

# NSW RACE WALKING CLUB

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

Established 1911



## The RACEWALKER 6<sup>th</sup> May, 2023

Welcome to the New South Wales Race Walking Club Inc.

Last Saturday afternoon at Chipping Norton we had another **19 walkers** join our club which was a great number considering the rain that we had during all the races.

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

**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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 NSWRC uniform. **Registration** for this event **involves having your name marked off at our registration table 10mins prior to start of the race (as per usual).**

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](http://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. Finally, please take the time when joining our Facebook page to

answer the 3 simple questions and agree to the rules for this group, so that we allow the right people to join our group. If you can't find the questions the easiest way is to leave the group and then join the group and then you will see the questions and rules.

### 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 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.

### 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 NSWRC 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: <https://www.nswathletics.org.au/events/176128/>

**Sunday 11<sup>th</sup> June** at Mt. Stromlo, Canberra is the first **Federation** event (Lake Burley Griffin). All information is attached.

## 29/4/23 CHIPPING NORTON

### MEDIUM 10 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Brendan	Pospischil	59.27	-	-

### SHORT 5 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Joel	Byatt	25.05	-	-
2	Laelia	Byatt	30.26	-	-
3	Aiden	Pospischil	33.23	21.21	1
4	Jessie	Becktas	33.41	-	-

### U/16 4 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Alexander	Sinnett	21.26	-	-
2	Evie	Armstrong	22.09	-	-
3	Matilda	Webb	22.46	-	-
4	Jessica	Loring	22.47	-	-
5	Christopher	Nilon	24.49	-	-
6	Erin	Cassilles	25.58	-	-
7	Lily	Twigiden	26.56	-	-
8	Ruby	Byan	27.48	16.33	2
9	Alexander	Wenzel	28.21	16.23	1

### U/14 2 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Sophie	Polkinghorne	9.34	-	-
2	Emma	Hoskins	11.51	-	-
3	Ashleigh	Farrugia	12.10	9.08	2
4	Michael	Mathison	12.13	-	-
5	Madeline	Kot	12.38	8.54	1
6	Patrick	Waddington	12.52	-	-
7	Sienna	Wade	13.03	-	-
8	Sagan	Jones	13.07	-	-
9	Maeve	Nolan	14.50	-	-

### U/12 1.5 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nate	Appleyard	8.02	-	-
2	Keira	Gill	8.20	-	-
3	Isla	Banks	8.24	6.41	3
4	Joshua	Waddington	8.27	-	-
5	Ashleigh	Mansell	8.36	5.30	1
6	Hannah	Hewitt	8.54	-	-
7	Ivy	Murray	9.05	-	-
8	Felicity	Rudd	9.23	-	-
9	Caitlin	Allum	9.37	7.03	4
10	Scout	Linton	9.41	-	-
11	Chloe	Farrugia	11.14	5.59	2
12	Luca	Barakat	11.48	8.25	6
13	Rose	Goska	12.02	-	-
14	Zoe	Zantiotis	12.22	-	-
15	Alexander	Dennett	14.00	7.24	5

### U/10 1 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Harrison	Bouquet	5.08	4.14	2
2	Stella	Wade	5.08	-	-
3	Beth	Cochrane	5.52	-	-
4	Addison	Fahey	5.59	4.39	5
5	Veronica	Dennett	6.24	4.10	1
6	Addison	Jenkins	6.24	-	-
7	Milana	Sorokin	7.36	4.19	4
8	Amelie	Baracat	7.47	4.18	3

# 56th ANNUAL LAKE BURLEY GRIFFIN WALKING CARNIVAL



RACE WALKING  
AUSTRALIA  
AUSTRALIAN FEDERATION  
OF RACE WALKING CLUBS

**Sunday 11 JUNE 2023 – STROMLO FOREST PARK CANBERRA**

Sunday 11 JUNE 2023 – STROMLO FOREST PARK CANBERRA

The ACT Race & Fitness Walking Club Inc. (ACT Walkers), on behalf of Race Walking Australia, invite members and race walkers affiliated with a National Athletics Association to participate in this year's Annual Lake Burley Griffin Walking Carnival to be held on Sunday 11 June 2023.

All events will be conducted on a 1 kilometre circuit on the cycling criterium track affording the walkers a smooth surface with a minimal rise at one end, and spectators a view of the walkers for most of the course.

The fitness walks are open to all, but participants in the race walking events must be members of a club affiliated with Race Walking Australia or an overseas World Athletics affiliated athletic club.

**Entries will close at 5:00 pm, Wednesday, 24th May 2023.**

For the links to Enter and volunteer go to our website: [www.nswracewalkingclub.com](http://www.nswracewalkingclub.com)

There you will find the entry form, a list of entrants, and offers to help (via registration) for volunteers and officials – please note, these forms are hosted by the Victorian Race Walking Club (VRWC) and any data collected shall be used by VRWC and the ACT Race & Fitness Walking Club only for the administration of the 56th LBG Carnival.

A list of events, and notes on entry procedures and details relating to the general conduct of the Carnival, follow.

## GENERAL INFORMATION

### Venue

The venue for all events is Stromlo Forest Park, Opperman Avenue / Dave McInness Road. There are women's and men's toilets and showers located in the centre of the building near the track, and ample car parking.

## Events

Event	Start Time	Handicap	Base Time	
1	RWA Open 30 km		8:00 am	
2	ACT Fitness 30 km		8:00 am	Non Hcp/Judged contact only
3	AACT W&M 30 km Champ		8:00 am	Non Handicap event
4	RWA Open Women's 15 km		8:00 am	Incl RWA Masters 15km
5	RWA Open Men's 15 km		8:00 am	Incl RWA Masters 15km
6	ACT Fitness 15 km		8:00 am	Non Hcp/Judged contact only
7	ACT Fitness 8 km		9:00 am	Non Hcp/Judged contact only
8	RWA Men's U20 10 km		10:30 am	
9	ACT Open (Over 19 years) 10 km	10:30 am		Non Handicap Event
10	RWA Women's U20 10 km		10:30 am	

### **PRESENTATIONS for EVENTS 1 – 10 & SPECIAL AWARDS 11:45 am – 12:15 pm**

11	RWA Boys Under 10 1 km		12:15 pm	
12	RWA Girls Under 10 1 km		12:15 pm	
13	RWA Boys Under 12 2km		12:25 pm	
14	RWA Girls Under 12 2km		12:45pm	
15	RWA Boys Under 14 2km		13:05 pm	
16	RWA Girls Under 14 2km		13:25 pm	
17	RWA Boys Under 16 3km		13:45 pm	
18	RWA Girls Under 16 3km		14:10 pm	
19	RWA Boys Under 18 5km		14:40 pm	
20	RWA Girls Under 18 5km		14:40 pm	
21	RWA Women's Open 5km		15:10 pm	
22	RWA Men's Open 5km		15:10 pm	

### **PRESENTATIONS for EVENTS 11 – 22 16:00 pm**

#### Notes:

- Events 1, 4, 5, 8, and 11 to 22 inclusive are Race Walking Australia individual and team events. Events 4 and 5 incorporate a Race Walking Australia Masters individual competition.
- Minimum age for participants in the 15 and 30 kilometre events is 16 years.
- Age for all Race Walking Australia events is age-on-the-day, and for Athletics ACT Championships is age on 31 December 2023.
- Protests must be lodged in writing with the event Referee within 30 minutes of the completion of the event in dispute and accompanied by a cash fee of \$20.00.