



VICTORIAN RACE WALKING CLUB Inc.

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

2019 Winter Race Fixture & Competition Rules

President

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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 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 9, Under 12, Under 15, Open Age, and Masters (Women 40+, Men 40+). The VRWC invites any persons new to the sport of racewalking to participate in our club events using our modified 'Club Rules'.

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 conduct seminars.

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

JUDGING AT VRWC EVENTS

All VRWC championship races are conducted in accordance with International Association of Athletics Federations (IAAF) Rules 230 and 240. Walkers competing in club non-championship races may choose to be judged in one of two ways – under full IAAF rules or under Club Rules. 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.

IAAF RULE 230 – RACE WALKING

Definition of Race Walking

1. 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 shall 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 sections 2,3,4,5,6,7,8 and 9 of Rule 230 printed in the current IAAF Handbook.

Sections of IAAF Rule 240 Road Events are also applicable to Race Walking events.

CANTEEN

The canteen is open on all race days. Hot and cold food and drinks are available. Money from the canteen helps support the club.

VRWC RACE FEES

VRWC Club Races:	Financial mbrs: \$7.00	Non financial: \$10.00	Families: \$15
Seasons ticket:	Financial members: \$85.00		
VRWC Championships:	Financial mbrs: \$10.00	Non financial: \$12.00	Families: \$20

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

Non-members may pay the reduced financial member rate for the first race they attend but are required to pay the higher non financial rate for subsequent races.

VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year and are currently set as follows:

Senior (Open and Masters)	\$40.00
Under 20:	\$30.00
Under 16:	\$20.00
Associate/Officials:	\$40.00
Family membership - two adults and any number of children:	\$95.00
Family membership - one adult and any number of children:	\$80.00
Family membership – any number of children	\$50.00

Annual Subscriptions are due on October 1st of each calendar year.

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 unsavory people out there and we want to give our walkers a safe environment in which they can enjoy their walking.

VRWC RULES

- VRWC numbers are issued to all VRWC financial members and are to be worn in all VRWC races, along with the correct VRWC or RWV club uniform.
- 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 first claim AV Club Uniform and their current AV registration number in all Athletics Victoria championships.
- VRWC members compete in Racewalking Australia events as part of the Racewalking Victoria team and must compete in the appropriate Racewalking Victoria uniform.
- Check in for all races is in the VRWC Clubrooms, Middle Park Bowling Club Complex.
- Age groups for all VRWC races are taken from the start of the club financial year, namely 1st Oct.
- Walkers should generally register 30 minutes before the start time of their event. For Saturday afternoon events, a 1:45PM race registration cut off is enforced.

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 last 12 months will be given a handicap time. Points are then awarded.
- Non-members or unfinancial members will be permitted to start in these races, but will not receive points.
- Walkers competing under Club Rules are not eligible to earn Handicap or Actual Time points.

ATHLETICS VICTORIA AND ATHLETICS AUSTRALIA EVENTS

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

Athletics Victoria is the normal point of contact for all such events. In each case, there should be a specific entry form available and entries may close up to 9 days before the event. The onus is on all competitors to contact the Athletics Victoria Office or Athletics Australia office and complete the requisite 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.

VRWC FIXTURE - WINTER SEASON 2019

Pre entry to be made available via internet or entering the previous week at the race entry desk

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**.

Entries close at 1.45pm on Saturdays for all events

Sat 13th April & Sun 14th April Australian Centurions 24 Hour Walk Championships, Coburg, VIC

Saturday 27th April 2019

Middle Park

AMA Australian 10km walk championship

10:30am 10km Race 1: all ages up to 55-59 age group

Men and Women

11.30am 10km Race 2: all ages 60+

Men and Women

Saturday 27th April 2019

Middle Park

VRWC Events, Entries close for all events at 1.45pm sharp

2.15pm 8km Points Race

Open

2.15pm 6km Points Race

Open

2.15pm 4km Points Race

Open

2.30pm 2km Points Race

Open

2.30pm 1km Points Race

Open

Saturday 4th May 2019

Middle Park

VRWC Events: Entries close for all events at 1.45pm sharp

2.15pm 12km Points Race

Open

2.15pm 10km Points Race

Open

2.15pm 5km Points Race

Open

2.30pm 3km Points Race

Open

2.30pm 1.5km Points Race

Open

Saturday 11th May 2019

Middle Park

AV & VRWC CHAMPIONSHIPS & VRWC Events: Entries close for all events 1.45pm, except 15km

Open which closes a 1.30pm. Pre-entry is required for AV 15km with the AV office.

2.00pm 15km **AV Championship**

Open Men

2.00pm 15km **AV Championship**

Open Women

2.00pm 15km **VRWC Championship - Elsie Jacobson Trophy**

Open Women

2.00pm 15km **VRWC Championship**

Under 20 Men/Women

2.00pm 15km Points race

Open

2.15pm 10km Points Race

Open

2.15pm 5km Points Race

Open

2.30pm 3km Points Race

Open

2.30pm 1.5km Points Race

Open

3.45pm Presentations

Check: *Note: VRWC members racing in the AV event are automatically placed into the 15km point race

Saturday 18th May 2019**Middle Park**

VRWC Events: Entries close for all events at 1.45pm sharp.

2.15pm	8km	Points Race	Open
2.15pm	6km	Points Race	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

ENTRIES CLOSE WEDNESDAY 22 MAY for the RWA carnival to be held in Canberra on Sunday 11th June 2019. Enter via the online panel at <https://www.trybooking.com/book/event?eid=477790>.

Sunday 26th May 2019**Middle Park**

AV&VRWC Events: Pre-entry is required for AV 10km & AV Country with the AV office. Entries for non-championship 10km & 5km events close at 9.30am on the day. 2km non-championship events close at 10.45am on the day.

10.00am	10km	AV Championship	Open, 40+, 50+ Men
		Winner of the Open Men's event is awarded the C.H. [Bert] Gardiner Medal	
10.00am	10km	AV Country Championship	Open Men
10.00am	10km	AV Championship	Open, 40+, 50+ Women
10.00am	10km	AV Country Championship	Open Women*
10.00am	10km	Non championship	Open
10.30am	5km	AV Country Championship	Under 20 Men/Women
10.30am	5km	VRWC Championship	Under 20 Men/Women
10.30am	5km	AV Country Championship	Under 18 Men/Women
10.30am	5km	VRWC Championship	Under 18 Men/Women
10.30am	5km	Non championship	Open
11.00am	3km	AV Country Championship	Under 16 Boys/Girls
11.00am	3km	VRWC Championship	Under 16 Boys/Girls
11.00am	3km	AV Country Championship	Under 14 Boys/Girls
11.00am	3km	VRWC Championship	Under 14 Boys/Girls
11.00am	3km	Non championship	Open
11.05am	1km	Racewalking Victoria Championship	Under 10 Boys/Girls
11.05am	1km	Non championship	Open
11.15am	2km	Racewalking Victoria Championship	Under 12 Boys/Girls
11.15am	2km	Non championship	Open
11.30am		Presentations	

Saturday 1st June 2019**Middle Park**

VRWC Events: Entries close for all events at 1.45pm sharp

2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Sunday 9th June 2019

Canberra

RACEWALKING AUSTRALIA CHAMPIONSHIPS

53rd Annual Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT

8.00am	20 miles	RWA Championship & Teams Race	Open
	20 miles	Fitness Walk	
	30km	AACT Championship	Open Men & Women
	10 miles	RWA Championship & Teams Race	Open Women
	10 miles	RWA Championship	Masters Women
	10 miles	RWA Championship & Teams Race	Open Men
	10 miles	RWA Championship	Masters Men
	10 miles	Fitness Walk	
9.00am	5 miles	Fitness Walk	
10.30am	10km	AACT Championship	Under 20 Men
10.30am	10km	RWA Championship & Teams Race	Under 20 Men/Women
10.30am	10km		Open Men
11.40am	1km	RWA Championship	Under 10 Boys/Girls
11.50am	2km	RWA Championship & Teams Race	Under 12 Boys
12.10am	2km	RWA Championship & Teams Race	Under 12 Girls
12.30pm	2km	RWA Championship & Teams Race	Under 14 Boys
12.50pm	2km	RWA Championship & Teams Race	Under 14 Girls
1.10pm	3km	RWA Championship & Teams Race	Under 16 Boys
1.35pm	3km	RWA Championship & Teams Race	Under 16 Girls
2.00pm	5km	RWA Championship & Teams Race	Under 18 Boys/Girls
2.40pm	5km	RWA Championship & Teams Race	Women

Saturday 15th June 2019

Middle Park

VRWC Events: Entries close for all events at 1.45pm sharp.

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

2.15pm	8km	Guess your finish time & Points Race	Open
2.15pm	6km	Guess your finish time & Points Race	Open
2.15pm	4km	Guess your finish time & Points Race	Open
2.30pm	2km	Guess your finish time & Points Race	Open
2.30pm	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 are to be worn.

Sunday 23rd June 2019

Middle Park

A.V., A.V. SCHOOLS, VMA & VRWC Championships

VRWC & VMA Events: Entries close for all events at 30 minutes before the event.

8.30am	20km	AV Championship	Open Men
8.30am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.30am	20km	VMA Championships	Masters Men
8.30am	20km	AV Championship	Open Women
8.30am	20km	VMA Championships	Masters Women
8.30am	20km	Non- championship	Open
9.15am	10km	AV Schools Championship	Under 20 Men/Women
9.15am	10km	Non- championship	Open
9.30am	3km	AV Schools Championship	Under 16 Boys/Girls
9.30am	3km	AV Schools Championship	Under 14 Boys/Girls
9.50am	5km	AV Schools Championship	Under 18 Men/Women
9.50am	5km	Non- championship	Open
10.00am	2km	Non- championship	Open

10.15am	1.5km	VRWC Championship	Under 10 Boys/Girls
10.25am	2.5km	VRWC Championship	Under 12 Boys/Girls
11.00pm		Presentations	

Saturday 29th June 2019

Middle Park

VRWC Events: Entries close for all events at 1.45pm sharp.

2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

Saturday 6th July 2019

Middle Park

VRWC Events: Entries close for all events at 1.45pm sharp. Handicap prizes day

2.15pm	8km	Points Race	Open
2:15pm	6km	Points Race	Open
2:15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Saturday 13th July 2019

Middle Park

Racewalking Australia Postal Challenge event

VMA, RWA & VRWC EVENTS: Entries close for all events at 1.45pm sharp

2.15pm	10km	VMA Championship	Masters Men
2.15pm	10km	VMA Championship	Masters Women
2.15pm	10km	RWA Challenge	Open Men/Women
2.15pm	10km	RWA Challenge	Masters Men/Women
2.15pm	10km	RWA Challenge	Under 20 Men/Women
2.15pm	8km	RWA Challenge	Under 18 Men/Women
2.15pm	5km	RWA Challenge	Under 16 Boys/Girls
2.15pm	5km	Non championship event	Open
2.30pm	3km	RWA Challenge	Under 14 Boys/Girls
2.30pm	2km	RWA Challenge	Under 12 Boys/Girls
2.30pm	2km	Non championship event	Open
2.40pm	1.5km	RWA Challenge	Under 10 Boys/Girls

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.

Twilight Trivia: VRWC fund raising event at the clubroom
Date: Saturday 13th July, 4pm, after the racewalking challenge

Saturday 20th July 2019**Middle Park****SPECIAL VRWC INTERVALS Events: Entries close for all events at 1.45pm sharp.**

2.15pm	Intervals Race – 6km, 8km or 10km	Open
2.30pm	4km	Open
2.30pm	2km	Open

In the Intervals Race, walkers choose to walk either 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 1st 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	3x2km Race Legs	4x2km Race Legs	5x2km Race Legs
2.15pm	1	1	1
2.32pm	2	2	2
2.49pm	3	3	3
3.06pm		4	4
3.23pm			5

Sunday 28th July 2019**Middle Park***Pre-entry is required for AV races are with the AV office before the event***AV & VRWC CHAMPIONSHIPS & Events: Entries close for all events at 30 minutes before the event.**

8.30am	30km	AV Championship	Open *
	3 Hour	Non championship event	Open
8.30am	20km	Non championship event	Open
9.00am	10km	VRWC Championship - Mabel Robinson Trophy	Open Women
9.00am	10km	AV Championship	Under 20 Men
9.00am	10km	AV Championship	Under 20 Women
9.00am	10km	AV Championship	Under 18 Men
9.00am	10km	Non championship event	Open
10.00am	3km	AV Championship	Under 14 Boys/Girls
10.20am	5km	AV Championship	Under 16 Boys/Girls
11.00am	5km	AV Championship	Under 18 Women
11.15am	5km	Non championship event	Open
11.15am	2km	Non championship event	Open
11.20am	2km	VRWC Championship	Under 10 Boys/Girls
11.20am	2km	VRWC Championship	Under 12 Boys/Girls
11:50am		Medal presentations at the conclusion of the events.	

* The Victorian 30km is an Open event, meaning it is open to both men and women.

Saturday 3rd August 2019**Middle Park****VRWC Events: Entries close for all events at 1.45pm sharp.**

2.15pm	12km	Points Race	Open
2.15pm	10km	Points Race	Open
2.15pm	5km	Points Race	Open
2.30pm	3km	Points Race	Open
2.30pm	1.5km	Points Race	Open

Saturday 10th August 2019**Middle Park**

VRWC EVENTS: Entries close for all events at 1.45pm sharp. Lastpointsracefortheseason

2.15pm	8km	Points Race,	Open
2.15pm	6km	Points Race,	Open
2.15pm	4km	Points Race	Open
2.30pm	2km	Points Race	Open
2.30pm	1km	Points Race	Open

Sunday 11th August 2019**Venue: Adelaide SA**

AMA Championship:

TBA	20km	AMA Championships	Masters Men
TBA	20km	AMA Championships	Masters Women

Saturday 17th August 2019**Middle Park**

VRWC Events: Beat Your Season Best time. Entries close for all events at 1.45pm sharp

Prizes will be awarded to the winning, male and female for each race

The winners are the walkers in each race to beat their season best time by the largest margin.

2.15pm	8km	Beat Your Season Best Time	Open
2.15pm	6km	Beat Your Season Best Time	Open
2.15pm	4km	Beat Your Season Best Time	Open
2.30pm	2km	Beat Your Season Best Time	Open
2.30pm	1km	Beat Your Season Best Time	Open

Saturday 24th August 2019**Middle Park**

VRWC Events: Entries close for all events at 1.45pm sharp

2.15pm	12km		Open
2.15pm	10km		Open
2.15pm	5km		Open
2.30pm	3km		Open
2.30pm	1.5km		Open

Saturday 31st August 2019**Middle Park**

VRWC Relay event: entries close Saturday 17th August. For the individual event, entries close at 1.45pm sharp

2.15pm	Relay event (teams of 4 walkers)	Open
2.30pm	4km	Open
2.30pm	1km	Open
3.30pm	VRWC Winter Season presentations	

Relay rules:

1. Teams will be picked by the handicapper randomly.
2. Teams will start on their combined handicap time
3. Entries for the event close Saturday 18th August
4. Teams will consist of 4 walkers: 3km all age group, 1km all age group, 2km junior walker under 18, 4km senior walker open or masters.

Sunday 8th September 2019**Adelaide****AUSTRALIAN ROAD WALKING CHAMPIONSHIPS & RWA CARNIVAL**

TBA	20km	AA Championship & RWA Teams Race	Open Men
TBA	20km	RWA Championship	Masters Men
TBA	20km	AA Championship	Open Women
TBA	10km	RWA Championship & Teams Race	Open Women
TBA	10km	RWA Championship	Masters Women
TBA	10km	AA Championship & RWA Teams Race	Under 20 Men/Women
TBA	10km	AA Championship & RWA Teams Race	Under 18 Boys
TBA	5km	AA Championship & RWA Teams Race	Under 18 Girls
TBA	5km	AA Championship & RWA Teams Race	Under 16 Boys/Girls
TBA	3km	AA Championship & RWA Teams Race	Under 14 Boys/Girls
TBA	2km	RWA Championship & Teams Race	Under 12 Boys/Girls

Sunday 15th September 2019**Middle Park****AV, Events: Entries close for all events at 45 minutes before the event.**

7.30am	50km	AV Championship - Jared Tallent Trophy	Open *
	35km	VRWC Championship – Ray Smith Trophy	Open *
	6 Hours	Walk	Open
10.00am	20km		Open
11.00am	10km		Open

All VRWC entrants in the 50km and 6 Hour events are automatically entered in the VRWC 35km club championship. It is also possible to enter this event as a standalone event.

* The Victorian 50km and VRWC 35km are Open events, meaning they are open to men and women.

*These events require pre-entry.

2019 WINTER SEASON FIXTURE

APRIL

13-14 April 2019	Australian Centurions 24 Hour Walk	Coburg, VIC
Saturday 27 th April 2019	Australian Masters 10km Championships	Middle Park
Saturday 27 th April 2019	VRWC EVENTS	Middle Park

MAY

Saturday 4 th May 2019	VRWC EVENTS	Middle Park
Saturday 11 th May 2019	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park
Saturday 18 th May 2019	VRWC EVENTS	Middle Park
Sunday 26 th May 2019	AV, AV COUNTRY, RWV & VRWC EVENTS	Middle Park

JUNE

Saturday 1 st June 2019	VRWC EVENTS	Middle Park
Sunday 9 th June 2019	RWA 53 rd Annual Lake Burley Griffin Carnival	Canberra, ACT
Saturday 15 th June 2019	VRWC EVENTS – Prize day	Middle Park
Sunday 23 rd June 2019	AV & AV. Schools, VMA & VRWC Championships	Middle Park
Saturday 29 th June 2019	VRWC EVENTS & Coaching session	Middle Park

JULY

Saturday 6 th July 2019	VRWC EVENTS – Prize day	Middle Park
Saturday 13 th July 2019	VMA, RWA & VRWC EVENTS	Middle Park
Saturday 13 th July 2019	Twilight Trivia fund raising afternoon	Middle Park
Saturday 20 th July 2019	VRWC INTERVALS EVENT	Middle Park
Sunday 28 th July 2019	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

AUGUST

Saturday 3 rd August 2019	VRWC EVENTS	Middle Park
Saturday 10 th August 2019	VRWC EVENTS	Middle Park
Sunday 11 th August 2019	Australian Masters 20km Championships	Adelaide
Saturday 17 th August 2019	VRWC EVENTS – Prize day	Middle Park
Saturday 24 th August 2019	VRWC EVENTS	Middle Park
Saturday 31 st August 2019	VRWC Relay & Winter Season presentation	Middle Park

SEPTEMBER

Sunday 8 th September 2019	Australian Roadwalk Champs and RWA Carnival	Adelaide
Sunday 15 th September 2019	AV & VRWC EVENTS	Middle Park