

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 13th August, 2022

Welcome to Oatley.

Today is the **Sutherland Open** here at Oatley. The **Sutherland Athletic Club** are awarding trophies to the Fastest Male and Female in each division plus 1st, 2nd and 3rd Handicap winner in each division. Winners of a Fastest award cannot win a Handicap award. To be eligible for these awards walkers must have competed in their nominated division on 3 prior occasions but others can still come along and walk but cannot win an award.

Saturday 20th August there is no club competition as our club is hosting, for Athletics NSW, the Long Walks the next day, Sunday 21st August. Entries close on line on Wednesday 17th August at 9am sharp. <https://www.nswathletics.org.au/events/136684/>. All questions ring Athletics NSW.

Saturday 27th August are our Club Championships here at Chipping Norton

Club Championship Qualifications

To be eligible to compete in the Club Championships, competitors must have competed in their nominated division in a combined total of 50% of Events, including Open Days and June Canberra Federation from the start of the season.

State Championships do not count towards qualification.

Trophies 1st, 2nd, 3rd for Male & Female Fastest in each division, **medals** 1st, 2nd, 3rd for Combined Handicap winners in each division. Winners of a Fastest trophy cannot win a Handicap medal.

If you do not qualify for our Club Championships you can still come along and walk but cannot win a trophy or medal.

Saturday 3rd September - End of season Presentation commencing 1.30pm with a sausage sizzle and then the presentation of trophies.

Sunday 11th September is the 2nd Federation event and Athletics Australia Championships held in Middle Park, Melbourne. This is the 2nd part of our 2 Federation events each season, the other one was in Canberra in June. All entry information, timetable, map etc is on the Athletics Australia website. Entries opened on 1st August and will close on 28th August at 5pm. Our Walkers Club is making up teams, so when you enter could you please advise us. There are

Federation team medals awarded to 1st, 2nd and 3rd winning teams and Handicap awards in each event except Under 10 as it is not a Federation event.

Lake Burley Griffin Federation perpetual trophies

Our club would appreciate if any one who won a perpetual trophy listed below in Canberra if it can be returned to us by the end of the season so we can have it engraved and stored away until 2223 LBG.

Open Women 15km – winner Hannah Mison

Open Men 15km – Winner Jack McGinnisken

Under 12 boys 2km – winner - Callum Martin

Under 12 boys 2km team – C Martin, M. McCarthy, P.Waddington

Under 12 girls 2km team – G.Dixon, E. Cassilles, E. Hoskins

Under 14 boys 2km winner – Callum Martin

Under 14 boys 2km team – C Martin, A Braendle, C.Nilon

Under 14 girls 2km team – S. Polkinghorne, M.Webb, L Horne

Under 16 girls 3km team – S.Pitcher, C.Cassillies, S.Torrens

Under 18 girls 5km team – C.Roberts, E Thomas, C Cassillies

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.

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**. Parents/coaches can hand the bottle to the walker but cannot enter onto the track/path/road surface when doing so.



06/08/22 CHIPPING NORTON

LONG 10KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Dylan	Richardson	47.13	-	-
2	Jack	McGinniskin	50.20	-	-
3	Elizabeth	McMillan	52.27	52.27	1
INV	Brendan	Pospischil	66.56	-	-

MEDIUM 8KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Ciara	Cassilles	47.51	-	-

SHORT 4KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Chelsea	Roberts	22.38	22.15	6
2	Ella	Munroe	23.16	21.14	5
3	Aiden	Pospischil	26.20	20.55	4
4	Amelia	Crocker	26.26	19.04	2
5	Nicolle	Challinor	32.08	20.51	3
6	Lena	Foti	34.12	14.47	1
	Isabelle	Nilon	DNF	-	-
INV	Jaxson	Horton	23.11	-	-

U/16 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Joel	Byatt	15.47	15.47	2
2	Jessey	Bektas	18.09	15.12	1
3	Abbey	Bektas	20.20	17.52	4
4	Sarah	Challinor	24.06	16.49	3

U/14 2KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Sophie	Polkinghorne	10.26	10.25	4
2	Jessica	Loring	10.47	9.48	2
3	Ruby	Kernaghan	11.44	9.58	3
4	Lilly	Twigden	12.14	9.24	1
5	Christopher	Nilon	12.16	10.51	6
6	Erin	Cassilles	12.33	10.25	4

U/12 1.5KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Olivia	Loring	8.57	8.34	4
2	Gemma	Hunt	9.04	8.29	3
3	Patrick	Waddington	9.27	8.25	2
4	Alexis	Kernaghan	9.32	-	-
5	Michael	Mathieson	10.12	9.23	5
6	Summer	Hay	10.24	8.21	1
INV	Lara	Penney	10.19	-	-
	Scout	Linton	9.54	-	-

U/10 1KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Joshua	Waddington	5.35	5.18	2
2	Keira	Gill	6.13	5.32	3
3	Isla	Banks	6.55	5.36	4
4	Matilda	Hay	7.03	5.36	4
5	Chloe	Farrugia	7.07	5.03	1