

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 4th August, 2012

Welcome once again to a Club Day for the last time this season at Haberfield (Leichhardt).

A big thank you to all the walkers who competed in the **Racewalking Australia Challenge** two & three weeks ago at Haberfield and Earlwood. Our results have been sent off to Racewalking Australia and we are waiting to see the overall result.

Congratulations to all our walkers who competed last Sunday at **Jamisontown** in the Athletics New South Wales Long Walks. We now have some new state champions.

The combined handicap winner of the **Randall trophy**, from competition on Saturday 21st July for the Under 12 years age group is **James Plummer**, who will be presented with the trophy today.

Next Saturday 11th August - Club Championships at Chipping Norton.



To be eligible for a trophy or a medal, walkers must have competed in their nominated division in a combined total of 50% of Club events, Open Days and June Canberra Federation from the start of the season. State Championships do not count towards qualification. See page 14 of our Handbook for further information. If you have not qualified you are still able to compete but unfortunately unable to win an award.

Raffle

Congratulations to our raffle winner last Saturday at the State Championships who was the **Doyle family**.

Best Wishes

Best wishes to **Adam Rutter** who is competing in the walk at the London Olympics and also to his parents Jenny and Richard who are travelling to London to watch the race. Jenny Lingley will also be in London watching the Olympics and having a holiday as well.

Presentation Day on 18th August

Our Presentation Day also includes a Trash and Treasure Auction, so for all our new members and our long time members, let's see who can bring the most to donate to the Auction. Who ultimately has done the best job of decluttering around home! All monies raised go towards our International Travel fund for any of our walkers who are selected in an Athletics Australia event overseas which is not fully funded. Don't forget to bring a plate of goodies (cakes, biscuits, slices etc) for everyone to share for afternoon tea.

The programme will start at 11.30am with a FREE sausage sizzle provided by the club, games and novelties and then the auction will start at 1pm with the presentation starting at 2pm.

New location as per attached map at the Rosella Shelter Sheds!



Australian Championships and Federation events in Adelaide

Athletics Australia website now has entries open for these events which are being conducted on Sunday 26th August, closing on 17th August.

RESULTS

Results of 21st July 2012 - NSW RWC Club Event at Earlwood

Long Division 8km

Place	Name		Finish Time	Handicap Time	Handicap Place	8KM
1	Cheryl	Webb	37.48	37.19	3	
2	Derek	Mulhearn	38.24	38.24	4	
3	Jay	Felton	40.56	38.36	5	80.30
4	Lauren	Bourke	44.27	36.50	2	
5	Matthew	Killen	47.22	42.42	6	
6	Joan	Purcell	57.58	34.43	1	
7	Brendan	Hyde	68.32	-	-	

RESULTS

Results of 21st July 2012 - NSWRC Club Event at Earlwood

Medium Division - 6km

Place	Name	Finish Time	Handicap Time	Handicap Place	8KM
1	Tyler Jones	28.52	28.52	8	
2	Tom Doyle	30.00	29.17	9	
3	Robert Murphy	30.43	28.13	7	
4	Jasmine Dighton	31.49	26.18	4	
5	Carl Gibbons	31.49	24.48	1	
6	Bryony Beasley	35.38	26.32	5	47.22
7	Tony Psarianos	36.27	25.34	2	
8	Caitlin Plummer	37.22	25.47	3	
9	Demi Psarianos	37.49	26.54	6	
10	Amanda Barendregt	42.29	35.33	10	

Short Division - 3km

Place	Name	Finish Time	Handicap Time	Handicap Place
1	Nicolle Fagan	14.13	-	-
2	Jasmyn McDonald	14.18	14.04	2
3	Lucy Francis	14.43	14.42	3
4	Aiden Kerr	15.02	15.02	5
5	Nathan Brown	15.25	15.18	6
6	Stephanie Grujoski	16.51	15.25	7
7	Rhiannon Minett	18.14	14.54	4
8	Nicolle Challinor	18.24	12.43	1
9	Daniella Salisbury	21.12	-	-

U16 Division - 2km

Place	Name	Finish Time	Handicap Time	Handicap Place
1	Kyle Bedford	9.23	9.23	6
2	Leah McDonald	9.37	9.18	4
3	Dylan Richardson	10.27	9.15	2
4	Travis Barendregt	11.12	8.35	1
5	Tiffany Saker	11.21	9.21	5
6	Yasmin Mills	11.41	9.16	3
7	Ally Grujoski	12.43	10.29	7

U12 Division - 1km

Place	Name	Finish Time	Handicap Time	Handicap Place
1	Samantha Brown	5.03	5.03	5
2	Haley Mills	5.13	4.52	3
3	James Plummer	5.14	4.30	1
4	Renee Hardy	5.55	5.22	9
5	Sybella McKay	6.02	5.38	11
6	Flynn Ross	6.23	5.12	6
7	Brooke Martin	6.32	4.56	4
8	Lachlan Beecroft	6.41	5.26	10
9	Logan Barendregt	7.15	5.13	7
10	Bronti Westaway	8.12	6.11	12
11	Aiden Hardy	9.11	5.17	8
12	Emily Challinor	9.14	4.50	2

MURRABINGNY RESERVE

LEGEND

- SS SHELLER SHEDS
- CHILDREN'S PLAYGROUND
- CAR PARKING
- MAJOR ROADS
- TRACKS
- THE JANNAWI GARDEN
- JIM LYNCH (WEDDING GARDEN)
- BUNGARRBEE PAVILION
- DESIGNATED PICNIC GROUNDS
- TOILET BLOCKS
- CAUSEWAY & FOOTBRIDGE
- CROSSING
- BLACKSMITH
- FRED HOLLOWES
- SENSORY GARDEN

SAFE ZONE
PLEASE PROCEED TO THESE AREAS IN CASE OF FIRE WHEN DIRECTED

