



Webpage: 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

2025-2026

Summer Race Fixture & Competition Rules

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

President

Stuart Cooper

Mob: 0421 470 949

Email: president@vrwc.org.au

Secretary

Terry Swan

Mob: 0437 682858

Email: secretary@vrwc.org.au

Treasurer

Email: treasurer@vrwc.org.au

Race Secretary

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.

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 The modification is that only contact with the ground is judged. Under this rule, judges judge walkers on the very simple understanding that the walker is walking to the best of his/her ability, and in a manner that does not give him/her an unfair advantage over other walkers. Walkers racing under this rule must wear a **YELLOW number**, and they are not eligible for Club points or championships.

VRWC Race Entries

- 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
- Then click on the left side tab: [VRWC Membership and Race Entry](#)
- A new page will open.
- From the menu at the top of the page, click on **'Events'**
- On the new page, select **'ALL'** then **'Search'**. All the races that are available can be viewed.
- Register for the event you wish to race in.
- If there are problems then email the club secretary or text the race registrar 0428 331 550
- Entries for **AA, AV and Little Athletics Victoria Championships** **MUST** be completed online, through 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

VRWC Races fees:

Race fee: \$12.00

VRWC ANNUAL FEES

These are reviewed at the Annual General Meeting each year, below are the are current set but in brackets are the fees as of 1st April 2025, until 30th March 2026:

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

Annual Subscriptions are due on April 1st 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

Web address: <https://www.revolutionise.com.au/vrwc/registration>

VRWC PHOTOGRAPHIC POLICY.

VRWC Committee appoints an official photographer or videographer for all official/scheduled events. These photographs/video will be published in our Social Media pages online Photo Galleries and our weekly newsletter.

- Our policy is to select photos that show walkers in the best possible light. We all know that everyone occasionally loses form and has lapses in technique – we focus on photos that show walkers walking well.
- We allow parents to take photos or videos of their own children and we allow coaches to do the same with regard to their own athletes. But we actively discourage parents or coaches from taking photos or videos of other walkers, especially those competing against their children or squad members, unless prior permission has been given.
- Finally, we react very quickly to any unknown persons attending our races and taking photos or videos of our walkers. We all know enough about the world to know that there are unsavoury people out there and we want to give our walkers a safe environment in which they can enjoy their walking.

VRWC RULES

- VRWC uniform must be worn in all VRWC races- penalty to apply is no points in the race and no time recorded.
- New members or those returning after a long absence will be given a few weeks grace before any penalties are applied.
- 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 1st April each year.

VRWC Club Championship races

- All VRWC Club championships are based on age on the day.
- Non VRWC members may race VRWC Club Championship races and receive a medal for a placing but are not eligible to win the trophy or shield. The first three VRWC members will receive a gold, silver and bronze medal.

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 5 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.

ELIGIBILITY REGULATIONS FOR TRANSGENDER ATHLETES

The eligibility of transgender athletes to compete in Male or Female events at VRWC is based on the World Athletics Document: **Book C: Competition - C3.5 - Eligibility Regulations Transgender Athletes.**

Athletics Australia is currently undergoing a further review process but its Competition Policy will reflect that of World Athletics. We at VRWC follow the recommendations of 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.

FIXTURE 2025-2026 SUMMER SEASON

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

Sun 16th November 2025, VRWC Summer Championships and AGM	Middle Park	
8.30am	20km Gus Theobald Memorial Trophy VRWC Championship	Open Male
8.30am	20km VRWC Championship	Open Female
8.30am	10km: Non championship	Open
8.45am	5km VRWC Championship	Masters Male
8.45am	5km VMA Masters championship	Masters Males
8.45am	5km Heather Carr Trophy VRWC Championship	Masters Female
8.45am	5km VMA Masters championship	Masters Female
8.45am	5km: Non championship	Open
8.45am	5km VRWC Championship	Under 20 Male
8.45am	5km VRWC Championship	Under 20 Female
8.45am	5km VRWC Championship	Under 18 Male
8.45am	5km VRWC Championship	Under 18 Female
9.20am	3km: Non championship	Open
9.20am	3km VRWC Championship	Under 16 Male
9.20am	3km VRWC Championship	Under 16 Female
9.45am	2km VRWC Championship	Under 14 Male
9.45am	2km VRWC Championship	Under 14 Female
10.00am	1.5km VRWC Championship	Under 12 Male
10.00am	1.5km VRWC Championship	Under 12 Female
10.15am	1km: Non championship	Open
10.15am	1km VRWC Championship	Under 10 Male
10.15am	1km VRWC Championship	Under 10 Female
10.30am	Presentations	
11.00am	Annual General Meeting	

Sat 29th November 2025, Australian Athletics Marathon Race Walking Championships, Stromlo Forest Park, Canberra

7.00am	AA Marathon Racewalk	Open Males
7.00am	AA Marathon Racewalk	Open Females
7.01am	Half Marathon Racewalk: Non championship	Open Males
7.01am	Half Marathon Racewalk: Non championship	Open Females

Sun 7th December 2025, VRWC Road Races **Middle Park**

8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

Sun 18th January 2026, VRWC Road Races**Middle Park**

8.30am	20km, 15km,	Open
9.00am	10km	Open
9.15am	5km, 3km	Open
9.50am	2km, 1km	Open

Sunday- Monday, 25th- 26th January 2026, Australian Athletics 10,000m Race Walking Championships – Supernova, AIS Athletics Track, Bruce, Canberra, ACT**Sunday 15th March 2026, Australian Athletics Half Marathon Race Walking Championships War Memorial Drive, Adelaide, South Australia****Athletics Victoria Dates****OCTOBER 2025**

Sat 11	AVSL – Round 1	Various
Sat 18	AVSL – Round 2	Various
Sun 26	Uncloud Vic All Schools Track & Field Champs- Walks	Lakeside

NOVEMBER 2025

Sat 8	AVSL – Round 3	Various
Sat 15	AVSL – Round 4	Various
Sat 22	AVSL – Round 5	Various
Sat 29	AVSL – Round 6	Various

DECEMBER 2025

Thu 4 – Mon 8	National All Schools Track & Field Championships	Lakeside
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JANUARY 2026

Sat 17	AVSL – Round 7	Various
Sat 24 – Mon 26	Victorian Country Championships	Albury
Sat 31	AVSL – Round 8	Various

FEBRUARY 2026

Sun 8	AVSL – RESERVE ROUND	Various
Fri 13 – Sun 15	Victorian Junior Track & Field Championships (U13-U18)	Lakeside
Sat 21	AVSL – Round 9	Various
Sat 28	AVSL – Round 10	Various

MARCH 2026

Sat 7 – Sun 8	LAVic State Track & Field Championships	Knox
Sat 14 – Sun 15	VMA State Championships	TBC
Thu 19 – Sun 22	Victorian Track & Field Championships (U20, Open & Overage Championships)	Lakeside

LA Victoria Dates

OCTOBER 2025

Sun 5th	JDS - Day 1	Ringwood
Sun 12th	Community Officials: Race Walking	Lakeside
Sun 19th	JDS - Day 2	Whittlesea City

NOVEMBER 2025

Sun 9th	Coach Education	Lakeside
Sun 16th	Horsham LAC Open Day	Horsham
Sun 16th	Mentone LAC Relay Day	Mentone
Sun 30th	JDS - Day 3	Williamstown
Sun 30th	Swan Hill LAC Open Day	Swan Hill

DECEMBER 2025

Sat 6th	Knox LAC Open Day	Knox
Sun 7th	Albury LAC Open Day	Albury
Sat 20th	Doncaster LAC Open Day	Doncaster

JANUARY 2026

Wed 7th – Wed 14th	New Zealand Development Tour	Tauranga (NZ)
Sun 11th	Whittlesea City LAC Open Day	Whittlesea City
Sun 11th	Mornington LAC Open Day	Mornington

FEBRUARY 2026

Sat 7th/Sun 8th	Region Track & Field Carnivals	Various Venues
Sun 22nd	Seaford LAC Open Day	Seaford
Sat 22nd	Ballarat LAC Open Day	Ballarat
Sun 22nd	JDS – Day 4	Frankston