

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 30th July, 2022

Thank you to all 37 walkers who competed last Saturday 23rd July at Chipping Norton in the horrible weather we had that afternoon at the **Parramatta Open**. All walkers who competed at our second Open Day enjoyed the trophies presented by **Parramatta Athletic Club**, thank you **Jenny Lingley** for organizing it.

As you are all aware Saturday 2nd July (Sutherland Open) was postponed because of the flooding of the Oatley track plus the continuous rain. The new date for the **Sutherland Open is Saturday 13th August** at Oatley. All eligibility criteria remains the same i.e. walkers must have competed in their nominated division on 3 prior occasions.

Today, don't forget to collect the final section of this seasons Walkers Club programme with the yellow cover. You will note that we have **no club competition on Saturday 20th August** as our club is hosting the Athletics NSW Long Walks Championships on Sunday 21st August here at Chipping Norton.

Competition Numbers

Could anyone with long hair be able to either tie it up so it doesn't cover your back competition number during the race or alternatively place your numbers lower on your shirt.

Perpetual AWARD Policy

If you were presented with a trophy at Lake Burley Griffin (Canberra Federation), could you please return it, as our Policy is that we will have the Award Shields engraved for you and we will return them to Canberra in 2023.

Labelled Water Bottles

It is essential that all the walkers in Long, Medium & sometimes Short divisions bring their own water in a labelled (**Name & competition no.**) clear 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, that is **water only**.



23/07/22 CHIPPING NORTON - PARRAMATTA OPEN

LONG 12KM

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Bridget	Bell	66.20	55.40	1	FG

MEDIUM 10KM

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Brendan	Pospischil	62.14	56.35	1	FB

SHORT 5KM

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Chelsea	Roberts	27.46	27.29	6	FG
2	Emma	Thomas	28.06	24.57	2	2
3	Laelia	Byatt	30.18	25.27	3	3
4	Amelia	Crocker	35.36	25.51	4	4
5	Nicolle	Challinor	36.02	21.57	1	1
6	Isabelle	Nilon	36.13	26.33	5	5

U/16 2KM

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Joel	Byatt	21.19	21.19	3	FB
2	Evie	Armstrong Rea	24.48	21.31	4	-
3	Jessey	Bektas	25.06	21.37	5	FG
4	Abbey	Bektas	25.20	20.58	2	2
5	Olive	Gauci	30.16	23.44	6	3
6	Sarah	Challinor	31.38	18.35	1	1
	Alexander	Sinnett	DNF	-	-	-

U/14 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Matilda	Webb	9.55	9.52	2	FG
2	Sophie	Polkinghorne	9.56	9.56	3	1
3	Alexander	Braendle	10.35	9.47	1	FB
4	Emma	Hoskins	11.18	10.05	4	2
5	Christopher	Nilon	11.45	10.40	6	4
6	Ashleigh	Farrugia	12.32	10.20	5	3

U/12 1.5KM

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Hannah	Hewitt	8.45	8.01	4	FG
2	Olivia	Loring	8.50	8.00	3	3
3	Molly	Miller	8.57	7.39	2	2
4	Patrick	Waddington	10.04	9.02	9	FB
5	Maeve	Nolan	10.26	8.24	7	6
6	Summer	Hay	10.30	8.16	6	5
7	Tahlia	Chapman	10.34	7.38	1	1
8	Sagan	Jones	10.46	8.14	5	4
9	Luca	Barakat	16.06	8.40	8	-

U/10 750m

Place	Name		Finish Time	H'cap Time	H'cap Place	Parra Open
1	Nate	Appleyard	3.42	3.42	4	FB
2	Joshua	Waddington	3.46	3.30	1	1
3	Caitlin	Allum	4.19	3.33	2	FG
4	Isla	Banks	4.43	3.48	5	3
5	Matilda	Hay	4.51	3.58	6	4
6	Chloe	Farrugia	5.21	3.41	3	2
7	Amelie	Barakat	6.57	4.34	7	-