

Queensland Race Walking Club Inc.

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



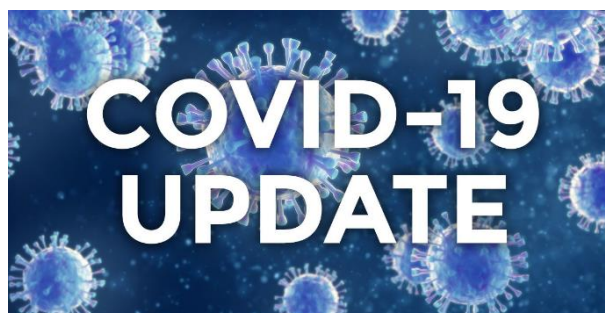
HEEL & TOE

June 18th 2020

Congratulations Zoe
Athletics Australia: Official of the Year
Zoe Eastwood-Bryson



New COVID Regulations
Queensland Athletics Clubs and Members



As of the **7th June**, Athletics activity in Queensland now operates under an Industry COVID SAFE Plan for Outdoor Sports.

https://www.covid19.qld.gov.au/_data/assets/pdf_file/0010/130204/industry-covid-safe-outdoor-sports.pdf

This is supported by information on the Return to Play online hub

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

NOTE: Sport Australia, Athletics Australia and other States all have posted also advice, in some cases this differs from the Queensland Government Advice, please follow the above advice and that provided by Queensland Athletics and Qrun.

Athletics Specific advice to implement the Industry COVID SAFE Plan

Preparation

- Ensure members understand the risk they pose to other members if they have any of the COVID 19 symptoms, even minor and do not attend if they do.
- Pre-registration in the best practice, use of the QA supplied RevSport system will automatically then keep a record of all participants for contact tracing and can be set to limit participants to the required 20. Queensland athletics Staff can assist if required.
- If you decide to use another method to organise your groups, such as email or social media, you must keep a record of those that attend, ensure everyone know to not turn up with even minor symptoms and restrict numbers in any group to 20 or less including Coach / Run Leader.
- As part of registering to attend any session all participants should agree to a waiver. This is included at the end of this letter
- Check that there are no restrictions at the chosen venue.
- Check with Venue any special requirements
- Check if Venue will have COVID SAFE single in place at ant entry and exit points
- Check with Venue in regard to regular cleaning of toilet facility's
- Obtain hand sanitiser and small tables for its use.
- Preference is for all participants to bring their own sanitiser and use it on a regular basis

Venue Use by Groups of 20 under The COVID SAFE Plan

- More than one group of 20 can now use a facility,
- There must be no commingling or contact between groups, before, during or after activity.
- Social distancing must be applied, and minimum 4 square metres be available for each individual.
- A minimum of 5 metres, preferably more, must be maintained between groups at all times.
- A parent group may be formed, social distancing must be applied.
- Entry and exits must be controlled to maintain social distancing.
- Participants should be told of the exact location, e.g Northern D, 100m start line, before arrival.
- They also must be informed of the above rules and each group has access to hand sanitiser.
- There is to be no sharing of equipment.
- High Jump and Pole Vault Matts are not to be used by groups.
- Long Jump pits may be used in a limited way athlete must land on and stay on their feet; hand sanitiser must be available near the pit for use after jumps.
- You may be required by the venue to provide a Statement of Compliance – we can provide you with one by contacting david.brown@qldathletics.org.au

As a critical part of the plan is preregistration and keeping a record of attendance in each group, this must be done. We are happy to help set systems in RevSport if that works for you.

On the Day

- The groups must not be larger than 20, this includes all individuals, athletes, coach's and any parents

- The must be no comingling between groups at the same facility, before, during or after activity.
- Athletes should arrive just on time and dressed ready to train, athletes should leave the venue as soon as possible after finishing activity – get in and get out.
- Make sure participants respect social distancing at all times, while 1.5m is the minimum, 2m to 3m is better when athletes are ventilating heavily.
- When running in lanes, athletes to use every second lane
- Avoid running in others' slipstream or in groups
- No sharing water bottles
- Athletes to bring own towel
- Where posable athletes should bring their own equipment, if that's not possible there should be no sharing of equipment and athletes should collect their own implements.
- No high fives or hugs or handshakes
- No use of High Jump, Pole Vault Mats
- Long Triple Jump pits can be used if athletes land on and stay on their feet
- Avoid public facilities wherever possible
- Make sure you demonstrate good behaviour on social media
- Make sure members are aware of abiding by these guidelines

If you have any questions, please feel free to contact myself

david.gyntner@qldathletics.org.au or 0437004983

Note: When QRWC race walks do begin this season (hopefully sometime in July) all attendees at our meet; athletes , parents , siblings , friends , coaches , volunteers etc will be required to sign a waiver and supply contact details.

Waiver

I have not travelled overseas / been exposed to a person with COVID-19 in the preceding 14 days. I agree that I do not feel unwell, and don't have flu/cold like systems such as fever, cough, sore throat, shortness of breath, loss of smell or taste, muscle and joint pain, diarrhoea, vomiting or loss of appetite. I consent information from this form can be used by venue owners and government agencies for COVID-19 contact tracing as part of the public health response. I agree to abide by all the Rules and By Laws of this club, Athletics North Queensland, and Athletics Australia

RESULTS RESULTS RESULTS

Virtual League Racing Series

2km Age Graded Virtual Race

F 1	(6)	Marie Jackson	W55	90.04%	Manx	00:10:16.0	11.688 km/h
F 2	(19)	Jacqueline Wilson	W70	86.54%	New Zealand	00:12:07.0	9.904 km/h
F 3	(16)	Helen Elleker	W60	82.95%	2DASH	00:11:45.0	10.213 km/h
F 4	(4)	Silvana Alves	W45	81.79%	Barn	00:10:15.0	11.707 km/h
F 5	(2)	Lyla Williams	U13W	81.78%	Australia	00:10:01.0	11.980 km/h
F 6	(13)	Helen Middleton	W55	79.19%	E&H	00:11:27.0	10.480 km/h
F 7	(29)	Rosemary Hill	W70	79.03%	Scotia	00:13:16.0	9.045 km/h
F 8	(1)	Mia Dunwell	U17W	78.04%	North AC	00:09:56.0	12.081 km/h
F 9	(3)	Carolyn Derbyshire	W40	77.83%	Nun	00:10:06.0	11.881 km/h
F 10	(22)	Cath Duhig	W65	77.83%	Ryst	00:12:40.0	9.474 km/h
F 25	(17)	Nyle Sunderland	W50	72.04%	Australia	00:11:50.0	10.141 km/h
F 30	(15)	Mia Bergh	U17W	67.02%	Australia	00:11:34.0	10.375 km/h
M 1	(13)	Bob Care	M70	99.39%	M Vets	00:10:06.6	11.881 km/h
M 2	(16)	Tony Taylor	M70	96.53%	Lancs WC	00:10:24.5	11.538 km/h
M 3	(9)	David Kemp	M60	90.24%	Arena	00:09:42.0	12.371 km/h

M 4	(8)	Mikhail Kiselev	M60	90.11%	Russian Federation	00:09:37.9	12.478 km/h
M 5	(11)	Sergei Systerov	M60	88.28%	Russian Federation	00:09:49.2	12.224 km/h
M 6	(7)	Bill McFadden	M55	86.72%	Scotia	00:09:32.0	12.587 km/h
M 7	(19)	Richard Emsley	M65	85.32%	Saint&S	00:11:04.0	10.843 km/h
M 8	(21)	Tony Malone	M65	84.56%	Lancs WC	00:11:10.9	10.746 km/h
M 9	(1)	George Wilkinson	U20M	83.87%	E&H	00:08:32.0	14.063 km/h
M 10	(37)	Ron Penfold	M75	83.31%	Steyn	00:12:54.6	9.302 km/h
M 55	(48)	Corbin Bricknell Hewitt	U13M	51.72%	Australia	00:15:03.0	7.973 km/h

When your all pacing it to lunch
and the teacher shouts 'no
running' 😂😂



Reflections – Past & Present

By Shane Pearson

Almost daily, at the moment, I try to think of something to write in our weekly newsletter. The honest truth is, I have absolutely no idea. I don't know how to articulate what everybody is going through and I'm not going to attempt to. Everyone is dealing with the ever changing situation and challenges differently. If it's any comfort at all, I'm more than happy to listen, support and help any of our members if you need it. I can only comment on how I'm trying to navigate my way through these unusual circumstances.

In January, I left a job, by choice, I'd had for 16 years. Since then due to Covid 19, I've this week started my 3rd job in 3 months. I didn't qualify for job seeker or job keeper. 16 years of employment security to no idea when I'd get paid again. I know this is a common scenario for many people, I'm not alone in this, I'm not a special case and I'm sure others are doing it harder than I am.

Being at QSAC that Friday afternoon in March when Little A's states were cancelled. Seeing the disappointment on the young athletes faces, I thought back to how I would have felt as a young athlete. I'm pretty sure I would have been 100% heartbroken and thought it was the end of the world. A few days later, all the other events started being cancelled. AA Nationals, ALACs, National Masters, the start of our season, World Cup, LBG, postponed Olympics and the list keeps growing.

How have I tried to deal with it? Trying to stay positive, I set up an online group page to keep in touch with the athletes I coach and their families. Non contact coaching sessions, cooking classes, exercise programs, push up and crunches challenges. I did a few virtual race walking events. (that was tough). Something else I found myself doing was reflecting on my time in athletics. The highs and lows, the opportunities, the sacrifices, achievements and failures, places I've been to, people I've met and friends I've made. Some of these friends come and go,

some are life long. I've met people I look up to as mentors and others not quite as much. Either way, I have learnt lessons from every single person I've met along the way. If I've known you 4 months, 4 years or 4 decades, you're part of my life, you mean something to me and have played some part of who I am today.

As humans we are all different with different ideals. We won't always agree on everything and we all have different ways to take on life's journey. This doesn't mean it's right or wrong, especially where we are at the moment. The ever changing situation and challenges we are all currently dealing with, will turn around and hopefully soon.

My thoughts, best wishes and prayers go out to you all. I hope you and your families are finding positive ways to cope with the unusual circumstances currently happening. To all members of QRWC and the race walking community. Stay strong, stay safe, stay healthy and keep training. Racing will be back. Missing you all. See you on a road or at a track soon.
Shane.

QRWC Winter Road Walk Season

See membership update later in this newsletter

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'**. A key message from QA is to forget what may or may not be happening in other States we have to follow the directives that are given to us here in Queensland.

Stage 3: From 10 July

Standard activity permitted to occur for up to 100 people.

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). It will no longer be feasible to conduct a Handicap Points competition for 2020 but will endeavour to provide races every weekend until the track season commences whenever possible.

Stage 2 June 12th Midnight

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 Gold Coast RW Championships Mudgeeraba?

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 **Unlikely to be held on this date. Possibly October ?**

August 30th Australian Masters 20km Championships Adelaide **Maybe a Virtual event**

September 6th Father's Day - No Club Races

November 15th Pan Pacific Masters Games 10km Road Walk **CANCELLED**

2021

January 18-22 Oceania Masters Championships: Norfolk Island

March 5-8 AMA National Championships Canberra, ACT

WMA World Championships: TBA, Tampere, Finland

Walking into the Olympics – A very brief history

While the first appearance of a version of the discipline was in 1904, it was at the 1908 London Olympics that the first-ever race walking competition - categorised as a men's only event featuring distances of 3500 metres and 10 miles - took place.

The 1912 Summer Olympics introduced the 10km walk which eventually led to 50km in 1932 as the official long-distance track.

The 20km for men officially recorded during the 1956 Olympics hosted the second category under short distance. Like every competitive sport, women too entered race walking. The 1992 Barcelona Games saw the 10km women's race walk category being entered, which eventually escalated to 20km to match the men's short distance category at Sydney 2000. History books have recorded three British athletes winning the first Olympic medals of the sport at the 1908 London Games in the men's 10-mile category.

George Larnar, Ernest Webb, and Edward Spencer walked their way to bag the gold, silver, and bronze medals respectively. Larnar and Spencer again bagged a gold and silver each while the combined team of Australia along with New Zealand's Harry Kerr won the bronze in the 3500 metres walk.

At Stockholm four years later, George Goulding who hailed from Canada took the gold during the Olympics' first 10km walk.

Fast forward to Los Angeles 1932 and Britain's Tommy Green claimed the first-ever 50km racewalk Olympic gold.

The Soviet Union's Leonid Spirin became the first winner in the 20km category in 1956. Chinese walker Chen Yueling won the first-ever gold for women in 1992 under the 10km race category, while Wang Liping in the year 2000 clinched the first gold under the 20km race walk.

GOLD COAST VIRTUAL MARATHON 1 - 31 JULY 2020 | QUEENSLAND, AUSTRALIA

- Village Roadshow Theme Parks Gold Coast Virtual Marathon
- ASICS Virtual Half Marathon
- Southern Cross University Virtual 10km Run
- Gold Coast Airport Virtual 5km Fun Run
- 4km Junior Dash / 2km Junior Dash

Simply register, record your run with ASICS Runkeeper and upload your results

<https://goldcoastmarathon.com.au/>

QRWC Memberships 2020/21

Have you re-joined?

All club memberships became due on April 1st. In anticipation of a start to race walking sometime in July we encourage all existing and new members to now join the club prior to race days. To assist in staying COVID Safe we want to reduce queues, handling of forms and money on race day.

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



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/>