

Queensland Race Walking Club Inc.

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



HEEL & TOE

August 13th 2020

QUEENSLAND ROAD WALKING CHAMPIONSHIPS

+ QMA Long Course Road Walk Championships + AMA Virtual 20km
Sunday September 6th Murarrie Recreation Reserve

NEW DATE NOW CONFIRMED – Programme remains the same

Registration has reopened – Entries now closing August 31st at 9am

Athletes: If you have previously entered you do not need to enter again.

If you are a coach, parent or guest you MUST register your personal details for contact tracing. Please understand that by not cooperating with this request you place our future events at risk.

<https://www.revolutionise.com.au/qldathletics/events/63379/>

08:00am **20km** Open Men / Open Women / Masters Men 35+ (30+ for QMA)
10km Under 20 Men / Under 20 Women / Under 18 Boys / Masters Women 35+
(30+ for QMA)
08:30am **5km** Under 18 Girls / Under 16 Boys / Under 16 Girls
09:00am **3km** Under 14 Girls / Under 14 Boys
09:30am **2km** Under 12 Girls / Under 12 Boys
1km Under 10 Girls / Under 10 Boys

RESULTS RESULTS RESULTS

Gold Coast Road Walk Championships

August 9th Mudgeeraba

Well done to all the competitors at the 12th Gold Coast Road Walk Championships held in glorious Queensland winter weather at Mudgeeraba on Sunday.

For four months it looked like we may not have a single championship race this year but we finally go one on the board. There were a number of good performances with the stand out being the record breaking effort of Bailey Housden in the U14 2km with a time of 9:03.

Thank you to Mudgeeraba Little Athletics in allowing us to utilize their facilities and to Gold Coast Victory Athletics for kindly donating the medals.

A big thank you to our amazing team of volunteers who set up the Covid Safe venue, judges, lap scorers and time keepers that make it possible for these races to take place.

Open 10km

Men: (1) Ignacio Jimenez 54.03 (2) Peter Bennett 1.03.19.

Women: (1) Jennifer Stuckey 1.07.03 (2) Noela McKinven 1.26.59.

U18 5km

Women: (1) Gabriella Hill 25.59 (2) Jasmine-Rose McRoberts 33.58.

U16 3km

Men: (1) Lachlan McCure 14.51 (2) Kai Norton 15.47.

Women: (1) Jayda Anderson 14.09 (2) Amber Norton 14.49 (3) Ashanti Heap 15.39 (4) Summer Millard 15.44 (5) Mia Bergh 15.59 (6) Anika Clarke 17.24 (7) Torryn Fisher 19.40.

U14 2km

Men: (1) Bailey Housden 9.03 **Record** (2) Sam McCure 9.46.

Women: (1) Tamika Gee 9.51 (2) Lyla Williams 9.56.

U12 2km

Men: (1) Blake Gee 12.07 (2) Korbyn Bricknell-Hewitt 14.13.

Women: (1) Makenna Clarke 11.29 (2) Natasha Flahey 11.35 (3) Ella Cosgrove 12.07 (4) Siaan Fisher 12.27

U10 1km

Men: (1) Knox Anderson 5.57 (2) Hunter Sibenaler 6.07

Women: eq. (1) Isabella Gee, Jada McCoombes 5.36

U8 500m

Women: (1) Freya Williams 3.37.

Following IAAF timing rules for hand timed outside events, all times have been converted to the next longer whole second (unless they already end in a complete second) Blake's time was 12.07.00.

Gold Coast Road Walk Championship Records

Updated August 9th 2020

Open 10km Men: B Dewar 44.12 2012

Open 10km Women: J. Pickles 52.40 2018

U20 5km Men: L. McCutcheon 21.14 2017

U20 5km Women: J. Pickles 25:04 2013

U18 5km Men: J. Osborne 21:30 2011

U18 5km Women: K. Hayward 22.39 2018

U16 3km Men: N. McCutcheon 13.20 2017

U16 3km Women: K Hayward 13:26 2015

U14 2km Men: B. Housden 9.03 2020 **NEW**

U14 2km Girls: J. Anderson 9.18 2019

U12 2km Boys: K Hayward 10:04 2016

U12 2km Girls: J. Anderson 9.50 2017

U10 1km Boys: K Hayward 5:09 2014

U10 1km Girls: L. Williams 5.18 2017

U8 .50km Boys: K Hayward 2:30 2012

U8 .50km Girls M. Clarke 3.12 2017

THIS WEEK

This Sunday we are back at the Logan River Parkland at Beenleigh for our 3rd Club Meet of our shortened season.

August 16th QRWC Club Meet 3

Logan River Parklands

8.00am 10km

8.15am 1km

8.30am 5km

8.45am 3km

Entry Link: <https://www.revolutionise.com.au/qldracewalkingclub/events/72487/>

No entry fee for Members. Non-Members race fee \$10 per race

Please complete a separate registration for every person attending – athlete, parent volunteer, coach, spectator.

Check-in

To comply with our COVID-19 Safe plan please follow all signage and directions as indicated at the venue and by QRWC committee members. After parking, please proceed to check-in. Please check your name to confirm your attendance. A bag drop area will be available. Athletes will be requested to leave the track immediately after completing their event. Thank you!

Queensland Athletics SAFE Event Plan - Race Walking

This plan has been devised to ensure that QRWC events comply with the current Queensland Government regulations as set out in the Stage 3 Roadmap and Outdoor Sports Industry COVID SAFE Plan.

Good COVID safe hygiene is to be required of all participants and spectators

No one should attend if they have any symptoms of COVID 19

No one should attend if they have been in a designated COVID hot spot in the last 14 days

No one should attend if they have been in contact with someone that has been in a designated COVID hot spot in the past 14 days

Social distancing is not required in the race but avoid walking in a pack.

Social distancing is required by all, including race participants while not racing on the course. All participants should spend as little time at the venue as possible, participants should arrive just in time for warm up and leave as soon as their race finishes, results to be posted after the event.

Contact with officials and event volunteers should be avoided.

Our meets will have designated COVID SAFE Safety officers who are responsible for implementation of this plan. Give them your full co-operation.

There is to be no shaking of hands, high fives or other contact post-race. No sharing of drink bottles.

All athletes pre entered online preferred.

Ensure that social distancing and good hygiene is maintained at all times. Use the hand sanitiser provided or bring your own personal sanitiser.

Surfaces such as tables will be cleaned with disinfectant before use.

Copy of latest health advice for sporting activity:

Approved [Industry Plans](#) restrict access to anyone who has:

- COVID-19 or has been in direct contact with a known case of Covid-19 within the last 14 days
- Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing conditions)
- Travelled internationally
- Travelled to a [Covid declared hotspot](#).

With recently reported positive COVID-19 cases confirmed in Queensland, please note the advice below and ensure your organisation and members are aware of these developments.

1. *Individuals who have been in close contact with a confirmed positive COVID case will be issued with quarantine directions by the Public Health Unit which will require them to isolate for 14 days.*
2. *The Public Health Unit may be requesting contact tracing information from organisations today which must be provided within 1 hour of the request.*

3. *If you or a family member are exhibiting any signs or symptoms of being unwell, please contact your GP or your local Queensland Health Fever and Respiratory Clinic.*

In line with the above, any person who has visited affected locations identified by Queensland Health should not attend organised sport, active recreation or fitness activities until further information on the situation comes to hand. These locations can be found here via the [contact tracing](#) alerts page. You can also stay up to date with all COVID-19 Queensland Health alerts [here](#).

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/contact-tracing>

COMING UP

August 23rd QRWC Club Meet 4 Logan River Parklands

8.00am 10km
8.15am 1km
8.30am 5km
8.45am 3km

August 30th QRWC Club Championships Logan River Parklands

8.00am Open & Masters 10km
 Under 20 M & W 8km
 Under 18 M & W 6km
8.15am Under 10 M & W 0.75km
 Under 12 M & W 1.5km
8.30am
 Under 14 M & W 2km
 Under 16 M & W 4km

- Age is taken as **Age on the Day**. Athletes eligible for awards in their own age group event only.

- Trophies will be awarded to the first three placings of registered club members in each age group (male & female) and medals in the Masters age group.

- For Masters Athletes the first three finishers of registered club members in Open races will be the Open place getters and the next three Masters Age competitors to finish after that will be eligible for Masters Medals.

Club Championship Entry Fee \$8 / Non-Members entry Fee \$10 (not eligible for championship awards)

QRWC Club Championship Records

Men's Open 10 km Rhydian Cowley 2012 40:38.00
Under 20 Men 8 km Dane Bird-Smith 2009 34:59.00
Under 18 Men 6 km Dane Bird-Smith 2009 26:16.00
Under 16 Men 4 km Jesse Osborne 2010 18:30.00
Under 14 Boys 2 km Ben Tesch 2009 9:22.00
Under 12 Boys 1.5 km Myles Callaghan 2019 7:28.00
Under 10 Boys 750 m Mathew Houston 1995 3:40.00
Women's Open 10 km Karen Foan 2002 49:15.00
Under 20 Women 8 km Jessica Pickles 2013 38:55.00
Under 18 Women 6 km Katie Hayward 2016 27:13.00

Under 16 Women 4 km Clara Smith 2013 18.59.00
Under 14 Girls 2 km Jayda Anderson 2018 9.20.00
Under 12 Girls 1.5 km Rachel Barker 2007 7.29.00
Under 10 Girls 750 m Theresa Dorman 1994 3:47.00
Men's Master's 10 km Ignacio Jimenez 2012 49:41.00
Women's Master's 10 km Nyle Sunderland 2013 57:22.00

QRWC Perpetual Trophies

As we near the end of the road walk season, that nearly never was, could perpetual trophy winners from last season please bring them along to Beenleigh this Sunday or next week. We are not able to have an end of season relay day and trophy presentation lunch this year so how 2020 trophies will be distributed is yet to be determined

2019 Trophy Winners

U10 Girls Harrison Trophy Siaan Fisher
U10 BOYS Flynn Callaghan
U12 GIRLS Lyla Williams
U12 BOYS Myles Callaghan
U14 GIRLS Amber Norton
U14 BOYS Alex Bradley
U16 GIRLS Jayda Anderson
U16 BOYS 5km Kai Norton
U18 WOMEN 5km Caitlin Hannigan
U18 MEN 10km Nelson McCutcheon
U20 WOMEN Charlotte Hamann
OPEN MEN 10km CHAMPIONSHIP Ignacio Jimenez
OPEN WOMEN 10km CHAMPIONSHIP Brenda Gannon
OPEN MEN 15km CHAMPIONSHIP Ignacio Jimenez
OPEN WOMEN 15km CHAMPIONSHIP Nyle Sunderland
DAVE SMITH 20km Ignacio Jimenez
RELAY TEAM Power Puff Girls - A. Norton / K. Brady / J. McRoberts / K. Norton
PAT & MAXINE – MOST IMPRESSIVE Katie Hayward

QRWC Memberships 2020/21

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.

IMPORTANT: *As a condition of membership under the QRWC Constitution for both options, members will need fill out and sign the club membership application form and sign the code of conduct and waiver before competing in club meets. If you have already renewed your membership on the QA RevSport portal please complete the form and tick the applicable box and return it to the Registrar.*

*Both individual and family membership forms are attached. All Management Committee members and those members appointed to positions in the club must be financial members of the club. There is now a field on the individual application form for **Blue Card holders** to enter their details so that they can be entered into a register on the QA RevSport portal by the Registrar.*

Please return completed and signed forms to the Registrar at tara.norton@bigpond.com and CC the Secretary at noelarhoda@gmail.com

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

Queensland Athletics Annual General Meeting September 9th 2020

The Annual General Meeting of Queensland Athletics Association shall be held on September 9 at 6.30pm, the Meeting was delayed with permission of ASIC due to COVID 19 restrictions. At this stage it has been proposed to hold the meeting online via video conference. More details closer to the meeting.

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/>