

**THE 2015 AUSTRALIAN ROADWALKING CHAMPIONSHIPS
IN CONJUNCTION WITH
THE 2015 RACEWALKING AUSTRALIA CARNIVAL**

**SUNDAY 30 AUGUST 2015
MIDDLE PARK, MELBOURNE, VICTORIA**

The 2015 Australian Road Walking Championships are a joint venture involving Athletics Australia, State Associations and Racewalking Australia.

Entry for all championship events must be completed online at www.athletics.com.au.

Athletes entering online in any of the following championship events will automatically be entered in the associated RWA Teams event. (Please note the online entry makes no mention of team events.)

Open Men	20km
Under 20 Men	10km
Under 18 Boys	10km
Under 16 Boys	5km
Under 14 Boys	3km
Under 12 Boys	2km
Open Women	20km
Open Women	10km
Under 20 Women	10km
Under 18 Girls	5km
Under 16 Girls	5km
Under 14 Girls	3km
Under 12 Girls	2km

The following additional non-championship events have been included on the program

Under 10 Boys	1km
Under 10 Girls	1km
Open	5km

Entries for these additional events will be taken on the day, with an entry cost of \$5.00.

PROGRAM OF EVENTS

1	8.00 am	A.A. R.W.A. R.W.A.	Open Men Masters Men Open Men	20 km Championship 20 km Championship 20 km Teams Race
2	8.00 am	A.A. R.W.A.	Open Women Open Women	20 km Championship 10 km Teams Race
3	8.30 am	R.W.A. R.W.A. R.W.A.	Open Women Open Women Masters Women	10 km Championship 10 km Teams Race 10 km Championship
4	9.30 am	A.A. R.W.A.	Under 20 Men Under 20 Men	10 km Championship 10 km Teams Race
5	9.30 am	A.A. R.W.A.	Under 20 Women Under 20 Women	10 km Championship 10 km Teams Race
6	9.30 am	A.A. R.W.A.	Under 18 Men Under 18 Men	10 km Championship 10 km Teams Race
7	10.30 am	R.W.A. R.W.A.	Under 12 Boys Under 12 Boys	2 km Championship 2 km Teams Race
8	10.30 am	R.W.A. R.W.A.	Under 12 Girls Under 12 Girls	2 km Championship 2 km Teams Race
9	10.50 am	A.A. R.W.A.	Under 14 Boys Under 14 Boys	3 km Championship 3 km Teams Race
10	10.50 am	A.A. R.W.A.	Under 14 Girls Under 14 Girls	3 km Championship 3 km Teams Race
11	11.15 am	A.A. R.W.A.	Under 16 Boys Under 16 Boys	5 km Championship 5 km Teams Race
12	11.15 am	A.A. R.W.A.	Under 16 Girls Under 16 Girls	5 km Championship 5 km Teams Race
13	11.45 am	A.A. R.W.A.	Under 18 Women Under 18 Women	5 km Championship 5 km Teams Race
14	11.45 am	V.R.W.C.	Open	5 km
15	11.50 am	R.W.V. R.W.V.	Under 10 Boys Under 10 Girls	1 km Championship 1 km Championship

The timetable has been designed to try to minimize the number of walkers on the course at any one time. In particular, the design is such that by the time the shorter distance events start at 10:30PM, nearly all the 20km and 10km walkers will have completed their events.

PRESENTATIONS

The Australian Road Walking Championship (AA) presentation of awards will take place as soon as possible after the completion of each event.

The RWA presentation of awards will take place as soon as possible after the completion of the day's events. The RWA presentations, along with light refreshments, will take place in the Middle Park Bowling Club dining room. There will be no cost for the refreshments.

GENERAL INFORMATION

1. OPEN AND MASTERS AGE CATEGORIES

Open Women can enter either the AA 20 km event or the RWA 10 km event, but not both. All women in the AA 20 km event and the RWA 10 km event are eligible to score points in the RWA 10 km Teams Championship, provided they are members of one of the RWA clubs. For 20 km walkers, the 10 km split times will be used for this purpose.

Masters Men and Women do not need to enter masters and open separately. Walkers aged 35 or over who enter the 20 km Open Men or the 10 km Open Women will automatically be entered into the RWA Masters category for that event.

2. ENTRY PROCEDURE AND COSTS

Entry for all championship events will be via the Athletics Australia website: www.athletics.com.au. When entering, RWA entrants should nominate their RWA Walking Club to allow for the identification of clubs in the Teams based competition. If this is not properly completed at time of entry, additional work will be required at our end to ensure that all RWA members are properly recorded.

All RWA walkers who enter an individual championship are automatically entered into the associated RWA Teams Event.

Entries for the following additional non-championships events will be taken on the day. Entry cost for these events is \$5.

14	11.45 am	V.R.W.C.	Open	5 km
15	11.50 am	R.W.V R.W.V.	Under 10 Boys Under 10 Girls	1 km Championship 1 km Championship

3. ENTERING MULTIPLE EVENTS

Where events are being run concurrently walkers may only enter one event. For example, Under 18 Men 10 km and Under 20 Men 10 km.

As a result of the close scheduling of events and the longer distances being raced by the younger walkers, **only walkers 12 years and older on the day may enter multiple events.** This is a duty of care consideration. For example, young walkers under the age of 12 should not race the Under 12 2 km event, following up with a second race of either the 3 km or 5 km distance.

4. CLOSING DATE FOR ONLINE ENTRIES

Online entries will close on **Sunday 16th August**, 2 weeks before the carnival is to be held.

Once the entry period has closed, each RWA club will be forwarded a list of entrants. RWA clubs are asked to complete handicap information for each walker and return the completed information to owen.hunt@dpiwve.tas.gov.au no later than **Sunday 23rd August**.

For further info, contact the RWA Local Organizing Committee via terick@melbpc.org.au.

STATE REPRESENTATION AND UNIFORMS

Walkers in AA championship events may be nominated to represent their State as official representatives, provided that they are current members of AA. affiliated clubs. Athletes must wear either their state uniform or their RWA club uniform. State Institute of Sport walkers may wear their official Institute competition uniform.

AGE DESIGNATION

Age for all AA and RWA events is age as at **31 December 2015**.

Age for the additional non-championship events is **age on the day**.

COURSE INSPECTION AND PICKING UP NUMBERS

Team Managers and other interested persons are invited to join us on **Saturday 29th August** at **5PM** at the **VRWC Headquarters at the Middle Park Bowling Club** for an inspection of the course and for a chance to pick up race numbers, etc. Note that this is not a team managers meeting but we can pass any questions onto Athletics Australia as required. Team managers can of course always pick up their race numbers on race day.

VRWC HEADQUARTERS

Victorian Race Walking Club Headquarters, Middle Park Bowling Club (Melway ref: 2K F10)
St Kilda Light Rail No.96 from Bourke Street, Stop Number 130, Middle Park

PROTESTS

Protests must be lodged initially with the Referee as per IAAF rules. Appeals to the Jury are to be made in writing on the appropriate Appeal Form and lodged with the appropriate fee. Athletics Australia will provide further information on the process to be followed here.

OFFICIALS / VOLUNTEERS

Since these are Australian Championships, all major positions, including the judging panel, will be handled by AA. Clubs are invited to nominate additional officials / volunteers to assist with the conduct of the carnival as required. Details of any additional officials / volunteers should be forwarded to mdonahoo@optusnet.com.au.

COURSE DETAILS

All races will be held on a flat bitumen 2 km course on the service roads within the Albert Park national park. This course has been AIMS certified.

The Start/Finish line is immediately outside the Middle Park Bowling Club back gate.. See the map which is attached at the end of this document.

Laps shall be as follows

20 km :	10 x 2 km
10 km:	5 x 2 km
5 km:	2 km, 2 km, 1 km
3 km:	2 km, 1 km
2 km:	1 x 2 km
1 km:	1 x 1 km

PARKING

Parking is available in the public carpark in front of the Middle Park Bowling Club. Note that a carparking fee is required to use this parking area. Free carparking is available in Canterbury Road, Middle Park, and it is only a short walk to the Middle Park Bowling Club from there.

FACILITIES

Toilets, change rooms and shower facilities for both men and women are available in the Middle Park Bowling Club facility. Further toilets are available trackside.

CANTEEN

Canteen facilities will be available in the VRWC clubrooms in the Middle Park Bowling Club.

AWARDS

AA Championship medals will be presented to 1st, 2nd and 3rd places in the Australian Championship events.

RWA medals will be awarded to 1st, 2nd and 3rd places in the RWA, Masters and Under 12 events.

Handicap Trophies will be awarded to 1st, 2nd and 3rd places in all RWA events. For the handicap competitions, the Open Men 20 km and Masters Men 20km are treated as a single event and the Open Women 10 km and Masters Women 10 km are treated as a single event.

RWA medals will be awarded to members of the 1st, 2nd and 3rd placed teams in RWA Teams Events.

RWA Perpetual trophies will be awarded to the winning teams in RWA events.

RWV medals will be awarded to the 1st, 2nd and 3rd placed walkers in the Under 10 invitational races.

PERPETUAL TROPHIES FOR TEAMS

The following RWA perpetual trophies are awarded to winning teams as follows

Glover Shield	Open Men	20km
Troy Sundstrom Trophy	Under 20 Men	10km
Nathan Deakes Trophy	Under 18 Men	10km
Goble Trophy	Under 16 Boys	5km
Ron Crawford Trophy	Under 14 Boys	3km
Under 12 Boys Team Trophy	Under 12 Boys	2km
Carrington Cup	Open Women	10km
Jane Saville Trophy	Under 20 Women	10km
Jacobson Trophy	Under 18 Women	5km
Knight Trophy	Under 16 Girls	5km
Deanna Rahill Trophy	Under 14 Girls	3km
Under 12 Girls Team Trophy	Under 12 Girls	2km

Current perpetual trophy holders are asked to return the engraved trophies to the Local Organizing Committee on or before the day of the carnival.

HANDICAPS

Handicaps for RWA Competitors should be based on the following base times.

Event	Start Time	Category	Distance	Base Time
1	8.00 am	Open Men, Masters Men	20 km	1:20:00
2	8.00 am	Open Women, Masters Women	20 km / 10km split	42.00
3	8.30 am	Open Women, Masters Women	10 km	42.00
4	9.30 am	Under 20 Women	10 km	44.00
5	9.30 am	Under 20 Men	10 km	42.00
6	9.30 am	Under 18 Men	10 km	44.00
7	10.30 am	Under 12 Boys	2 km	9.20
8	10.30 am	Under 12 Girls	2 km	9.20
9	10.50 am	Under 14 Boys	3 km	13.30
10	10.50 am	Under 14 Girls	3 km	13.30
11	11.15 am	Under 16 Boys	5 km	22.30
12	11.15 am	Under 16 Girls	5 km	23.00
13	11.45 am	Under 18 Women	5 km	22.30

Once the entry period has closed, each RWA club will be forwarded an entry list. RWA Clubs are asked to complete handicap information for each walker and return the completed information to owen.hunt@dpiwve.tas.gov.au by no later than **Tuesday 25 August 2015**.

FURTHER INFORMATION

For further information please email the RWA LOC at terick@melbpc.org.au.

COURSE

