



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

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

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

**2024**  
**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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Treasurer  
Karyn O'Neill  
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Secretary  
Terry Swan  
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Race Secretary/ Registrar  
Mark Donahoo  
Mob: 0428 331 550

**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.

Races are conducted regularly on weekends 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** walkers on the very simple concept that the walker is walking to be best of his/her ability in a manner that does not give him/her an unfair advantage over other walkers, these walkers must wear a **yellow number**.

## VRWC Race Entries

- As the race sheets are drawn up before race day, 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.
- Click on 'Event' at the top of the page and then 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 the 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**

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

**VRWC ANNUAL FEES**

These are reviewed at the Annual General Meeting each year. Below are the current fees as of 1<sup>st</sup> April 2024:

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

Annual Subscriptions are due on April 1<sup>st</sup> of each calendar year.  
 Inner metro and outside ring metro members pay full fees.  
 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 area.)

## 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.
- All VRWC Club championships are based on age on the day.

## 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 not eligible to earn Handicap or Actual Time 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.

## 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.

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

## 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 in light of this development and will be publishing an updated policy in the near future, 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 2024

*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**.

### **Sunday 28<sup>th</sup> April 2024**

### **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**

10.00am	<b>10000m</b>	<b>AV Championship</b>	Open, 40+, 50+ Male
		Winner of the Open Male's event is awarded the C.H. [Bert] Gardiner Medal	
10.00am	<b>10000m</b>	<b>AV Championship</b>	Open, 40+, 50+ Female
10.00am	<b>10000m</b>	<b>VRWC Championship</b>	Open Male
10.00am	<b>10000m</b>	<b>VRWC Championship</b>	Open Female
10.10am	<b>1500m</b>	<b>VRWC Championship</b>	Open Male
10.10am	<b>1500m</b>	<b>VRWC Championship</b>	Open Female
10.35am	<b>3000m</b>	<b>VRWC Championship</b>	Open Male
10.35am	<b>3000m</b>	<b>VRWC Championship</b>	Open Female
10.35am	<b>5000m</b>	<b>VRWC Championship</b>	Open Male
10.35am	<b>5000m</b>	<b>VRWC Championship</b>	Open Female

### **Saturday 4th May 2024**

### **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 11th May 2024 [Coaching clinic]**

### **Middle Park**

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

12.00pm	<b>Coaching clinic: Coaching session for athletes, parents and coaches</b>		
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 clinic beginning at 12.00pm-1.30pm, Focus is on all walkers from little athletes and junior athletes to masters walkers, including parents of up and coming athletes. Topics will be on general coach trip, planning a program and a panel of athletes discussing their experiences.**



## Sunday 19<sup>th</sup> May 2024

## Middle Park

A.V. 35km Open, A.V. SCHOOLS & VRWC Championships

AV 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**

8.00am	35km	AV Championship - Jared Tallent Trophy	Open
8.00am	35km	VRWC championship	Open
9.00am	10km	<b>AV Schools Championship</b>	Under 20 Male/Female
9.00am	8km	Non- championship	Open
10.00am	5km	<b>AV Schools Championship</b>	Under 18 Male/Female
10.30am	3km	<b>AV Schools Championship</b>	Under 16 Male/Female
10.30am	3km	<b>AV Schools Championship</b>	Under 14 Male/Female
10.30am	4km	Non- championship	Open
11.00am	2.5km	<b>VRWC Championship</b>	Under 12 Male/Female
11.00am	1.5km	<b>VRWC Championship</b>	Under 10 Male/Female
11.00am	2km	Non- championship	Open
11.45am		Presentations	

\* The Victorian 35km and VRWC 35km are Open events, meaning they are open to Male and Female athletes.

## **Entries for the Canberra Carnival close.**

- Entries by 5pm Wednesday 22nd May 2024, \$35 per event.
- Entries by 5pm Wednesday 29th May 2024, \$55 per event

## Saturday 25th May 2024

## 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 1<sup>st</sup> June 2024

## 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



**Sunday 9<sup>th</sup> June 2024**

**Canberra**

**RACEWALKING AUSTRALIA CHAMPIONSHIPS**

**57<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 15th June 2024**

**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.**

**Saturday 22<sup>nd</sup> June 2024****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**

12.00pm Judging clinic: session for those who would like to begin judging racewalking.

12.15pm Coaching clinic: Coaching session for athletes: how to racewalk, understanding judges and the warnings given.

1.30pm	15km	<b>AV Championship</b>	Open Female
1.30pm	15km	<b>AV Championship</b>	Open Male
1.30pm	15km	<b>VRWC Championship - Elsie Jacobson Trophy</b>	Open Female
1.30pm	15km	<b>VRWC Championship</b>	Under 20 Male/Female
1.45pm	8km	Non-points race	Open
1.45pm	4km	Non-points race	Open
1.45pm	1km	Non-points race	Open
1.50pm	3km	<b>LA Vic Championship</b>	Under 17 Male/Female
1.50pm	3km	<b>LA Vic Championship</b>	Under 16 Male/Female
1.50pm	3km	<b>LA Vic Championship</b>	Under 15 Male/Female
2.15pm	2km	<b>LA Vic Championship</b>	Under 14 Male/Female
2.15pm	2km	<b>LA Vic Championship</b>	Under 13 Male/Female
2.15pm	2km	<b>LA Vic Championship</b>	Under 12 Male/Female
2.35pm	1.5km	<b>LA Vic Championship</b>	Under 11 Male/Female
2.35pm	1.5km	<b>LA Vic Championship</b>	Under 10 Male/Female
2.55pm	1km	<b>LA Vic Championship</b>	Under 9 Male/Female
3.15pm		Presentations	

**Saturday 29<sup>th</sup> June 2024****Middle Park (Consider rest day)**

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 6th July 2024****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

**Sunday 14<sup>th</sup> July 2024****Middle Park****A.V. & 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>VRWC Championship - Alf Robinson Trophy</b>	Open Male
8.30am	20km	<b>VMA Championships</b>	Masters Male
8.30am	20km	<b>AV Championship</b>	Open Female
8.30am	20km	<b>VMA Championships</b>	Masters Female
8.30am	20km	Non championship event	Open
8.50am	10km	<b>VRWC Championship - Mabel Robinson Trophy</b>	Open Female
8.50am	10km	<b>AV Championship</b>	Under 20 Male
8.50am	10km	<b>AV Championship</b>	Under 20 Female
8.50am	10km	<b>AV Championship</b>	Under 18 Male
8.50am	10km	Non championship event	Open
9.15am	5km	<b>AV Championship</b>	Under 16 Male/Female
9.15am	5km	<b>AV Championship</b>	Under 18 Female
9.15am	5km	Non championship event	Open
10.00am	3km	<b>AV Championship</b>	Under 14 Male/Female
10.00am	3km	Non championship event	Open
10.20am	2km	<b>VRWC Championship</b>	Under 10 Male/Female
10.20am	2km	<b>VRWC Championship</b>	Under 12 Male/Female
10.20am	2km	Non championship event	Open
10.50am		Medal presentations at the conclusion of the events.	

**Saturday 20<sup>th</sup> July 2024 (Come and try day)****Middle Park**

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

12.30pm	<b>Coaching session: Coaching session for athletes, parents and coaches</b>		
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 12.30pm-1.30pm, Focus is on all walkers from little athletes and junior athletes to masters walkers, including parents of up and coming athletes. Topics will be on general coach trip, planning a program and a panel of athletes discussing their experiences.**

**Saturday 27<sup>th</sup> July 2024****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	<b>VMA Championship</b>	Masters Male
2.00pm	10km	<b>VMA Championship</b>	Masters Female
2.00pm	10km	<b>RWA Challenge</b>	Open Male/Female
2.00pm	10km	<b>RWA Challenge</b>	Masters Male/Female
2.00pm	10km	<b>RWA Challenge</b>	Under 20 Male/Female
2.00pm	10km	Points race	Open
2.00pm	8km	<b>RWA Challenge</b>	Under 18 Male/Female
2.00pm	8km	Points race	Open
2.15pm	5km	<b>RWA Challenge</b>	Under 16 Male/Female
2.15pm	5km	Points race	Open
2.15pm	3km	<b>RWA Challenge</b>	Under 14 Male/Female
2.15pm	3km	Points race	Open
2.45pm	2km	<b>RWA Challenge</b>	Under 12 Male/Female
2.45pm	2km	Points race	Open
2.45pm	1.5km	<b>RWA Challenge</b>	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.

**Twilight Trivia: VRWC fund raising event at the clubroom**

**Date: Saturday 27<sup>th</sup> July, 3.45pm, after the daily races**

**Saturday 3<sup>rd</sup> August 2024****Middle Park**

***Prizes will be awarded to the handicap winners, male and female for each race***

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 11<sup>th</sup> August 2024

## 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**

10.00am	<b>10km</b>	<b>AV Country Championship</b>	Open Male
10.00am	<b>10km</b>	<b>AV Country Championship</b>	Open Female
10.00am	<b>10km</b>	<b>VRWC Championship</b>	Open Male/Female
10.00am	10km	Non championship	Open
10.30am	<b>5km</b>	<b>AV Country Championship</b>	Under 20 Male/Female
10.30am	<b>5km</b>	<b>VRWC Championship</b>	Under 20 Male/Female
10.30am	<b>5km</b>	<b>AV Country Championship</b>	Under 18 Male/Female
10.30am	<b>5km</b>	<b>VRWC Championship</b>	Under 18 Male/Female
10.30am	5km	Non championship	Open
11.00am	<b>3km</b>	<b>AV Country Championship</b>	Under 16 Male/Female
11.00am	<b>3km</b>	<b>VRWC Championship</b>	Under 16 Male/Female
11.00am	<b>3km</b>	<b>AV Country Championship</b>	Under 14 Male/Female
11.00am	<b>3km</b>	<b>VRWC Championship</b>	Under 14 Male/Female
11.00am	3km	Non championship	Open
11.15am	<b>2km</b>	<b>VRWC Championship</b>	Under 12 Male/Female
11.15am	2km	Non championship	Open
11.15am	<b>1km</b>	<b>VRWC Championship</b>	Under 10 Male/Female
11.15am	1km	Non championship	Open
11.30am		Presentations	

## Saturday 17<sup>th</sup> August 2024

## 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

**Entries for the relay event closes August 24<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 24th 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 24<sup>th</sup> August 2024

## Middle Park

### Walk Judging seminar

1.00pm Course for updating racewalk judging qualifications.

**Sunday 25th August 2024:****Venue: Adelaide**AMA Championship:

TBA	20km	AMA Championships	Masters Male
TBA	20km	AMA Championships	Masters Female

**Sunday 25<sup>th</sup> August 2024****Middle Park**RACEWALKING AUSTRALIA WALKING CHAMPIONSHIP CARNIVALAll race entries are online.

9.15am	20km	RWA Glover Shield & Teams race	Open Male
9.15am	20km	RWA Carrington Cup & Teams Race	Open Female
9.30am	10km	RWA Championship	Masters Male
9.30am	10km	RWA Championship	Masters Female
9.30am	10km	RWA Championship & Teams Race	Under 20 Male
9.30am	10km	RWA Championship & Teams Race	Under 20 Female
9.30am	10km	RWA Jubilee Shield & Teams Race	Under 18 Boys
9.45am	1km	RWA Championship & Teams Race	Under 10 Male
9.45am	1km	RWA Championship & Teams Race	Under 10 Female
10.10am	2km	RWA Championship & Teams Race	Under 12 Male
10.10am	2km	RWA Championship & Teams Race	Under 12 Female
10.40am	3km	RWA Championship & Teams Race	Under 14 Male
10.40am	3km	RWA Championship & Teams Race	Under 14 Female
11.15am	5km	RWA Goble Trophy & Teams Race	Under 16 Male
11.15am	5km	RWA Knight Trophy & Teams Race	Under 16 Female
11.15am	5km	RWA Jacobson Trophy & Teams Race	Under 18 Girls

12.00pm Presentations

**Saturday 31<sup>st</sup> August 2024****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

**Saturday 7<sup>th</sup> September 2024****Mentone**VRWC & VMA Events, For these events, online entries are accepted until Friday 11.59pm

2.00pm	<b>2 hour</b>	Open
2.00pm	<b>1 hour</b>	Open
2.00pm	<b>10,000m</b>	Open
2.15pm	<b>AV 5000m Teams Championship</b>	Male/Female
2.15pm	<b>5000m VMA Championship</b>	Male/Female
2.15pm	<b>5000m</b>	Open
2.15pm	<b>3000m</b>	Open
2.45pm	<b>2000m</b>	Open,
3.00pm	<b>1500m</b>	Open

### 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 15<sup>th</sup> September 2024

### 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**

11.00pm	Relay event ( teams of 5 walkers)	Open
11.20pm	4km	Open
11.20pm	1km	Open
<b>12.15pm</b>	<b>BBQ lunch</b>	
<b>12.30pm</b>	<b>VRWC Winter Season presentations</b>	

### 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



## 2024 WINTER SEASON FIXTURE

### APRIL

Sunday 28<sup>th</sup> April AV & VRWC CHAMPIONSHIPS & VRWC Events Mentone Track  
Incorporating AV Bert Gardiner 10km winter championship

### MAY

Saturday 4<sup>th</sup> May VRWC Points races Middle Park

Saturday 11<sup>th</sup> May VRWC Points races Middle Park

**Saturday 11<sup>th</sup> May Coaching seminar for parents, athletes and coaches Middle Park**

Sunday 19<sup>th</sup> May AV, AV SCHOOLS & VRWC CHAMPIONSHIPS  
& VRWC Events Middle Park

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

### JUNE

Saturday 1<sup>st</sup> June VRWC Points races Middle Park

Sunday 9<sup>th</sup> June RWA 57th Annual Lake Burley Griffin Carnival, Canberra

Saturday 15<sup>th</sup> June VRWC Points races and Prize day Middle Park

Saturday 22<sup>th</sup> June A.V. & Little Athletics Championships, Middle Park

**Saturday 22<sup>nd</sup> June Judging course and Coaching seminar Middle Park**

Saturday 29<sup>th</sup> June VRWC Points races Middle Park

### JULY

Saturday 6<sup>th</sup> July VRWC Points races and Interval races Middle Park

Sunday 14<sup>th</sup> July AV & VRWC CHAMPIONSHIPS & EVENTS Middle Park

Saturday 20<sup>th</sup> July VRWC Points races

**Saturday 20<sup>th</sup> July Coaching seminar for parents, athletes and coaches Middle Park**

Saturday 27<sup>th</sup> July Racewalking Australia Postal Challenge event &  
VMA 10km Middle Park

**Saturday 27<sup>th</sup> July Twilight Trivia fund raising afternoon Middle Park**

### AUGUST

Saturday 3<sup>rd</sup> August VRWC Points races and Prize day Middle Park

Sunday 11<sup>th</sup> August AV Country Championship & VRWC Event Middle Park

Saturday 17<sup>th</sup> August VRWC Last points race Middle Park

**Saturday 24<sup>th</sup> August Judging course Middle Park**

Sunday 25<sup>th</sup> August Racewalking Australia 2<sup>nd</sup> Carnival Middle Park

Sunday 25<sup>th</sup> August AMA 20km Championships Adelaide

Saturday 31<sup>st</sup> August VRWC non points race day Middle Park

### September

Saturday 7<sup>th</sup> September AV 5km teams championship, VMA 5km track championship &  
VRWC events Mentone Track

Sunday 15<sup>th</sup> September VRWC relay race and Seasons Presentations Middle Park