

# NSW RACE WALKING CLUB

Check out the Website: [www.nswracewalkingclub.com](http://www.nswracewalkingclub.com)

Established 1911



## The RACEWALKER 11<sup>th</sup> May, 2024

Welcome to the New South Wales Race Walking Club Inc and **Happy Mother's Day** tomorrow to all our mothers.

Today is the **Kevin Stone Memorial Nepean Open Day** which is sponsored by **Nepean Athletics Club**. Kevin Stone was a major race walking coach in the Nepean area and coached many state champions for many decades. Awards will be presented for the Fastest Female and Fastest Male and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.*

**NSWRWC uniform MUST BE WORN** (Club singlet and black pants) at this event. Trophies will be presented by **Mrs. Gwen Stone**. Registration for this event involves having your name marked off at our registration table 10 mins prior to start of the race (as per usual).

Just REMEMBER there is the eligibility criteria but that does not mean only eligible walkers can compete in Saturday's races. ANY registered walker (with NSWRWC) can compete in their nominated grade or another grade if they so wish, they just won't have a chance to win an award. Our thanks go to **Mrs. Annette Tillman** from the **Nepean Athletics Club** for organising this event.

Congratulations to **Chelsea Roberts** who has been selected by Athletics Australia to compete in Lima Peru in the **World Athletics Under 20 Championships** in the 10,000m walk in August. Chelsea will also be competing in Suva Fiji next month in the Oceania Championships 10,000m walk. Well done.

Also congratulations to **Sophie Polkinghorne** and **Emma Hoskins** who were selected in the NSW Little Athletics Team to compete in Adelaide at the Australian Little Athletics Championships 2 weeks ago. Sophie won and Emma was 3<sup>rd</sup> in the Under 14 girls event.

Also congratulations to all our walkers who competed last Sunday at the Newington Armory course in the NSW Athletics Short Walks Championships.

### Upcoming Events

**Next Saturday 18<sup>th</sup> and Saturday 25<sup>th</sup> May** club competition will be at Chipping Norton.

**On Saturday 1<sup>st</sup> June** there will be NO competition at Chipping Norton as NSW Athletics are conducting the Teams Championships at the Newington Armory, Sydney Olympic Park. All information is available on the Athletics NSW website. A walk team comprises 3 walkers who are all walking the same distance, are in the same age group and are from the same club.

**Saturday 8<sup>th</sup> June** there is NO competition at Chipping Norton as on Sunday 9<sup>th</sup> June at Mt. Stromolo, Canberra is the first Federation event (Lake Burley Griffin). The Federation of Racewalking clubs carnival is being held on the Kings Birthday Long weekend. This is the largest race walking carnival on our calendar and is always very well supported by our club. There are medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, handicap trophies plus team medals for each event. This competition is between all the 10 Race Walking Clubs from all over Australia. All information is on our website. Please advise at our registration table when you have entered and your best time in the last 6 months for that distance event.

Go to <http://1.40.39.42:8183/> to read the entire **Canberra Federation – Lake Burley Griffin Walking Carnival** information. Entries are OPEN and will **CLOSE at 5pm Wednesday 22nd May 2024**. Late Entries will close at 5pm Wednesday 29<sup>th</sup> May 2024, but Late Entries will be charged an additional \$20 per event.

### 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.) transparent bottle and place it 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. This will also be enforced at the NSW Teams Championships on 1<sup>st</sup> June and Federation on 9<sup>th</sup> June so make it easy for all concerned by bringing a transparent water bottle for races of 5km or longer up to and including 10km as they can ONLY have water. ONLY races further than 10km can have drinks other than water, if desired.

## RESULTS from 27/04/24 CHIPPING NORTON

### LONG 8KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Chelsea	Roberts	42.55	-	-
2	Laelia	Byatt	51.26	-	-
	Joel	Byatt	DNF	-	-

### MEDIUM 6KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Aidan	Pospischil	38.55	27.26	1

### SHORT 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Matilda	Olson	16.35	-	-
2	Evie	Reading	16.56	-	-
INV	Lilly	Twigden	20.01	-	-
3	Carmel	Parker	21.04	-	-
4	Isobel	Nilon	21.37	-	-
5	Nicolle	Challinor	25.47	13.36	1
6	Emily	Challinor	29.57	-	-
6	Sarah	Challinor	29.57	-	-

### U/16 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Christopher	Nilon	16.11	12.00	1
INV	Danelia	Samuel	16.13		
2	Ashleigh	Farrugia	19.39	13.43	2
3	Alexander	Wenzel	23.52	15.28	3

### U/14 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nate	Appleyard	15.57	14.30	4
2	Noah	Vella	17.10	-	-
3	Ashleigh	Mansell	17.13	-	-
4	Hannah	Hewitt	17.27	-	-
5	Sagan	Jones	18.21	10.53	1
6	Patrick	Waddington	18.59	-	-
7	Ivy	Murray	19.05	-	-
8	Madeline	Kot	19.13	14.26	3
9	Alexander	Dennett	20.18	-	-
10	Luca	Barakat	25.48	13.44	2

### U/12 2KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Avia	Luketic	10.35	-	-
2	Beth	Cochrane	11.29	-	-
3	Joshua	Waddington	11.50	-	-
4	Addison	Fahey	12.36	-	-
5	Veronica	Dennett	13.01	-	-
6	Caitlin	Allum	13.03	-	-
7	Emma	Olofinsky	13.09		
8	Chloe	Farrugia	13.50	8.29	1
9	Harlow	Olson	14.17	-	-
10	Antonia	Powter	14.57	-	-
11	Amelie	Barakat	20.14	11.26	2
12	Milana	Sorokin	20.14	15.5	3

### U/10 1KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Daniel	Smart	6.24	-	-
2	Kostya	Peart	6.26	3.22	1
3	Nasrin	Hewitt	6.34	-	-
4	Huxley	Jones	8.40	-	-
5	James	Barakat	11.26	6.19	2
	Zoe	Olofinsky	DNF	-	-
	Samuel	Waddington	DQ	-	-