants to the required 20. Queensland athletics Staff can assist if required.
- If you decide to use another method to organise your groups, such as email or social media, you must keep a record of those that attend, ensure everyone know to not turn up with even minor symptoms and restrict numbers in any group to 20 or less including Coach / Run Leader.

- As part of registering to attend any session all participants should agree to a waiver. This is included at the end of this letter**
- Check that there are no restrictions at the chosen Venue.
- Check with Venue any special requirements
- Check if Venue will have COVID SAFE single in place at ant entry and exit points
- Check with Venue in regard to regular cleaning of toilet facility's
- Obtain hand sanitiser and small tables for its use.
- Preference is for all participants to bring their own sanitiser and use it on a regular basis

On the Day

- The group must not be larger than 20, this includes all individuals, athletes, coaches and any parents
- There must be no comingling between groups at the same facility, before, during or after activity.
- Athletes should arrive just on time and dressed ready to train, athletes should leave the venue as soon as possible after finishing activity – get in and get out.
- Make sure participants respect social distancing at all times, while 1.5m is the minimum, 2m to 3m is better when athletes are ventilating heavily.
- When running in lanes, athletes to use every second lane
- Avoid running in others' slipstream or in groups
- No sharing water bottles
- Athletes to bring own towel
- Where possible athletes should bring their own equipment, if that's not possible there should be no sharing of equipment and athletes should collect their own implements.
- No high fives or hugs or handshakes
- No use of High Jump, Pole Vault Matts or Long Triple Jump pits (we are seeking expert medical advice on this going forward)
- Avoid public facilities wherever possible
- Make sure you demonstrate good behaviour on social media
- Make sure members are aware of abiding by these guidelines

If you have any questions, please feel free to contact myself
david.gynther@qldathletics.org.au or 0437004983

Waiver

I have not travelled overseas / been exposed to a person with COVID-19 in the preceding 14 days. I agree that I do not feel unwell, and don't have flu/cold like systems such as fever, cough, sore throat, shortness of breath, loss of smell or taste, muscle and joint pain, diarrhoea, vomiting or loss of appetite. I consent information from this form can be used by venue owners and government agencies for COVID-19 contact tracing as part of the public health response. I agree to abide by all the Rules and By Laws of this club, Athletics North Queensland, and Athletics Australia

QRWC Winter Road Walk Season

See membership update later in this newsletter

The **Queensland Road Walking Club** is dedicated to the safety and wellbeing of all our members and we are still in the position where we must suspend our winter road walk season. The public health emergency area specified in the State Health order is for '**all of Queensland**'. A key message from QA is to forget what may or may not be happening in other States we have to follow the directives that are given to us here in Queensland.

Stage 3: From 10 July

Standard activity permitted to occur for up to 100 people.

Spectators

Spectators and non-essential personnel should be minimized.

If spectators do attend training or competitions they are to be considered within the specified limit of people for that stage.

Possible QRWC road season? (this is not a programme, just indication of what meets the club could hold: when & if conditions allow). It will no longer be feasible to conduct a Handicap Points competition for 2020 but will endeavour to provide races every weekend until the track season commences whenever possible.

Stage 1 May 15th Midnight

~~June 5th Qld Masters State Championships Townsville~~ **CANCELLED**

~~June 7th LBG Federation Meet Mt Stromlo Canberra~~ **CANCELLED**

Stage 2 June 12th Midnight

~~June 14th QRWC Meet~~

~~June 21st QRWC Meet~~ ———

~~June 28 QRWC Meet~~

July 5th Gold Coast Marathon Southport **CANCELLED**

Stage 3 July 10th Midnight

July 12th RWA Postal Challenge?

July 19th QRWC Track Meet?

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

July 26th QA Road Walk Championships Venue Murarrie **TBC**

August 2nd Gold Coast RW Championships Mudgeeraba?

August 9th QRWC Meet?

August 16th QRWC Club Championships?

August 23rd QRWC Track Championships?

August 30th AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne **Unlikely to be held on this date. See update below re: AA Cross Country Championships**

August 30th Australian Masters 20km Championships Adelaide **See update below**

September 6th Father's Day - No Club Races

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

Australian Masters 20km Championships (Or a Virtual or Postal Championships)

I hope this finds you all well and glad to be coming out of COVID restrictions!

At this stage interstate travel is still questionable but I am hoping that by August 30th (the date for the National 20km walk) it will be on.

If so, the Championship walk will proceed as planned. However, if this is not the case then AMA has given approval in principle for a Virtual or Postal Championships. If State/Territory competition is underway as I am sure it will be soon in most if not all jurisdictions then this could be a viable option.

To keep the competition on an even a basis as possible I would like to see a state based 20km preferably run in August (otherwise age groups could vary) on a measured/certified course with a full complement of judges. Competition would of course have to comply with the government requirements that may be in place for COVID-19 recovery in that state. Entry to the Championships would remain at \$20 in view of the postage required to send medals interstate.

This email has gone to all state/territory secretaries as far as I know them. The email has also gone to all interested walkers in the hope you will canvass your committees to consider this option. If all committees could respond to me by mid-July it would be very much appreciated.

Regards, George
George H White

AA Cross Country Championships

We are committed as a sport that the Championships will still go ahead this year, of course with the approvals of relevant health authorities. As we continue to monitor the COVID-19 conditions across the country, we are working towards scheduling the Championships later in the year, **ideally in late September / October.**

With the gradual easing of state based COVID-19 restrictions, it is also hoped that the opening of State and Territory borders will soon follow, allowing the Championships to proceed as planned in Adelaide.

RESULTS RESULTS RESULTS

Virtual Racing Series - UK National Centre for Race Walking

<https://nationalendurancecentre.co.uk/challenges>

Congratulation to Lyla and Gabriella for flying the flag for the QRWC during this virtual race series. It is ironic that if we were able to conduct club races this weekend then Lyla and Gabriella would be unable to cross the border from NSW to compete.

5 km May 26th

Women

- 1 Gemma Bridge Oxford SW 22:21.0 1050
- 2 Bethan Davies Cardiff SW 23:30.0 971
- 3 Jasmine Nicholls Leicester Walking Club SW 23:45.0 954
- 4 Agata Kowalska Hyde Park Harriers U23W 24:01.0 936
- 5 Carolyn Derbyshire Nuneaton Harriers W40 25:54.0 816
- 6 Pagen Spooner Hyde Park Harriers U20W 26:15.0 795
- 7 Mia Dunwell Northern AC U17G 26:56.0 753
- 8 **Lyla Williams Queensland Racewalking Club (AUS) U13G 27:02.0 747**
- 17 **Gabriella Hill Queensland Racewalking Club (AUS) U17G 30:07.0 576**

Men

- 1 Tom Bosworth Tonbridge AC SM 19:41.0 1087
- 2 Tom Partington Manx Harriers U23M 19:59.0 1062
- 3 Brudukou Uladzimir Belarus SM 20:21.0 1032
- 4 Cameron Corbishley Medway & Maidstone SM 20:23.3 1029
- 5 Daniel du Toit Wellington Harrier AC (NZL) U20M 20:29.1 1021
- 6 Francisco Reis Surrey Walking Club M55 23:18.0 808
- 7 George Wilkinson Enfield & Haringey U20M 23:26.0 799
- 8 David Crane Surrey WC M40 24:15.0 742
- 9 Stephen Arnold Nuneaton Harriers M55 24:46.0 707
- 10 Stuart Le Noury Sarnia Walking Club SM 24:49.0 704

What's Not On this Week

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

Brisbane Road Runners have **cancelled** their meets. All events replaced by "virtual races" run close to your home.

July 5 Gold Coast Marathon **CANCELLED replaced by Virtual races**

OXFAM Trail walker in Melbourne **CANCELLED**

OXFAM Trail walker Brisbane (June 19-21) **CANCELLED**

Queensland Half Marathon June 21st **CANCELLED**

Brisbane "Guzzler" trail ultramarathons in July **POSTPONED to November**

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

Pan Pacific Masters Games – Gold Coast - Cancelled

COVID-19 claims another major Gold Coast sporting event

The Gold Coast's major events calendar has been dealt another massive blow with confirmation the hugely popular Pan Pacific Masters Games has been cancelled. The event would have seen 16,000 athletes from over 40 countries converge on the Gold Coast.

The much-loved Pan Pacific Masters Games scheduled for 6 - 15 November 2020 have been cancelled due to the impacts of the global pandemic COVID-19 on our business.

The Queensland Government's strong approach to addressing the COVID-19 threat which includes anticipated ongoing restrictions on mass gatherings and COVID Safe practices through to November, restricted interstate and international travel, a foreseeable inability to deliver our renowned entertainment program, negative economic and employment forecasts plus difficulties faced by our host sports make the delivery of this year's event unviable for us and our key stakeholders.

As custodians of the Pan Pacific Masters Games, the team at Events Management Queensland is passionate about delivering a world-class masters games event. Along with you, our participants and stakeholders, we have built these games up to become the biggest and best biennial masters games in the world. Like you, we are very disappointed there will be no Pan Pacific Masters Games this year, especially after so much training and preparation has gone into it since the last edition held in November 2018.

Our focus is now on the future. We have started the work already with our valued government and strategic partners, sports, sponsors and stakeholders to evaluate a November 2021 edition. We hope to be able to confirm the status of this plan in the next few months.

To those masters who have already registered for the 2020 Pan Pacific Masters Games, we will contact you directly regarding the processing of registration fee refunds in the next few weeks.

Thank you for your patience, your understanding and your support. Stay safe and healthy. We hope to see you next year.

GOLD COAST VIRTUAL MARATHON 1 - 31 JULY 2020 | QUEENSLAND, AUSTRALIA

Join runners, wheelies and walkers of all ages and abilities from all around the world to achieve a personal challenge, aim for a personal best time, or simply enjoy participating with family and friends in one or more of six distances:

- Village Roadshow Theme Parks Gold Coast Virtual Marathon
- ASICS Virtual Half Marathon
- Southern Cross University Virtual 10km Run
- Gold Coast Airport Virtual 5km Fun Run
- 4km Junior Dash
- 2km Junior Dash

Simply register, record your run with ASICS Runkeeper and upload your results

<https://goldcoastmarathon.com.au/>

QRWC Memberships 2020/21

All club memberships became due on April 1st. In anticipation of a start to race walking some time 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.

(Note: As a condition of membership under the QRWC Constitution for both options members will need fill our and sign the club membership application form and sign the code of conduct and waiver before competing in club meets. This form will be emailed to members this weekend)

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

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/>