

## Friday Walkers Adelaide

### Summary of 2023 Season's Walks



36

#### Walk Leaders

One walk	11
2 Walks	Cheryl Lyn & Louise Jill Joy
5 Walks	Frank
6 Walks	Christine Graeme & Wendy

#### Distance

Total Distance	218.6	km	Adelaide – Pt Pirie
Average / walk	6.1	km	
Shortest Walk	4.1 km	Carrick Hill	Meg & Peter
Longest Walk	9.0 km	West Lakes Shores	Carmen & Charlie

#### Ascents (Inclines)

Total Ascents	3,583	meters - 10 x Uluru (348m)
Average / walk	100	meters
Smallest Ascent	6 m	Mawson Lakes Frank
Highest Ascents	267 m	Springfield Frank

#### Photos on website

1000

#### Comparison

<b>2022</b>	Total Distance	255 km	Total Ascents	3124 m
<b>2008</b>	Total Distance	316 km	Total Ascents	8000 m

(Walking for Fitness & Pleasure)