

**VICTORIAN RACE WALKING CLUB Inc.**  
**2021-100 year of racewalking in Victoria**

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

**2022**  
**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 10, Under 12, Under 14, Under 16, Under 18, Open Age, and Masters (Women 40+, 60+, Men 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. 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' 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**.

## 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: \$100.00 paid by the <b>21st May</b> .		
<b><u>VRWC Club Races:</u></b>	Financial mbrs: \$10.00	Non financial: \$15.00	Families: \$20
<b><u>VRWC Championships:</u></b>	Financial mbrs: \$15.00	Non financial: \$20.00	Families: \$30

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

For the **2022 season only**, members who paid their annual fee during the 2021 season is exempt from paying the fee in 2022.

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 2021:

<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.

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

## 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 to apply is no points in the race and no time recorded.
- VRWC numbers are issued to all VRWC 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 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 VRWC team and must compete in the VRWC uniform.
- Age groups for all VRWC races are taken from 1<sup>st</sup> April each year.
- VRWC Club championships are based on Age on the day.

## VRWC Race Entries

- As the race sheets are drawn up before Saturday, walkers are asked to enter online, entries close 11.59pm Wednesday
- To enter online, go to the club webpage: [www.vrwc.org.au](http://www.vrwc.org.au)
- Then click on the left side tab: [Pre-entering VRWC races](#)
- Click on the three bars at the top left of the page and select the race day and distance.
- If there are problems then email or text the race registrar: [mdonahoo@optusnet.com.au](mailto:mdonahoo@optusnet.com.au) or 0428 331 550
- Entries for AA and AV Championships **MUST** be completed online, through the organisations website.

### Check in before races

- Check in for all races is in the VRWC Clubrooms, Middle Park Bowling Club Complex.
- For Saturday's races, walkers should check in at least 15 minutes before the start time of the first race, that being 2.00pm.
- For Sunday's races, walkers who enter online should check in at least 20 minutes before their race.

## 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-members 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.



## 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 2022

**Pre entry is required and is available via internet on the VRWC webpage**

[Pre-entering VRWC races](#)

**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 1<sup>st</sup> May 2022

Victoria Park, Ballarat

AV & VRWC CHAMPIONSHIPS & VRWC Events:

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

All VRWC races, For these events, online entries only are accepted and close **Wednesday 11.59pm**

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

### Saturday 7th May 2022

Middle Park

VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm**

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 14th May 2022

Middle Park

#### Walk Judge Seminar

Applications close 6<sup>th</sup> May with Diane Lowden.



## Sunday 15<sup>th</sup> May 2022

## Fawkner Park

AA event , RWA & VRWC CHAMPIONSHIPS & VRWC Events:

AA events Pre-entry is required for AA 35km and invitational races with the AA office.

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

RWA events Pre-entry is required through the RWA secretary.

VRWC non point races, For these events, online entries only are accepted and close **Wednesday 11.59pm**

7:00am	Oceania & Australian 35km Race Walk Championship	Open
7:00am	35km AV Championship - Jared Tallent Trophy	Open
7:00am	35km RWA Teams Championship	Open
7:00am	Invitational 20km Race Walk	Open Men and Women
7:00am	20km Non points Race	Open
8:30am	Invitational 10km Race Walk	Under 20 Men & Women
8:30am	10km Non points race	Open
8:30am	Invitational 5km Race Walk	Under 18 Men & Women
8:30am	5km Non points Race	Open
10.00am	Presentations	

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

## Saturday 21st May 2022

## Middle Park

VRWC Events, For these events, online entries only are accepted and close Wednesday 11.59pm

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 for the Canberra Carnival close 5 pm WEDNESDAY 25 MAY 2022.**

Competitors must complete an **ON-LINE ENTRY** for the Racewalking Australia carnival that is being held in Canberra on Sunday June 12th

## Saturday 28th May 2022

## Middle Park

VRWC Events, For these events, online entries only are accepted and close Wednesday 11.59pm

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 4th June 2022****Middle Park**

VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm**

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

**Sunday 12th June 2022****TBC****RACEWALKING AUSTRALIA CHAMPIONSHIPS**

56<sup>th</sup> Annual Lake Burley Griffin Carnival, Stromlo Forest Park, Canberra, ACT (tbc)

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

**Saturday 18th June 2022****Middle Park**

VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm**

*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 26th June 2022****Middle Park**

## A.V., 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 only are accepted and close **Wednesday 11.59pm**

9.00am	15km	<b>AV Championship</b>	Open Women
9.00am	15km	<b>VRWC Championship - Elsie Jacobson Trophy</b>	Open Women
9.00am	15km	<b>VRWC Championship</b>	Under 20 Men/Women
9.00am	15km	<b>AV Championship</b>	Open Men
9.00am	10km	<b>AV Schools Championship</b>	Under 20 Men/Women
9.45am	5km	<b>AV Schools Championship</b>	Under 18 Men/Women
9.45am	5km	Non- championship	Open
9.45am	3km	<b>AV Schools Championship</b>	Under 16 Boys/Girls
9.45am	3km	<b>AV Schools Championship</b>	Under 14 Boys/Girls
10.15am	3km	Non- championship	Open
10.30am	2.5km	Non- championship	Open
10.30am	2.5km	<b>VRWC Championship</b>	Under 12 Boys/Girls
10.30am	1.5km	<b>VRWC Championship</b>	Under 10 Boys/Girls
11.00am		Presentations	

## Saturday 2nd July 2022

### Middle Park

VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm**

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 9th July 2022

### Middle Park

VRWC events, For these events, online entries only are accepted and close **Wednesday 11.59pm**

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 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	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

Saturday 16th July 2022 Middle Park

Racewalking Australia Postal Challenge event

VMA, RWA & VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm on the [Pre-entering VRWC races on the VRWC website.](#)**

2.15pm	10km	<b>VMA Championship</b>	Masters Men
2.15pm	10km	<b>VMA Championship</b>	Masters Women
2.15pm	10km	<b>RWA Challenge</b>	Open Men/Women
2.15pm	10km	<b>RWA Challenge</b>	Masters Men/Women
2.15pm	10km	<b>RWA Challenge</b>	Under 20 Men/Women
2.15pm	8km	<b>RWA Challenge</b>	Under 18 Men/Women
2.30pm	5km	<b>RWA Challenge</b>	Under 16 Boys/Girls
2.30pm	5km	Non championship event	Open
2.30pm	3km	<b>RWA Challenge</b>	Under 14 Boys/Girls
2.50pm	2km	<b>RWA Challenge</b>	Under 12 Boys/Girls
2.50pm	2km	Non championship event	Open
3.05pm	1.5km	<b>RWA Challenge</b>	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 16<sup>th</sup> July, 4pm, after the racewalking challenge**

Saturday 23rd July 2022

Middle Park

VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm**

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 31st July 2022

## Middle Park

### A.V. & VRWC Championships

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

All VRWC races, For these events, online entries only are accepted and close **Wednesday 11.59pm**

8.30am	30km	<b>AV Championship</b>	Open *
8.30am	30km	<b>VRWC Ray Smith Championship</b>	Open *
	3 Hour	Non championship event	Open
8.30am	20km	Non championship event	Open
9.30am	10km	<b>VRWC Championship - Mabel Robinson Trophy</b>	Open Women
9.30am	10km	<b>AV Championship</b>	Under 20 Men
9.30am	10km	<b>AV Championship</b>	Under 20 Women
9.30am	10km	<b>AV Championship</b>	Under 18 Men
9.30am	10km	Non championship event	Open
10.20am	3km	<b>AV Championship</b>	Under 14 Boys/Girls
10.20am	3km	Non championship event	Open
10.45am	5km	<b>AV Championship</b>	Under 16 Boys/Girls
10.45am	5km	<b>AV Championship</b>	Under 18 Women
10.45am	5km	Non championship event	Open
11.20am	2km	<b>VRWC Championship</b>	Under 10 Boys/Girls
11.20am	2km	<b>VRWC Championship</b>	Under 12 Boys/Girls
11.20am	2km	Non championship event	Open
11:50am		Medal presentations at the conclusion of the events.	

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

## Saturday 6th August 2022

## Middle Park

VRWC Events, For these events, online entries only are accepted and close Wednesday 11.59pm

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

## Sunday 7th August 2022

## Venue: Adelaide

### AMA Championship:

TBA	20km	<b>AMA Championships</b>	Masters Men
TBA	20km	<b>AMA Championships</b>	Masters Women

## Saturday 13<sup>th</sup> August 2022

## Middle Park

VRWC Events, For these events, online entries only are accepted and close Wednesday 11.59pm

**This is the last points race of the season.**

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

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 for the relay event closes August 13<sup>th</sup> for the Relay event on 10<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 15th August
- 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 21st August 2022

## Middle Park

A.V. VMA& VRWC Championships

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

VMA & VRWC Events, For these events, online entries only are accepted and close **Wednesday 11.59pm on the [Pre-entering VRWC races on the VRWC website.](#)**

8.15am	20km	AV Championship	Open Men
8.15am	20km	VRWC Championship - Alf Robinson Trophy	Open Men
8.15am	20km	VMA Championships	Masters Men
8.15am	20km	AV Championship	Open Women
8.15am	20km	VMA Championships	Masters Women
8.15am	20km		Open
9.15am	10km		Open
9.30am	5km		Open
10.00am	2km		Open
11.00am		Presentation	

## Saturday 27th August 2022

## Middle Park

VRWC Events, For these events, online entries only are accepted and close Wednesday 11.59pm

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

## Saturday 3rd September 2022

## Middle Park

VRWC Relay event: entries close on line by Saturday 13<sup>th</sup> August.

VRWC non relay events, For these events, online entries only are accepted and close Wednesday 11.59pm

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 15<sup>th</sup> August
4. **Athletes may walk two legs on the day but must have a break between their legs.**
5. Teams will consist of 4 walkers: 2km all age group, 3km all age group, 1km all age groups, 2km all age group, however, one walker may race both 2km legs for their team, the team will then only have 3 walkers.

## Sunday 11th September 2022,

## Middle Park

AUSTRALIAN ROAD WALKING CHAMPIONSHIPS & RWA CARNIVAL

All race entries are online.

9.00am	20km	<b>AA Championship &amp; RWA Teams Race</b>	Open Men
9.00am	20km	<b>RWA Championship</b>	Masters Men
9.00am	20km	<b>AA Championship</b>	Open Women
9.15am	2km	<b>RWA Championship &amp; Teams Race</b>	Under 12 Boys/Girls
9.35am	3km	<b>AA Championship &amp; RWA Teams Race</b>	Under 14 Boys/Girls
10.00am	5km	<b>AA Championship &amp; RWA Teams Race</b>	Under 18 Girls
10.00am	5km	<b>AA Championship &amp; RWA Teams Race</b>	Under 16 Boys/Girls
10.30am	10km	<b>RWA Championship &amp; Teams Race</b>	Open Women
10.30am	10km	<b>RWA Championship</b>	Masters Women
10.30am	10km	<b>AA Championship &amp; RWA Teams Race</b>	Under 20 Men/Women
10.30am	10km	<b>AA Championship &amp; RWA Teams Race</b>	Under 18 Boys
11.40am	Presentations		

### 12.00pm Celebration of VRWC 100 year anniversary

## Sunday 18th September 2022,

## Mentone

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

VRWC & VMA Championships, For these events, online entries only accepted and close **Wednesday**

**11.59pm**

VRWC non championship events For these events, online entries only are accepted and close Wednesday 11.59pm

If entering in person, entries close for all events at **8.00am**

8.30am	5000m VMA Championship	Masters Women
9.15am	5000m VMA Championship	Masters Men
10.00am	5000m and 3000m	VRWC Open
10.30am	1500m	VRWC Open

<b>2022 WINTER SEASON FIXTURE</b>
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### **MAY**

Sunday 1 <sup>st</sup> May	AV & VRWC CHAMPIONSHIPS & VRWC Events	Ballarat
Saturday 7 <sup>th</sup> May	VRWC Points races	Middle Park
Saturday 14 <sup>th</sup> May	Walk Judges Seminar	Middle Park
Sunday 15 <sup>th</sup> May	AA event, AV, RWA & VRWC CHAMPIONSHIPS & VRWC Events	Fawkner Park
Saturday 21 <sup>st</sup> May	VRWC Points races	Middle Park
Saturday 28 <sup>th</sup> May	VRWC Points races	Middle Park

### **JUNE**

Saturday 5 <sup>th</sup> June	VRWC Points races	Middle Park
Sunday 12 <sup>th</sup> June	RWA 54th Annual Lake Burley Griffin Carnival,	Canberra
Saturday 18 <sup>th</sup> June	VRWC Points races and <a href="#">Prize day</a>	Middle Park
Sunday 26 <sup>th</sup> June	A.V., A.V. Schools & VRWC Championships,	Middle Park

### **JULY**

Saturday 2 <sup>nd</sup> July	VRWC Points races	Middle Park
Saturday 9 <sup>th</sup> July	VRWC INTERVALS EVENT	Middle Park
Saturday 16 <sup>th</sup> July	Racewalking Australia Postal Challenge event & VMA 10km	Middle Park
Saturday 16 <sup>th</sup> July	Twilight Trivia fund raising afternoon	Middle Park
Saturday 23 <sup>rd</sup> July	VRWC Points races	Middle Park
Sunday 31 <sup>st</sup> July	AV & VRWC CHAMPIONSHIPS & EVENTS	Middle Park

### **AUGUST**

Saturday 6 <sup>th</sup> August	VRWC Event	Middle Park
Sunday 7 <sup>th</sup> August	AMA 20km Championships	Adelaide
Saturday 13 <sup>th</sup> August	VRWC <b>Last points race</b>	Middle Park
Sunday 21 <sup>st</sup> August	A.V, VMA 20km & VRWC Championships	Middle Park
Saturday 27 <sup>th</sup> August	VRWC Event	Middle Park

### **September**

Saturday 3 <sup>rd</sup> September	VRWC relay race and <a href="#">Seasons Presentations</a>	Middle Park
Sunday 11 <sup>th</sup> September	AUS ROAD WALKING CHPS & RWA CARNIVAL	Middle Park
Sunday 18 <sup>th</sup> September	VMA 5km track championship & VRWC events	Mentone Track