



**Webpage: [www.vrwc.org.au](http://www.vrwc.org.au)**

**VICTORIAN RACE WALKING CLUB Inc.**  
**[2021-100 years of racewalking in Victoria](#)**

**Affiliated with Athletics Victoria Inc.**  
**Member of Racewalking Australia**

**2025**  
**Winter Race Fixture**  
**&**  
**Competition Rules**

*All the races below except Championships are Come and Try races, if you have an interest in racewalking, come and try.*

President  
Stuart Cooper  
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Race Secretary/ Registrar  
Mark Donahoo  
Mob: 0428 331 550

**Clubrooms / Race Headquarters**  
**Internet website:**

Middle Park Bowling Club Complex  
<http://www.vrwc.org.au>

The Victorian Race Walking Club is a specialist race walking club, which has been affiliated with Athletics Victoria since 1921. The VRWC is also affiliated with Racewalking Australia.

Races are conducted regularly on weekends from May to September, in a traffic free environment on pathways in the Albert Park Reserve, Middle Park.

The VRWC conducts a full range of race walk events and holds regular VRWC Club Championships in the following categories. Under 10, Under 12, Under 14, Under 16, Under 18, Under 20, Open Age, and Masters (Female 40+, 60+, Male 40+, 60+).

The VRWC invites any persons new to the sport of racewalking or has a problem that affects their ability to race under rule 54.2, to participate in our club events using our **Modified 'Club Judging Rules'**.

The club assists Athletics Victoria to conduct the Victorian Road Walking Championships and Little Athletics Victorian to conduct State Road Walking Championships. The club also assists Athletics Victoria to conduct the Athletics Australian Road Walking Championships when they are allocated to Melbourne. As part of Racewalking Australia (RWA), we will on occasions conduct races on behalf of RWA

Specialised coaching in race walking technique can be arranged for all levels from beginner to advanced. Qualified coaches may conduct seminars throughout the season.

**Contact:** Mark Donahoo, VRWC Club Coach- Mob: 0428331550

A judging seminar will normally be held at least once a year to train new judges and update the qualification of current and past judges.

## RACE WALKING RULE WA 54 & JUDGING AT VRWC EVENTS

All VRWC championship races are conducted in accordance with **World Athletics** (formerly known as the IAAF) rule no. 54.

### **WA RULE 54.2 – RACE WALKING Definition**

*Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.*

The definition is to be read in conjunction with all sections of WA rule 54 which is part of competition rules C2.1- Technical rules.

Walkers competing in club non-championship races may choose to be judged in one of two ways – under full WA rule 54.2 or under modified Club Rules.

**Modified 'Club rules' judge** The modification is that only contact with the ground is judged. Under this rule, judges judge walkers on the very simple understanding that the walker is walking to the best of his/her ability, and in a manner that does not give him/her an unfair advantage over other walkers. Walkers racing under this rule must wear a **YELLOW number**, and they are not eligible for Club points or championships.

## VRWC Race Entries

- Walkers are asked to enter online, entries close 6.00pm Friday.
- Entries may be taken on the day
- To enter online, go to the club webpage: [www.vrwc.org.au](http://www.vrwc.org.au)
- Then click on the left side tab: [VRWC Membership and Race Entry](#)
- A new page will open.
- From the menu at the top of the page, click on 'Events'
- On the new page, select 'ALL' then 'Search'. All the races that are available can be viewed.
- Register for the event you wish to race in.
- If there are problems then email the club secretary or text the race registrar 0428 331 550
- Entries for **AA, AV and Little Athletics Victoria Championships** **MUST** be completed online, through their organisations website.

### Check in before races

- Check in at least 20 minutes before their race.
- In-person check-in closes 30 minutes before their race.

## Code of Conduct

**PURPOSE:** To ensure that all members, officials, volunteers, spectators and other persons engaged in the activities of the Victorian Race Walking Club have a clear understanding of the behaviour that is expected of everyone, and to make it clearly understood that breaches of these codes will result in remedial and/or disciplinary action.

**ALL PERSONS CONNECTED WITH THE VRWC** are required to:

- Respect the rights, dignity and worth of every person regardless of their age, gender, ability, cultural background or religion;
- Always welcome new and visiting athletes (regardless of abilities), spectators, officials etc;
- Abide by the rules and by-laws of the VRWC, and at all times to respect the decisions of referees, walk judges and other officials;
- Act as good role models and ambassadors for the club, and never to behave in a manner that would damage the reputation of the VRWC either on or off the field;
- Never use offensive or derogatory behaviour, or engage in sledging or bullying of any person;
- Adhere to VRWC club policies as regard smoke-free areas, liquor license requirements, shared use of public pathways and other arrangements as set down by the Club committee;
- Act in accordance with the AV Child Safety Code of Conduct when dealing with underage members (See VRWC website to access the AV Code), and always place the safety and welfare of children above other considerations.

**ATHLETES** are required to:

- Participate in the club's competitive programs according to their own goals, displaying fair and positive sportsmanship towards fellow athletes at all times.

**OFFICIALS, JUDGES and OFFICE BEARERS** are required to:

- Carry out officiating and judging duties diligently and impartially, to the best of their ability.

## COACHES are required to:

- Support, encourage and involve all athletes, regardless of talent or ability, putting the physical and emotional wellbeing of athletes before performance and results;
- Encourage participants to value their performances, not just their results;
- Maintain respectful and appropriate relationships with all athletes;
- Ensure all activities are appropriate to the age, ability and experience of participants;
- Promote the positive aspects of the sport (eg sportsmanship, friendship, health and fitness gains);
- Follow all guidelines laid down by the national governing bodies (ATFCA, Athletics Australia) and the VRWC;
- Hold a current Working With Children check before commencing to coach;
- Ensure a child's parent or coach (if not one's own athlete) is present before speaking to the child;
- Never condone rule violations, unfair or rough play, or the use of prohibited substances;
- Never make critical or derogatory remarks about other coaches or their athletes;
- Do their best to present a positive role model at all times.

## COMPLAINTS

Any complaints members may have arising from VRWC activities, including incidences of:

- Violations of any of the above behavioural requirements;
- Officiating or technical errors which impact negatively upon an athlete's results;
- Anything which threatens the safety of the Club environment for any members

shall be reported to a race official, referee, walk judge or member of the Club committee AND ONE OTHER PERSON at the earliest opportunity. Any complaint or concern will be recorded in writing, for attention by the Committee.

## VRWC RACE FEES

<u>Seasons ticket 12 months:</u>	Financial members: \$110.00 paid by the <b>end of May.</b>		
<u>VRWC Club Races:</u>	Race fee: \$12.00	Non financial: \$17.00	Families: \$24
<u>VRWC Championships:</u>	Race fee: \$17.00		Families: \$34

A family race entry rate is available to any family of 3 or more financial members.

Non-members may pay a reduced financial member rate for the first race they attend but pay the higher non financial rate for subsequent races. **Season's ticket:** all VRWC races, not AV, VMA, RWA, LaVIC

**For all AV championship races, VRWC will supply race numbers on the day.**

## VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year, below are the are current set but in brackets are the fees as of 1<sup>st</sup> April 2025, until 30<sup>th</sup> March 2026:

<u>Senior (Open and Masters)</u>	\$30.00
<u>Under 20:</u>	\$25.00
<u>Under 16:</u>	\$15.00
<u>Associate(Officials who assist with races throughout the year):</u>	\$0.00
<u>Family membership:</u>	\$50.00

Annual Subscriptions are due on April 1<sup>st</sup> of each calendar year.

Country members, pay 50% of the annual fee.

The outside ring of metropolitan councils are: Wyndham, Melton, Hume, Whittlesea, Nillumbik, Yarra Ranges, Cardinia, Casey, and the Mornington peninsula down to Mornington.

Outside of these areas are considered country

Web address: <https://www.revolutionise.com.au/vrwc/registration>

## VRWC PHOTOGRAPHIC POLICY.

VRWC Committee appoints an official photographer or videographer for all official/scheduled events. These photographs/video will be published in our Social Media pages online Photo Galleries and our weekly newsletter.

- Our policy is to select photos that show walkers in the best possible light. We all know that everyone occasionally loses form and has lapses in technique – we focus on photos that show walkers walking well.
- We allow parents to take photos or videos of their own children and we allow coaches to do the same with regard to their own athletes. But we actively discourage parents or coaches from taking photos or videos of other walkers, especially those competing against their children or squad members, unless prior permission has been given.
- Finally, we react very quickly to any unknown persons attending our races and taking photos or videos of our walkers. We all know enough about the world to know that there are unsavoury people out there and we want to give our walkers a safe environment in which they can enjoy their walking.

## VRWC RULES

- VRWC uniform must be worn in all VRWC races- penalty: no points and no time recorded.
- VRWC numbers are issued to all financial members and are to be worn in all VRWC races.
- Competitors must wear racing numbers on the front and back of their uniform top.
- If required, temporary club numbers are available from the Race Secretary.
- MP3 players and ear phones are not to be used during VRWC races unless by arrangement.
- VRWC members must wear their AV or Little Athletics Club Uniform and their current AV registration number in all Athletics Victoria or Little Athletics championships.
- VRWC members compete in Racewalking Australia events as part of the VRWC team and must compete in the VRWC uniform.
- Age groups for all VRWC points' races are taken from 1<sup>st</sup> April each year.

### VRWC Club Championship races

- All VRWC Club championships are based on age on the day.
- Non VRWC members may race VRWC Club Championship races and receive a medal for a placing but are not eligible to win the trophy or shield. The first three VRWC members will receive a gold, silver and bronze medal.
- There will be four club championship days throughout the year.
  - The November race will include the Summer Club championships based on age groups.
  - The race held at an athletic track in the early part of the winter season will have the Club track championships based on distance.
  - The AV 20km championship program will contain the Club long walks championships based on age groups.
  - \*\*\*\*\*The AV Country championship program will contain the Club short walk championships based on age groups.

## POINTS COMPETITIONS (WINTER SEASON)

- Some races during the winter season are called Point Races. Point races include Handicap points, Actual Time points and Style Award points.
- Each athlete who is financial and has previously walked that distance or a comparable distance in the previous season will be given a handicap time. Points are then awarded.
- Non or unfinancial members will be permitted to start in these races, but will not receive points.
- Walkers competing under **Modified Club Rules** are ineligible to earn any points.
- Points are awarded, 3pt for 1<sup>st</sup>, 2pts for 2<sup>nd</sup> and 1 point for 3<sup>rd</sup>. All walkers receive 1pt for starting and 1 pt for finishing their chosen race.

### Trophies and Certificates

- To be eligible for a trophy, walkers must have received a minimum of 5 points in the competitions and competed in at least two point day competitions.
- Certificates will be awarded to athletes who finish in the top three in their age group but do not qualify for a trophy.

## LITTLE ATHLETICS VICTORIA, ATHLETICS VICTORIA, RACEWALKING AUSTRALIA (RWA) AND ATHLETICS AUSTRALIA EVENTS

While Little Athletics Victoria, Athletics Victoria and Athletics Australia championships and trials may be held at Middle Park, VRWC does not handle entry forms for these events.

Little Athletics Victoria is the contact point for all Little Athletic Walking Championships.

Athletics Victoria is the normal point of contact for all their events. Entries usually close online, on the Thursday before the event. The onus is on all competitors to contact the Athletics Victoria or Athletics Australia and complete the requisite online entry, along with due payment, before the closing date.

**For all AV championship races, VRWC will supply race numbers on the day.**

As in all such cases, the details on the entry may differ from the above guidelines and the responsibility for entering rests with the competitor.

RWA events can be entered on the RevSport portal,

Web address: <https://www.revolutionise.com.au/vrwc/registration>

## ELIGIBILITY REGULATIONS FOR TRANSGENDER ATHLETES

The eligibility of transgender athletes to compete in Male or Female events at VRWC is based on the World Athletics Document: **Book C: Competition - C3.5 - Eligibility Regulations Transgender Athletes.**

Athletics Australia is currently undergoing a further review process but its Competition Policy will reflect that of World Athletics. We at VRWC follow the recommendations of Athletics Australia.

A link can be found on the Athletics Australia website under the heading of TRANSGENDER AND GENDER DIVERSE INCLUSION. The World Athletics Eligibility Regulations for Transgender Athletes (Version 2.0) approved by Council on 23 March 2023, and came into effect on 31 March 2023.

## VRWC FIXTURE - WINTER SEASON 2025

*Pre entry is recommended and is available via internet on the VRWC webpage. Entries can be taken on the day but this is not the preferred method.*

**Walkers Note:** We can only allocate Handicap Start Times to those walkers who have raced over that distance or a comparable distance during the last 12 months and are financial members.

### **Saturday 26<sup>th</sup> April 2025**

### **Mentone Athletic Track**

Venue: Mentone athletic Track, Dolomore Reserve, Queen Street, Mentone

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

1.30pm	<b>10000m</b>	<b>VRWC Championship</b>	Open Male
1.30pm	<b>10000m</b>	<b>VRWC Championship</b>	Open Female
1.45pm	<b>1500m</b>	<b>VRWC Championship</b>	Open Male
1.45pm	<b>1500m</b>	<b>VRWC Championship</b>	Open Female
2.00pm	<b>3000m</b>	<b>VRWC Championship</b>	Open Male
2.00pm	<b>3000m</b>	<b>VRWC Championship</b>	Open Female
2.25pm	<b>5000m</b>	<b>VRWC Championship</b>	Open Male
2.25pm	<b>5000m</b>	<b>VRWC Championship</b>	Open Female
3.00pm	Presentations		

### **Saturday 3<sup>rd</sup> May 2025**

### **Middle Park**

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm	8km	Points Race	Open
2.00pm	6km	Points Race	Open
2.00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open

### **Saturday 10th May 2025 [Coaching clinic]**

### **Middle Park**

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

12.15pm	Coaching clinic: Coaching information session coaches		
12.45pm	Coaching clinic: Coaching session for athletes, parents and coaches		
2.00pm	8km	Points Race	Open
2.00pm	6km	Points Race	Open
2.00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open

Coaching information session beginning at 12.15pm – 12.45pm is for coaches to discuss issues with coaching athletes.

Coaching clinic beginning at 12.45pm-1.30pm, Focus is on all walkers from little athletes and junior athletes to master's walkers, including parents of up and coming athletes. Topics will be on general coach trip, planning a program and style development.

**Sunday 18<sup>th</sup> May 2025****Middle Park**AV Championship, A.V. SCHOOLS & VRWC ChampionshipsAV events Pre-entry is required for AV races with the AV office.All VRWC races, for these events, online entries are accepted until **Friday 6.00pm**

8.15am	30km	<b>AV Championship - Jared Tallent Trophy</b>	Open Male
8.15am	30km	<b>AV Championship</b>	Open Female
8.15am	20km	Non- championship	Open
9.00am	10km	<b>AV Schools Championship</b>	Under 20 Male/Female
9.20am	8km	Non- championship	Open
..9.20am	4km	Non- championship	Open
10.00am	5km	<b>AV Schools Championship</b>	Under 18 Male/Female
10.10am	..1km	<b>VRWC Championship</b>	Under 10 Male/Female
10.25am	1.5km	<b>VRWC Championship</b>	Under 12 Male/Female
10.40am	3km	<b>AV Schools Championship</b>	Under 16 Male/Female
10.40am	3km	<b>AV Schools Championship</b>	Under 14 Male/Female
11.10am	2km	Non- championship	Open
11.45am		Presentations	

**Entries for the Canberra Carnival close.**

- Entries by 5pm Wednesday 21<sup>st</sup> May 2025
- Late entries by 5pm Wednesday 28<sup>th</sup> May 2025

**Saturday 24th May 2025,****Middle Park**VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm	8km	Points Race	Open
2.00pm	6km	Points Race	Open
2.00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open

**Saturday 31<sup>st</sup> May 2025****Middle Park**VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm	12km	Points Race	Open
2.00pm	10km	Points Race	Open
2.00pm	5km	Points Race	Open
2.15pm	3km	Points Race	Open
2.15pm	1km	Points Race	Open



RACEWALKING AUSTRALIA CHAMPIONSHIPS

58<sup>th</sup> Annual LBG Stromlo Carnival, Stromlo Forest Park, Canberra, ACT

8.00am	35km	<b>Robyn Whyte Classic RWA Championship &amp; Teams Race</b>	Open Male
	35km	<b>Val Chesterton Classic RWA Championship &amp; Teams Race</b>	Open Female
	35km	ACT Fitness Walk (Judged contact only)	
	15km	<b>RWA Championship &amp; Teams Race</b>	Open & Masters Female
	15km	<b>RWA Championship &amp; Teams Race</b>	Open & Masters Male
	15km	ACT Fitness Walk (Judged contact only)	
9.00am	8km	ACT Fitness Walk (Judged contact only)	
10.30am	10km	<b>AACT Championship</b>	Under 20 Male & Female
	10km	<b>RWA Championship &amp; Teams Race</b>	Under 20 Male & Female
	10km	ACT 10km non championship	Open (Over 19) Male & Female
11.45am		<b><u>Presentation for events 1-10</u></b>	
12.15pm	1km	<b>RWA Championship</b>	Under 10 Male/Female
12.25pm	2km	<b>RWA Championship &amp; Teams Race</b>	Under 12 Male
12.45pm	2km	<b>RWA Championship &amp; Teams Race</b>	Under 12 Female
1.05pm	2km	<b>RWA Championship &amp; Teams Race</b>	Under 14 Male
1.25pm	2km	<b>RWA Championship &amp; Teams Race</b>	Under 14 Female
1.45pm	3km	<b>RWA Championship &amp; Teams Race</b>	Under 16 Male
2.10pm	3km	<b>RWA Championship &amp; Teams Race</b>	Under 16 Female
2.40pm	5km	<b>RWA Championship &amp; Teams Race</b>	Under 18 Male/Female
3.10pm	5km	<b>RWA Championship &amp; Teams Race</b>	Open Male & Female
3.10pm	5km	<b>RWA Championship</b>	Masters Male and Female
4.00pm		<b><u>Presentation for events 11-22</u></b>	

Notes:

- Events 1, 4, 5, 8, and 11 to 22 inclusive are Race Walking Australia individual and team events. Events 4, 5, 21, 22 incorporate a Race Walking Australia Masters individual competition.
- Minimum age for participants in the 15 and 35 kilometre events is 16 years.
- Age for all Race Walking Australia events is age-on-the-day, and for World Athletics Recognition Un 20 walkers, must be born in 2005 or later.
- If an event is held concurrently, athletes may enter only one race.

## Saturday 14<sup>th</sup> June 2025

## Middle Park

AV events Pre-entry online is required for AV races with the AV office.

LA Vic events: Pre-entry online is required for LA Vic races with the LA Vic office.

VRWC Events: For these events, online entries are accepted until **Friday 6.00pm**

11.00am Coaching clinic: Coaching information session coaches: the session is for coaches to discuss issues with coaching athletes. (30 min)

11.00am Judging clinic: session for those who would like to begin judging racewalking. (45min)

11.45am Coaching clinic: Coaching session for athletes: how to racewalk, understanding judges and the warnings given. (45 min)

**NOTE: There will be a cut off time of 70 minutes for the 10km event.**

12.00pm **10km AV Championship** Open, 40+, 50+ Male

Winner of the Open Male's event is awarded the C.H. [Bert] Gardiner Medal

12.00pm **10km AV Championship** Open, 40+, 50+ Female

12.10pm 4km Non-points race Open

1.40pm 1km Non-points race Open

1.15pm AV10km Championships presentation.

1.30pm 3km **LA Vic Championship** Under 17 Male/Female

1.30pm 3km **LA Vic Championship** Under 16 Male/Female

1.50pm 3km **LA Vic Championship** Under 15 Male/Female

2.15pm 2km **LA Vic Championship** Under 14 Male/Female

2.35pm 2km **LA Vic Championship** Under 13 Male/Female

2.55pm 2km **LA Vic Championship** Under 12 Male/Female

3.15pm 1.5km **LA Vic Championship** Under 11 Male/Female

3.30pm 1.5km **LA Vic Championship** Under 10 Male/Female

3.45pm 1km **LA Vic Championship** Under 9 Male/Female

Presentations for all LA Vic Events will be held shortly after their race finishes.

## Saturday 21<sup>st</sup> June 2025

## Middle Park.

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm 12km Points Race Open

2.00pm 10km Points Race Open

2.00pm 5km Points Race Open

2.15pm 3km Points Race Open

2.15pm 1km Points Race Open

## Saturday 28<sup>th</sup> June 2025

## Middle Park

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

***Prizes for all winners of each race who gets closest to their race time.***

2.00pm 8km Guess your finish time & Points Race Open

2.00pm 6km Guess your finish time & Points Race Open

2.00pm 4km Guess your finish time & Points Race Open

2.15pm 2km Guess your finish time & Points Race Open

2.15pm 1km Guess your finish time & Points Race Open

\*When entering the race, tell the race secretary the time you will walk. The results on the day will be determined by closest to predicted time. No watches to be worn.

**Sunday 6<sup>th</sup> July 2025****Middle Park****A.V. , VMA & VRWC Championships**

**AV events** Pre-entry online is required for AV races with the AV office.

**All VMA & VRWC races,** For these events, online entries are accepted until **Friday 6.00pm**

8.30am	20km	<b>AV Championship</b>	Open Male
8.30am	20km	<b>AV Championship</b>	Open Female
8.30am	20km	<b>Ray Smith Trophy VRWC Championship</b>	Open Male
8.30am	20km	<b>Elsie Jacobson Trophy VRWC Championship</b>	Open Female
8.30am	20km	<b>VMA Championships: Age groups</b>	Masters Male
8.30am	20km	<b>VMA Championships: Age Groups</b>	Masters Female
8.30am	20km	<b>VRWC Championships</b>	Masters Male
8.30am	20km	<b>VRWC Championships</b>	Masters Female
8.30am	20km	Non championship event	Open
8.40am	10km	<b>AV Championship</b>	Under 20 Male
8.40am	10km	<b>AV Championship</b>	Under 20 Female
8.40am	10km	<b>AV Championship</b>	Under 18 Male
8.40am	10km	<b>VRWC Championship</b>	Under 20 Male
8.40am	10km	<b>VRWC Championship</b>	Under 20 Female
8.40am	10km	<b>VRWC Championship</b>	Under 18 Male
9.15am	5km	<b>AV Championship</b>	Under 18 Female
9.15am	5km	<b>AV Championship</b>	Under 16 Male
9.15am	5km	<b>AV Championship</b>	Under 16 Female
9.15am	5km	<b>VRWC Championship</b>	Under 18 Female
9.15am	5km	<b>VRWC Championship</b>	Under 16 Male
9.15am	5km	<b>VRWC Championship</b>	Under 16 Female
9.15am	5km	Non championship event	Open
9.55am	3km	<b>AV Championship</b>	Under 14 Male
9.55am	3km	<b>AV Championship</b>	Under 14 Female
9.55am	3km	<b>VRWC Championship</b>	Under 14 Male
9.55am	3km	<b>VRWC Championship</b>	Under 14 Female
10.30am	1.5km	<b>VRWC Championship</b>	Under 10 Male
10.30am	1.5km	<b>VRWC Championship</b>	Under 10 Female
10.45am	2km	<b>VRWC Championship</b>	Under 12 Male
10.45am	2km	<b>VRWC Championship</b>	Under 12 Female
10.45am	2km	Non championship event	Open
11.00am	BBQ lunch		
11.30am	Medal presentations.		

**Saturday 12<sup>th</sup> July 2025****Middle Park**

**VRWC events,** For these events, online entries are accepted until **Friday 6.00pm**

2.00pm	Intervals Race – 4km, 6km, 8km or 10km	Open
2.15pm	3km	Open
2.15pm	2km	Open

In the Intervals Race, walkers choose to walk either 4km, 6km, 8km or 10km in 2km intervals.

To walk in this event, you must be able to complete each leg in less than 17 minutes. If, for example, you walk 11.30min for the 1<sup>st</sup> leg, you have 5.30min rest before starting the next leg. If a walker fails to finish any leg in the allowable 17 minutes, he/she will not be allowed to continue in the next leg. The start times for the 2km legs are as follows:

Start time	2x2km Race Legs	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.00pm	1	1	1	1
2.17pm	2	2	2	2
2.34pm		3	3	3
2.51pm			4	4
3.08pm				5

**Saturday 19<sup>th</sup> July 2025****Middle Park**

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

12.45pm Coaching session: Coaching session for athletes, parents and coaches

2.00pm 12km Points Race Open

2.00pm 10km Points Race Open

2.00pm 5km Points Race Open

2.15pm 3km Points Race Open

2.15pm 1km Points Race Open

Coaching clinic beginning at 12.45pm-1.30pm, Focus is on all walkers from little athletes and junior athletes to master's walkers, including parents of up and coming athletes.

**Saturday 26<sup>th</sup> July 2025****Middle Park**

Racewalking Australia Postal Challenge event

VMA, RWA & VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm 10km **VMA Championship** Masters Male

2.00pm 10km **VMA Championship** Masters Female

2.00pm 10km **RWA Challenge** Open Male/Female

2.00pm 10km **RWA Challenge** Masters Male/Female

2.00pm 10km **RWA Challenge** Under 20 Male/Female

2.00pm 10km Points race Open

2.00pm 8km **RWA Challenge** Under 18 Male/Female

2.00pm 8km Points race Open

2.15pm 5km **RWA Challenge** Under 16 Male/Female

2.15pm 5km Points race Open

2.15pm 3km **RWA Challenge** Under 14 Male/Female

2.15pm 3km Points race Open

2.45pm 2km **RWA Challenge** Under 12 Male/Female

2.45pm 2km Points race Open

2.45pm 1.5km **RWA Challenge** Under 10 Male/Female

2.45pm 1.5km Points race Open

The Racewalking Australia Challenge is a Racewalking Australia club versus club competition. The points from the fastest competitor from each club in each race will be added and the club with the lowest points declared the winner. If a club fails to have a competitor finish in any category, that club will be awarded the same points as the highest scoring competitor. Master athletes will not be scored on their time but their age grading so all Master athletes must submit their age at entry time.

All athletes who are members of the club are automatically entered into the points race for the distance they walk.

**Saturday 2<sup>nd</sup> August 2025****Middle Park**

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm 8km Points Race Open

2.00pm 6km Points Race Open

2.00pm 4km Points Race Open

2.15pm 2km Points Race Open

2.15pm 1km Points Race Open

**Saturday 9<sup>th</sup> August 2025****Middle Park****AV & VRWC CHAMPIONSHIPS & VRWC Events:**

AV events Pre-entry online is required for AV races with the AV office.

All VRWC races, For these events, online entries are accepted until **Friday 6.00pm**

1.00pm	15km	<b>AV Championship</b>	Open Male
1.00pm	15km	<b>AV Championship</b>	Open Female
1.00pm	10km	Alf Robinson Trophy VRWC Championship	Open Male
1.00pm	10km	Mabel Robinson Trophy VRWC Championship	Open Female
2.00pm	5km	VRWC Championship	Masters Male
2.00pm	5km	VRWC Championship	Masters Female
2.00pm	5km	VRWC Championship	Under 20 Male
2.00pm	5km	VRWC Championship	Under 20 Female
2.00pm	5km	VRWC Championship	Under 18 Male
2.00pm	5km	VRWC Championship	Under 18 Female
2.00pm	3km	VRWC Championship	Under 16 Male
2.00pm	3km	VRWC Championship	Under 16 Female
2.00pm	3km	Open non championship	Open
2.25pm	2.5km	VRWC Championship	Under 14 Male
2.25pm	2.5km	VRWC Championship	Under 14 Female
2.25pm	2.5km	VRWC Championship	Under 12 Male
2.25pm	2.5km	VRWC Championship	Under 12 Female
2.45pm	2km	VRWC Championship	Under 10 Male
2.45pm	2km	VRWC Championship	Under 10 Female
2.45pm	2km	Open non championship	Open

**Saturday 16<sup>th</sup> August 2025****Middle Park****This is the last points race of the season.**

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm	8km	Points Race	Open
2:00pm	6km	Points Race	Open
2:00pm	4km	Points Race	Open
2.15pm	2km	Points Race	Open
2.15pm	1km	Points Race	Open

**Sunday 24<sup>th</sup> August 2025****Victoria Park, Ballarat**

2025 Australian Junior Road Race Walking Championships: 8.00am to 10.00am

TBA	10km	<b>AA Championship</b>	Under 20 Male
TBA	10km	<b>AA Championship</b>	Under 20 Female
TBA	5km	<b>AA Championship</b>	Under 18 Boys
TBA	5km	<b>AA Championship</b>	Under 18 Girls
TBA	5km	<b>AA Championship</b>	Under 16 Male
TBA	5km	<b>AA Championship</b>	Under 16 Female
TBA	3km	<b>AA Championship</b>	Under 14 Male
TBA	3km	<b>AA Championship</b>	Under 14 Female
TBA	2km	<b>AA Championship</b>	Under 12 Male
TBA	2km	<b>AA Championship</b>	Under 12 Female

## Saturday 30<sup>th</sup> August 2025

## Middle Park

VRWC Events, For these events, online entries are accepted until **Friday 6.00pm**

2.00pm	8km	Race	Open
2:00pm	6km	Race	Open
2:00pm	4km	Race	Open
2.15pm	2km	Race	Open
2.15pm	1km	Race	Open

**Entries for the relay event closes August 30<sup>th</sup> for the Relay event on 7<sup>th</sup> September.**

### **Relay rules:**

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Entries for the event close Saturday 24<sup>th</sup> August
- Teams will have a maximum of 5 walkers
- Teams will race legs in the following order: 2km, 1km, 3km, 1km, 2km.
- Athletes may nominate for up to two leg of their teams race.

## Saturday 6<sup>th</sup> September 2025

## Mentone

VRWC & VMA Events, For these events, online entries are accepted until **Friday 6pm**

1.00pm	<b>2 hour</b>	Open
1.00pm	<b>1 hour</b>	Open
1.00pm	<b>10,000m</b>	Open
1.30pm	<b>1500m</b>	Open
1.50pm	<b>3000m</b>	Open
2.20pm	<b>AV 5000m Teams Championship</b>	Male/Female
2.20pm	<b>5000m VMA Championship</b>	Male/Female

### Rules for AV Teams Championships:

1. A Male Team will consist of 3 or more male walkers currently registered with the same AV Club or Country Region. A Female Team will consist of 3 or more female walkers currently registered with the same AV Club or Country Region. Mixed teams are not possible.
2. The first 3 walkers to finish will be designated as the first finishing team for that club.
3. The next 3 walkers to finish for that club will be designated as their second team and so on.
4. All team members must be aged 12 years or older on the day. Scoring of Teams Points will be in line with the AV Cross Country scoring system.
5. All entries must be completed on Athletics Victoria entry portal.

## Sunday 14<sup>th</sup> September 2025

## Middle Park

VRWC Relay event: entries close on line by Saturday 24<sup>th</sup> August.

VRWC non relay events, For these events, online entries are accepted **until Friday 6.00pm**

11.00am	Relay event ( teams of 5 walkers)	Open
11.20am	4km	Open
11.20am	1km	Open

**12.15pm BBQ lunch**

**12.30pm VRWC Winter Season presentations**

### Relay rules:

- Teams will be picked by the handicapper randomly.
- Teams will start on their combined handicap time
- Entries for the event close Sunday 13<sup>th</sup> August
- Teams will have a maximum of 5 walkers
- Teams will race legs in the following order: 2km, 1km, 3km, 1km, 2km
- Athletes may walk two legs on the day but must have a break between their legs.
- Athletes who are disqualified, their team's penalty will be to have 30 seconds added

**TBD :**

**Venue: TBD**

AMA Championship:

TBA 20km **AMA Championships**

Masters Male

TBA 20km **AMA Championships**

Masters Female

## 2025 WINTER SEASON FIXTURE

### APRIL

Saturday 26<sup>th</sup> April                      VRWC CHAMPIONSHIPS                      Mentone Track

### MAY

Saturday 3<sup>rd</sup> May                      VRWC Points races                      Middle Park

Saturday 10<sup>th</sup> May                      VRWC Points races                      Middle Park

**Saturday 10<sup>th</sup> May                      Coaching seminar for parents, athletes and coaches                      Middle Park**

Sunday 18<sup>th</sup> May                      AV CHAMPIONSHIP, AV SCHOOLS & VRWC CHAMPIONSHIPS  
& VRWC Events, incorporating AV Jared Tallent Trophy 30km                      Middle Park

Saturday 25<sup>th</sup> May                      VRWC Points races                      Middle Park

Saturday 31<sup>st</sup> May                      VRWC Points races                      Middle Park

### JUNE

Sunday 8<sup>th</sup> June                      RWA 58th Annual Lake Burley Griffin Carnival,                      Canberra

Saturday 14<sup>th</sup> June                      A.V. & LA Vic Championships,                      Middle Park  
Incorporating AV Bert Gardiner 10km winter championship

**Saturday 14<sup>th</sup> June                      Judging course and Coaching seminar                      Middle Park**

Saturday 21<sup>st</sup> June                      VRWC Points races                      Middle Park

Saturday 28<sup>th</sup> June                      VRWC Points races & Prize Day                      Middle Park

### JULY

Sunday 6<sup>th</sup> July                      AV & VRWC CHAMPIONSHIPS & EVENTS                      Middle Park

Saturday 12<sup>th</sup> July                      VRWC Points races and Interval races                      Middle Park

Saturday 19<sup>th</sup> July                      VRWC Points races

**Saturday 19<sup>th</sup> July                      Coaching seminar for parents, athletes and coaches                      Middle Park**

Saturday 26<sup>th</sup> July                      Racewalking Australia Postal Challenge event &  
VMA 10km                      Middle Park

### AUGUST

Saturday 2<sup>nd</sup> August                      VRWC Points races                      Middle Park

Saturday 9<sup>th</sup> August                      AV Championship & VRWC Championships & events                      Middle Park

Saturday 16<sup>th</sup> August                      VRWC **Last points race**                      Middle Park

Sunday 24<sup>th</sup> August                      Australia Athletics                      Ballarat

Saturday 30<sup>th</sup> August                      VRWC non points race day                      Middle Park

### September

Saturday 6<sup>th</sup> September                      AV 5km teams championship, VMA 5km track championship &  
VRWC events                      Mentone Track

Sunday 14<sup>th</sup> September                      VRWC relay race and [Seasons Presentations](#)                      Middle Park