

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 13th May, 2023

Welcome to the New South Wales Race Walking Club Inc. Last Saturday afternoon at Chipping Norton we had another **5 walkers** join our club which was great.

Today is the **Kevin Stone Memorial Open Day** which is sponsored by **Nepean Athletics Club**. **Kevin Stone** was a major race walking coach in the Nepean area and coached many state champions for many decades. Awards will be presented 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.*

NSWRWC uniform MUST be worn (Club singlet & black pants) at this event. Trophies will be presented by Mrs. Gwen Stone. **Registration** for this event involves having your name marked off at our registration table 10mins prior to start of the race (as per usual).

Just **REMEMBER** there is the eligibility criteria (see handbook, website, Newsletter or Facebook), but that does not mean only eligible walkers can compete in Saturday's races. **ANY registered walker (with NSWRWC) can compete** in their nominated grade or another grade if they so wish, they just won't have a chance to win an award. Our thanks go to **Mrs. Annette Tillman** from the **Nepean Athletics Club** for organising this event and the awards.

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. 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 and stay in our group. If you can't find the questions the easiest way at the moment is to leave the group, then join the group again 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. This will be **enforced at the ANSW Championships on 21st May**, so make it easy for all concerned by walkers using a **clear water bottle** for **races of 5km or longer up to and including 10km** as they can **ONLY have WATER**. ONLY races further than 10km can have something other than water, if desired.

Upcoming Events

HAPPY Mother's Day to all on Sunday 13th May. Next Saturday 20th May there is **NO Walk**, as on **Sunday May 21st** our club is hosting the **Athletics NSW Short Walks** at the Newington Armory, Sydney Olympic Park. **Registration CLOSES online on Wednesday 17th May 2023 12:00.**

All information is on the Athletics NSW website: <https://www.nswathletics.org.au/events/176128/> **DON'T FORGET** to wear your Athletics NSW Club uniform. Eg. Sutherland Athletics Club.

Sunday 11th June at Mt. Stromlo, Canberra is the first **Federation** event (Lake Burley Griffin). The Federation of Racewalking clubs carnival is being held on Sunday 11th June in Canberra (Kings Birthday long weekend). This is the biggest race walking carnival on the calendar and is always very well supported by our club. Keep this day free as there will be no competition in Sydney on that weekend. This competition is between all of the 10

Race Walking Clubs from all over Australia. Entries can only be made online. Please advise the table when you have entered. Information is in this Racewalker, on the website and on the notice board today. Read the information and then we are happy to answer any questions you may have. Register at: <http://vrwc.org.au/wp1/56th-annual-lake-burley-griffin-walking-carnival/>

- \$35 for the first event
- There is also an individual cap for 3 events

All event details including Program were in last weeks Racewalker, on Facebook and on the website, also the website is where previous Racewalkers are stored.

Entries close online at 5pm Wednesday 24th May.
No Late entries OR manual entries will be allowed by ACTRWC & Race Walking Federation.

RESULTS 6/05/23 CHIPPING NORTON

LONG 8 KM					
Place	Name		Finish Time	H'cap Time	Place Time
1	Jasmine	Dighton	43.00	-	-
2	Bridget	Bell	46.44	-	-
3	Chelsea	Roberts	47.02	-	-
SHORT 3 KM					
Place	Name		Finish Time	H'cap Time	Place Time
1	Jessie	Bektas	18.19	-	-
2	Laura	Corualan-	19.15	12.4	2
3	Erin	Cassilles	20.26	-	-
4	Nicolle	Challinor	24.10	12.20	1
5	Emily	Challinor	32.00	15.3	3
6	Sarah	Challinor	32.00	15.3	3
U/16 2 KM					
Place	Name		Finish Time	H'cap Time	Place Time
1	Jessica	Loring	10.09	-	-
2	Evie	Armstrong	10.24	8.21	2
3	Matilda	Webb	10.42	-	-
4	Christopher	Nilon	10.52	-	-
5	Matilda	Olson	11.46	-	-
6	Ruby	Byan	13.12	7.52	1
7	Olive	Gauci	14.03	-	-
8	Katherine	Farrugia	15.42	-	-

U/14 2 KM					
Place	Name		Finish Time	H'cap Time	Place Time
1	Sophie	Polkinghorne	9.34	-	-
2	Alexander	Braendle	10.49	-	-
3	Emma	Hoskins	11.37	9.06	3
4	Mitchell	McCarthy	11.41	-	-
5	Madeline	Kot	12.00	9.03	2
6	Ashleigh	Farrugia	12.00	9.22	4
7	Noah	Vella	12.00	-	-
8	Sienna	Wade	12.36	-	-
9	Patrick	Waddington	12.48	-	-
10	Adya	Bhushan	12.49	8.26	1
11	Summer	Hay	14.57	9.24	5
INV	Sagan	Jones	12.07	-	-

U/12 1.5 KM					
Place	Name		Finish Time	H'cap Time	Place Time
1	Nate	Appleyard	7.32	6.59	6
2	Joshua	Waddington	8.10	-	-
3	Hannah	Hewitt	8.12	-	-
4	Ashleigh	Mansell	8.15	6.39	3
5	Keira	Gill	8.29	7.09	9
6	Isla	Banks	8.33	7.09	9
7	Ivy	Murray	8.37	-	-
8	Caitlin	Allum	8.40	6.06	1
9	Molly	Miller	8.42	7.01	8
10	Felicity	Rudd	9.04	-	-
11	Gemma	Hunt	9.22	-	-
12	Mackenzie	Kitching	9.40	6.52	4
13	Lara	Penny	10.18	-	-
14	Matilda	Hay	10.38	7.00	7
15	Chloe	Farrugia	11.10	6.56	5
16	Rose	Goska	11.12	6.10	2

U/10 750M					
Place	Name		Finish Time	H'cap Time	Place Time
1	Stella	Wade	3.35	-	-
2	Beth	Cochrane	4.21	3.19	1
3	Addison	Jenkins	4.38	-	-
4	Antonia	Powter	5.04	-	-
5	Amelie	Baracat	6.00	3.45	2
6	Milana	Sorokin	6.28	4.22	3
-	Harrison	Bouquet	DISQ	-	-