



Webpage: www.vrwc.org.au

VICTORIAN RACE WALKING CLUB Inc.

[2021 was 100 year of racewalking in Victoria](#)

Affiliated with Athletics Victoria Inc.

Member of Racewalking Australia

2026-2027

Updated

Summer Race Fixture & Competition Rules

President

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Clubrooms / Race Headquarters

Middle Park Bowling Club Complex

Internet website:<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.

The club assists Athletics Victoria to conduct the Victorian Road Walking Championships. The club also assists Athletics Victoria to conduct the Athletics Australian Road Walking Championships when they are allocated to Melbourne.

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

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': The modification is that only contact with the ground is judged. Under this rule, race 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.

Check in before races

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

VRWC Race Entries

- Walkers are asked to enter online, entries close 6.00pm on the Friday before race day.
- To enter online, go to the club webpage: 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' websites.
- For all events over 10km, there needs to be at least three starters in the event for the event to proceed. Athletes will be notified if there is any change to the racing program as soon as is practicable by email.
- Entries on the day will be accepted, however, only in races up to and including 5km.

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, Australia Athletics) 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

VRWC Races:

Race fee: \$15.00

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 1st April 2026, until 30th March 2027, Annual Subscriptions are due on April 1st of each calendar year:

<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

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.

AGE GROUPING RULES

- Age groups for all VRWC POINTS RACES are taken from 1st April each year. A walker will stay at this age group all season.
- For VRWC CLUB CHAMPIONSHIP, the age group is based on age on the day, this may be different to the points age grouping.
- For RWA, AV and AA events, the age is determined by the athlete's age as of December 31st of the competition year. For LaVic Age groups for the **2025-26** season are based on how old the athlete is as of the **31st December 2025**

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.

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 Long Road championship program will contain the Club long walks championships based on age groups.
 - The Shorter Road championship program will contain the Club short walks championships based on age groups.

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

While Little Athletics Victoria, Athletics Victoria and Australia Athletics 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 Australia Athletics 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.

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 Australia Athletics.

UNIFORMS

VRWC uniform must be worn in all VRWC races- penalty: no points and no time recorded. Shorts, bike pants or briefs should be either navy blue or black

New members will be given time to acquire the uniform.

World Athletic Rules for uniform, 5.1 states

In all events, athletes must wear clothing that is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet. Athletes must not wear clothing which could impede the view of Judges.

In Racewalking events, athletes shall not wear clothing that prevents a clear and complete view of the knee area. However, to be clear, long tights that are adherent to the athlete's legs are acceptable.

For Athletics Victoria events and VRWC Club championships:

All racewalkers competing in Victorian Racewalking Championships must wear their current club uniform.

Particular attention will be drawn to the 'Nike Pro' and similar instances with other manufacturers, where oversize branding around the top bands of lower body garments is prevalent. Athletes will not be permitted to compete in these items which do not comply with advertising regulations. Taping or the turning down of such non-compliant items will not be allowed. To avoid stress ensure that the racewalker is not wearing these garments during competition. Athletes who do not comply at these championships will be issued with a warning.



Victorian Race Walking Club: FIXTURE 2026-2027 SUMMER SEASON

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

For all events over 10km, there needs to be at least three starters in the event for the event to proceed. Athletes will be notified if there is any change to the racing program as soon as is practicable by email.

Entries on the day will be accepted in races up to and including 5km.

October 2026, VRWC Road Races

Middle Park

EVENT CANCELLED OWING TO CLASHES WITH OTHER USERS OF THE MIDDLE PARK PRECINCT

Sun 15th November 2026, VRWC Summer Championships and AGM Middle Park
(VRWC Season ticket event)

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

8.30am	Half Marathon Gus Theobald Memorial Trophy VRWC Championship (WA event)	Open Male
8.31am	Half Marathon VRWC Championship (WA event)	Open Female
8.45am	5km VRWC Championship (WA event)	Masters Male
8.45am	5km: Non championship: (WA event)	Open Males
8.45am	5km VRWC Championship (WA event)	Under 20 Male
8.45am	5km VRWC Championship (WA event)	Under 18 Male
8.46am	5km Heather Carr Trophy VRWC Championship (WA event)	Masters Female
8.46am	5km: Non championship: (WA event)	Open Female
8.46am	5km VRWC Championship (WA event)	Under 20 Female
8.46am	5km VRWC Championship (WA event)	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
11.00am	Presentations	
11.20am	Annual General Meeting	

Sun 6th Dec 2026, Athletics Victorian Marathon Race Walking Championships, Middle Park (VRWC Season ticket event)

AV events: Pre-entry is required for AV races with the AV office. Entries close Thursday 3rd December, 12.00pm

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

7.00am	AV Marathon Racewalk (WA event)	Open Males
7.01am	AV Marathon Racewalk (WA event)	Open Females
8.00am	Half Marathon Racewalk: Non championship (WA event)	Open Males
8.01am	Half Marathon Racewalk: Non championship (WA event)	Open Females
8.40am	10km: Non championship (WA event)	Open Males
8.41am	10km: Non championship (WA event)	Open Females
9.50am	5km: Non championship (WA event)	Open Males
9.51am	5km: Non championship (WA event)	Open Females
10.30am	1km: Non championship	Open
10.45am	2km: Non championship	Open

Sun 17th January 2027, VRWC Road Races

Middle Park

(VRWC Season ticket event)

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

8.45am	15km	Open
8.45am	10km	Open
9.10am	1km	Open
9.30am	2km	Open
9.45am	5km	Open
9.45am	3km	Open

Other Competitions

Saturday 28th November, Athletics SA, 10,000m Race Walking Championships – Adelaide SA, approx. 5pm start

Thursday 10th December, NSW, 10,000m Race Walking Championships – Sydney Olympic Park Athletics Centre.

Saturday- Sunday, 23rd – 24th January 2027, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT

Sunday 21st March 2027, Australian Athletics Half Marathon Race Walking Championships
Castray Esplanade, Hobart