

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 29th April, 2023

Welcome to the New South Wales Race Walking Club Inc.

Last Saturday afternoon at **Chipping Norton** we had another **18 walkers** join our club which was a great number as some of our younger walkers were competing at the Australian Little Athletics Championships in Melbourne.

Congratulations to these walkers who were selected by **Little Athletics NSW** to represent our State in the walk events and their results were amazing. **Sophie Polkinghorne** won the Under 13 girls in an Australian Best Performance time and **Alexander Braendle** came second in the Under 13 boys. In the Under 14 girls our girls came 1st, 2nd and 3rd. Well done **Matilda Webb**, **Jessica Loring** and **Maisie Mitchell**. Christopher Nilon came 3rd in the Under 14 boys. These great results helped NSW win the ALAC event.

Today all new families will receive a copy of our **2023 NSW RWC Winter Handbook** (April-June) which is also on our website for you to download.

This **Racewalker** is our weekly newsheet and will contain the previous week's results and news. It is FREE and when you register each

Saturday for your race you can collect your copy, or download it from our website.

Please check out our website www.nswracewalkingclub.com as well as join our Facebook page "NSW Racewalking Club Inc" which is a great place to keep in touch with



what's happening, as well as ask the Committee questions via messenger.

Labelled Water Bottles

It is essential that all the walkers in **Long and Medium divisions** bring their own water in a labelled (name and competition no.) transparent bottle and place on the water 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.



Upcoming Events

Saturday May 13 at Chipping Norton is the **Kevin Stone Memorial Nepean Open**. This event is sponsored by **Nepean Athletics Club**. Trophies will be awarded for the Fastest Female and Fastest Male and 1st, 2nd and 3rd combined handicap winners in each division. To be eligible for these awards competitors must have successfully competed in their nominated division **on 2 prior occasions**. Winners of a Fastest award cannot win a Handicap award. Just remember to wear your NSW RWC uniform.

Sunday May 21 at the Newington Armory, Sydney Olympic Park our club is hosting the Athletics New South Wales Short Walks Championships. All information is on the Athletics NSW website.

Sunday 11th June at Mt. Stromlo, Canberra is the first Federation event. As soon as we receive all the information from the host Club, ACT Racewalkers, our registration table helpers will be only too pleased to advise our members.

22/4/23 CHIPPING NORTON

LONG 10 KM

1	Bridget	Bell	55.45
2	Chelsea	Roberts	64.16

MEDIUM 8 KM

1	Lilah	Norden	52.54
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SHORT 4 KM

1	Laura	Corvalan Sotomayor	25.31
2	Aiden	Pospischil	25.56
3	Kailey	Webber	30.22
4	Nicolle	Challinor	34.17
5	Emily	Challinor	38.23
5	Sarah	Challinor	38.23

U/16 3 KM

1	Alexander	Sinnett	14.48
2	Evie	Armstrong	16.05
3	Matilda	Olson	18.16
4	Imogen	Cochrane	19.13
5	Ruby	Bryan	21.02
6	Alexander	Wenzel	21.33
	Katherine	Farrugia	DNF

U/14 3 KM

1	Emma	Hoskins	18.14
2	Lilly	Twigden	19.16
3	Madeline	Kot	19.27
4	Ashleigh	Farrugia	19.51
5	Sebastian	Linton	19.55
6	Sagan	Jones	20.25
7	Aoya	Bhushan	22.16
8	Summer	Hay	22.40
9	Alannah	Webber	23.44

U/12 2 KM

1	Keira	Gill	11.40
2	Ash	Mansell	11.43
3	Isla	Banks	11.44
4	Molly	Miller	12.02
5	Mackenzie	Kitching	12.13
6	Scout	Linton	12.05
7	Gemma	Hunt	13.15
8	Matilda	Hay	13.54
9	Caitlin	Allum	14.34
10	Luca	Barakat	15.10
11	Rose	Goska	15.19
12	Chloe	Farrugia	15.26
13	Alexander	Dennett	17.51

U/10 1 KM

1	Harrison	Bouquet	5.24
2	Addison	Fahey	5.50
3	Beth	Cochrane	5.52
4	Veronica	Dennett	6.44
5	Milana	Sorokin	7.47
6	Amelie	Barakat	7.59
7	Max	Miller	8.10