

Queensland Race Walking Club Inc.

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



HEEL & TOE

May 7th 2020

The Virtual Australian Challenge

The Virtual Australian Challenge is an event series where you can run, walk or wheel in virtual events over four distances in locations chosen by you. These events are designed for everyone!

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

Last week, Sport Australia released its latest Aus Play data which showed that 3.185 million adults participate in Running/Athletics, making it the most popular sport for Australians aged 15 plus. Overall, more than 3.4 million Australian adults and children participate in Running/Athletics. Athletics Australia Chief Executive Officer Darren Gocher said: “The news from Aus Play that Running/Athletics continues to see strong growth with well over 3 million participants in Australia is fantastic. “Off the back of the Aus Play announcement, we are really excited to see how many Australians get involved in the Virtual Australian Challenge, and we encourage anyone and everyone to have a go.

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.

Rio Paralympian and two-time gold medalist at the 2019 World Para Athletics Championships – Jaryd Clifford said: “We all miss racing. We miss the nerves and we miss the people. We miss that feeling of crossing the finish line with nothing left in the tank, knowing we gave it everything. And yet, with the power of modern technology, we can still live those experiences.

“If you miss those feelings as much as I do, join me in running the Virtual Australian Challenge. We know the power of running, the happiness it can bring. During these times, our community must stick together. I look forward to seeing your times,” Clifford said.

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/>

RESULTS RESULTS RESULTS

VIRTUAL RACING SERIES UK National Centre for Race Walking

Thank you to Nyle for details of members who have participated in the UK organised Virtual Racing Series in recent weeks. We even have members who are virtually competing for Tasmania. Details at the bottom of this article on how you can register and log your time .

3 km Race 1

21st April 2020 Results: Women

- 1 Kelly Ruddick Ballarat Harriers (AUS) W45 13:11.0 1027
- 2 Gemma Bridge Oxford SW 13:15.0 1020
- 3 Natalie Myers 2Dash SW 14:16.9 906
- 4 Agata Kowalska Hyde Park Harriers U23W 14:18.0 904
- 5 Bethan Davies Cardiff SW 14:22.0 896
- 6 Jasmine Nicholls Leicester Walking Club SW 14:33.0 877
- 7 Anna Blackwell Racewalking Australia U20W 14:35.0 873
- 8 Pagen Spooner Hyde Park Harriers U20W 15:38.0 766
- 9 Kiera Heavy Northern AC U20W 15:54.0 740
- 10 Mia Dunwell Northern AC U17G 15:54.0 740
- 11 Lyla Williams Queensland Racewalking Club (AUS) U13G 15:57.0 735
- 16 Gabriella Hill Queensland Racewalking Club (AUS) U17G 16:29.0 685
- 25 Nyle Sunderland QLD Masters (AUS) W50 17:45.0 572
- 35 Mia Berg Queensland Racewalking Club (AUS) U17G 20:08.0 387

3 km Race 1

21st April 2020 Results: Men

- 1 Tom Partington Manx Harriers U23M 11:57.0 1052
- 2 Cameron Corbishley Medway & Maidstone SM 12:24.0 992
- 3 Brudukou Uladzimir Belarus SM 12:28.0 983
- 4 Daniel du Toit Wellington Harrier AC (NZL) U20M 12:50.5 935
- 5 George Wilkinson Enfield & Haringey U20M 13:30.0 853
- 6 Francisco Reis Surrey Walking Club M55 13:39.2 834
- 7 Stephen Arnold Nuneaton Harriers M55 13:59.0 795
- 8 Ian Richards Steyning AC M70 14:29.0 737
- 9 David Crane Surrey WC M40 14:35.0 726
- 10 Owen Toyne ACT Race and Fitness WC (AUS) U15B 14:51.0 696
- 45 Shane Pearson Queensland Racewalking Club (AUS) M45 20:26.0 217

2 km Race 2

14th April 2020 Boys v Girls

- 1 Tom Partington Manx Harriers U23M 11:57.0 1052
- 2 Kelly Ruddick Ballarat Harriers (AUS) W45 13:11.0 1027
- 3 Gemma Bridge Oxford SW 13:15.0 1020
- 4 Cameron Corbishley Medway & Maidstone SM 12:24.0 992
- 5 Brudukou Uladzimir Belarus SM 12:28.0 983
- 6 Daniel du Toit Wellington Harrier AC (NZL) U20M 12:50.5 935
- 7 Natalie Myers 2Dash SW 14:16.9 906
- 8 Agata Kowalska Hyde Park Harriers U23W 14:18.0 904
- 9 Bethan Davies Cardiff SW 14:22.0 896
- 10 Jasmine Nicholls Leicester Walking Club SW 14:33.0 877
- 19 Lyla Williams Queensland Racewalking Club (AUS) U13G 15:57.0 735
- 27 Gabriella Hill Queensland Racewalking Club (AUS) U17G 16:29.0 685
- 43 Nyle Sunderland QLD Masters (AUS) W50 17:45.0 572
- 66 Mia Berg Queensland Racewalking Club (AUS) U17G 20:08.0 387
- 89 Shane Pearson Queensland Racewalking Club (AUS) M45 20:26.0 217

3 km Race 2

28th April 2020 Boys v Girls

- 1 Brudukou Uladzimir Belarus SM 12:19.0 1003
- 2 Gemma Bridge Oxford SW 13:25.0 1001
- 3 Rhydian Cowley Victorian Race Walking Club (AUS) SM 12:27.0 985
- 4 Bethan Davies Cardiff SW 13:36.0 980
- 5 Tom Partington Manx Harriers U23M 12:44.0 949
- 6 Daniel du Toit Wellington Harrier AC (NZL) U20M 12:44.2 949
- 7 Nancy Whiskey Unattached SW 13:57.0 941
- 8 Agata Kowalska Hyde Park Harriers U23W 14:16.0 907
- 9 Jasmine Nicholls Leicester Walking Club SW 14:20.0 900
- 10 Anna Blackwell Racewalking Tasmania (AUS) U20W 14:31.0 881
- 20 Lyla Williams Queensland Racewalking Club (AUS) U13G 15:40.0 763
- 24 Amber Norton Tasmanian Race Walking Club (AUS) U15G 15:56.0 737
- 28 Gabriella Hill Queensland Racewalking Club (AUS) U17G 16:09.0 716
- 39 Kai Norton Tasmanian Race Walking Club (AUS) U17B 15:18.0 647
- 93 Shane Pearson Queensland Racewalking Club (AUS) M45 20:01.0 243

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

Queensland Masters Athletics Update

Resumption of competition

“When and how we are able to do this will obviously be determined by Governments at State and Federal levels, but once we are given the go ahead to resume competition, QMA will do so, hopefully giving athletes maximum opportunities to prepare for the PanPac Masters Games in November and the Oceania Championships in January. “

“We will plan to run competitions in Brisbane and the Gold Coast, and include the University of Queensland Spring Series if they are organized. “

QMA Championships 2020

These championships which were to have been held in Townsville in June have now been formally cancelled and will not be rescheduled this year.

COVID-19

Message to Queenslanders this Mother's Day

We love our mums.

While we think Queenslanders should celebrate their mums every single day, Mother's Day gives us the chance to really show mums our appreciation. This includes the soon-to-be mums, the fur-mums, the mums we've lost along the way and all the substitute mums in between.

This Mother's Day will be different.

Queenslanders are doing a great job of listening to and following the rules. This has helped us to flatten the curve and slow the spread of COVID-19.

Because of this, we've been able to slightly ease some of the restrictions. But we need to make sure we don't undo our great work. We all, mums included, need to continue social distancing measures. This means staying at home as much as possible, limiting contact with people you don't live with, and keeping a distance of 1.5 metres – that's two big steps – between yourself and others. Even though we need to keep up these measures, we still want you to be able to show your mums how much they really mean to you.

Here are some tips on how you can celebrate differently this Mother's Day:

Organize a delivery of flowers or a special gift for your mum



Host a virtual brunch with your extended family – you can even pre-cook and deliver a meal to your mum

Handmake gifts and cards – school craft stall style – and send these to your mum and grandma

Make a special visit to a mum or drop off a card to a grandma in your street or neighbourhood whose families aren't able to visit on the day

Spend some quality one-on-one time with your mum – take her on a personalised picnic or walk in a nearby National Park

Host your mum at your house – why not cook her a special meal or put on a family show for her with your kids. From Sunday 10 May, households can have two visitors from the same or different households, or up to five visitors from the same household, regardless of how many people live there.

Make a home video with the people you live with to share with your mum on the day
Catalogue your siblings' favourite homecooked meals and get your mum to teach you how to make them during a family video chat

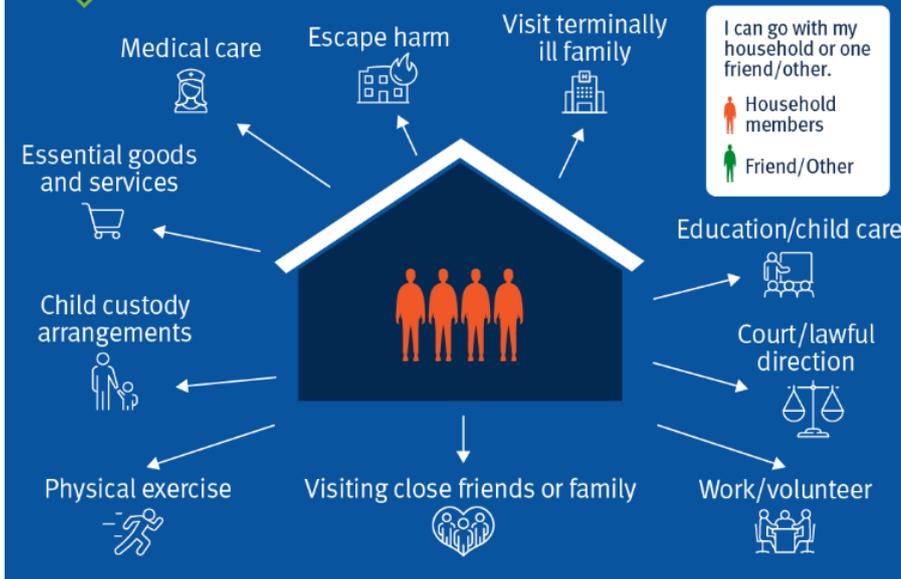
Call your mum or grandma and ask them to tell you a story about how they celebrated Mother's Day when they were your age

Support local businesses by buying your mum a voucher to spend later or online now

Remember to check in on friends or other family members who may have recently lost their mum or grandma – Mother's Day can be a hard time for some people.

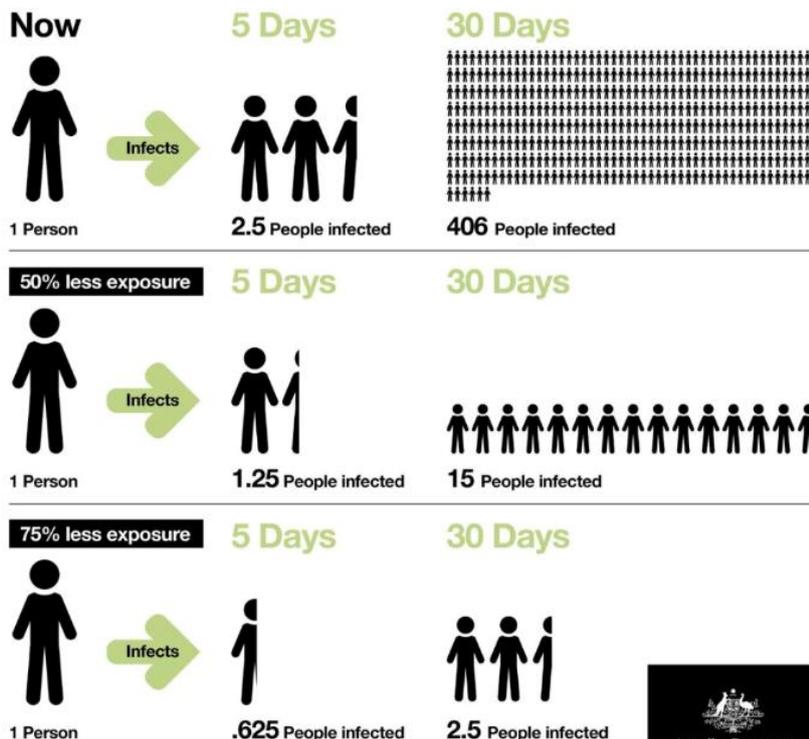
COVID-19

Some of the essential reasons to leave your house



Why social distancing matters

Social distancing of 1.5 metres decreases the exposure of coronavirus (COVID-19).



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 seems little 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 .

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.

Queensland Running cross country season **Suspended until further notice**

QA Cross **Country Currently all athletics activities are suspended/cancelled until 31 May 2020 at the earliest .**

All Schools XC Championship - Saturday 16 May - Rivermount College (**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 Mudgeraba **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/>

