

**RACE WALKING
ASSOCIATION**

HANDBOOK

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RACE WALKING ASSOCIATION

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A THE RACE WALKING ASSOCIATION

The Race Walking Association is responsible for the development, government and control of race walking within the territory of England Athletics, which covers England itself, the Isle of Man and the Channel Islands. In this it works closely with England Athletics and with other athletic bodies. It organises the national road walking championships and selects and manages England teams.

As amateur race walking – as distinct from the professional branch of the sport in which matches and prize money were frequent – developed towards the end of the nineteenth century and into the beginning of the twentieth, a need was perceived for some central form of organisation and the Southern Counties' Road Walking Association was founded in 1907 to fill the gap; it organised its first championship, over twenty miles, the following year.

By 1911 the need was felt for a national body and the Association transformed itself and its championships to cover the whole country. Growth was such that the present three Areas were formed.

Development continued for the next half-century and in 1954 responsibility for track walking was transferred from the Amateur Athletic Association and the "Road" of the title was changed to "Race". Since then, responsibility has been assumed for women's race walking – in 1980 – and Wales, at times variously part of the R.W.A. Midlands Area and a separate Area on its own, has set up its own Association, working closely with the Athletic Association of Wales – Cymdeithas Athletau Cymru, as the R.W.A. does with England Athletics.

In November, 1941, seeing the need to keep some contact between walkers scattered throughout the world in the armed forces, A.D.McSweeney founded the magazine *Race Walking Record* as the official organ of the Southern Committee of which he was the Honorary Secretary and Treasurer. The magazine subsequently became – and remains – the official organ of the R.W.A. and is published monthly.

The Association has its own web site, launched in December, 2000, where much useful information, both historical and current, can be found to supplement the administrative detail of this Handbook. The seeker after further knowledge about race walking is therefore referred to the site at <http://www.RaceWalkingAssociation.btinternet.co.uk> Useful collections of results, walkers' profiles, etc., can be found at the independent web site <http://www.RaceWalkUK.com>

Like many sporting activities, race walking has experienced great difficulties in recent times but, early in its second century, the R.W.A. and the walking community are working hard together to overcome those problems and to continue the development of the sport.

P.J.Cassidy

B RULES OF THE RACE WALKING ASSOCIATION

1 **TITLE** The title of the Association shall be The Race Walking Association, hereinafter called the Association.

2 **OBJECTS** The objects of the Association shall be:

- (a) to encourage, promote, develop and manage race walking in that area within which England Athletics (E.A.) or its successor is the national association for athletics;
- (b) to cooperate with E.A. and with any other athletic body in all matters affecting race walking;
- (c) to enter into such agreements, whether legally binding or otherwise, and to take such actions as shall be deemed by a General Meeting of the Association (or by any Committee, Sub-Committee, person or persons to whom such matter may be delegated) to be agreements or actions proper to the pursuance of Objects 2(a) and 2(b).

3 **MEMBERSHIP** The Members of the Association shall be:

- (a) clubs and bodies affiliated to England Athletics in respect of race walking;
- (b) The Midlands Area Race Walking Association (hereinafter called the Midlands Area), the Northern Area Race Walking Association (hereinafter called the Northern Area) and the Race Walking Association (Southern Area) (hereinafter called the Southern Area);
- (c) the Officers of the Area as defined in Rule 6(a)(i);
- (d) the Past Presidents and Life Members of the Association.

4 **ELIGIBILITY**

- (a) The affiliation fees to England Athletics shall be due and payable in the manner prescribed by that body.
- (b) Any affiliated club or body shall be deemed to have resigned from membership of the Association upon cessation of its affiliation to England Athletics.
- (c) No club or body shall be entitled to vote at any General Meeting of the Association unless its affiliation to England Athletics is valid and not under suspension.

5 **FINANCE**

- (a) The Association shall have the power to raise such finances as may be required for its operation.
- (b) In accordance with the Rules for Competition of U.K.Athletics, the Association shall be the Permit Issuing Authority for race walking within England, the Isle of Man, Jersey and Guernsey and its Dependencies and shall have the power to make such charges as may from time to time be determined by General Committee for the issue of such Permits.

- (c) From the 1st January, 2008, the organisers or promoters of any event held under a Permit from the Association, with the exception of the events listed in Rule 5(f), shall be liable to pay to the Association a levy of fifty pence for each entry fee received. Organisers shall be at liberty to fund that levy by any means that they may choose, including, but not exclusively, by adding the levy to the entry fee and by providing the relevant sum from their own resources.
- (d) The income raised by the entry fee levies shall be remitted to the Association and shall be disbursed by it as follows;
 - One half to the Association's central funds;
 - One sixth to each of the Midlands, Northern and Southern Areas of the Association.
- (e) The Area Committees of the Association shall be free to use these disbursed sums for such purposes as they see fit, within the constraints of their duty to promote and develop race walking within their Areas.
- (f) The following events held under Permit from the Association shall not be subject to the levy: National Championships; Area Championships; events for which the entry fee is not at the discretion of the promoting body; events for which no entry fee is charged; such other events as may from time to time be determined by the General Committee. For the avoidance of doubt, when a National or Area Championship is held in conjunction with an Open Event, that Open Event shall be subject to the levy.
- (g) In any particular instance, the General Committee shall have power to excuse payment of the levy or to reach an equitable arrangement with any event promoter where undue hardship may be caused.
- (h) In the event of the dissolution of the Association or of the amalgamation of the Association with any other body, the disposal of the funds and assets of the Association shall be determined by a ballot of members attending an Annual General Meeting or a Special General Meeting to which a motion proposing the disposal is put. In order for any motion concerning such disposal to be adopted, there must be in favour of the motion two-thirds of the members present and voting at the General Meeting.

6 OFFICERS AND MANAGEMENT

- (a) The management of the Association shall be vested in a committee called the General Committee consisting of:
 - (i) The Officers – President; Chairman, who shall have a casting vote only; Honorary General Secretary; Honorary Treasurer; Honorary Championships Secretary;
 - (ii) Minutes Secretary and Press and Publicity Officer;
 - (iii) One representative of each of the Standing Sub-Committees, who should normally be the Chairman/Secretary. A deputy may be sent to General Committee.

All the above shall be elected at the Annual General Meeting.

(iv) Three Midland Area delegates; three Northern Area delegates; three Southern Area delegates. These delegates should be elected annually by the Area Committees and their names forwarded to the Honorary General Secretary. Substitute delegates may be sent to General Committee.

(v) Co-opted Members:

(I) the National Coach or the equivalent thereof;

(II) any British member of the I.A.A.F. Walking Committee;

(III) a representative of the English Schools' Athletic Association;

(IV) a representative of the England Athletics Masters Association;

(V) a representative of the U.K. C.A.U.

All the above shall have the right to vote.

- (b) The President shall be elected annually at the Annual General Meeting from nominations made in writing by the Area Committees, such nominations to be received by the Honorary General Secretary not later than eight weeks before the date of the Annual General Meeting and circulated with the Agenda to affiliated clubs and bodies.
- (c) There shall be a Vice-President of the Association who shall not, by virtue of holding that post, be an Officer of the Association or have the right to a vote at meetings of the General Committee but shall have the right to attend such meetings.
- (d) Upon a President's cessation of office during his term of office, the Vice-President shall succeed to the Presidency without need of nomination or election. If the Vice-President shall have given notice in writing to the Honorary General Secretary not later than sixteen weeks before the date of the Annual General meeting of his decision not to succeed to the Presidency, then the Honorary General Secretary shall call for nominations for President and Vice-President; these nominations shall be made in writing by Area Committees to the Honorary General Secretary not later than eight weeks before the date of the Annual General Meeting and shall be circulated with the Agenda to members of the Association.
- (e) If the Vice-President shall not have given notice of his decision not to succeed to the Presidency upon the previous President's cessation of Office, then the Honorary General Secretary shall call for nominations for Vice-President to be made in writing by Area Committees not later than eight weeks before the date of the Annual General Meeting; these nominations shall be circulated with the Agenda to Members of the Association.
- (f) Save in exceptional circumstances and with the express consent of the General Committee no person shall serve as President for more than two consecutive years.
- (g) If no valid nomination for Vice-President is received as provided in Rules 6(d) and 6(e) the General Committee shall, as soon as possible, appoint a person to the position of Vice-President.

- (h) If, for any reason, the Presidency shall fall vacant other than at an Annual General Meeting, the Vice-President shall thereupon become President for the remainder of the year during which the vacancy occurs. The remainder of the year concerned shall not count as part of the maximum term of two years as provided in Rule 6(f).
- (i) The Chairman, Honorary General Secretary, Honorary Treasurer and Honorary Championships Secretary shall be elected annually at the Annual General Meeting from nominations made by affiliated clubs and bodies. Such nominations shall be received by the Honorary General Secretary not later than eight weeks before the date of the Annual General meeting and circulated to affiliated clubs and bodies.
- (j) The Minutes Secretary, the Press and Publicity Officer and the Chairmen/Secretaries of the Standing Sub-Committees shall be elected annually at the Annual General Meeting from nominations from affiliated clubs and bodies which may be received prior to the meeting or from the floor.
- (k) Representatives to England Athletics and any other athletic body shall be elected by General Committee.
- (l) General Committee shall be empowered to fill any vacancy that may occur among the Officers of the Association. Any person so elected shall retain office until the next Annual General Meeting.
- (m) Eight members of General Committee, two of whom shall be Officers of the Association, shall form a quorum.
- (n) The Emergency Committee shall consist of the Officers. A decision made by the Emergency Committee shall be binding unless revoked by General Committee or a General Meeting.
- (o) The elected Chairman shall take the chair at all General Committee meetings except that, in the absence of the elected Chairman, the meeting shall proceed to elect its own chairman.
- (p) General Committee shall meet at least three times a year at such times and places as they may arrange or when in the opinion of the Chairman and Honorary General Secretary a meeting shall be necessary.
- (q) General Committee shall have power to appoint Sub-Committees and to delegate to them such powers as may be necessary. Sub-Committees may include persons who are not members of clubs affiliated to the Association but the Chairmen of such Sub-Committees must be members of the General Committee.
- (r) The Standing Sub-Committees shall be:
 - (i) Rules and Officials, to be chaired by the Honorary Championships Secretary
 - (ii) Coaching and Development;
 - (iii) International:

Each Standing Sub-Committee shall consist of the Officers, the Chairman/Secretary and two delegates from each of the three Areas with substitute delegates being permitted

- (s) A Sub-Committee that is not a Standing Sub-Committee shall have such membership as may be determined by General Committee.

7 HONORARY AUDITORS Two Honorary Auditors shall be elected at each Annual General Meeting and should audit the accounts of the Association prior to presentation at the next Annual General Meeting.

8 ANNUAL GENERAL MEETING The financial year shall end on the 30th September and the Annual General Meeting shall be held during the December or January next following.

- (a) The Honorary General Secretary shall circulate preliminary notice of the Annual General Meeting not later than twelve weeks before the date of the Meeting and notice of all matters to be dealt with at the Meeting shall be forwarded to the Honorary General Secretary not later than eight weeks before the date of the Meeting..

- (b) Items for inclusion in the Agenda for any General Meeting shall be presented in writing to the Honorary General Secretary by any affiliated club or body, any Area Committee or the General Committee.

- (c) The Honorary General Secretary shall, not later than six weeks before the date of the Annual General Meeting, send to all affiliated Clubs and others entitled to vote at the Meeting a copy of the Agenda. Amendments in writing to motions on the Agenda must be in the hands of the Honorary General Secretary not later than two weeks before the date of the Meeting.

- (d) If there be a single candidate for an Office or other post at an Annual General Meeting such candidate shall be declared elected unopposed.

- (e) Except for the President, who shall vacate the post when the new President is elected, the Officers elected at an Annual General Meeting shall serve until the conclusion of the following Annual General Meeting.

- (f) No rules of the Association shall be repealed or altered, and no rule shall be made, save by a majority of two-thirds of the representatives voting at the Annual General Meeting or at a Special General Meeting called for that purpose. A ballot must be carried out if two or more persons so request.

- (g) No business shall be transacted at a General Meeting unless a quorum is present when the meeting convenes. The quorum shall be twelve persons who must include representatives of at least nine affiliated clubs or bodies. If within thirty minutes of the time appointed to start the meeting there shall not be a quorum present the Chairman shall adjourn the meeting for not more than thirty days.

- (h) The President shall take the Chair at the Annual General Meeting and any Special Meeting, except that if the President is unable or unwilling to take the Chair it shall be taken by the Chairman of the Association or, if the President and the Chairman of the Association are unable or unwilling to take the Chair, then the meeting shall proceed to elect its own Chairman.

9 SPECIAL GENERAL MEETING

- (a) A Special General Meeting may be called at the discretion of the General Committee or shall be called within twenty-eight days of the receipt by the Honorary General Secretary of a requisition in writing from six affiliated clubs stating the reason for calling such meeting and the only the business referred in the requisition may be discussed at any such meeting. The Honorary General Secretary shall give fourteen days' notice of any Special General Meeting to all affiliated clubs and those entitled to attend General Committee by virtue of office.
- (b) The quorum shall be nine affiliated clubs. If within thirty minutes of the time appointed to start the meeting there shall not be a quorum present the chairman shall abandon the meeting.

10 POWERS OF VOTING Each club or body affiliated to the Association shall be entitled to one vote at any General Meeting. Past Presidents, the Honorary General Secretary, the Honorary Treasurer, the Honorary Championships Secretary and a delegate from each Area shall have a vote at any General Meeting.

- (a) The chairman of a General Meeting shall have no voting powers, except when a casting vote is required.
- (b) No individual shall have more than one vote at a General Meeting. Any individual prepared to vote on behalf of his or her affiliated club or body should be prepared to produce evidence of authority. This evidence shall be in the form of a letter on the headed paper of the affiliated club or body and be signed by the Honorary General Secretary or other elected officer of that body.

11 JUDGES Subject to the agreement of U.K.Athletics the General Committee shall have power to appoint Judges of Walking. A list of Judges shall be maintained, from which clubs should appoint officials.

12 LIFE MEMBERS Life membership may be bestowed on persons deemed to have rendered long, exceptional and meritorious service to the Association, subject to the person nominated receiving at least seventy-five per cent of the votes recorded at an Annual General Meeting. Any such nomination must be made to the General Committee at a meeting prior to the date of the Annual General Meeting. Provided that the nomination is approved by the General Committee it shall be included in the Agenda of the ensuing Annual General Meeting. A Life Member so elected shall be entitled to attend any subsequent General Meeting, but as such shall have no vote. A Certificate of Life Membership shall be presented, signed by the President, Honorary General Secretary and Honorary Treasurer of the Association for the time being.

13 SUSPENSION OF CLUBS Any club breaking a rule of the Association may be suspended from membership by the General Committee and during the period to which the suspension applies shall not be entitled to compete in a competition promoted by the Association or claim any other privilege of membership. Any club dealt with under this Rule shall have the right to appeal to a General Committee meeting, providing the notice of appeal is lodged within fourteen days of the receipt by such club of notification of the action of General Committee.

- 14 DEFINITION OF WALKING The definition of walking shall be as determined from time to time by the I.A.A.F.
- 15 INTERPRETATION OF RULES The General Committee shall decide all questions as to the interpretation of the foregoing Rules or otherwise as to the management of the Association.

C RULES FOR COMPETITION

GENERAL

1 All competitions must be conducted under I.A.A.F., U.K.A. and R.W.A. Rules for Competition. All Officials shall be licensed.

2 DEFINITION OF RACE WALKING

(a) 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, except as provided in (b), below.

(b) In events over a distance greater than 50 kilometres and in events over a fixed time greater than seven hours, the provision in (a), above, relating to the straightening of knees shall not apply.

3 All walking races must be judged by judges approved by the Race Walking Association and appointed by the race organiser. The responsibility for ensuring that races are properly judged rests with a race organiser who, if unable to find the judges from within his or her own club, should apply to the appropriate Area Honorary Judges Secretary for judges. Any applications for judges must state the status of race(s) so that judges of the appropriate grade can be provided.

4 JUDGING

(a) (i) There shall be two categories of walking races in domestic competition:

Category A races shall be judged against the I.A.A.F. definition of race walking.

Category B races shall be judged solely on the maintenance of continuous contact with the ground.

(ii) The following events shall be held as Category A:

(I) National and Area Championships;

(II) Any Open or County Event declared by the promoter to be Category A

(iii) Any event, including an event otherwise included in 4(a) shall be held as Category B if it is contested over a distance in excess of 50 kilometres or for a fixed time in excess of seven hours unless the promoter obtains special leave from the Permit Issuing Officer.

- (b) The administration of the judging process shall be as set out in I.A.A.F. Rules 230.1, 230.2, 230.3 and 230.4, except in the case of races in the following categories:
 - (i) races where there are fewer than three judges in attendance;
 - (ii) races for walkers under eleven years of age (see Rule for Competition 14);
 - (iii) relay races.
- (c) In National Championships, the Chief Judge shall not operate as a judge but shall act in an administrative capacity on behalf of the other judges except that, if the Referee is of the opinion that this would result in inadequate judging of an event, the Chief Judge shall have the right, after informing the competitors, to operate as a judge, in which case he shall operate as a judge for the whole of the event.
- (d) The published results of all events shall state whether the events was held as Category A or Category B.
- (e) Referees shall be appointed for all events.
- (f) Coaches should not judge competitions in which their athletes are competing.

5 In order that judges may apply the Rules relating to walking, competitors' knees shall normally be bare. If garments are worn that cover the knees, the Referee's permission must be obtained before the commencement of the race, and the Chief Judge notified. Any competitor starting without such permission shall be disqualified by the Referee.

6 Regarding the provision of refreshments, water and sponges at R.W.A. races, the provisions of the I.A.A.F. Rule shall be followed as closely as is practicable in the circumstances of any event. The Referee shall make the final decision in each event.

7 SPECIAL PROVISIONS FOR ROAD WALKS:

Walking on the footway (unless directed by the police or race officials) is prohibited.

8 DISQUALIFICATION

Competitors disqualified by the Referee for any reason, or by the Chief Judge for failing to comply with the definition of race walking must immediately retire from the race, remove their numbers and hand such numbers to the Referee or to a judge as appropriate. Competitors who have been notified of their disqualification must not pass the recorders at the finish. A competitor may be notified of his or her disqualification after the completion of the race.

9 MAXIMUM DISTANCES

For race walking the following shall be the maximum permitted distances:

<u>Age</u>	<u>Male</u>	<u>Female</u>
11, 12	3k	3k
13,14	5k	5k
15,16	15k	15k
17, 18, 19	50k	50k
20 and over	no limit	no limit

Where events are held over Imperial distances, the above limits may be varied to the appropriate Imperial equivalent.

Ages are as at 31st August/1st September in the year of competition.

10 PERMITS

Under the terms of Rule 12(3)(b) of the U.K.A. Rules for Competition, promoters of all open race walking events require specific permission to stage the events. Application for permission to promote events in England, the Isle of Man, and the Channel Islands should be sent to the Honorary General Secretary of the R.W.A. with a fee as agreed by General Committee. An open event has been defined by U.K.A. in Rules 6(2) and (3) of its Rules for Competition as one that is open to all eligible athletes and all eligible affiliated clubs, including an event restricted to a particular County, District or Region and/or age group.

11 HANDICAP EVENTS

Promoters of open events which include the award of handicap prizes should send to the appropriate R.W.A. Area Honorary Handicapper the individual entry forms as soon as possible after the closing date for entries for the event. Immediately after each event promoters should send at least three copies of a complete result of the event to the Area Honorary Handicapper.

12 MIXED COMPETITION

Mixed road walking competitions between male and female participants shall be permitted.

13 MATTERS NOT COVERED

- (a) The Pit Lane Rule may be applied by the organiser to any event.
- (b) Where in certain circumstances a particular situation arises not covered by the above Rules, the England Athletics, U.K.A. and I.A.A.F, Rules shall apply as determined by the Referee.

14 EVENTS FOR COMPETITORS UNDER ELEVEN YEARS OF AGE

- (a) The R.W.A. is keen to encourage competition for all age groups and this includes those under eleven years of age. However, there are obvious problems with this lowest of age groups because of their lack of technical development, their often highly competitive natures, their embarrassment at failure before their families and their tendency to become extremely upset if they are publicly criticised

The R.W.A. has therefore, on the basis of work done by the Midlands Area, produced the following protocol for the conduct of such events. All Clubs and Organisations promoting events for the age group are urged to adopt this protocol.

(b) The Protocol

(i) The events for walkers under eleven years of age should be scheduled on the programme as "Development Races."

(ii) Where possible the events should be held on the track. If this is not possible there must be sufficient marshals to cover the whole of the circuit to be used in order to ensure the safety of participants. It is not in general advisable for the events to be held on the public highway.

(iii) The athletes are to be reminded on the start line what is required by way of walking technique and should be advised that they will not be formally judged but will be advised if their walking is not acceptable; the sanction of a time penalty may be applied to any competitor ignoring such advice.

(iv) Judges must on no account touch the athletes. If a judge considers that an athlete's walking is not acceptable the judge should call the athlete's number or name and give advice. While it may be desirable to give the athletes a sense of occasion by making them wear numbers, it is understood that at internal Club events it may well be that such a level of formality is not traditionally used and in those circumstances names may be used.

(v) The distance for such events should not exceed 2,000 metres; it will generally be desirable in the case of the youngest of walkers and of complete novices that the distance should be less than 2,000 metres.

(vi) If the promoters of the meeting or the Referee have any doubts or concerns about the safety or welfare of the athletes, the event should be removed from the programme. The Referee of the meeting, if one has been appointed, should be the final arbiter on the holding of the event.

(vii) It should always be borne in mind by the promoters of a meeting containing events for walkers under eleven years of age that one of the objects is to let young people enjoy race walking as a competitive yet disciplined sport and wherever possible this should be pursued. However, the reward for good walking should be success and it is the duty of officials to ensure that athletes blatantly ignoring the advice given to them do not gain victory over others who are trying to comply.

CHAMPIONSHIPS

15 The International System of Judging shall be used in National Championships.

16 ELIGIBILITY

- (a) The Association Championships shall include both club and individual championships.
- (b) The R.W.A. Championships shall be restricted to (i) nationals of those territories for which England Athletics is the “National Association” within the terms of the Articles of Association of U.K.A. and (ii) persons of any national status resident within those territories and eligible to compete for a club that is affiliated to U.K.A. by virtue of being a member club of England Athletics. Teams and individuals from English schools and associations may compete in the Younger Age Group Championships.
- (c) Only first-claim walking members according to U.K.A. Rules shall be eligible to represent a club in the team championships. Teams and individuals from English schools and associations may take awards in the the Younger Age Group Championships.
- (d) Individual entries may be accepted from athletes not qualified under 16(b).
- (e) Only teams and individuals from affiliated clubs, English schools and associations shall be eligible to take awards in the championships.
- (f) The Association may make additional awards to athletes not eligible to take championship awards who finish in the first three positions in a championship event.

17 The Association Championships shall be:

(a) **Senior**

Men 10k, 10 miles, 20k, 50k and Long-distance Championships by teams

Women 10k, 10 miles, 20k, 50k and Long-distance Championships by teams.

(b) **Younger Age Groups**

These shall include competitors from affiliated clubs, schools and associations and individuals.

(i) Under 13 Boys 2k, Under 15 Boys 3k, Under 17 Men 5k and 10k and Junior Men: 10k and 15k

(ii) Under 13 Girls 2k, Under 15 Girls 3k, Under 17 Women 5k and 10k, and Junior Women 10k and 15k

Where fewer than four teams enter an event, then only one set of team medals shall be awarded.

18 The Association Championships' age limits shall be:

Younger Age Groups

Under 13 Boys 2k A boy who is 11 or 12 on the qualifying date;
Under 15 Boys 3k A boy who is 13 or 14 on the qualifying date;
Under 17 Men 5k & 10k A man who is 15 or 16 on the qualifying date;
Junior Men 10k and 15k A man who is 15 or over on the qualifying date but is under 20 at midnight on the 31st December in the calendar year of competition;

Under 13 Girls 2k A girl who is 11 or 12 on the qualifying date;
Under 15 Girls 3k A girl who is 13 or 14 on the qualifying date;
Under 17 Women 5k & 10k A woman who is 15 or 16 on the qualifying date;

Junior Women 10k and 15k A woman who is 15 or over 15 on the qualifying date but is under 20 at midnight on the 31st December in the calendar year of competition.

In all cases, *the qualifying date* is midnight on the 31st August/1st September in the calendar year of competition.

No competitor shall be allowed to compete in more than one R.W.A. Younger Age Group Championship on any one day.

Senior Men

10k Have attained the age of 15 years on the day of competition
15k Have attained the age of 15 years on the day of competition;
20k Have attained the age of 17 years on the day of competition;
50k Have attained the age of 18 years on the day of competition;
Long distance Have attained the age of 20 years on the day of competition.

Senior Women

10k Have attained the age of 15 years on the day of competition;
15k Have attained the age of 15 years on the day of competition;
20k Have attained the age of 17 years on the day of competition;
50k Have attained the age of 18 years on the day of competition;
Long distance Have attained the age of 20 years on the day of competition.

19 The Race Walking Association may hold Senior Men's and Women's Long-distance Championships every year subject to the agreement of the promoter of an Open Long-distance Event to the holding of the race in conjunction with his or her event. There shall be separate entry fees and awards for the Long-distance Championship.

- (a) Competitors who exceed the following times in R.W.A. Championships shall not be regarded as finishing:

10miles	2 hours 00 minutes
50k	6 hours 15 minutes
20k	2 hours 30 minutes

The Referee on the day may use his or her discretion in exceptional circumstances to modify these limits, except for the 50k.

- (b) If Senior and Younger Age Group Championships are held on the same day no competitor may compete in more than one championship.

21 The entry fee for each championship shall be determined by the General Committee. Team and individual entries should be made in writing to the Honorary Championships Secretary not later than the closing date upon the official entry form.

22 Scoring for the R.W.A. Team Championships shall include entries accepted under Rules 16(b) and 16(c) only.

23 Team Scoring

- (a) Team scoring in the Association's Championships shall be on the Lugano system.

- (b) The order of precedence for team scoring in a championship in which classification is available and the specified number of scorers is three shall be:

Teams finishing 3 members
Teams finishing 2 members

- (c) In the event of a tie between teams with identical numbers of finishing and classified members, precedence shall be given to the team whose last scorer is nearest to first position.

- (d) The individual and team championships shall be decided by the order of all competitors at the finish of the race, irrespective of whether the competitors [as provided by Rule 16(b)] are competing on behalf of their affiliated clubs, schools or associations or as individuals.

- (e) For the purpose of calculation of team scores, unqualified walkers permitted to participate under Rule 16(d) shall be disregarded.

24 The scoring members of the winning teams in each championship shall be presented with the Association's awards and the winner of the individual championship shall be presented with an appropriate award. The four walkers forming the teams that win the Nijmegen Shield and the first club to finish four walkers for the Milan Trophy shall be presented with Association bronze medals. The Association shall allocate further awards if it thinks fit.

- 25 The date of the championships must be decided not later than the 31st December in the calendar year previous to competition.
- 26 In championships the responsibility for measuring the course, providing officials and seeing that the precise course is covered shall rest with the Race Walking Association.

D RULES FOR R.W.A. BEST PERFORMANCES

- 1 Best performances shall be recognised for outdoor track performances and set during *bona fide* competition. Best performance shall be recognised for the following distances or periods:

Senior men:	3, 5, 10, 20, 30, 35, 50 and 100 kilometres 20 and 100 miles 1, 2, 4, 8, 12 and 24 hours
Under 23 men	3, 5, 10, 20 and 50 kilometres
Junior men	3, 5, 10 and 20 kilometres 1 hour
Under 17 men	3, 5 and 10 kilometres
Under 15 boys	3 and 5 kilometres
Under 13 boys	2 and 3 kilometres
Senior women	3, 5, 10, 20 and 50 kilometres 1, 2 and 24 hours
Under 23 women	3, 5, 10, 20 and 50 kilometres
Junior women	3, 5 and 10 kilometres 1 hour
Under 17 women	3, 5 and 10 kilometres
Under 15 girls	2, 3 and 5 kilometres
Under 13 girls	2 and 3 kilometres

If there is a performance on road over 20k or 50k superior to the best track performance, it shall be recognised in addition to the best track performance and marked “r”. Such best performances will only be recognised if the road course is certified and if the conditions in paragraphs 2, 3 and 4, below, are met.

- 2 Best performances shall only be achieved by athletes eligible by nationality to represent the United Kingdom. The performance shall only be accepted for consideration if the competition is under the Rules of the R.W.A., U.K.A. or I.A.A.F. There shall be no distinction if the walking judging is under the R.W.A. or I.A.A.F. systems.
- 3 The event in which the best performance is set must be category A event (unless it is in excess of 50k, when it can be category B) and shall be covered by an adequate team of officials, namely:
- (a) At least three judges of walking (one of whom is Level 5 or on the I.A.A.F. panel and the others at least Level 4) as recognised by the R.W.A. or I.A.A.F., except that for races over six hours two judges must be on duty at any one time.
 - (b) A list of authorised, acceptable timekeepers shall be maintained by the Judges and Officials Sub-Committee at all times. At least two timekeepers from this list shall be present.
 - (c) A referee, who may be required to provide evidence that the correct distance was covered (e.g., sufficient recorders for longer distances).

- 4 If the E.A., U.K.A., I.A.A.F. or Commonwealth Athletic Committee recognise an appropriate record then it in turn can be recognised automatically by the R.W.A. providing it is not inferior to an existing R.W.A. best performance.
- 5 Applications for a performance to be considered as a best performance shall be submitted either to the R.W.A. Honorary General Secretary or to the Chairman/Secretary of the Rules and Officials Sub-Committee. Evidence shall be provided in the application that the requirements of these Rules have been met. The application may be submitted by the meeting organiser, the promoting body, the referee or the walker concerned. Applications may be made on the official R.W.A. Form (copy on page D3).
- 6 For an existing best performance to be improved the existing time must be improved by a clear 0.2 seconds up to and including 10 kilometres and by 1.0 seconds above that distance. A performance equalling an existing best performance shall be recognised.
- 7 No best performance shall be recognised until ratified by the R.W.A. General Committee but shall date from the time of the actual performance. The R.W.A. General Committee shall be the final arbiter whether a best performance shall be ratified or not and shall be responsible for the interpretation of these rules.

Normally, the Rules and Officials Sub-Committee will first consider a best performance application and advise accordingly; this Sub-Committee will be responsible for compiling lists of best performances and handling appropriate documentation. The Judges and Officials Sub-Committee will advise whether the officiating was adequate, in particular with respect to walking judges. Applications must be submitted within twelve months of the date of performance.

- 8 An R.W.A. best performance is accepted by the R.W.A. without prejudice to a decision on records by any other organisation.
- 9 Each best performance holder shall be entitled to a Certificate or Award presented by the R.W.A. confirming the recognition of the best performance.

R.W.A. BEST PERFORMANCE APPLICATION FORM

When completed this form should be returned to the Rules, Records and Standards Sub-Committee
Chairman/Secretary or the Race Walking Association Secretary.
See overleaf for Rules for Best Performances.

Event	
Performance	
Venue	Date
Competitor's Name	
Place of Birth	Date of Birth
Club	

Officials' Details

Referee's Name	Grade	Starter's Name	Grade

Timekeepers' Details

	Time	Name	Grade	Watch used
1				
2				
3				

Walking Judges' Details

	Name	Grade		Name	Grade
1			4		
2			5		
3			6		
Chief Judge's Signature:			Date:		

To be completed by the Referee

Best performance claimed: Distance:	Time:
Referee's signature	Date:
Referee's address	

For a complete set of rules, see the R.W.A. Handbook, obtainable from the Editor.

The following is an extract from the Rules for Best Performances.

If there is a performance on road over 20k or 50k superior to the best track performance, it shall be recognised in addition to the best track performance and marked “r”. Such best performances will only be recognised if the road course is certified and if the conditions in paragraphs 2, 3 and 4, below, are met.

- 2 Best performances shall only be achieved by athletes eligible by nationality to represent the United Kingdom. The performance shall only be accepted for consideration if the competition is under the Rules of the R.W.A., U.K.A. or I.A.A.F. There shall be no distinction if the walking judging is under the R.W.A. or I.A.A.F. systems.
- 3 The event in which the best performance is set must be category A event (unless it is in excess of 50k, when it can be category B) and shall be covered by an adequate team of officials, namely:
 - (a) At least three judges of walking (one of whom is Level 5 or on the I.A.A.F. panel and the others at least Level 5) as recognised by the R.W.A. or I.A.A.F., except that for races over six hours two judges must be on duty at any one time.
 - (b) A list of authorised, acceptable timekeepers shall be maintained by the Rules and Officials Sub-Committee at all times. At least two timekeepers from this list shall be present.
 - (c) A referee, who may be required to provide evidence that the correct distance was covered (e.g., sufficient recorders for longer distances).
- 4 If the E.A., U.K.A., I.A.A.F. or Commonwealth Athletic Committee recognise an appropriate record then it in turn can be recognised automatically by the R.W.A. providing it is not inferior to an existing R.W.A. best performance.
- 5 Applications for a performance to be considered as a best performance shall be submitted either to the R.W.A. Honorary General Secretary or to the Chairman/Secretary of the Rules and Officials Sub-Committee. Evidence shall be provided in the application that the requirements of these Rules have been met. The application may be submitted by the meeting organiser, the promoting body, the referee or the walker concerned. Applications may be made on the official R.W.A. Form (copy on page D3).

Please note:

If requests for recognition for best performances do not meet the criteria they are unlikely to be recognised.

BEST PERFORMANCES

In the following tables entries in *italics* are awaiting ratification or further information

SENIOR MEN

3000m	11:24.4	Mark Easton	Tonbridge	10/5/1989
5000m	20:13.0	Darrell Stone	Brierley Hill	30/9/1990
10000m	40:06.7	Ian McCombie	Jarrow	4/6/1989
20000m	1:23:27	Ian McCombie	Fana, Norway	26/5/1990
<i>20k r</i>	<i>1:22:03</i>	<i>Ian McCombie</i>	<i>Seoul, South Korea</i>	<i>23/9/1988</i>
30000m	2:19:18	Chris Maddocks	Birmingham	22/9/1984
35000m	2:43:12	Chris Maddocks	Birmingham	22/9/1984
50000m	4:05:45	Paul Blagg	Fana, Norway	26/5/1990
<i>50k r</i>	<i>3:51:37</i>	<i>Chris Maddocks</i>	<i>Burrator</i>	<i>28/10/1990</i>
100000m	9:41:54	Ed Shillabeer	Colchester	15/9/1985
100 miles	17:18:51	Hew Neilson	Walton-on-Thames	15/10/1960
1 hour	14,324m	Ian McCombie	Southwark Park	4/7/1985
2 hours	26,037m	Ron Wallwork	Blackburn	31/7/1971
4 hours	48,969m	Chris Maddocks	Birmingham	22/9/1984
8 hours	85,617m	Ray Middleton	New River	29/9/1974
12 hours	118,805m	Bob Dobson	Colchester	15/9/1985
24 hours	214,064m	Hew Neilson	Walton-on-Thames	15/10/1960

UNDER 23 MEN

3000m	11:28.4	Phil Vesty	Leicester	9/5/1984
10000m	40:53.6	Phil Vesty	Cwmbran, Wales	28/5/1984
<i>20k r</i>	<i>1:24:08</i>	<i>Phil Vesty</i>	<i>Leicester</i>	<i>1/12/1984</i>
<i>50k r</i>	<i>4;10;23</i>	<i>Darrell Stone</i>	<i>Burrator</i>	<i>6/5/1990</i>

JUNIOR MEN

3000m	11:50.55	Nick Ball	Bedford	29/5/2006
5000m	20:16.4	Philip King	Lübeck, Western Germany	26/6/1993
10000m	41:52.2	Darrell Stone	Birmingham	7/8/1987
20000m	1:31:35	Gordon Vale	Brighton	28/6/1981
<i>20k r</i>	<i>1:26:13</i>	<i>Tim Berrett</i>	<i>Dartford</i>	<i>25/2/1984</i>
<i>50k r</i>	<i>4:18:18</i>	<i>Gordon Vale</i>	<i>Lassing, Austria</i>	<i>24/10/1981</i>
1 hour	13,487m	Darrell Stone	Woodford	12/9/1987

UNDER 17 MEN

3000m	12:04.9	Philip King	Broadbridge Heath	2/7/2000
5000m	20:46.5	Philip King	Brierley Hill	29/9/1991
10000m	43:56.5	Philip King	Withdean	2/2/1991

UNDER 15 BOYS

3000m	12:44.7	Lloyd Finch	Solihull	18/5/1998
5000m	22:54.0	Lloyd Finch	Birmingham	15/7/1998

UNDER 13 BOYS

2000m	9:40-0	Luke Finch	Leicester	12/11/1997
3000m	14:47-0	Gareth Brown	Brighton	11/11/1980

SENIOR WOMEN

3000m	12:50-6	Betty Sworowski	Wrexham, Wales	20/7/1990
5000m	21:42-5	Lisa Kehler	Birmingham	13/7/2002
10000m	45:09-6	Lisa Kehler	Birmingham	13/8/2000
20000m	1:57:00	Cath Reader	Loughborough	21/10/1995
20k r	1:33:57	Lisa Kehler	Eisenhüttenstadt, Germany	17/6/2000
50000m	5:26:59	Sandra Brown	Etrechy, France	27-28/10/1990
50k r	4:50:51	Sandra Brown	Basildon	13/7/1991
100 miles	19:27:15	Sandra Brown	Ware	19-20/7/1997
1 hour	11,590m	Lisa Langford	Woodford	13/9/1986
2 hours	20,502m	Cath Reader	Loughborough	21/10/1995
24 hours	194,758m	Sandra Brown	Ware	19-20/7/1997

UNDER 23 WOMEN

3000m	13:15-16+	Vicky Lupton	Birmingham	28/6/1992
5000m	22:03-65	Johanna Jackson	Manchester	29/7/2007
10000m	45:53-9	Julie Drake	Fana, Norway	26/5/1990
20k	1:36:28	Johanna Jackson	Debrecen, Hungary	13/7/2007

+ intermediate time

JUNIOR WOMEN

3000m	13:03-4	Vicky Lupton	Sheffield	28/7/1990
5000m	22:37	Vicky Lupton	Espoo, Finland	15/6/1991
10000m	47:04-0	Vicky Lupton	Sheffield	30/3/1991
1 hour	11,318m	Julie Drake	Woodford	13/9/1986

UNDER 17 WOMEN

3000m	14:04-1	Susan Ashforth	Cudworth	19/5/1985
5000m	23:55-3	Susan Ashforth	Antrim, Ireland	25/5/1985
10000m	51:00-0	Karen Nipper	Leicester	21/2/1981

UNDER 15 GIRLS

3000m	14:17-3	Rebecca Mersh	Sheffield	10/5/2003
5000m	24:58.8	Ana Garcia	Enfield	10/5/2014

UNDER 13 GIRLS

2000m	10:09-0	Kelly Mann	Solihull	10/9/1995
3000m	15:41-0	Kelly Mann	Birmingham	30/7/1995

E R.W.A. LIFE MEMBERS

		Date elected
1	Mrs.J.Heath	13/9/1980
2	Mrs.B.E.M.Randle	10/9/1994
3	C.V.Gittins	13/9/1997
4	P.Marlow	2/12/2000
5	W.K.D.Wright	9/12/2001
6	B.Adams	2/12/2007
7	R.Wells	2/12/2007
8	Miss P.A.Wilson	14/12/2009
9	P.J.Cassidy	14/12/2009
10	K.Munro	6/12/2009
11	P.Selby	12/12/2010
12	Mrs.A.Perry	11/12/2011
13	R.Thorpe	11/12/2011
14	D.Ainsworth	9/12/2012

F CONDITIONS OF AWARD OF TROPHIES

GENERAL PROVISIONS

- 1 All trophies shall be the property of the R.W.A. and shall be in the custody of the General Committee and the decision as to the award of the trophies shall be final.
- 2 All annual trophies shall be awarded with reference to the calendar year.
- 3 Where the award of a trophy depends on a subjective assessment of merit, the General Committee shall be free not to make the award in any particular year if, in its view, there is no performance of sufficient merit.

CYRIL EVANS CUP

- 1 The Cup shall be awarded annually to the best overall walker at distances of fifty kilometres or over.
- 2 A points table shall be used to arrive at the winner.
- 3 Points shall be awarded to each finisher in all or any open or national events of 50 kilometres or over, held under an R.W.A. permit, as follows:

1st place in a race	35
2nd place in a race	32
3rd place in a race	30
4th place in a race	28

then one point less for each position down to 30th,
then one point for each other finisher.
- 4 At the end of each year each individual's points shall be totalled and the winner shall be the walker with the highest score.

A.D.MCSWEENEY TROPHY

- 1 The A.D.McSweeney Trophy shall be awarded annually to the best all round club in the R.W.A. male championships during the calendar year; both Category A and Category B races shall be included.
- 2 A points table shall be used to arrive at the winner.
- 3 The trophy shall be awarded to the club scoring the highest number of points in the table.
- 4 Clubs shall score points for the trophy as follows:

1st place in an R.W.A. National Championship	20
2nd place in an R.W.A. National Championship	18
3rd place in an R.W.A. National Championship	17

and so on.

- 5 Only A teams shall score for the table.
- 6 In the event of a tie, one bonus point shall be awarded to each of the clubs concerned for each championship in which they scored points for the trophy.
- 7 Should a tie still result, then the trophy shall go to the club which, in the table, achieved the highest number of points in
 - (a) the National Under 17 Men's Championship and, if still a tie,
 - (b) the National Senior Men's 20k Championship.

HAMMOND CUP

- 1 The Hammond Cup shall be awarded annually to the club achieving the highest number of points in the Race Walking Association's National Men's Senior Championships as indicated by the A.D.McSweeney Trophy Points table.
- 2 In the event of a tie, one bonus point shall be awarded to each of the clubs concerned for each Men's Senior Championship in which they scored points for the trophy.
- 3 Should a tie result, then the cup shall go to the club that, in the table, achieved the highest number of points in
 - (a) Senior Men's 20k Championship and, if still a tie,
 - (b) Senior Men's 50k Championship.

MILAN TROPHY

The Milan Trophy shall be awarded to the first club to finish any four walkers in the Men's National 50k Championship.

NIJMEGEN SHIELD

The Nijmegen Shield shall be awarded to the first club to finish any four walkers in the Men's National 20k Championship.

T. LLOYD JOHNSON SHIELD

- 1 The Shield shall be awarded annually.
- 2 A points table shall be used to arrive at the winner.
- 3 Each club's best six scores shall be totalled and the club with the highest score shall be the winner.

- 4 Points shall be awarded to clubs finishing in all or any open or national events of 50k or more as follows:

1st place in a race	15
2nd place in a race	11
3rd place in a race	8
4th place in a race	6
5th place in a race	5
6th place in a race	4
7th place in a race	3
8th place in a race	2
all other finishing teams	1

SPARTA TROPHY

- 1 The A.D.McSweeney Trophy Points Table shall be used to arrive at the winner.
- 2 The club achieving the greatest increase in position in the year of award as against the previous year shall be the winner.
- 3 No club shall be awarded the A.D.McSweeney Trophy and the Sparta Trophy in the same year. Should one club be in a position to win both trophies, the Sparta Trophy shall go to the next most improved club.
- 4 In the event of a tie the Trophy shall go to the club that finished teams in the greatest number of R.W.A. Championships.
- 5 Should a tie still result, then the Trophy shall go to the club that in the table achieved the higher number of points in the R.W.A. National Men's 20k Championship.

LANCASHIRE TROPHY

The Lancashire Trophy shall be awarded annually to the best female walker during the calendar year who is eligible to represent any of the countries in the England Athletics territory.

PAULINE FLORA TROPHY

- 1 The Pauline Flora Trophy shall be awarded annually to the best all round club in the R.W.A. Female Championships.
- 2 A points table shall be used to arrive at the winner.
- 3 The Trophy shall be awarded to the club scoring the highest number of points in the table.

4 Clubs shall score points for the Trophy as follows:

1st place in an R.W.A. National Championship	20
2nd place in an R.W.A. National Championship	18
3rd place in an R.W.A. National Championship	17
and so on.	

5 Only A teams shall count for the table.

6 In the event of a tie, one bonus point shall be awarded to each of the clubs concerned for each championship in which they scored points for the Trophy.

7 Should a tie still result, the the Trophy shall go to the club that, in the table, achieved the highest number of points in:

- (a) the Under 13 Girls' Championship and, if still a tie,
- (b) the Senior Women's 5k Championship.

EDGAR HORTON CUP

1 The Edgar Horton Cup shall be awarded annually for the best individual walking performance during the year by a member of an affiliated club who is eligible to represent any of the countries in the England Athletics territory.

2 The Cup shall be awarded for the best performance at distances of 50k or over.

3 The Award shall be decided annually at the first General Committee Meeting in the next calendar year.

4 The Cup shall be presented annually on an occasion approved by the General Committee.

INTERNATIONAL TROPHY

1 The Trophy shall be awarded annually for the most worthy individual performance on road or track in International competition where the representatives are nominated by U.K.Athletics, England Athletics or the Race Walking Association during the calendar year by a member of an affiliated club.

2 The Award shall be decided annually at the first General Committee meeting in the next calendar year.

3 The Trophy shall be presented annually on an occasion approved by the General Committee.

A.G.THAYER MEMORIAL CUP

- 1 The A.G.Thayer Memorial Cup shall be awarded annually to the best all round club in the R.W.A. male and female championships during the calendar year.
- 2 The points scored in the A.D.McSweeney Trophy and Pauline Flora Trophy tables shall be used to arrive at the winner.

BILL HARRIS TROPHY

- 1 The Bill Harris Trophy shall be awarded annually to the club achieving the highest number of points in the Race Walking Association National Under 13 Boys' Under 15 Boys', Under 17 Men's and Junior Men's Championships and Under 13 Girls', Under 15 Girls' Under 17 Women's and Junior Women's Championships as indicated by the A.D.McSweeney Trophy and Pauline Flora Trophy Points Tables.
- 2 Should two or more clubs achieve the same number of points in the combined Points Table, then their positions shall be determined on the basis of the points that the clubs concerned scored in the National Championships in the following order:

Under 13 Girls, Under 13 Boys, Under 15 Girls, Under 15 Boys, Under 17 Women, Under 17 Men, Junior Women, Junior Men.

FRANK JARVIS PLATE

- 1 The Frank Jarvis Plate shall be awarded annually on the basis of the sections of the A.D.McSweeney and Pauline Flora Points Tables for the National Under 13 Boys', Under 15 Boys', Under 17 Men's, Junior Men's, Under 13 Girls', Under 15 Girls', Under 17 Women's and Junior Women's Championships.
- 2 The club achieving the greatest increase in position in the year of award shall be the winner.
- 3 No club shall be awarded the Bill Harris Trophy and the Frank Jarvis Plate in the same year. Should one club be in a position to win both trophies, the Frank Jarvis Plate shall go to the next most improved club.
- 4 Should a tie result, then the winner shall be determined on the basis of the points that the clubs concerned scored in the National Championships in the following order:

Under 13 Girls, Under 13 Boys, Under 15 Girls, Under 15 Boys, Under 17 Women, Under 17 Men, Junior Women, Junior Men.

PRESIDENT'S TROPHY

- 1 The President's Trophy shall be awarded annually to the R.W.A. Area achieving the highest number of points in the Race Walking Association National Championships during the calendar year

2 Areas shall score points for the Trophy as follows:

1st place in an R.W.A. National Championship	3
2nd place in an R.W.A. National Championship	2
3rd place in an R.W.A. National Championship	1

3 Area places in each National Championship shall be decided by taking the position of the first three or four walkers in each Championship in the same way as team championships are decided under Rules 2(a) and 2(b) of the R.W.A. Rules for Competition.

4 Scoring walkers shall count for the Area to which their first-claim clubs are affiliated.

5 In the event of a tie, the Trophy shall be awarded to the Area scoring the highest number of points in the National Senior Men's 20k Championship.

6 Each year on an agreed date the National President shall present the Trophy to the President of the winning Area.

THE JOHN KEOWN MEMORIAL AWARD

1 The John Keown Memorial Award is established as a lasting memorial to the contribution to Race Walking made by John Keown.

2 The Award shall take the form of a suitable engraved plaque or other object, and may be accompanied by a document by way of citation signed by the President of the Race Walking Association.

3 The Award shall be presented to an individual in recognition of his or her contribution to the development of Race Walking within the area of jurisdiction of the Race Walking Association in any capacity other than as a competitive walker. The body selecting the recipient of the Award shall pay particular attention to the general contribution of the recipient and not to any single task carried out or office occupied.

4 Recipients of the Award shall be determined by the General Committee of the Race Walking Association upon nominations made by any club, area or individual,, which shall be supported by profiles of the nominees.

5 Upon presentation, an Award shall be retained by the recipient.

6 An Award may be made at any time, without limit of number. There shall be no obligation upon the Association to make any award at any time or in any year.

7 No individual shall receive the Award more than once.

8 No current Officer, Life Member or Past President of the Race Walking Association shall be eligible to receive the Award, but previous receipt of the Award shall not disqualify a recipient from subsequently becoming an Officer or Life Member of the association.

- 9 The discretion of the General Committee in selecting a recipient of the Award shall be unfettered except in accordance with these Rules of Award.

KEN SMITH MEMORIAL TROPHY

- 1 The Ken Smith Memorial Trophy is established as a lasting memorial to the contribution to Race Walking made by Ken Smith.
- 2 The award shall be made annually for the best performance by a young athlete (i.e., under 20, male or female) at a National Championship, Area Championship or International. Performances on road and track shall be considered but only in Category A races. The winner shall be determined by the R.W.A. General Committee.

G R.W.A. NATIONAL OFFICERS

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