

# NSW RACE WALKING CLUB

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

Established 1911



## The RACEWALKER 22<sup>nd</sup> June, 2024

Welcome back to the New South Wales Race Walking Club Inc. @ Chipping Norton.

**Congratulations** to every walker who competed at the **NSW Athletics Teams Championships** at The Armory, Newington and also at the **Australian Federation** walks at Mt. Stromlo last Sunday in Canberra. What a great result by our club members. Many individual winners, team results and handicap awards. Results are on our website in the section: **Calendar, Newsletters & Results**. Well done all!

**REMINDER:** to score points at Saturday competition athletes need to wear our club uniform which is: blue club singlet and plain black pants.

**Keep** an eye out in this Newsletter to see when the next **OPEN DAY** will be on and what Athletics Centre/Club will be hosting it!

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

Last Wednesday night **Heather Mitchell**, our President, was awarded a Distinguished Long Service Award at the NSW Community Sport Awards. Heather has volunteered for 44 years at all levels from club to international level meets and championships for Little Athletics NSW, Australian Little Athletics, Athletics NSW, Athletics Australia and Oceania Athletics. Being appointed as an international official at the 2010 Commonwealth Games she is one of the most well respected and knowledgeable technical officials in Australia. She has been awarded five life memberships from NSW and Australian Athletics associations. Her incredible service to athletics includes director, president, technical official, administrative and team management roles. Heather has revolutionised technical officials in athletics, paving the way for a new generation of volunteers. (She was nominated by Athletics NSW)

Now there are only 34 days to the Paris Olympics!

## 25/05/24 CHIPPING NORTON

### LONG 12 KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Brendan	Pospischil	69.07	49.22	1
2	Ciara	Cassilles	72.04		
	Joel	Byatt	DNF		
	Laelia	Byatt	DNF		

### MEDIUM 10KM

Place	Name		Finish Time	H'cap Time	H'cap Place
2	Aidan	Pospischil	64.31	39.35	1
1	Jessey	Bektas	62.20		

### SHORT 5KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Jessica	Loring	28.40		
2	Emma	Hoskins	29.20	21.57	4
3	Erin	Cassilles	29.23		
4	Carmel	Parker	37.51	23.40	5
5	Nicolle	Challinor	41.10	21.10	3
6	Emily	Challinor	47.46	20.50	1
7	Sarah	Challinor	47.46	20.50	1
INV	Dylan	Richardson	20.53		
INV	Jack	McGinniskin	22.38		
INV	Chelsea	Roberts	24.14		
INV	Lilly	Twigden	33.05		
	Laura	Sotomayor	DNF		

### U/16 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Christopher	Nilon	16.52	13.41	2
2	Ashleigh	Farrugia	18.44	12.48	1
INV	Georgia	Watson	20.28		

### U/14 3KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nate	Appleyard	16.01	14.46	9
2	Mitchell	McCarthy	16.08	14.13	7
3	Noah	Vella	16.11	13.43	5
4	Sagan	Jones	16.49	13.10	2
5	Hannah	Hewitt	17.25	14.40	8
6	Michael	Mathison	17.33	-	-
7	Sienna	Wade	17.35	13.19	3
8	Madeline	Kot	18.06	13.45	6
9	Alexander	Dennett	18.56	13.20	4
10	Luca	Barakat	23.40	12.34	1

### U/12 2KM

Place	Name		Finish Time	H'cap Time	H'cap Place
8	Amelie	Barakat	17.44	8.56	1
4	Addison	Jenkins	13.29	9.00	2
1	Stella	Wade	11.43	9.19	3
3	Veronica	Dennett	13.05	9.24	4
5	Chloe	Farrugia	14.00	9.30	5
6	Caitlin	Allum	14.56	11.13	6
7	Milana	Sorokin	16.38	12.14	7
2	Hugo	Siciliano	12.44	-	-

### U/10 1KM

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nasrin	Hewitt	7.00	4.56	3
2	Kostya	Peart	7.17	5.21	4
3	Huxley	Jones	8.42	4.32	1
4	James	Barakat	9.51	4.44	2