

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER *2nd July, 2022*

Welcome to **Oatley** for the first time this season. It is a great course, with great scenery as well.

Last Sunday 25th June we were enjoying the drive to Woy Woy for our competition. It was great to see our walkers out there racing on a different course, which they get to do once again today.

Today is our second **Open Day** for the season when the **Sutherland District Athletic Club** will be presenting awards for fastest male and fastest female in each division plus awards for 1st, 2nd & 3rd place handicap winners in each division. Winners of a fastest award cannot win a handicap award. To be eligible for handicap and fastest awards on this Open Day, walkers must have competed in their nominated division on 3 prior occasions and be wearing our club uniform. This Open Day is being held at **Moore Reserve, Moreshead Drive, Oatley** (Hurstville Grove).

Saturday 9th July our competition is once again at Homestead Park, Chipping Norton.

Saturday 16th July is the **Athletics NSW State Team Walk Championships** at **University Of Newcastle, Ourimbah**. Entries **CLOSE** online on Wednesday 13th July at 9am sharp.

<https://www.nswathletics.org.au/events/136684/>
DON'T FORGET to wear your Athletics NSW Club uniform. Eg. Sutherland, Parramatta, Nepean, etc, Athletics Club uniform.

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

Our Policy is that we will have the Award Shields engraved for you and we will return them to Canberra in 2023.

Honours

The Club is very proud to announce that our President, **Heather Mitchell**, has been recognised for her services to athletics in the Queen's Birthday Honours List 2022, receiving an OAM.

Thank you so much: **Heather Mitchell, OAM!**

Assistance by Parents Urgently Required

We need parents to assist with timekeeping and recording on the races. You only need to give your assistance for **one race** as I am sure other parents will offer their assistance too. Currently Claire & Steven Pospischil have been assisting Richard who is the Race Co-ordinator but Steven is now going out to walk judge with Jennie Rutter, Jenny Lingley, Kirsten Crocker, John Nilon and Dennis Coker, so we need some **more parents to assist with recording and timekeeping**.

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**.



18/06/22 CHIPPING NORTON

LONG 10KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Bridget Bell	58.47	56.50	1

MEDIUM 8KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Jasmine Dighton	45.33	-	-
2	Brendan Pospischil	51.14	51.14	1
	Anne Weekes	DNF	-	-

SHORT 4KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Chelsea Roberts	21.44	20.54	4
2	Laelia Byatt	24.02	21.09	5
3	Aiden Pospischil	26.46	20.27	3
4	Isabelle Nilon	28.07	19.39	2
5	Amelia Crocker	28.43	18.24	1
6	Carmel Parker	29.42	21.27	6
INV	Joel Byatt	22.05	-	-
INV	Ciara Cassilles	23.37	-	-
INV	Jaxson Horton	24.13	-	-

U/16 3KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Abbey Bektas	19.13	12.59	1
2	Jessey Bektas	19.42	16.14	2

U/14 2KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Jessica Loring	10.54	10.56	3
2	Emma Hoskins	11.28	10.5	2
3	Ruby Kernaghan	11.41		
4	Christopher Nilon	12.16	11.19	6
5	Erin Cassilles	12.25	11.16	5
6	Lilly Twigden	12.45	10.23	1
7	Ashleigh Farrugia	12.48	11.15	4

U/12 1.5KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Michael Mathieson	9.16	-	-
2	Olivia Loring	9.17	8.28	2
3	Molly Miller	9.45	-	-
4	Patrick Waddington	10.13	9.11	5
5	Maeve Nolan	10.38	8.36	3
6	Summer Hay	11.09	8.55	4
7	Annalee Lemura	12.14	8.24	1
8	Tahlia Chapman	12.20	9.24	6
INV	Alexis Kernaghan	9.57	-	-

U/10 1KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Nate Appleyard	5.15	5.15	5
2	Joshua Waddington	5.32	5.12	4
3	Keira Gill	5.58	5.10	3
4	Caitlin Allum	6.25	5.3	7
5	Isla Banks	6.34	5.16	6
6	Matilda Hay	6.42	5.08	2
7	Lara Penney	6.43	5.32	8
8	Chloe Farrugia	7.19	4.43	1
9	Skye Lawn	8.30	-	-

25/06/22 WOY WOY

LONG 12KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Hannah Bolton	63.24	-	-

MEDIUM 10KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Brendan Pospischil	64.31	59.35	1

SHORT 5KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Chelsea Roberts	26.58	26.58	2
2	Ella Munroe	29.06	27.12	3
3	Emma Thomas	29.50	26.20	1
4	Aiden Pospischil	33.35	27.51	4
5	Amelia Crocker	38.03	28.35	5
6	Nicolle Challinor	45.59	31.17	6
	Isabelle Nilon	DNF	-	-
INV	Dylan Richardson	22.07	-	-
INV	Allanah Pitcher	24.41	-	-
INV	Sienna Pitcher	26.24	-	-
INV	Dylan Richardson	22.07	-	-
INV	Carl Gibbons	DNF	-	-
INV	Brendan Hyde	DNF	-	-

U/16 4KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Joel Byatt	21.20	21.20	2
2	Evie Armstrong	24.37	-	-
3	Jessey Bektas	24.49	19.21	1
4	Abbey Bektas	25.42	22.16	3
5	Olive Gauci	27.52	22.39	4
6	Sarah Challinor	36.59	23.51	5

U/14 2KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Sophie Polkinghorne	10.15	10.01	1
2	Matilda Webb	10.18	10.18	2
3	Alexander Braendle	11.05	10.56	4
4	Christopher Nilon	11.20	10.23	3
5	Ashleigh Farrugia	13.26	11.53	5

U/12 1.5KM

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Gemma Hunt	9.02	7.46	2
2	Hannah Hewitt	9.11	7.13	1
3	Molly Miller	10.11	8.53	3
4	Patrick Waddington	10.45	-	-
5	Annalee Lemura	11.52	-	-

U/10 750m

Place	Name	Finish Time	H'cap Time	H'cap Place
1	Joshua Waddington	4.04	3.43	3
2	Keira Gill	4.14	3.42	1
3	Isla Banks	4.43	4.43	5
4	Caitlin Allum	4.53	4.07	4
5	Chloe Farrugia	5.28	3.42	1
6	Skye Lawn	5.53	-	-