

Queensland Race Walking Club Inc.

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



## HEEL & TOE

May 21<sup>st</sup> 2020

### Update to COVID 19 Restrictions

The Queensland Government has released a roadmap to easing restrictions.

Stage 1 commenced on 15 May 2020.

Queenslanders can now:

have a maximum of five visitors to your home / travel up to 150km for day trips

have outdoor gatherings of up to 10 people at:

restaurants, cafes and licensed venues /outdoor group exercise (personal training)

pools /public spaces and lagoons /playgrounds /libraries /weddings /hiking and other

recreational activities in national and state parks /places of worship and religious ceremonies

hold funerals with up to 20 guests indoors or 30 guests outdoors

Stage 2 begins midnight June 12 and Stage 3 at 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:

COVID 19 infections remain at acceptable levels

Contact tracing is effective

Organisations are implementing the restrictions effectively



### QRWC Winter Road Walk Season

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'**. The key message here is that we cannot deliver an event until the end of the declared public health emergency.

#### **Sport and the Road Map to easing Restrictions**

##### **Outdoor**

This includes team, individual, contact and non-contact activities.

##### **Stage 1: From 15 May**

No formal organised individual or team community sport or training (unless an exemption is approved).

Non-contact informal activity permitted for up to 10 people.

Pools can operate for up to 10 people.

Communal swimming pools are open for recreation, training and rehabilitation purposes, ensuring the following rules:

one person per lane per lap swimming / a maximum of 10 swimmers per pool

no spectators, except for up to one parent/carer per child, if necessary communal showers and change rooms are closed, toilets may remain open/ minimise the use of communal facilities shower with soap before and after swimming (at home, not at the pool).

### **Stage 2: From 12 June**

Non-contact activity permitted for up to 20 people.

Pools can operate for up to 20 people.

### **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.*

*Note: There has been talk from the Government in recent days that Queensland border restrictions may not be lifted until September.*

**So, what's possible for the QRWC road season?** (this is not a programme, just indication of what meets the club could hold: when & if conditions allow).

#### **Stage 1 May 15<sup>th</sup> Midnight**

~~May 24<sup>th</sup> QRWC Handicap Meet Date & Venue TBC~~ **CANCELLED**

May 31<sup>st</sup> Gold Coast RW Championships Mudgeeraba **to be Rescheduled July/August**

~~June 5<sup>th</sup> Qld Masters State Championships Townsville~~ **CANCELLED**

~~June 7<sup>th</sup> LBG Federation Meet Mt Stromlo Canberra~~ **CANCELLED**

#### **Stage 2 June 12<sup>th</sup> Midnight**

~~June 14<sup>th</sup> QRWC Meet~~

~~June 21<sup>st</sup> QRWC Meet~~ ———

~~June 28 QRWC Meet~~

July 5<sup>th</sup> Gold Coast Marathon Southport **CANCELLED**

#### **Stage 3 July 10<sup>th</sup> Midnight**

July 12<sup>th</sup> RWA Postal Challenge?

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

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> AA Winter Road Walk C/Ships / AFRWC Carnival Melbourne **Unconfirmed**

August 30<sup>th</sup> Australian Masters 20km Championships Adelaide **Unconfirmed**

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

## **Looking further ahead**

November 15<sup>th</sup> Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

**Situation being monitored – check website regularly for updates**

**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.*

## **National Volunteer Week**

**National Volunteer Week (NVW)** is the annual celebration to acknowledge the generous contribution of our nation’s volunteers. At this uncertain time, we feel that it is more important than ever to recognise and acknowledge our volunteers. Without our volunteer officials, judges, marshalls, timekeepers, check-in attendants and helpers in any area we cannot hold our races.

The dates for National Volunteer Week 2020 are **Monday 18 May – Sunday 24 May 2020**. Thank you to all the wonderful volunteers in athletics!

## **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**

The 5km Virtual Australian Challenge starts this Saturday (23 May). To get involved lodge your best time through the link below.

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

## **VIRTUAL RACING SERIES UK National Centre for Race Walking**

**Schedule**

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

National Centre for Race Walking - Virtual Racing Series

May 19<sup>th</sup>

### 5km Women

1 Gemma Bridge Oxford SW 22:32.0 1037

2 Bethan Davies Cardiff SW 22:55.0 1011

3 Jasmine Nicholls Leicester Walking Club SW 24:14.0 922

4 Agata Kowalska Hyde Park Harriers U23W 24:14.0 922

5 Lisa Kehler Wolverhampton & Bilston AC W50 25:19.0 852

6 Carolyn Derbyshire Nuneaton Harriers W40 25:43.0 827

7 Kobi Maslin University of Canterbury AC (NZL) U13G 27:23.4 727

8 Mia Dunwell Northern AC U17G 27:28.0 722

9 Lyla Williams Queensland Racewalking Club (AUS) U13G 27:30.0 720

10 Jacqueline Benson Ashford AC U23W 27:31.0 719

22 Nyle Sunderland QLD Masters (AUS) W50 31:12.0 521

### 5km Men

1 Cameron Corbishley Medway & Maidstone SM 20:16.8 1038

2 Tom Partington Manx Harriers U23M 20:19.0 1035

3 Brudukou Uladzimir Belarus SM 20:28.0 1023

4 Daniel du Toit Wellington Harrier AC (NZL) U20M 20:46.0 999

5 George Wilkinson Enfield & Haringey U20M 23:06.0 823

6 Francisco Reis Surrey Walking Club M55 23:24.0 801

7 David Crane Surrey WC M40 24:32.0 723

8 Stephen Arnold Nuneaton Harriers M55 24:58.0 694

9 Stuart Le Noury Sarnia Walking Club SM 25:19.0 671

10 Owen Toyne ACT Race and Fitness WC (AUS) U15B 25:52.0 636

### 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.

#5 Saturday 23 May - Capalaba State School (**CANCELLED**)

#6 Saturday 30 May - Sherwood Forest Park (**CANCELLED**)

July 5 Gold Coast Marathon **CANCELLED**

OXFAM Trail walker in Melbourne **CANCELLED**

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

## 2020 Gold Coast Marathon CANCELLED

"Today (May 20<sup>th</sup>) we confirm that the most difficult decision in the 41-year-history of the annual Gold Coast Marathon has been made.

When we issued a notification of suspended planning almost two months ago, we held genuine hopes that the opportunity to deliver an event as scheduled in July would present itself.

The Queensland Government's strong approach to addressing the COVID-19 threat which includes restricted gatherings, reduced travel opportunities and a declaration that the

Queensland Public Health Emergency has been extended to 17 August 2020 makes it impossible to deliver this year's Village Roadshow Theme Parks Gold Coast Marathon on the weekend of July 4 and 5.

Our focus is now to the future. We have started the work already with our valued government and strategic partners, sponsors, and stakeholders to make sure the 2021 edition scheduled for 3 and 4 July will be a very special and memorable event.

Work has also been undertaken in developing an exciting free virtual running event this July and we will release details very soon.

To those runners who have already registered for the 2020 Village Roadshow Theme Parks Gold Coast Marathon, we will contact you directly regarding the processing of registration fee refunds. “

## South Australia Coach of the Year - Athlete Development

### BOB CRUISE

Congratulations to the President of Race Walking Australia Bob Cruise on being recognized for the contribution made he has made to the development of young athletes in South Australia. To win this award Bob demonstrated coaching success by consistently having athletes finish in the top six places at national underage competitions

As most people know Bob Cruise is an experienced race walking coach and judge. He has coached athletes to international level and has judged at international level for many years including the Sydney and Athens Olympic Games race walking events. He has judged at five Commonwealth Games.

In 1982 he officiated at the Brisbane Commonwealth Games as an International Race Walking Judge. Bob was appointed Chief Judge of many Australian Championships as well as gaining appointments to numerous international events such as World Championships and International events (1994, 1996, 2001, 2003, 2004, 2006), Commonwealth Games (1982, 1990, 1998, 2002, 2006 and 2010) and Olympics (2000 & 2004).

Bob retired to Adelaide, South Australia, in 2001 and has since coached scores of young South Australian athletes and race walkers. Bob was an IAAF international race walking judge for 27 years, a member of the IAAF World race Walking Committee (1996-2003) and has been continually involved in little athletics for more than 50 years. He continues to coach and judge at all levels of competition from little athletics through to master's championships at international level.

#### Judging Achievements

- **Chair & Member**, Australian Race Walking Commission;
  - **Member**, IAAF World Race Walking Committee (1996 – 2003)
- Attended meetings in Monaco (1996), Podebrady Czech Republic (1997), Monaco (1998), Deauville France (1999), Monaco (2000, 2001, 2002, 2003);
- **Member** IAAF Race Walking Education Scheme Oceania Region (1993 – 2014);
  - **National Examiner** of Race Walking Judges: Athletics Australia (1993
  - **International Race Walking Judging Appointments:**
  - Commonwealth Games Brisbane Australia (1992);
  - Commonwealth Games Auckland New Zealand (1990);
  - World Junior Championships Sydney (1996);
  - World Championships Mezidon, France (1999);
  - World Juniors Championships Portugal (1994);
  - Japan National Championships Wajima Japan (1996);
  - Commonwealth Games Kuala Lumpur (1998) Chief Judge;
  - Olympic Games Melbourne (2000);
  - Goodwill Games Brisbane Australia (2001);

- Commonwealth Games Manchester, Great Britain (2002);
- Chief Judge World Youth Championships Canada (2003);
- Chief Judge Olympic Games, Athens Greece (2004);
- Chief Judge IAAF Race Walking Challenge Kunshan City China (2004);
- Chief Judge World Out of Stadia Masters Auckland New Zealand (2004);
- Chief Judge Commonwealth Games Melbourne Australia (2006) Chief Judge; and
- Chief Judge World Championships, La Coruna Spain (2006).

## **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**



**Athletics - Road  
Race Walk**

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.

## **Queensland Athletics 2019/20 Registration**

- Queensland Athletics registrations are due from October 1<sup>st</sup>. 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





**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/>