



## Winter Program 2009

Saturday Mornings

Start Times: Divisions 1 and 2- 8:30am; Division 3- 9:00am; Division 4- 9:15am

Race Fee: Members- \$3.00; Non Members- \$5.00

<u>Date</u>	<u>Venue</u>	<u>Div 1</u>	<u>Div 2</u>	<u>Div 3</u>	<u>Div 4</u>
<b>APRIL</b>					
4 <sup>th</sup>	NPS Georges Hall	10	8	4	1
11 <sup>th</sup>	FPS Leichhardt	14	10	5	1
18 <sup>th</sup>	PS Narellan	16	12	5	1
25 <sup>th</sup>	PS Georges Hall	18	12	6	2
<b>MAY</b>					
2 <sup>nd</sup>	PS Five Dock	20	14	8	2
9 <sup>th</sup>	PS Central Coast	14	8	4	1
16 <sup>th</sup>	PSH Chipping Norton	10	10	5	1
Sunday 24 <sup>th</sup>	Narellan	NSW Teams Walk			
30 <sup>th</sup>	PS Leichhardt	16	12	6	2
<b>JUNE</b>					
Sunday 7 <sup>th</sup>	Canberra	Racewalking Australia Carnival			
13 <sup>th</sup> *	PSH Five Dock	10	10	5	1
20 <sup>th</sup>	PS Chipping Norton	16	12	6	2
Sunday 28 <sup>th</sup>	Penrith	NSW Short Walks			
<b>JULY</b>					
4 <sup>th</sup>	PS Leichhardt	20	14	8	3
11 <sup>th</sup>	NPS Narellan	Racewalking Australia State Postal Challenge			
18 <sup>th</sup>	PSH Chipping Norton	10	10	5	1
Sunday 26 <sup>th</sup>	Narellan	NSW Long Walks			
<b>AUGUST</b>					
1 <sup>st</sup>	PS Wollongong	15	10	5	1
8 <sup>th</sup>	NPS Five Dock	Choose Your Own Distance			
15 <sup>th</sup>	NPS Narellan	Choose Your Own Distance			
22 <sup>nd</sup>	NPS Leichhardt	Choose Your Own Distance			
Sunday 30 <sup>th</sup>	Parramatta Park	Australian Road Walking Championships and Racewalking Australia Carnival			

Athletes may choose to walk an alternative distance at any Club event

NPS- No Point Score

FPS- Fastest and Long Distance Points Score Only

PS- Point Score (Handicap, Fastest and Long Distance)

PSH- Point Score Handicap Start

DIV- Division

Distances are listed in kilometres

\*Annual General Meeting to be held at the conclusion of the events.