

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 20th April, 2024

Welcome to the New South Wales Race Walking Club Inc's, first RACEWALKER for the 2024 Winter Season.

Last Saturday afternoon at **Chipping Norton** we had **31 walkers** join our club which was a great number as the majority of our younger walkers were competing at the Australian Championships in Adelaide.

This **Racewalker** is our weekly newsheet and will contain the previous week's results and news. It is FREE and when you enter each Saturday at the table for your race you can collect your copy, or download it from our website during the week.



Please check out our website www.nswracewalkingclub.com as well as join our Facebook page "NSW Race Walking Club Inc" which is a great place to keep in touch with what's happening. When joining our Facebook group page please answer the Facebook questions and agree to the rules for NSWRC's page.

Labelled Water bottles

It is essential that all the walkers in Long and Medium divisions bring their own water in a labelled (name and competition no.) suitable bottle and place on the drinks table prior to the start of their race. This is the ONLY place walkers can collect water from during races of 5km or longer up to and including 10km.



Upcoming Events

- * **Saturday 27th April - Club competition at Chipping Norton**
- * **Saturday 4th May, No club competition**
- * **Sunday 5th May – NSW Athletics Short Walks at The Armory, Newington, Sydney Olympic Park**

Entries close on midday on Wednesday 1st May at <https://www.nswathletics.org.au/events/> if you require assistance please contact competitions@nswathletics.org.au or phone: **02 9746-1122**. This is the first of 3 State Championships for members of both Little Athletics NSW or Athletics NSW who are registered for the 2023-2024 season. All information is available on their website, see above.

* **Saturday May 11th at Chipping Norton** is the Kevin Stone Memorial Nepean Open. This event is sponsored by **Nepean Athletics Club**. Awards will be presented to the Fastest Female and Fastest Male and 1st, 2nd and 3rd combined handicap winners in each division. To be eligible for these awards competitors must have successfully competed in their nominated division on 2 prior occasions. Winners of a Fastest award cannot win a Handicap award. Just remember to wear your NSWRC uniform.

* **Saturdays 18th and 25th May** - Club competition at Chipping Norton

* **Saturday 1st June – NSW Athletics Team walks at The Armory, Newington, Sydney Olympic Park**

Entries close midday on Wednesday 29th May at <https://www.nswathletics.org.au/events/> if you require assistance please contact competitions@nswathletics.org.au or phone: **02 9746-1122**. This is the second of 3 State Championships for members of both Little Athletics NSW or Athletics NSW who are registered for the 2023-2024 season. All information is available on their website, see above.

* **Sunday 9th June** at Mt. Stromlo, Canberra is the first Race Walking Federation event. As soon as we receive all the information from the host Club, ACT Racewalkers, our registration table helpers will be only too pleased to advise our members.

13/04/24 CHIPPING NORTON

LONG 10KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Brendan	Pospischil	54.50		

MEDIUM 8KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Aidan	Pospischil	51.21		

SHORT 4KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Emma	Hoskins	23.24		
2	Madeleine	Maxwell	25.18		
3	Isobel	Nilon	27.08		
4	Carmel	Parker	27.34		
5	Emily	Challinor	39.38		
5	Sarah	Challinor	39.38		
7	Nicolle	Challinor	53.16		

U/16 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Christopher	Nilon	17.11		
2	Ashleigh	Farrugia	18.56		
3	Lilly	Twigden	20.13		
4	Alexander	Wenzel	21.24		

U/14 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nate	Appleyard	16.09		
2	Mitchell	McCarthy	16.37		
3	Ashleigh	Mansell	17.15		
4	Charlton	Maxwell	17.21		
5	Sienna	Wade	18.58		
6	Madeline	Kot	19.19		
7	Sagan	Jones	22.10		
8	Luca	Barakat	26.46		

U/12 2KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Stella	Wade	11.44		
2	Emma	Olofinsly	12.20		
3	Milana	Sorokin	13.44		
4	Addison	Jenkins	13.49		
5	Chloe	Farrugia	14.41		
6	Amelie	Barakat	18.08		

U/10 1KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Kostya	Peart	7.34		
2	Katie	Meakins	7.38		
3	James	Barakat	9.37		
	Huxley	Jones	-		