

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 14th 2020

Important Update Changes to COVID 19 Restrictions

Release by Queensland Athletics

May 14th

I have just been updated on the position of Queensland Health and Office of Sport and Recreation.

A detailed guidebook detailing permissible activity will be released tomorrow. I will share that with you as soon as it is published and subsequently be providing new advice.

I can share that it will **not be permitted for any activities to be organised by Clubs and that **sharing of a space such as at track oval groups will not be allowed.****

Obviously, there will be much more detail tomorrow, however I thought it important to pass on this information as soon as possible.

Queensland Government announced the **“Roadmap Map to Easing COVID 19 Restrictions”**.

This is a three-stage process Stage 1 begins at midnight Friday the 15th May, Stage 2 midnight June 12 and Stage 3 midnight July 10. It is important to note that there are check points built in, we will only progress from one stage to the next if:

1. COVID 19 infections remain at acceptable levels
2. Contact tracing is effective
3. Organisations are implementing the restrictions effectively

It is very important if we are to progress to the stage 3, and thus again be able to have athletics competitions and other larger club activities, that everyone in our sport understands and abides by these restrictions and that we do all we can to contain COVID 19.

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

https://www.covid19.qld.gov.au/_data/assets/pdf_file/0019/127234/Easing-restrictionsQA.pdf

If you have any questions, please feel free to contact me on

david.gynther@qldathletics.org.au or 0439 004 983

Regards
David Gynther
CEO Queensland Athletics

Resilience and the Race Walker

Today I want to talk to you all about resilience.

This COV-ID virus absolutely sucks and has turned our training patterns upside down.

But the difference between aspiring athletes and those that achieve is purely resilience. The ability to adapt to different training venues (from the really nice ones that we take for granted) , the motivation that we all get from each other in a social training environment when from now on is " If it has to be , It's up to me " and training alone . That comes down to how committed we are to our goals and dreams (which are yours alone) and the determination to be the best that you can be IRRESPECTIVE of the situation that we now find ourselves in .

I constantly remind you all to " Harden the @#&* up " or Harden up Princesses as a more polite term but the reality is that in this current society is that we want instant gratification and that we see ourselves competing Overseas and representing our country as a right. BUT you have to do the hard stuff, spend the time and compromise of your life, work and study to be able to get to the top

This sport is not a Given in that if you do the work, you always get the results. But in time with the right attitude, commitment, determination, perspiration and single mindedness, you will achieve.

So, from this yucky virus , I would like you all to rethink your goals , dreams , aspirations and work out how to make them reality by putting in place the building blocks that will see that increase in performance , that reach for glory becoming closer and set your aim and sights accordingly .

And most of all. NEVER, NEVER, NEVER Give Up

Your Coach. Dave Smith OLY

Dual Olympian
AA Level 5 Racewalks Coach
QRWC Racewalks State Coach

Important Queensland Government Announcement Incorporated associations, charities and not-for-profits

In light of the of the current virus emergency the Queensland Government has amended the obligations of incorporated associations in respect of conducting Annual General Meetings

"However, in the current circumstances, we will allow a grace period of a further 6 months to hold your AGM, if required, without the need for you to make a written application."

This is of great relief to the club and the management committee. There is no longer any stress or rush to conduct our AGM before the end of June.

The [Associations Incorporation Act 1981](#) requires an association's annual general meeting (AGM) to be held within 6 months of the end of their financial year. There is an existing provision in the Act (s. 121) that allows the chief executive to grant an extension to an association for holding its AGM.

Normal practice is that an individual association must apply to OFT, outlining the special circumstances as to why the extension should be granted. However, in the current

circumstances, we will allow a grace period of a further 6 months to hold your AGM, if required, without the need for you to make a written application.

In effect, this may result in a management committee's term being longer than is described in the rules, but, given the current circumstances, we hope members will be accepting of this.

QRWC Winter Road Walk Season

The **Queensland Road Walking Club** is dedicated to the safety and wellbeing of all our members but we are 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**'. Its duration has been extended by regulation to 19 May 2020. The key message here is that we cannot deliver an event until the end of the declared public health emergency. We do not know when the public health emergency in Queensland will end. There is the caveat implied that if some States or even councils are even further ahead in these aspects, they may be in a position to relax conditions earlier. There does seem to be a bit of a light at the end of the tunnel but we must continue to wait and follow all public health directives.

QRWC UPDATE: Going on the latest updates there is no prospect of any club activity before June at the earliest. If that were to happen, we would be looking to provide competition to athletes preparing for the State Road Walk Championships in n July and the National Road Walk Championships in August.

AIIS FRAMEWORK ON REBOOTING SPORT

The COVID-19 pandemic has had devastating effects on communities globally, leading to significant restrictions on all sectors of society, including sport. Resumption of sport can significantly contribute to the re-establishment of normality in Australian society.

The AIS has developed a framework to inform the resumption of sport. National Principles for Resumption of Sport were used as a guide in the development of 'the AIS Framework for Rebooting Sport in a COVID-19.

The principles outlined in this document apply equally to high performance/professional level, community competitive and individual passive (non-contact) sport. The AIS Framework is a timely tool for 'how' reintroduction of sport activity will occur in a cautious and methodical manner, to optimise athlete and community safety. Decisions regarding the timing of resumption of sporting activity (the 'when') *must* be made in close consultation with Federal, State/Territory and/or Local Public Health Authorities. The priority at all times must be to preserve public health, minimising the risk of community transmission.

The resumption of sport and recreation activities will be a complex process. A careful stepwise process needs to be implemented to ensure the safety of athletes and other personnel and the wider community. High level descriptors of three levels (Levels A, B, C) of activities and associated hygiene measures are recommended. Detailed descriptions of recommended sport specific activities at each level are outlined in Appendices A and B.

Preparation for resumption includes education of the athletes and other personnel, assessment of the sport environment and agreement on training scheduling to accommodate social distancing. The approach to training should focus on 'get in, train, get out',

Read the full recommendations here

https://ais.gov.au/_data/assets/pdf_file/0006/730374/35845_AIS-Framework-for-Rebooting-Sport-Summary.pdf

My Weekend Pre-Covid

Everyones routine has been turned upside down by Covid-19 and for club members it is no different. Today we hear from long serving Club Secretary, Noela McKinven, on what her weekend during the road walk season used to look like. On top of all this Noela has left out the part that she races every week usually over 10km. What does your weekend normally look like?

Hi All,

As we are having such an unusual start (non-start) to the season, I thought I would let you know what is so different about my weekends compared with other seasons. Here is what I usually do -

Saturday; *Check the stopwatches and clock have suitable batteries and printer paper and they all work. Check we have enough pens, etc. If uniforms may be needed, see that they are in order. Check that the judges' folders have enough forms. Print Fee Sheet, Program Sheet and Volunteer Sheet with the correct date and venue. Write date, venue, grade and distance on each lap sheet. Decide which tables will be required. Load all this into my car along with the First Aid Kit (and this year we will have the defibrillator as well).*

Sunday; *Drive to venue, unpack car. Compete. Load car and drive home. Unpack car. Print and email results. Update my list of members' Season's Bests. (Necessary for allocating points and for AFORWC handicaps) And on handicap days, it can take an hour plus to enter and calculate the handicap points for all who raced.*

Obviously, I also get my personal stuff ready, but so do you, so I haven't included that. How has Isolation changed your weekends? Let Peter know so he can tell us in the newsletter.

Noela

Athletics Australia Virtual Challenge

To enter the Virtual Australian Challenge, participants simply register for free, complete a run, walk or wheelchair performance during the specified time and upload your results. Athletics Australia has also launched a community-focused Strava Running Group, and welcome anyone to get involved.

More details of both the Athletics Australia Virtual Challenge and the Strava Group can be found through The Virtual Stadium

<https://www.athletics.com.au/keep-fit/virtual-events/>

EVENT	DATES	DISTANCE	AGE GROUP
1km	11 May - 17 May	1km	All ages
3km	20 June - 3 July	3km	Open, Over 35, Under 20, Under 18, Under 16, Under 14
5km	25 May - 7 June	5km	Open, Over 35, Under 20, Under 18, Under 16, Under 14
10km	20 June - 3 July	10km	Open, Over 35, Under 20

VIRTUAL RACING SERIES

UK National Centre for Race Walking

Schedule

10th-12th May 4 km

17th-19th May 5 km

24th-26th May 5km

Register your time with The National Centre for Race Walking at

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

Road, track or treadmill times accepted.

Results must be submitted by Tuesday at 11:59PM

RESULTS RESULTS RESULTS

VIRTUAL RACING SERIES

4 km Race 2 May 12th

1 Brudukou Uladzimir Belarus SM 16:19.0 1013

2 Tom Partington Manx Harriers U23M 16:20.0 1012

3 Gemma Bridge Oxford SW 17:47.0 1009

4 Cameron Corbishley Medway & Maidstone SM 16:27.8 998

5 Bethan Davies Cardiff SW 18:11.0 976

6 Daniel du Toit Wellington Harrier AC (NZL) U20M 16:42.5 974

7 Jasmine Nicholls Leicester Walking Club SW 18:53.0 918

8 Nancy Whiskey Unattached SW 19:03.0 905

9 Agata Kowalska Hyde Park Harriers U23W 19:06.0 900

10 Courtney Ruske Christchurch Avon (NZL) SW 19:15.0 889

15 Pagen Spooner Hyde Park Harriers U20W 20:29.0 793

29 Gabriella Hill Queensland Racewalking Club (AUS) U17G 22:03.0 680

35 Lyla Williams Queensland Racewalking Club (AUS) U13G 23:01.0 614

What's Not On this Week

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

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

All Schools XC Championship - Saturday 16 May (**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 19th**

OXFAM Trail walker in Melbourne **CANCELLED**

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

Brisbane “Guzzler” trail ultramarathons in July **POSTPONED**

Brisbane Trail Ultra in July still open for entries and going ahead at this stage **May 15th decision on whether event will be postponed to October.**

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.

Coming Up

May 17th QRWC Handicap Meet Date & Venue TBC **CANCELLED**
May 24th QRWC Handicap Meet Date & Venue TBC **CANCELLED**
May 31st Gold Coast RW Championships Mudgeeraba **POSTPONED**
June 5th Qld Masters State Championships Townsville **CANCELLED**
June 7th LBG Federation Meet Mt Stromlo Canberra **CANCELLED**
July 17-20th World U20 Track Championships, Nairobi, Kenya **POSTPONED**
July 24th-Aug 9th Olympic Games, Tokyo, Japan **RESCHEDULED TO 2021**
July 20th-Aug 1st World Masters Track Championships, Toronto, Canada **CANCELLED**
July 26th QA Road Walk Championships Venue Murarrie TBC
August 30th AA Winter Road Walk Championships / AFRWC Carnival Melbourne TBC
August 30th Australian Masters 20km Championships Adelaide

Looking further ahead

November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast
Situation being monitored – check website regularly for updates

Queensland Athletics 2019/20 Registration

- Queensland Athletics registrations are due from October 1st. 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>
-
- All 2019/20 QRWC club memberships expired 31st March 2020. 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>

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

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

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

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/>