

# NSW RACE WALKING CLUB

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

Established 1911



## The RACEWALKER *27<sup>th</sup> July, 2024*

**Last Saturday 20<sup>th</sup> July** was the Winston Hills Little Athletics Centre's Open Day and their Club presented trophies to the Fastest Male and Female and 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Handicap winners in each division. Thank you so much Winston Hills.

**Today Saturday 27<sup>th</sup> 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 as usual. We hope we have all our members competing on the 27<sup>th</sup>. No registration or entry fee is required. Our club pointscore finishes at the conclusion of that afternoon.

### **Thursday 1<sup>st</sup> 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 3<sup>rd</sup> August** – is our Club Championships and medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male & female fastest in each division, plus awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 7<sup>th</sup> 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 walk judging panel.

**Saturday 10<sup>th</sup> 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 17<sup>th</sup> August** there is no competition.

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

### **SUNDAY 25<sup>TH</sup> AUGUST IS THE MELBOURNE FEDERATION.**

Entries close 11<sup>th</sup> 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.

## 20/07/24 CHIPPING NORTON - Winston Hills Little Athletics Open

### LONG 12 KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Chelsea	Roberts	1.03.30	48.15	1	-
2	Brendan	Pospischil	1.07.34	50.27	2	FM

### MEDIUM 10KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Aiden	Pospischil	1.06.41	44.10	1	FM

### SHORT 5KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Sophie	Polkinghorne	27.15	23.20	5	FF
2	Danelia	Samuel	28.55	22.51	4	-
3	Matilda	Olson	30.3	23.56	6	4
4	Nicolle	Challinor	37.40	18.30	3	3
5	Emily	Challinor	42.29	16.43	1	1
6	Sarah	Challinor	42.29	16.43	1	1

### U/16 3KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
INV	Matilda	Webb	15.50	-	-	-
1	Christopher	Nilon	16.27	13.16	1	FM
2	Ashleigh	Farrugia	21.50	16.06	2	FF

FF=Fastest Female  
FM=Fastest Male

### U/14 3KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Nate	Appleyard	15.20	14.05	4	FM
2	Noah	Vella	15.29	14.00	3	2
3	Ashleigh	Mansell	16.24	14.16	5	FF
4	Sagan	Jones	17.05	14.58	7	4
5	Mitchell	McCarthy	17.19	15.53	11	8
6	Sienna	Wade	17.23	14.30	6	3
7	Bentley	Luketic	17.34	13.16	1	-
8	Hannah	Hewitt	17.47	15.11	8	5
9	Madeline	Kot	18.37	15.13	9	6
10	Alexander	Dennett	18.56	15.16	10	7
11	Luca	Barakat	22.11	13.30	2	1

### U/12 2KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Avia	Luketic	10.30	8.38	2	FF
2	Stella	Wade	10.41	8.18	1	1
3	Beth	Cochrane	11.32	9.23	5	3
4	Addison	Fahey	12.13	9.21	4	2
5	Emma	Olofinsky	12.25	9.25	6	4
6	Addison	Jenkins	12.36	10.00	8	6
7	Veronica	Dennett	13.35	10.3	10	8
8	Chloe	Farrugia	14.13	9.43	7	5
9	Harlow	Olson	14.17	9.20	3	-
10	Milana	Sorokin	14.26	10.02	9	7

### U/10 1KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Daniel	Smart	5.57	4.03	2	FM
INV	Eric	Colgan	6.15	-	-	-
2	Kostya	Pearl	6.51	5.01	4	3
3	Nasrin	Hewitt	7.07	5.16	5	FF
4	Huxley	Jones	7.49	4.07	3	2
5	James	Barakat	8.29	3.22	1	1