

AMA 20 Kilometres Race Walking Championship
Sunday June 27th, 9.30am, 2010
VRWC Clubrooms, Middle Park, Melbourne, Victoria
Conducted by Victorian Masters Athletics & Victorian Race Walking Club

In the past this event has been held in conjunction with the National Titles at Easter but is now being held as a separate event and has been scheduled as above. The event is to be held in conjunction with the VMA 20kms Championship as well as the Athletics Victoria 20kms Championship and a number of other AV Schools Championships and VRWC local races. This means that there will be a full panel of race walk judges present so entrants should be confident that they can comply with the requirements of IAAF rule 230.

The Victorian Race Walking Club rooms are located at the Middle Park Bowling Club near the corner of Canterbury Rd & Armstrong St, Middle Park. If driving, there is a car park available (\$2 fee by ticket machine) or parking is available in the street. If travelling by public transport the Number 96 tram (St Kilda) along Bourke and Spencer Sts in the city will take you right there, alight at stop 130. For interstate visitors we would recommend that you stay in the city or if you have a car then St Kilda, Port Melbourne or South Yarra areas may also appeal.

The course is on the footpaths adjacent to the VRWC clubrooms and will be 10 laps of 2kms. It is possible that the VRWC may decide to use another course over nearer to Albert Park Lake but we will not know this until quite close to the day. Competitors are required to wear their correct State Uniform as per AMA policy and race numbers front and back. Spare race numbers will be available if you do not have suitable ones.

A feeding station will be set up near the timekeeping point and will be manned by volunteers but it is the entrant's responsibility to provide their own refreshments and their own attendant to be sure of receiving what they want at the right time. As these paths are public bikepaths/walkways competitors need to be aware of non competitors being on the paths during the event.

The VRWC website at www.vrwc.org.au has a wealth of information about the facilities and race walking in general and competitors are urged to peruse the site before the event.

Entry fee \$12

Entries to Victorian Masters Athletics
 C/- Alan Lucas
 29 McIver St
 Ferntree Gully, Vic 3156

Entries Close 19 June 2010