

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 20th July, 2024

Today Saturday 20th July we have the **Winston Hills Little Athletics Centre's Open Day**. This is the competition where the **Winston Hills Little Athletics Centre** is sponsoring the Open Day. Just remember that you need to have successfully competed in your nominated Division on at least 3 NSW RWC club competition days prior to the event (not including NSW Athletics State Championships or Canberra Federation). Winner of a Fastest award cannot win a Handicap award.

Saturday 27th July is the **Postal Challenge** day. It is when each Race walking club in Australia (8) competes against each other over the same distances and age groups. We send our results in to Race Walking Australia and later we find out who is the winning club. Our club pointscore still operates on this event. We hope we have all our members competing on the 27th. No registration or entry fee is required. Our club pointscore finishes at the conclusion of that afternoon.

Thursday 1st August – Olympic Games in Paris on Channel 9

The 20km walk for men starts at 3.30pm and the ladies event starts at 5.20pm. Australia has 3 walkers in each event and we wish them all the best. Also watch out for **Kirsten** who will be walk judging these 2 events.

Saturday 3rd August – is our Club Championships and medals for 1st, 2nd, 3rd male & female fastest in each division, plus awards for 1st, 2nd and 3rd Combined handicap winners in each division will be presented. Winners of a Fastest medal cannot win a Handicap award. To be eligible for these Championships walkers must have competed in their nominated division in a combined total of 50% of events, including Nepean Open, June Canberra Federation, Winston Hills Open & Postal Challenge from the start of the season. NSW Athletics Championships do not count towards qualification.

Wednesday 7th August – Olympic Games in Paris on Channel 9

The mixed walk relay starts at 3.30pm and Australia has 2 teams entered. **Kirsten** is also on this new walk event's judging panel.

Saturday 10th August is our Presentation Day here at Chipping Norton, starting with a bar-b-que at 1.30pm and the Presentation at 2.00pm. To be eligible for a trophy in the Under 10, 12, 14 and 16 year divisions or an Award in the Long, Medium and Short divisions they must have competed in their nominated division in a combined total of 50% of events, including Nepean Open, June Canberra Federation, Winston Hills Open & Postal Challenge from the start of the season. NSW Athletics Championships do not count towards qualification. A competitor can only be eligible for awards in one division.

Saturday 17th August there is no competition.

Sunday 18th August is the NSW Long Walks here at Chipping Norton. Online entries close on Wednesday 14th August with Athletics NSW. All information on their website.

SUNDAY 25TH AUGUST IS THE MELBOURNE FEDERATION.

Entries close 11th August. All information is in our final programme together with the events which start at 9.15am and conclude at 11.30am. PLUS the information and the link to the online entry is also on our website. Once entered, could you please see the table to record your best time for the race distance, date and location where you achieved it within the last 6 months. Just the same process that was completed prior to the competition in Canberra.

13/07/24 CHIPPING NORTON

LONG 10 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Joel	Byatt	48.21	41.30	1

MEDIUM 8KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Aidan	Pospischil	51.59	34.59	1

SHORT 4KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Danelia	Samuel	22.49	19.02	6
2	Carmel	Parker	28.42	18.44	5
3	Nicolle	Challinor	30.19	14.16	2
4	Jodie	Barakat	30.25	12.15	1
5	Emily	Challinor	37.38	17.58	3
5	Sarah	Challinor	37.38	17.58	3

U/16 4KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Christopher	Nilon	26.29	21.59	1
2	Ashleigh	Farrugia	34.43	29.08	2

U/14 2KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nate	Appleyard	10.01	9.04	1
2	Noah	Vella	10.19	9.16	3
3	Mitchell	McCarthy	11.03	9.52	6
4	Hannah	Hewitt	11.06	9.13	2
5	Sienna	Wade	11.33	9.46	5
6	Madeline	Kot	11.50	9.44	4
7	Alexander	Dennett	12.32	10.04	7
8	Sagan	Jones	13.08	11.29	9
9	Luca	Barakat	16.49	10.34	8

U/12 1.5KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Avia	Luketic	7.54	7.14	4
2	Stella	Wade	8.01	7.03	2
3	Beth	Cochrane	8.29	7.05	3
4	Addison	Jenkins	9.07	6.53	1
5	Veronica	Dennett	10.01	7.49	5
6	Chloe	Farrugia	10.55	8.02	6
7	Milana	Sorokin	12.50	10.13	8
8	Amelie	Barakat	15.20	9.37	7

U/10 0.750KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Kostya	Peart	4.36	3.01	1
INV	Eric	Colgan	4.37	-	-
2	Nasrin	Hewitt	4.43	3.04	2
3	Huxley	Jones	6.08	3.29	3
4	James	Barakat	7.19	3.35	4