



WINTER HANDBOOK 2017

www.nswracewalkingclub.com

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New South Wales Race Walking Club Inc.

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New South Wales Race Walking Club

2017 winter season

The NSW Race Walking Club (NSWRWC) was founded in 1911 to meet a particular athletic need. It is one of the oldest athletic bodies in NSW. The aims of the club are to encourage race walking and to develop competent judges, coaches and officials.

The NSWRWC conducts on behalf of Athletics NSW the majority of the NSW Road Walking Championships during the winter season. In addition a full program of club competition is conducted. These programs are designed to cater for males and females of all age groups from Little Athletics to Masters. Competitors of all standards are provided for with a range of graded events of varying distances with both handicap and scratch results and point scores.

RULE 230 WALKING

2. Definition of Race Walking

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eyes) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

3. Judging

- (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.
- (b) All the judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
- (d) For road races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.
- (e) For track races, there should normally be six judges including the Chief Judge.

4. Chief Judge

- (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete in the last 100m, when his mode of progression obviously fails to comply with the Rule 230.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. He shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race. (In State and Australian Championships this rule applies.)

5. Yellow Paddle

When a judge is not completely satisfied that an athlete is fully complying with Rule 230.2, he should, where possible, show the athlete a yellow paddle with the symbol of the offence on each side. An athlete cannot be shown a second yellow paddle by the same judge for the same offence. Having shown a yellow paddle to an athlete, the judge shall inform the Chief Judge of his action after the competition.

(In our competitions a Yellow Paddle may be given by verbal or by sign means.)

6. Red Cards

When a judge observes an athlete failing to comply with Rule 230.2 by exhibiting visible loss of contact or a bent knee during any part of the competition, the judge shall send a Red Card to the Chief Judge.

7. Disqualification

(a) Except as provided in Rule 230.7(c), when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

(d) In track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing bibs and leave the course. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.7(c) to enter and remain for the required period in the Pit lane may be liable to further disciplinary action in accordance with Rule 145.2.

(e) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. the symbol of each offence should also be indicated on the Posting Board.

10. Drinking / Sponging and Refreshment Stations in Road Events

(b) For all events of 5km or longer up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.

(Walkers shall provide their own water in a labelled and suitable bottle, no sponges will be supplied or used by the NSW RWC.)

(c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking/sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

(At NSW RWC events, there will be a combined water/refreshment station.)

(d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are

easily accessible to, or may be put by authorised persons into the hands of, the athletes.

(At NSWRC events, refreshments shall be provided by the individual athlete.)

(e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre to the side, but not in front, of the table.

(h) An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the course.

Club Rules

Walkers must be members of both the NSWRC and either Athletics NSW or LANSW.

Walkers must be financial members of NSWRC before competing. Two weeks grace will be allowed to become a financial member of ANSW or LANSW.

Should unforeseen circumstances make it necessary this programme may be changed by the Executive of the NSWRC and in the case of State Championships by Athletics NSW.

Walk judges will have the responsibility of umpiring during all club events.

Open Day Qualifications

To be eligible for Handicap and Fastest Time awards on Open Days competitors must compete in their nominated division on two prior occasions for the Nepean Open Day and three times for the Parramatta Little Athletics Open Day and the Sutherland District Open Day.

For all club events and Open days, all competitors must be at the starting point of the race at least 10 minutes prior to the advertised starting time. Race fees must be paid and names entered on official race sheets before marshalling time of the race.

Club Championship Qualifications

To be eligible to compete in the Club Championships, competitors must have competed in their nominated division in a combined total of 50% of Events, Open Days and June Canberra Federation from the start of the season. State Championships do not count towards qualification.

Rules for Federation team events

Team finish points will be computed from the first 3 members from the same club who cross the line - non scoring competitors will not be counted in computing team scores.

Rules for ANSW Team Championships

The ANSW Teams Championships will be conducted in accordance with the rules for team points scoring as set down by Athletics Australia.

Teams may comprise three or more registered athletes from the same club or region who complete the event. In the event of a club or region having more than one team, the first three competitors from that club or region to finish will be team 1 and the second three from that club or region to finish will make up team 2 and so on. Females may compete in the male team but are then not eligible for individual places in the women's event.

The winning team shall be the team scoring the least number of points according to the position in which the scoring members of a team finish. The finishing positions of the non-scoring members of a team and the members of a team which fails to finish the requisite number to score and of athletes who are not members of teams shall be eliminated. Only the first three finishers in each team that has three or more finishers will count for points. In the event of two teams finishing with the same number of points, the winning team shall be the first of the teams where all three competitors have finished.

Athletes may only compete in one individual event and one team on any one day.

ANSW Masters

Masters Age groups are 35 years plus, 45 years plus and 55 years plus.

Divisions

The programme has been divided into 6 divisions: Long, Medium, Short, U/16 yrs, U/12 yrs and U/10 yrs.

Male and female will compete in the same divisions.

To be eligible for U/16 yrs, U/12 yrs and U/10 yrs, competitors must be under those ages as at 31st December, 2017.

Starting Times

Starting times will be followed as closely as possible to times listed in the program. However, some races may vary according to conditions on the day. It is suggested that intending competitors arrive at the venue at least 30 minutes before advertised starting times.

Club Events and Open Days:	Long	1.15 pm
	Medium	1:15 pm
	Short	1:30 pm
	U/16 yrs	2:00 pm
	U/12 yrs	2:20 pm
	U/10 yrs	2:30 pm
	Fun Run to follow	

Extra Distance

Any Long division walker wishing to walk a longer distance than their grade distance, can do so provided they advise when they are paying their entry fee. Points/LD will be only awarded to the smaller distance.

Uniforms

For all club events, Open Days and Federation events, the uniform of the NSW RWC must be worn. Any competitors not in the correct uniform of NSW RWC will not be included in point scores.

The uniform of the NSW RWC is sky blue top with club badge and with black bottom. The registration numbers must be firmly affixed to both front and back.

For all State Championship events the uniform of the member's registered club shall be worn. The registration numbers must be firmly affixed to both front and back.

Named Trophies

To be presented the week following the competition. See our website for photographs/information of these trophies.

Club Awards at End of Season

A season point score will be maintained and the Committee will decide on the number of trophies to be awarded to each Division for Handicap and Fastest Time.

To be eligible for an award a competitor must have competed in their nominated division in a combined total of 50% of events, Open days and June Canberra Federation from the start of the season.

State Championships do not count towards qualification.

A Competitor can only be eligible for awards in one division.

Trophies will be presented to U/10yrs, U/12yrs and U/16yrs. Awards to Short, Medium, Long divisions.

Handicaps

Handicaps are calculated on each individual distance and if an athlete has not walked that distance, to the nearest distance. State Championship and Federation Event times are not taken into consideration only Club and Open days. Contact Ron Keys for clarification.

Handicap Point Allocation

Male and female compete in the same division and in one Handicap point score for each division. Points of 7,5,4,3,2,1 for first to sixth place on handicap **plus** all competitors receive 1 point for starting and 1 point for completing the course without disqualification.

1 point for starting and 1 point for completing the course without disqualification will be allocated for events marked NPS except for Under 12 yrs and Under 10 yrs division athletes who compete in any ANSW State events.

At the June Canberra Federation athletes also receive 1 point for starting and 1 point for completing the course without disqualification in only one event.

Fastest time point allocation

Separate Male and Female Fastest Time Point Scores will be maintained for each Division and points of 7,5,4,3,2,1 for first to sixth fastest time recorded.

Change of Division

If a competitor elects to compete in a division other than their nominated division they will receive one handicap point only and no fastest points.

If a competitor wishes to change divisions they will forfeit all points in the previous division.

Fun Run 1km and 2km

At the conclusion of the walk events on Club and Open days a Fun Run will be conducted and the season's handicap winners of each distance will be presented with an award on Presentation Day.

Most Distance walked during the season (Long & Medium division athletes only)

For events marked LD, kilometres completed by each competitor during these events will be totalled and trophies presented to the competitor at the end of the season who has completed the most distance.

Men - Harry Barrett Perpetual Trophy

Women - Charles Neasby Perpetual Trophy

If walkers participate in two events at the same competition, only the longer distance will count.

Water

The Club will only supply water in cups.

Walkers are encouraged to bring their own drink bottles.

NSW State Championships 2017 - Age as at 31/12/2017

Open men's 30 Kilometre - individual

Open men's 20 Kilometre - individual

Open men's 10 Kilometre - individual & teams

Masters men 15 Kilometre – individual

Masters men 10 Kilometre – individual

Masters men 5 Kilometre – individual

Under 20 men's 20 Kilometre -individual

Under 20 men's 10 Kilometre -individual

Under 18 men's 8 Kilometre – individual

Under 18 men's 5 Kilometre – individual & teams

Under 16 men's 5 Kilometre – individual

Under 16 men's 3 Kilometre – individual

Under 14 men's 3 Kilometre – individual & teams

Under 14 men's 2 Kilometre – individual

Under 12 men's 1 Kilometre – individual

Under 12 men's 2 Kilometre - individual

Open women's 20 Kilometre - individual

Open women's 15 Kilometre - individual

Open women's 10 Kilometre - individual & teams

Masters women 15 Kilometre – individual

Masters women 10 Kilometre – individual

Masters women 5 Kilometre - individual

Under 20 women's 15 Kilometre -individual

Under 20 women's 10 Kilometre -individual

Under 18 women's 8 Kilometre – individual

Under 18 women's 5 Kilometre – individual & teams

Under 16 women's 5 Kilometre – individual

Under 16 women's 3 Kilometre - individual

Under 14 women's 3 Kilometre – individual & teams

Under 14 women's 2 Kilometre - individual

Under 12 women's 1 Kilometre - individual

Under 12 women's 2 Kilometre - individual

Entries on the day for all Athletics NSW Championships close 30 minutes before the scheduled start time of the event.

Complaints

Any complaints to be in writing and signed then handed to the Secretary for discussion at the next Club meeting.

Club Meetings

Regular Club meetings are held during the season on Saturday starting at 11.15am. All members are encouraged to attend and participate.

The Racewalker

The Racewalker is the weekly newsheet and one is given free to each family when they register for their race each Saturday. The Racewalker contains news, results and information regarding our Club.

Web Address

www.nswracewalkingclub.com

International Travel Fund

NSWRWC members will get 10 points each time they walk during the winter season, when observing the NSWRWC rules. This will be transferred into dollars when members apply to the International Travel Fund for assistance. When picked in overseas teams, (Olympic and Commonwealth Games when not funded, and any other overseas AA walking teams) members are eligible to receive an amount in respect to their attendance this season or last season, whichever is the greater amount. Example: - attendance 21 times in previous season, 8 times in current season, competitor receives \$210.

Second Federation Funding

For the second Federation conducted in all States except New South Wales and ACT, NSWRWC members will receive 5 points each time they walk during the current winter season at club events and Open days prior to the second Federation. This will be transferred into dollars when members enter and compete in an event at the second Federation. Financial NSWRWC officials appointed by Athletics Australia will receive the maximum amount.

Enquiries

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2017 Programme Summary

Date	Event	Venue
April 8	Club	Chipping Norton
April 15	Club	Chipping Norton
April 22	Club	Chipping Norton
April 29	Club	Tempe
May 6	Club	Oatley
May 13	Nepean Open	Jamisontown
Sunday May 21	ANSW State Championships Teams	Chipping Norton
May 27	Club	Woy Woy
June 3	Parramatta Little Athletics Open Day	Jamisontown
Sunday June 11	Federation	Canberra
Sunday June 18	LANSW & ANSW State Road Walk Championships	Penrith Lakes
June 24	Club	Woy Woy
July 1	Club	Tempe
July 8	Club and Racewalking Australia Challenge	Chipping Norton
July 15	Club	Tempe
Sunday July 23	ANSW State Championships Long Walks	Chipping Norton
July 29	Sutherland Open	Oatley
August 5	Club Championships	Chipping Norton
August 12	Presentation Day	Doonside
Sunday August 27	Second Federation	West Dapto

Venues

THERE HAVE BEEN SOME SUBURB NAME CHANGES. SO YOUR GPS CAN FIND US THEY ARE IN BRACKETS.

Angle Park, Charlton Avenue, **Chipping Norton**.

Gough Whitlam Park, Bayview Avenue, **Tempe**. (**Earlwood**)

Moore Reserve, Morshead Drive, **Oatley**. (**Hurstville Grove**)

Tench Reserve, Tench Avenue **Jamisontown** (**Penrith**)

Lions Park, North Burge Road, **Woy Woy**

Penrith Regatta Centre, Entrance through Gate A, **Penrith Lakes**

Mt. Stromlo Forest Park, Mt. Stromlo, **Canberra**

Nurragingy Reserve, Knox Road, **Doonside**.

Detailed programme

April 8 Venue:..CHIPPING NORTON.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
April 8						
1.15 pm	Long	8	Combined	M & F	SCR	M & F LD
	Medium	6	Combined	M & F	SCR	M & F LD
	Short	3	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1	Combined	M & F	SCR	
	U/10 yrs	.5	Combined	M & F	SCR	

April 15 Venue:..CHIPPING NORTON.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
April 15						
1.15 pm	Long	10	Combined	M & F	SCR	M & F LD
	Medium	8	Combined	M & F	SCR	M & F LD
	Short	4	Combined	M & F	SCR	
	U/16 yrs	3	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

April 22 Venue:..CHIPPING NORTON.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
April 22						
1.15 pm	Long	15	Combined	M & F	SCR	M & F LD
	Medium	10	Combined	M & F	SCR	M & F LD
	Short	5	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1	Combined	M & F	SCR	
	U/10 yrs	.5	Combined	M & F	SCR	

April 29 Venue:..TEMPE.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
April 29						
1.15 pm	Long	8	Combined	M & F	H'CAP	M & F LD
	Medium	6	Combined	M & F	SCR	M & F LD
	Short	3	Combined	M & F	SCR	
	U/16 yrs	3	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

May 6 Venue:..OATLEY.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
May 6						
1.15 pm	**Long	10/15	Combined	M & F	SCR	M & F LD
	Medium	8	Combined	M & F	H'CAP	M & F LD
	Short	4	Combined	M & F	SCR	
	U/16 yrs	3	Combined	M & F	SCR	
	U/12 yrs	2	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

- Vecellio Trophy to U/12 yrs combined handicap winner
- Mitchell Family Trophy to combined Short division handicap winner

****NEW OPTION** – Long Division walkers must advise at Entry table if they are doing the longer distance.

May 13 Venue:..JAMISONTOWN.....KEVIN STONE MEMORIAL NEPEAN OPEN

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
May 13						
1.15 pm	Long	12	Combined	M & F	SCR	M & F LD
	Medium	10	Combined	M & F	SCR	M & F LD
	Short	5	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1	Combined	M & F	SCR	
	U/10 yrs	.5	Combined	M & F	SCR	

Entries close for June Canberra Federation

May 20... NO COMPETITION ...

May 21 Sunday Venue CHIPPING NORTON.....STATE Teams & Individual Championships

DATE	NSW Championship	DISTANCE	*Teams & Indiv	LONG DISTANCE
May 21				
9.00am	Open Men	10 Kilometre	*	LD
9.00am	Open Women	10 Kilometre	*	LD
9.00am	Masters Men	10 Kilometre	Indiv only	LD
9.00am	Masters Women	10 Kilometre	Indiv only	LD
10.15am	U/18 Men	5 Kilometre	*	
10.15am	U/18 Women	5 Kilometre	*	
11.00pm	U/14 Men	3 Kilometre	*	
11.00pm	U/14 Women	3 Kilometre	*	

May 27 Venue:..WOY WOY.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
May 27						
1.15 pm	**Long	8	Combined	M & F	SCR	M & F LD
	Medium	6	Combined	M & F	SCR	M & F LD
	Short	3	Combined	M & F	H'CAP	
	U/16 yrs	3	Combined	M & F	SCR	
	U/12 yrs	1	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

Overton Trophy to U/12 yrs combined handicap winner

Mulligan Trophy to combined Medium division handicap winner

June 3 Venue:..JAMISONTOWN.....PARRAMATTA LITTLE ATHLETICS OPEN

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
June 3						
1.15 pm	Long	10	Combined	M & F	SCR	M & F LD
	Medium	8	Combined	M & F	SCR	M & F LD
	Short	4	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	.5	Combined	M & F	SCR	

****NEW OPTION** – Long Division walkers must advise at Entry table if they are doing the longer distance.

June 10 ... NO COMPETITION ...

**June 11 Sunday Venue:.. CANBERRA Lake Burley Griffin Carnival at Stromlo
 Criterium Circuit, Stromlo Forest
 Park,FEDERATION CHAMPIONSHIPS**

*Open 20 Mile Lake Burley Griffin		NPS	LD
*Veteran Men's 20 Mile		NPS	
*Women's 5 km		NPS	LD
*Veteran Women's 5km		NPS	
Women's U/20 5km		NPS	
*Men's U/20 10 km		NPS	
* Men's 10 Miles		NPS	LD
*Women's 10 miles		NPS	LD
Veteran Women's 10 miles individual		NPS	
Veteran Men's 10 Miles individual		NPS	
Men's Invitation 10 km		NPS	LD
*U/10 Girls & Boys events	- 1 km	NPS	
*U/12 Girls & Boys events	- 2 km	NPS	
*U/14 Girls & Boys events	- 2km	NPS	
*U/16 Girls & Boys events	- 3 km	NPS	
*U/18 Men's	- 5 km	NPS	
*U/18 Women's	- 5 km	NPS	
* Team Events & individual			

June 17 ... NO COMPETITION

**June 18 Sunday Venue:...PENRITH LAKES.....LITTLE ATHLETICS NSW &
 ATHLETICS NSW SHORT
 ROAD WALK CHAMPIONSHIPS**

DATE	Event	DISTANCE	LONG DISTANCE
July 23			
9.30am	Open Men	20 Kilometre	LD
9.45am	Open Women	15 Kilometre	LD
10.30am	Masters Men	5 Kilometre	LD
10.30am	Masters Women	5 Kilometre	LD
10.30am	U/20 Men	10 Kilometre	LD
10.30am	U/20 Women	10 Kilometre	LD
11.30am	U/15, U16 & U/17 Boys	3 Kilometre	
11.55am	U/15, U16 & U/17 Girls	3 Kilometre	
12.20pm	U/13 & U/14 Boys	2 Kilometre	
12.40pm	U/13 & U14 Girls	2 Kilometre	
1.00pm	U/11 Boys	1.5 Kilometre	
1.15pm	U/11 Girls	1.5 Kilometre	
1.30pm	U/10 Boys	1.2 Kilometre	
1.45pm	U/10 Girls	1.2 Kilometre	
2.00pm	U/9 Boys	1.2 Kilometre	
2.15pm	U/9 Girls	1.2 Kilometre	

June 24 Venue:..WOY WOY.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
June 24						
1.15 pm	Long	12	Combined	M & F	SCR	M & F LD
	Medium	10	Combined	M & F	SCR	M & F LD
	Short	5	Combined	M & F	SCR	
	U/16 yrs	3	Combined	M & F	H'CAP	
	U/12 yrs	2	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

July 1 Venue:..TEMPE.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
July 1						
1.15 pm	Long	8	Combined	M & F	SCR	M & F LD
	Medium	6	Combined	M & F	SCR	M & F LD
	Short	3	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1	Combined	M & F	SCR	
	U/10 yrs	.5	Combined	M & F	SCR	

- Dorothy Dorsett to Short division Men handicap
- Doris Clark to Short division Women handicap

July 8 Venue:.. CHIPPING NORTON.....CLUB EVENT & RACEWALKING AUSTRALIA CHALLENGE

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
July 8						
1.15 pm	Long	10	Combined	M & F	SCR	M & F LD
	Medium	10	Combined	M & F	SCR	M & F LD
	Short	5	Combined	M & F	SCR	
	U/16 yrs	3	Combined	M & F	SCR	
	U/12 yrs	2	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

- McDougall trophy to Long & Medium division Women combined handicap winner
- Hadley Cup to Long & Medium Men combined handicap 10km winner

July 15 Venue:..TEMPE.....CLUB EVENT

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
July 15						
1.15 pm	Long	12	Combined	M & F	SCR	M & F LD
	Medium	8	Combined	M & F	SCR	M & F LD
	Short	4	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	.5	Combined	M & F	SCR	

- Huxley Family Shield to U/16 yrs division combined handicap winner

July 22 ... NO COMPETITION

July 23 Sunday Venue:..CHIPPING NORTON..... STATE LONG WALK CHAMPIONSHIPS

DATE	NSW Championship	DISTANCE	LONG DISTANCE
July 23			
8.30am	Open Men	30 Kilometre	LD
8.30am	U/20 Men	20 Kilometre	LD
8.30am	Open Women	20 Kilometre	LD
9.00am	Masters Men	15 Kilometre	LD
9.00am	U/20 Women	15 Kilometre	LD
9.00am	Masters Women	15 Kilometre	LD
10.00am	U/18 Men	8 Kilometre	LD
10.00am	U/18 Women	8 Kilometre	LD
10.45am	U/16 Men	5 Kilometre	
10.45am	U/16 Women	5 Kilometre	
11.20am	U/12 Men	2 Kilometre	
11.20am	U/12 Women	2 Kilometre	

July 29 Venue:..TEMPE.....SUTHERLAND OPEN

DATE	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
July 29						
1.15 pm	Long	8	Combined	M & F	SCR	M & F LD
	Medium	6	Combined	M & F	SCR	M & F LD
	Short	3	Combined	M & F	SCR	
	U/16 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

- Randall trophy to U/12 yrs combined handicap winner*
- Crocker trophy to U/10 yrs combined handicap winner*

***** POINT SCORE FINISHES**

August 5 Venue:..CHIPPING NORTON.....CLUB CHAMPIONSHIPS

Trophies 1st, 2nd, 3rd for M & F Fastest in each division.
 Medals 1st, 2nd, 3rd for Combined Handicap winners in each division
 Winners of a trophy cannot win a Handicap medal.

DATE	DIVISION	KM	START	LONG DISTANCE
Aug 5				
1.15pm	Long	10	SCR	M & F LD
	Medium	8	SCR	M & F LD
	Short	4	SCR	
	U/16 yrs	3	SCR	
	U/12 yrs	1.5	SCR	
	U/10 yrs	.5	SCR	

- A.E. Brown (Men) and Deanna Rahill (Ladies) style award. The winners must be members of NSWRC and in Long or Medium division*
- Most distance walked finishes at conclusion of today's events for the Barrett (men) and Neasby (ladies) trophies*

August 12 Venue:..DOONSIDE.....PRESENTATION DAY

12.15pm	BBQ and Games
1.00pm	Auction
2.00pm	Presentation

August 27 Sunday Venue:..WEST DAPTO.....FEDERATION & AA CHAMPIONSHIPS

	DISTANCE	
Open Men	20 Kilometre	AA & RWA Teams
Masters Men	20 Kilometre	RWA
U/20 Men	10 Kilometre	AA & RWA Teams
U/18 Men	10 Kilometre	AA & RWA Teams
Open Women	20 Kilometre	AA
Open Women	10 Kilometre	RWA & Teams
Masters Women	10 Kilometre	RWA
U/20 Women	10 Kilometre	AA & RWA Teams
U/12 B & G	2 Kilometre	RWA & Teams
U/14 B & G	3 Kilometre	AA & RWA Teams
U/16 B & G	5 Kilometre	AA & RWA Teams
U/18 Women	5 Kilometre	AA & RWA Teams
Presentation		

PERSONAL RESULTS

DATE	VENUE	DISTANCE	TIME