

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 28th 2020

Athletics Australia Return to Athletics Guidelines

Athletics Australia has released its Return to Athletics Guidelines to support our participants, members and our state and territory member organisations in bringing a safe return to community activity.

In line with the AIS Framework for Rebooting Sport and the National Guidelines for the Resumption of Sport & Recreational Activity, these guidelines provide a minimum baseline of standards for the national resumption of Athletics activity.

Our Member Associations are responsible for the setting of Return to Athletics standards within each State & Territory.

While there is now several resources to support the return to sport, due to the differing levels of restrictions imposed by each Government, any decision-making around the resumption of state and club training rests within the State and Territory jurisdictions.

This acknowledges the considerable variation in restrictions and return to activity at a local level.

The guidelines, which focus on a return to training, have been developed in consultation with Member Associations and medical advisors. They aim to provide the Athletics community with clarity about how best to create a safe training environment depending on the differing levels of restrictions imposed by state and federal governments.

At this time, the Return to Athletics Guidelines do not provide for a resumption of athletics competitions and events. Decision-making around the resumption of state and club competitions rests with the state sporting organisations.

We will continue to work with our state Member Associations, government and health officials to develop similar national baseline standards for event & competition operations.

The principles of the Return to Athletics Guidelines are grouped into 4 categories:

Participants - athletes

Parents & Carers

Coaches & Run leaders

High Performance

For all information relating to local Return to Sport information please visit <https://www.athletics.com.au/info-hub/covid-19/> and check the corresponding state Athletics organisation website for state specific information.

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.

Stage 2: From 12 June

Non-contact activity permitted for up to 20 people.

Pools can operate for up to 20 people.



Small Group Training to Resume

The state government has confirmed sporting clubs can restart "small group training" from 11.59pm on June 12 - as part of Stage 2 of Queensland's easing novel coronavirus restrictions. As outlined in the state's roadmap to easing restrictions, Stage 2 allows outdoor gatherings of up to 20 people, as well as non-contact indoor and outdoor community sport in line with these numbers.

To help minimise the risk of contracting or transmitting COVID-19 as we return to athletics activity, participants must adhere to the following:

- Do not attend training if you are unwell and experiencing symptoms such as a cough, sore throat, fever, fatigue or shortness of breath.
- Do not attend training if, in the last 14 days, you have been unwell or had close contact with a known or suspected case of COVID-19.
- Any participant who is unwell should see a doctor in accordance with local Public Health Authority guidelines.
- Participants should gradually return to training and competition to reduce the risk of injury, particularly if participants have had a period of inactivity.
- Consider vulnerable participants as they may be at increased risk.
- Avoid sharing items with others. Bring your own drink bottles, towels and equipment (where possible) to training.
- Shower at home with soap before and after all activity (where possible)
- Participants should arrive ready to train. Warm-up and cool down routines should be undertaken alone or in very small groups where possible.
- Avoid unnecessary body contact, for example no hand shaking or high fives.
- Plan for a quick departure and avoid gathering with others for prolonged periods before or after activity.
- Adhere to group number and activity restrictions in your state or territory.
- Wipe down equipment, blocks or any other shared surfaces before and after use.
- Practice good personal hygiene including, for example, washing your hands with soap regularly, using a hand sanitiser and coughing into your elbow.

State Government Return to Play Package

Sports Minister Mick de Brenni unveiled a \$51.3 million Return to Play package, which aimed to help sporting clubs reopen safely and encourage children to get involved in community sport. The support package included \$2000 grants available for every club to use to buy disinfectant and hand sanitiser to distribute to staff and participants during the resumption of training.

There was also a \$150 Fair Play voucher, which was designed to help families cover the cost of sporting clubs' sign up fees and encourage children to get involved in community sport. The third main feature was grants of \$5000-20,000 to replace money lost due to a lack of recent fundraising, which has been significantly reduced by COVID-19 restrictions. The \$5000-\$20,000 grants were only available to 3000 of the state's 7000 clubs via an application process and the money could be used for essential maintenance or infrastructure upgrades. Mr de Brenni said the \$51.3 million had been cobbled together by redirecting money from other state government sporting programs which had not been used during the pandemic.

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).

Stage 1 May 15th Midnight

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

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 QRWC Meet?

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 **Unconfirmed**

August 30th Australian Masters 20km Championships Adelaide **Unconfirmed**

September 6th Father's Day - No Club Races

Looking further ahead

November 15th Pan Pacific Masters Games 10km Road Walk Runaway Bay Gold Coast

Situation being monitored – check website regularly for updates

RESULTS RESULTS RESULTS

Athletics Australia Virtual Challenge

Women's 1km Walk

1. Nyle Sunderland 5:44

Virtual Racing Series - UK National Centre for Race Walking

5km results from 24th-26th May still to be published

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

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 started Saturday May 23rd.

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

Vale Karen Wolfenden

We have been saddened to learn that long serving race walking judge and coach Karen Wolfenden has passed away after a long battle with cancer.

“It is with great sadness that the Association advises of the passing of much-loved Little Athletics Queensland Life Member, Karen Wolfenden.

Karen's contribution as a volunteer to the growth and development of all facets of Little Athletics spanned over three decades. She immersed herself in all levels of our sport from grass roots to Board level.

She was involved with Caboolture Little Athletics Centre for 30 years. She served on the Committee at the Centre until 2017 holding numerous positions including (but not limited to) Centre Manager, Secretary, Coaching Co-ordinator, Officials Co-ordinator and PR Officer. Although she stepped down from the Caboolture LA's committee in 2017, she was still in the background offering advice and help whenever it was needed. Karen was also a regular at LAQ Conferences, acting as a delegate for her Centre. She was never afraid to stand up and debate a motion if she passionately believes something is for the good of the athletes or the Association.

Karen was a valued member of the LAQ Board of Directors for 8 years, including 3 years as Vice President. She also served on LAQ's Coaching and PR Committees. She was a respected and qualified official and coach who was extremely passionate about the Race Walking event. Karen was an active Official, serving at Centre, Regional, State and National level. She held the position of Throws Referee at LAQ State Competitions for many years and was also one of our State's top Race Walking judges. Karen presented at many LAQ Officials courses throughout the State, where she was driven to help Centre members become educated and qualified as officials.

Karen was incredibly passionate about Coaching, in particular, the Race Walking event. She was a coach at numerous LAQ coaching camps and clinics held throughout the State. But her passion was to help the athletes at her Centre. To honour Karen's dedication, in October 2019 her Centre held a testimonial and fundraiser for her and the inaugural “Karen Wolfenden Walk” took place to honour her love of Race Walking.

Karen's passion, dedication, commitment and outstanding contributions saw her recognised by LAQ with a Merit Award in 1997, Frank Knight Memorial Coach of the Year in 2002, LAQ

Distinguished Merit Award in 2005 and the Alison Quirke Official of the Year in 2011. In 2012 she was awarded Life Membership of Little Athletics Queensland. She is also a Life Member of Caboolture Little Athletics.

Karen's positive and upbeat nature will be missed by many. LAQ extends our deepest sympathies to Karen's husband Kevin and the entire Wolfenden family during this incredibly difficult time. "Extract from QLAA

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.

#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**

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.**

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 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

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

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

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/>