



WINTER HANDBOOK 2023

www.nswracewalkingclub.com

Table of Contents

New South Wales Race Walking Club Inc.	
2023 winter season	2
World Athletics Technical Rule 54 WALKING	2
2. Definition of Race Walking	2
3. Judging	2
4. Chief Judge	2
5. Yellow Paddle	3
6. Red Cards	3
7. Disqualification	3
8. Start	4
10. Drinking / Sponging and Refreshment Stations in Road Events	4
Club Rules	6
Open Day Qualifications	6
Club Championship Qualifications	6
Rules for Federation team events	6
Rules for ANSW Team Championships	7
ANSW Masters	7
Divisions	7
Starting Times	7
Extra Distance	7
Uniforms	7
Club Awards at End of Season	8
Perpetual Trophies	8
Change of Division	8
Water	8
Handicaps	9
Handicap point allocation	9
Fastest time point allocation	9
Most Distance walked during the season (Long & Medium Division athletes only)	9
Fun Run	9
NSW State Championships	9
Enquiries	10
Club Meetings	10
The Racewalker	10
Web Address	10
International Travel Fund	10
Federation Funding	10
Club Contacts	10
Programme Summary	11
Venues	11
Detailed Programme	12

New South Wales Race Walking Club

2023 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.

Extracts from World Athletics - Technical Rules

PART VI - RACE WALKING EVENTS (In force from 1 November 2019)

54. Race Walking

Definition of Race Walking

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

Judging

54.3 Judging, as follows:

54.3.1 The appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.

54.3.2 All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.

54.3.4 For Road Races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.

54.3.5 For Track Races, there should normally be six Judges including the Chief Judge.

Chief Judge

54.4 Chief Judge, as follows:

54.4.1 In competitions held under paragraphs 1.1, 1.2, 1.3, 1.4 and 1.6 of the International Competition definition, the Chief Judge has the power to disqualify an athlete in the last 100m, when their mode of progression obviously fails to comply with Rule 54.2 of the Technical Rules 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. They 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.

54.4.2 The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 54.4.1. In competitions held under paragraphs 1.1, 1.2, 1.3 and 1.6 of the International Competition definition, two or more Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

54.4.3 For all competitions held under paragraphs 1.1, 1.2, 1.3 and 1.6 of the International Competition definition and where possible for other competitions, an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

Yellow Paddle

54.5 When a Judge is not completely satisfied that an athlete is fully complying with Rule 54.2 of the Technical Rules, they 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 their action after the competition.

Red Cards

54.6 When a Judge observes an athlete failing to comply with Rule 54.2 of the Technical Rules 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.

Disqualification

54.7 Disqualification, as follows:

54.7.1 Except as provided in Rule 54.7.3 of the Technical Rules, when three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and they 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.

54.7.3 A Penalty Zone shall be used for any race where the applicable regulations for the competition so provide and may be used for other races as determined by the relevant governing body or Organisers. In such cases, an athlete will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by them.

The applicable period in the Penalty Zone shall be as follows:

Races up to and including	Time
5000m/5km	0.5 min
10,000m/10km	1 min
20,000m/20km	2 min
30,000m/30km	3 min
35,000m/35km	3.5 min
40,000m/40km	4 min

An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Referee.

54.7.4 If, under Rule 54.7.3 of the Technical Rules, an athlete receives a third Red Card and it is no longer practicable to direct them to enter the Penalty Zone before the end of the race, the Referee shall add the time they would have been required to spend in the Penalty Zone to their finishing time and adjust the finishing order as may be necessary.

54.7.5 If, at any time when Rule 54.7.3 of the Technical Rules applies, an athlete receives an additional Red Card from a Judge other than one of the three who had previously sent a Red Card, they shall be disqualified.

54.7.6 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 54.7.3 of the Technical Rules to enter and remain for the required period in the Penalty Zone may be liable to further disciplinary action in accordance with Rule 18.5 of the Competition Rules and Rule 7.2 of the Technical Rules.

54.7.7 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.

54.7.8 For all competitions falling under paragraph 1.1 of the International Competition definition, hand held computer devices with transmission capability must be used by the Judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rules 54.4.1, 54.7.1 or 54.7.3 of the Technical Rules by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.

Start

54.8 The races shall be started by the firing of a gun, cannon, air horn or like device. The commands for races longer than 400m shall be used (Rule 16.2.2 of the Technical Rules). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the athletes shall assemble on the start line in the manner determined by the organisers. The Starter shall ensure that no athlete has their foot (or any part of their body) touching the start line or the ground in front of it, and shall then start the race.

Drinking / Sponging and Refreshment Stations in Road Events

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

54.10 Drinking/Sponging and Refreshment Stations in Road Events, as follows:

54.10.1 Water and other suitable refreshments shall be available at the start and finish of all races.

54.10.2 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.

Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.

54.10.3 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.

54.10.4 Refreshments, which may be provided by either the Organisers 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. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the moment that the refreshments are delivered by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

54.10.5 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.

54.10.6 In competitions held under paragraphs 1.1, 1.2, 1.3 and 1.6 of the International Competition definition, a maximum of two officials per Member may be stationed at any one time behind the table. No official or authorised person shall, under any circumstances, move beside an athlete while they are taking refreshment or water.

Note: For an event in which a Member may be represented by more than three athletes, the Technical Regulations may allow additional officials at the refreshment tables.

54.10.7 An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

54.10.8 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.

Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.

The above Rules should be read in conjunction with the Athletics Australia General Rules.

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 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 2 prior occasions for the Nepean Open Day and 3 times for the Parramatta Little Athletics 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. Names must be entered on official race sheets before marshalling time of the race.

Trophies will be awarded to Male & Female Fastest in each division, and for 1st, 2nd, 3rd for Combined Handicap winners in each division. Winners of a Fastest trophy cannot win a Handicap trophy.

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, including Open Days and June Canberra Federation from the start of the season.

State Championships do not count towards qualification.

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

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 NSW.

ANSW Masters

Masters Age groups are 35 years plus, 45 years plus and 55 years plus, refer to ANSW website.

Divisions

The programme has been divided into 7 divisions: Long, Medium, Short, U/16 yrs, U/14 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/14 yrs, U/12 yrs and U/10 yrs, competitors must be under those ages as at 31st December, 2023.

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	1.45 pm
	Medium	1:45 pm
	Short	2:00 pm
	U/16 yrs	2:15 pm
	U/14 yrs	2:30 pm
	U/12 yrs	2:45 pm
	U/10 yrs	2:50 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 register their name at the registration table. 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 a sky blue top and black bottoms. 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.

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, including 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/10 yrs, U/12 yrs, U/14 yrs and U/16 yrs. Awards to Short, Medium, Long divisions.

Perpetual Trophies

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

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.

Water

Walkers are required to bring their own filled water bottles, to be placed on the table provided. Bottles should be labelled with the athletes' competition number.

Handicaps

Handicaps are calculated on each individual distance and if an athlete has not walked that distance, to the nearest distance. Handicaps are given after an athlete has successfully completed two walks without disqualification. State Championship and Federation Event times are not taken into consideration only Club and Open days. Contact the Committee 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.

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.

Fun Run 1km and 2km

At the conclusion of the walk events on Club and Open days a Fun Run will be conducted.

NSW State Championships 2023 - Age as at 31/12/2023

Entries are taken online with Athletics NSW at

<https://www.nswathletics.org.au/home/>

Enquiries

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 12.15pm. 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, if required, and it is also on the website by the following Friday. 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.

Federation Funding

For the first Federation in Canberra there is no 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.

Club Contacts

Heather Mitchell 0402-205-300
heather_m_mitchell@yahoo.com.au

Jenny Lingley 0430-272-284
lingley@bigpond.net.au

Kirsten Crocker 0409-044-494
km584@optusnet.com.au

Jennie/Richard Rutter 02 9875-2178
jennierutter@gmail.com richardrutter53@gmail.com

Frank Overton 0419-234-334
foverton@gmail.com

2023 NSW RWC Programme Summary

Date	Event	Venue
April 15	Club	Chipping Norton
April 22	Club	Chipping Norton
April 29	Club	Chipping Norton
May 6	Club	Chipping Norton
May 13	Kevin Stone Memorial Nepean Open	Chipping Norton
Sunday May 21	ANSW State Championships Short Walks	Newington Armory, Sydney Olympic Park
May 27	Club	Chipping Norton
June 3	Club	Chipping Norton
Sunday June 11	Federation	Canberra

Venues

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

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

Newington Armory, Jamieson Street, **Sydney Olympic Park**. (Park in Blaxland Riverside Park Carpark)

Mt. Stromlo Forest Park, Dave McInness Road, Mt. Stromlo, **Canberra**.

Detailed programme

April 15 Venue:..CHIPPING NORTON.....CLUB EVENT						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 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/14 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	.75	Combined	M & F	SCR	

April 22 Venue:..CHIPPING NORTON.....CLUB EVENT						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 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/14 yrs	3	Combined	M & F	SCR	
	U/12 yrs	2	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

April 29 Venue:..CHIPPING NORTON.....CLUB EVENT						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 pm	**Long	12/15	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	4	Combined	M & F	SCR	
	U/14 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	.75	Combined	M & F	SCR	

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

May 6 Venue:..CHIPPING NORTON.....CLUB EVENT						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 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/14 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	.75	Combined	M & F	SCR	

May 13 Venue:.. CHIPPING NORTON.. KEVIN STONE MEMORIAL NEPEAN OPEN						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 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/14 yrs	3	Combined	M & F	SCR	
	U/12 yrs	2	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

☐ To be eligible for Handicap and Fastest awards on this Open Day, competitors must have competed in their nominated division on 2 prior occasions.

☐ Awards will be presented to Male & Female Fastest in each division, and for 1st, 2nd, 3rd for Combined Handicap winners in each division. Winners of a Fastest award cannot win a Handicap award.

May 20... NO COMPETITION...

May 21 SUNDAY Venue:..NEWINGTON ARMORY....STATE Short Walk Championships

☐ STATE Short Walk Championship entries close ONLINE at Athletics NSW the week prior.

CANBERRA FEDERATION CHAMPIONSHIPS

Lake Burley Griffin Carnival at Stromlo Forest Park, Canberra

☐ Entries close ONLINE 26th MAY, 5pm Sharp, NO LATE ENTRIES will be accepted

Click to register:

See club table, noticeboard or website for more information.

May 27 Venue:..CHIPPING NORTON.....CLUB EVENT						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 pm	**Long	12/15	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	4	Combined	M & F	SCR	
	U/14 yrs	2	Combined	M & F	SCR	
	U/12 yrs	1.5	Combined	M & F	SCR	
	U/10 yrs	.75	Combined	M & F	SCR	

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

June 3 Venue:..CHIPPING NORTON.....CLUB EVENT						
TIME	DIVISION	KM	HANDICAP POINTS	FASTEST TIME	START	LONG DISTANCE
1.45 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	3	Combined	M & F	SCR	
	U/14 yrs	3	Combined	M & F	SCR	
	U/12 yrs	2	Combined	M & F	SCR	
	U/10 yrs	1	Combined	M & F	SCR	

June 10 ... NO COMPETITION...

June 11 SUNDAY Venue:..CANBERRA Lake Burley Griffin Carnival at Stromlo Forest Park, FEDERATION CHAMPIONSHIPS

*8.00am	Event 1. RWA Open 30 km				NPS	LD
8.00am	Event 2. ACT Fitness 30 km Non Hcp/Judged contact only					
8.00am	Event 3. AACT W&M 30 km Champ Non Handicap event					
*8.00am	Event 4. RWA Open Women's 15 km Includes RWA Masters 15km				NPS	LD
*8.00am	Event 5. RWA Open Men's 15 km Includes Masters 15km				NPS	LD
8.00am	Event 6. ACT Fitness 15 km Non Hcp/Judged contact only					
9.00am	Event 7. ACT Fitness 8 km Non Hcp/Judged contact only					
*10.30am	Event 8. RWA Men's U20 10 km				NPS	
10.30am	Event 9. ACT Open (Over 19 years) 10 km Non Handicap Event					
*10.30am	Event 10. RWA Women's U20 10 km				NPS	
11.45am – 12.15 noon	PRESENTATIONS EVENTS 1 -10 & SPECIAL AWARDS					
*12.15pm	Event 11. RWA Boys Under 10 1km				NPS	
*12.15pm	Event 12. RWA Girls Under 10 1km				NPS	
*12.25pm	Event 13. RWA Boys Under 12 2km				NPS	
*12.45pm	Event 14. RWA Girls Under 12 2km				NPS	
*1.05pm	Event 15. RWA Boys Under 14 2km				NPS	
*1.25pm	Event 16. RWA Girls Under 14 2km				NPS	
*1.45pm	Event 17. RWA Boys Under 16 3km				NPS	
*2.10pm	Event 18. RWA Girls Under 16 3km				NPS	
*2.40pm	Event 19. RWA Boys Under 18 5km				NPS	
*2.40pm	Event 20. RWA Girls Under 18 5km				NPS	
*3.10pm	Event 21. RWA Women's Open 5km				NPS	LD
*3.10pm	Event 22. RWA Men's Open 5km				NPS	LD

4.00pm PRESENTATIONS EVENTS 11 – 21

Individual and *Team Events