

WA RACE WALKERS CLUB WINTER PROGRAM 2023

NEW Requirements:

Club tops with club numbers front and back are required for all club walks.

For club championships on 27th August:

1. walkers may compete up age groups only if they are different distances to their correct age group distance and they fulfil all other prerequisites; and
2. competitors must register for their events, with the Race Director (Terry Jones), by email, no later than Tuesday 22nd August.

Sun 7 May	8:00 10K, 5K, 3K;	9:00 2K		Perry Lakes
Sun 14 May	8:00 Don Rapley (2 x men teams) 10K			Shelley
	President's Cup (2 x women teams) 10K, Open 8K, 4K; 9:00 1.5K			
	Mothers' Day Trophy 1.5K for all the non-competing mums			
Sun 21 May	8:00 10K, 5K, 3K;	9:00 2K	handicaps	Wilson
Sun 28 May	8:00 Ron Davies U20 M 10K, Open 14K, 8K, 4K;	Anne Murray U20 W 6K		Woodbridge
		9:00 1.5K		
Sat 3 Jun	WAAOC/AW/WARWC Combined Walks TBC 3K, 5K, 10K			Perry Lakes
Sun 11 Jun	7:30 16K, 10K, 5K;	9:00 2K	handicaps	Shelley
	55 th Annual Race Walking Australia Carnival Stromlo Forest Park ACT			
	Entry details: http://vrwc.org.au/wp1/55th-lbq-walking-carnival/ TBC			
Sat 17 Jun	WAAOC/AW/WARWC Combined Walks TBC 3K, 5K, 10K			Perry Lakes
Sun 25 Jun	7:30 20K, 10K, 5K;	9:00 2K	handicaps	Wilson
Sat 1 Jul	WAAOC/AW/WARWC Combined Walks TBC 3K, 5K, 10K			Perry Lakes
Sun 9 Jul	8:00 10K, 8K, 5K, 3K;	9:00 1.5K	handicaps	Perry Lakes
	Including Masters State Championship 10K at 8:00			
Sun 16 Jul	8:00 14K, 5K, 4K;	9:00 2K	handicaps	Woodbridge
Sun 23 Jul	Race Walking Australia Virtual Interstate Challenge			Shelley
	8:00	M & W, Open, U20, Masters 10K (DOB required)		
		M & W U18 8K		
		M & W U16 5K		
	9:00	M & W U14 3K		
		M & W U12 2K		
		M & W U10 1.5K		
Sun 30 Jul	WAAOC/AW/WARWC Combined Walks TBC 3K, 5K, 10K			Perry Lakes
Sun 6 Aug	7:30 16K, 6K, 3K;	9:00 2K	handicaps	Wilson
Sun 13 Aug	8:00 10K, 6K;	9:00 1.5K	handicaps	Shelley

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Sun 20 Aug State Championships. **Timetable TBC** Perry Lakes
including 20K WA State & AMA postal Championships

Sun 27 Aug WARWC Club Championships Wilson

8:00	Open, U20, U18	10K	
	Masters, U16	5K	
9:00	Under 10	1.5K	
	Under 12	2K	
	Under 14	3K	
9:30	Medal presentations & Raffle		

Sun 3 Sept 8:00 10K, 5K, 3K, 9:00 2K handicaps Shelley

Sun 10 Sept Australian Walks Championships & RWA Carnival TBC

Courses

Wilson	Cnr Queens Park Rd & Kent St: UBD 310 D10
Shelley	Shelley Beach Park Riverton Drive Shelley: UBD 309 D13
Perry Lakes	Near Hockey Club off Perry Lakes Drive Floreat: UBD 266 L8
Woodbridge	Woodbridge Riverside Park, northern end of First Ave: UBD 231 P15

TBC Athletics West full winter program, including Little Aths see: **TBC**
<https://www.athleticswest.com.au/aw-events/winter/>

WARWC Contacts:

<http://www.warwc.org/>

President: Mike Reid: ipilot513@gmail.com 9456 1263

Treasurer: Karyn Tolardo tolardo@westnet.com.au

Secretary and Race Director: Terry Jones: tjones@myplace.net.au 9332 7731

WA Winter School Holidays 1st July to 16th July 2023