

VIC TORIAN RACE WALKING CLUB 24 HOUR WALK

SEPTEMBER 14th – 15th 2013

BE PART OF THE 29th AUSTRALIAN CENTURIONS 100 MILE QUALIFIER

The Victorian Race Walking Club, in conjunction with the Australian Centurions, will hold a 24 Hour endurance walk at Middle Park, Melbourne, on the weekend of 14-15 September 2013.

This carnival will also incorporate

- The 2013 Australian Centurions 100 Mile qualifier AND
- The 2013 Racewalking Australia 100km Australian Roadwalk Championships.

Timetable and events

Sat 14 Sept	2:00pm	Start of 24 Hour and 12 Hour endurance walks
Sun 15 Sept	2.00am	Finish of 12 Hour endurance walk
	7:30am	Start of 4 Hour, 5 Hour and 6 Hour endurance walks Start of Victorian 50km Racewalk Championship Start of Racewalking Australia 50km Racewalk Championship for women
	10:00am	Start of VRWC 20km roadwalk
	11.00am	Start of VRWC 10km roadwalk
	11.30am	Finish of 4 Hour endurance walk
	12.30pm	Finish of 5 Hour endurance walk
	1:30pm	Finish of 6 Hour endurance walk
	2.00pm	Finish of 24 Hour endurance walk
	2.30pm	Presentations

Entry fees

- | | | |
|---|------|--------------------------------|
| • 24 Hour Walk (includes RWA 100km entry) | \$80 | Entries close Fri 7 September |
| • 12 Hour Walk (includes RWA 100km entry) | \$50 | Entries close Fri 7 September |
| • 4/5/6 Hour Walks | \$10 | Entries taken on day |
| • VRWC 20km / 10km | \$ 5 | Entries taken on day |
| • RWA 50km Racewalk Championship Women | \$10 | Entries taken on day |
| • Victorian 50km Racewalk Championships | | Entries via Athletics Victoria |

Additional Information

While our event has Public Liability Insurance, we do not offer anything in the way of Personal Accident Insurance. In the event that you suffer an injury during our event and subsequently incur either medical expenses or time off work, it comes out of your pocket. We therefore recommend that competitors take out their own precautions in this matter by means of Private Health Insurance, Ambulance Victoria membership and/or their own Sports Insurance.

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For further information, contact

- Tim Erickson home 03 90125431, mobile 0412 257 496, email terick@melbpc.org.au

or view the latest information on the Australian Centurions website at <http://www.centurions.org.au/>.
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VRWC 24 & 12 HOUR ENDURANCE WALKS



INCORPORATING THE 29th AUSTRALIAN CENTURIONS 100 MILE QUALIFYING WALK

- **Start Time** 2.00PM Saturday 14th September 2013
- **Finish Time** 2.00PM Sunday 15th September 2013
- **Presentations** 2:30PM Sunday 15th September 2013

**Held at: Victorian Race Walking Club
Albert Park Reserve, Middle Park, Melbourne
Enquiries: Tim Erickson mob: 0412257496 or ah: (03)90125431**

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SURNAME	FIRST NAME	INITIALS
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ADDRESS (No. and Street)		DATE OF BIRTH (D/M/Y)
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SUBURB or TOWN	STATE	POSTCODE
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	SEX (M/F)	AGE ON RACE DAY
<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	
PHONE (HOME)	PHONE (MOBILE)	
<input style="width: 95%;" type="text"/>		
EMAIL		
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PERSON TO BE NOTIFIED IN CASE OF EMERGENCY		
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PHONE (HOME)	PHONE (MOBILE OR WORK)	RELATIONSHIP

I agree that my contact details may be passed onto interested media outlets YES NO

I agree that photos of me competing in this event may be passed onto interested media outlets YES NO

- Tick Event:**
- 24 Hour Walk (\$80)
- 12 Hour Walk (\$50)
- 4/5/6 Hour Walks (\$10)

Details of Your Best Ultra Walk Performances:

6 Hours _____ Km 50 Km _____

12 Hours _____ Km 100 Km _____

24 Hours _____ Km 100 Miles _____

SEND ENTRIES TO : TIM ERICKSON
1 AVOCA CRES
PASCOE VALE
VICTORIA, 3044

Entries close Tuesday 10th September 2013.

Cheques payable to Victorian Race Walking Club Inc.

**EFT: BSB 063-143
Acct Number 00800455
Acct Name Victorian Race Walking Club Inc**

INFORMATION

- Ⓢ For health and safety reasons, competitors in events of 6 Hours or more must be aged 18 years or over.
- Ⓢ A separate entry is not required for walkers wishing to contest the Australian 100km Walk Championships. All entrants in either the 12 Hours or 24 Hours events are automatically eligible to contest the 100km championship.
- Ⓢ Computer lap scoring will be used. Individual lap scorers are not required.
- Ⓢ All competitors will wear a shoe or ankle chip for automated lap collation.
- Ⓢ All races will be conducted on a flat bitumen surfaced lap of length 1.25km.
- Ⓢ Although there is safety lighting for overnight, competitors are advised to use their own night lights overnight to provide additional personal lighting as required.
- Ⓢ Entrants in the 24 Hour events to have equipment set up by 1:30pm on the Saturday.
- Ⓢ Entrants in events of 50km or less will be judged according to the current racewalking rules. Entrants in any of the 4/5/6/12/24 Hours events will be judged according to centurion walking rules which allow a less stringent interpretation of walking mode.
- Ⓢ A 24 Hour canteen will have hot & cold snacks and main meals available for purchase.
- Ⓢ Male and female hot showers and toilets will be available in the VRWC clubrooms.
- Ⓢ Trackside toilet facilities will be available for all ultra walkers.
- Ⓢ Printed hourly progress reports will be provided.
- Ⓢ Trackside camping (no electricity) will be allowed for vans and tents.

WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the 2013 Victorian Race Walking Club 24 Hour Walk, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes, but not limited to, Commonwealth and State departments and instrumentalities, medical and paramedical practitioners and personnel and shall operate whether or not the loss, injury or damage is attributable to the act of neglect of any or more of them.

I have read the rules and conditions of the event as stated in the declaration above and upon literature and other materials distributed in connection with the event and agree to abide by them.

ENTRY FEES:	24 HOUR WALK:	\$ 80.00
	12 HOUR WALK:	\$ 50.00
	4/5/6 HOUR WALK:	\$ 10.00

Please find enclosed cheque or EFT details for \$ ____ made payable to Victorian Race Walking Club Inc.

Signature _____

Date _____

Name (please print) _____
