

# NSW RACE WALKING CLUB

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

Established 1911



## The RACEWALKER 25<sup>th</sup> May, 2024

Good afternoon all,  
Hopefully when you are reading this Racewalker it will be good weather unlike last Saturday in the cold wind and the predicted rain that afternoon.

**Last Saturday** 18<sup>th</sup> May was the Kevin Stone Memorial Nepean Open Day which was sponsored by **Nepean Athletics Club**. **Kevin Stone** was a major race walking coach in the Nepean area and coached many state champions over many decades. Trophies were presented by Mrs. Annette Tillman the Nepean Athletics Club Treasurer. We had our largest number of walkers this season participating in this event. Congratulations to all and thank you so much Nepean Athletics.

Entries closed last **Wednesday 22nd May** for the Lake Burley Griffin carnival (1<sup>st</sup> Federation event for 2024) at Mt. Stromlo **on Sunday 9<sup>th</sup> June** and our club has many members entered. Well done everyone. Parents, don't forget that you have to record your walkers best time, since 1<sup>st</sup> of December, on the grid at our club this afternoon as we have to submit it by next week to the Federation committee.

Our club Federation Manager is **Jenny Lingley** who, on Sunday 9<sup>th</sup> June, will be positioned on the grass area in front of the building at Mt. Stromlo track and will be checking uniforms, (our walking club pale blue singlet and black pants above the knee) and giving out the race numbers and a programme. You must see Jenny.

Like Little Athletics we need parent helpers to assist with this event in Canberra. Firstly, we need volunteers on a first come, first served basis, ie **qualified walk judges, marshalls, timekeepers etc and general volunteers**. There is also a list at the club table for these people's names. We are expected to assist as our club has the most competitors entered.

**Saturday 1st June** there will be NO competition at Chipping Norton as NSW Athletics are conducting the **Teams Championships** at the Newington Armory, Sydney Olympic Park. All information is available on the Athletics NSW website. A walk team comprises 3 walkers who are all walking the same distance, are in the same age group and are from the same club. Don't forget walkers from Little Athletics and Athletics NSW can enter. Entries close on Wednesday 29th May.

ONLY races further than 10km can have drinks other than water, if desired.

**Saturday 8<sup>th</sup> June** there is no Cub competition at Chipping Norton because of the Canberra Federation Carnival.

**Saturday 15<sup>th</sup> June** we are back to our Club competition at Chipping Norton.

### **Annual General Meeting**

The Annual General Meeting of the NSW RWC was held on Wednesday 22<sup>nd</sup> May at Parramatta Little Athletics Clubhouse. All current members over 16 were sent an email inviting them to the AGM and the committee for the 2024-2025 season was elected:

President – Heather Mitchell  
Snr Vice President – Richard Rutter  
Vice Presidents – Jenny Lingley, Frank Overton  
Secretary – Jenny Lingley  
Minute Secretary – Maria McConville  
Treasurer/Purchasing Officer – Heather Mitchell  
Records Officer – Kirsten Crocker  
Competition Officer – Richard Rutter  
Judges Convenor – Jenny Rutter  
Awards Officer – Nicolle Challinor  
Publicity Officer – Kirsten Crocker  
Publicity Committee – Heather Mitchell, Jenny Lingley, Frank Overton, Joanne McGinniskin  
Social Committee – Jenny Lingley, Kirsten Crocker, Maria McConville, Jenny Rutter, Joanne McGinniskin  
Club Captain – Jenny Lingley  
Club Patron – Maria McConville  
Delegates to Federation – Kirsten Crocker  
Hon. Auditor – Andrew Mitchell FCA

**Reminder:** Late Entries for Canberra Federation will close at 5pm Wednesday 29th May 2024, but Late Entries will be charged an additional \$20 per event.

### **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 it 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 also be enforced at the NSW Teams Championships on 1st June and Federation on 9<sup>th</sup> June so make it easy for all concerned by bringing a transparent water bottle for races of 5km or longer up to and including 10km as they can ONLY have water.

## 18/05/24 CHIPPING NORTON - Kevin Stone Memorial Nepean Open

### LONG 10 KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Chelsea	Roberts	53.22	-	-	-
2	Ciara	Cassilles	55.18	-	-	-
3	Brendan	Pospischil	56.02	43.12	1	FM

### MEDIUM 8KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Brendan	Pospischil	50.36	32.51	1	FM
2	Jessy	Bektas	50.37	-	-	-

### SHORT 4KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Sophie	Polkinghorne	21.31	-	-	-
2	Evie	Reading	21.48	-	-	-
3	Erin	Cassilles	22.57	-	-	-
4	Emma	Hoskins	23.43	17.6	4	FF
5	Laura	Sotomayor	25.52	-	-	-
6	Isabelle	Nilon	28.48	19.16	5	4
7	Carmel	Parker	29.45	19.47	6	5
8	Nicolle	Challinor	33.39	15.59	3	3
9	Emily	Challinor	37.17	15.15	1	1
9	Sarah	Challinor	37.17	15.2	1	1

### U/16 4KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Christopher	Nilon	23.23	18.53	3	FM
2	Ashleigh	Farrugia	23.47	13.07	1	FF
3	Lilly	Twigden	25.25	16.17	2	1
4	Scarlett	McGraw	27.20	-	-	-

FF=Fastest Female

FM=Fastest Male

### U/14 2KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Noah	Vella	10.23	8.28	3	FM
2	Ashleigh	Mansell	10.28	8.52	5	FF
3	Mitchell	McCarthy	10.49	9.38	7	5
4	Sagan	Jones	11.08	8.29	4	3
5	Madeline	Kot	11.26	8.27	2	2
6	Hannah	Hewitt	11.34	-	-	-
7	Michael	Mathieson	11.40	-	-	-
8	Ivy	Murray	12.00	-	-	-
9	Sienna	Wade	12.01	-	-	-
10	Georgia	Watson	12.33	-	-	-
11	Alexander	Dennett	13.14	9.18	6	4
12	Luca	Barakat	15.35	8.07	1	1

### U/12 1.5KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Avia	Luketic	7.45	6.52	4	FF
2	Oliver	Masik	8.15	-	-	-
3	Stella	Wade	8.17	-	-	-
4	Beth	Cochrane	8.24	6.46	3	3
5	Emma	Olofinsky	8.55	7.06	6	5
6	Veronica	Dennett	9.12	6.20	1	1
7	Caitlin	Allum	9.14	6.36	2	2
8	Addison	Jenkins	9.35	7.09	7	6
9	Chloe	Farrugia	9.54	7.01	5	4
10	Milana	Sorokin	10.26	7.49	9	8
11	Amelie	Barakat	13.09	7.26	8	7

### U/10 0.75KM

Place	Name		Finish Time	H'cap Time	H'c ap	Open
1	Daniel	Smart	4.22	-	-	-
2	Nasrin	Hewitt	5.25	-	-	-
3	Kostya	Peart	5.32	3.47	1	FM
4	Huxley	Jones	6.02	-	-	-
5	James	Barakat	8.19	4.26	2	1