



N.S.W. RACE WALKING CLUB INC

WOULD YOU LIKE TO TRY RACE WALKING?

Walking races are conducted for competitors of all ages and abilities, from little athletes to seniors – from learners to state and national champions.

There is **NO AGE LIMIT**

RACE WALKING EVERY SATURDAY AFTERNOON

Season starts –12th April, Angle Park, Charlton Ave, Chipping Norton

First 3 weeks of competition

- 12th April - Angle Park, Chipping Norton
- 19th April - Angle Park, Chipping Norton
- 26th April - Angle Park, Chipping Norton

<u>Divisions</u>		<u>Race Times</u>	<u>Distances</u>
• Long	-	1.45 pm	8 - 10 - 12km/15km
• Medium	-	1.45 pm	6 - 8 - 10km
• Short	-	2.00 pm	3 - 4 - 5km
• 16yrs (Born 2009-2010)		2.15 pm	3 - 4 km
• 14yrs (Born 2011-2012)		2.30 pm	2 - 3km
• 12yrs (Born 2013-2014)		2.45 pm	1.5 - 2km
• 10yrs (Born 2015 or later)		3.00 pm	750m - 1km

All registrations \$55 (country athletes – refer to website)

For further information please ring:

- Heather Mitchell 0402 205 300
- Kirsten Crocker 0409 044 494
- Jenny Lingley 0430 272 284

Website: <http://www.nswracewalkingclub.com>

The New South Wales Race Walking club is a member of Race Walking Australia.