



Join The Club That Assists All Athletes Reach Their Race Walking Potential

In a fun and family friendly environment, qualified Coaches, Judges and Officials assist all athletes to achieve their goals. Whether it is to improve fitness, learn more about the sport or aim to become an Olympic Champion, Racewalking New South Wales is your club.

Competitions are held each Saturday morning from April to August and some Sunday morning from September to March. Whilst athletes are encourage to participate each week, there are no requirements for regular attendance.

For dates and venues please turn over the page.

For further information please contact:
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Website: www.regalracewalkersinc.com



**Jane Saville &
Luke Adams**



Ian Rayson



Event Dates and Venues

Date

Sunday 30th October 2111
Sunday 13th November 2011
Sunday 11th March 2012

Venue

Leichhardt
Narellan - Distance Day (ANSWPermit)
Leichhardt

Race Fee:

\$3 (\$5 for the Distance Day)

Distance Day Events:

8:00am: Open Men and Women 20km
8:30am: U/20 Men and Women 10km
8:30am: Masters Men and Women 10km
9:45am: U/18 Men and Women 5km
10:00am: U/16 Men and Women 2km
10:20am: U/14 Men and Women 1km

October and March Events Start Times :

Senior Division: 8:30am
Intermediate Division: 9:00am
Junior (Little Athletes) Division: 9:15am

October and March Events Distances:

Senior: 10km to 20km
Intermediate: 3km to 8km
Junior (Little Athletes): 800m to 2000m
Athletes nominate the distance they wish to walk at these competitions.

Venues:

Leichhardt: Richard Murden Reserve
Hawthorne Parade, Leichhardt

Narellan: Harrington Park Lake
Carpark- George and Charker Drive
Harrington Park