

NSW RACE WALKING CLUB

Check out the Website: www.nswracewalkingclub.com

Established 1911



The RACEWALKER 16th June, 2012

Welcome once again to Hurstville Grove (Oatley).

Today we are presenting the **McDougall trophy** to the combined handicap winner of Long and Medium Division women who is **Joan Purcell**. This event was held on 2nd June. Congratulations Joan!

Parramatta Little Athletics Open Day.

Parramatta Little Athletics provided the trophies for their Open Day on 2nd June at Chipping Norton and we would like to thank them for their support and generosity. Despite the rain we had 51 walkers competing which was a great turnout on such a miserable afternoon!

Canberra Federation on Sunday 10th June.

Wow, our walkers excelled themselves with many pbs which of course helped us in winning many of the Lake Burleigh Griffin Federation perpetual trophies. Thanks to all our parents who assisted with timekeeping, lapscoring and walk judging, plus of course our team managers. A great job! Well done. Also a big thanks to **Parramatta Little Athletics** for the use of their two tents.

Club Clothing

It is not too late this afternoon to purchase some of our club beanies, polar fleecy vests or jumpers. We have limited stocks, so first come first served. We can all wear it next Sunday at the State Short Walks at Narellan, firstly to keep warm but also to let everyone know that you belong to the best Walking Club in Sydney.

Next Saturday 23rd June – no competition as the next day Sunday 24th June is the Athletics NSW Short Walks Championships.

This is the second Athletics NSW State Championship for this winter season and any walker who is a current registered member of a senior club is eligible to enter. Entries can be made online at www.nswathletics.org.au Online athlete entry into Masters, Open, U20 and U16 events is \$18, but on the **day entry is \$25**. Online athlete entry into U14 and U12 events is \$13, but on the **day entry is \$20**. Athletes must be registered with Athletics NSW (or other state member association) for the 2011-12 season and wear their Athletics club uniform with their bibs worn front and back for the duration of the Championship. **Online entries and payment** is to be submitted by midnight, **Wednesday 20th June, 2012.**

Little Athletics NSW State Cross Country & Road Walks, Darkes Road, South Dapto.

To compete in this Little Athletics State Championship there is no prior qualification and all you have to do is to enter on line via www.littleathletics.com.au by **5pm 20th June** and pay **\$10 for the day** (ie not per event). **Late entries** will be taken **online until 5pm 27th June** but the cost will be **\$25 per day**. There will be **no entries taken on the day**. All athletes to wear their Centre uniform with appropriate numbers. More details on www.littleathletics.com.au

We hope many of our walkers will be competing as they have been having lots of practice and competition with our Walkers Club during this winter season.

Raffle

Congratulations to our raffle winner last Saturday who was the **McDonald family**.

Fun Run

As you are aware we have a fun run at the conclusion of our walks each Saturday and it is free entry for everyone who has walked, but if there are any mums, dads, brothers and sisters who would like to join in the fun and just have a run, it is only \$2. We have a point score for this, as we do for the walks.



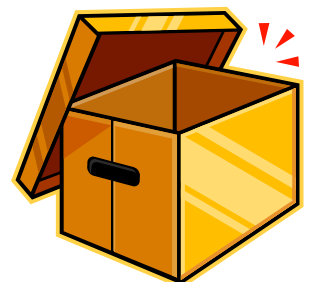
Drinks

It would really be appreciated if all the walkers in Long and Medium divisions could bring their own drink bottles and place on the drinks table prior to the start of their race.



Trash and Treasure Auction

We know that 18th August is many weeks away, but if you are doing any winter cleaning, don't throw out any "treasures or trash" put them in a box and bring to our Auction to raise some money for our Club.



RESULTS

Results of 2nd June 2012 - Parramatta Little Athletics Open Day at Chipping Norton

Long Division 10km

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Steven	Washburn	48.45	44.26	6
2	Derek	Mulhearn	48.49	44.19	5
3	Jay	Felton	50.40	42.37	2
4	Lauren	Bourke	50.46	43.18	3
5	Kirsty	Klein	51.28	45.55	7
6	Matthew	Killen	56.11	43.52	4
7	Joan	Purcell	62.40	27.21	1

Parramatta Little Athletics Open Day

Handicap	Fastest Time
1 J.Purcell	Male S.Washburn
2 J.Felton	Female L.Bourke
3 L.Bourke	

McDougall Trophy Winner: Joan Purcell

U16 Division - 3km

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Leah	McDonald	15.42	15.41	7
2	Dylan	Richardson	15.50	14.51	4
3	Benjamin	Tisdale	16.20	13.49	1
4	Ryan	Thompson	16.59	14.51	4
5	Ally	Grujoski	17.40	14.57	6
6	Yasmin	Mills	18.13	14.24	3
7	Travis	Barendregt	18.24	14.14	2
8	Tiffany	Saker	19.39	16.10	8

Parramatta Little Athletics Open Day

Handicap	Fastest Time
1 B.Tisdale	Male D.Richardson
2 T.Barendregt	Female L.McDonald
3 Y.Mills	

Medium Division - 10km

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Tyler	Jones	52.25	47.56	6
2	Tom	Doyle	54.40	46.56	5
3	Robert	Murphy	57.38	48.17	7
4	Amanda	Barendregt	61.05	44.59	3
5	Carl	Gibbons	62.02	49.33	8
6	Bryony	Beasley	62.03	45.17	4
7	Tony	Psarianos	64.26	42.30	2
8	Judy	Brown	76.55	41.10	1
DNF	Caitlin	Plummer	DNF	-	-
DISQ	Keith	Knox	DISQ	-	-

Parramatta Little Athletics Open Day

Handicap	Fastest Time
1 J.Brown	Male T.Jones
2 T.Psarianos	Female A.Barendregt
3 A.Barendregt	

Short Division - 4km

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Nathan	Brown	20.42	20.05	7
2	Jasmyn	McDonald	20.43	19.56	6
3	Aiden	Kerr	20.58	19.48	5
INV	Ian	Jessurun	21.13	-	-
5	Adam	Mylonas	23.29	22.40	9
6	Rhiannon	Minett	24.05	18.29	1
7	Mary	Willis	25.17	20.49	8
8	Nicolle	Challinor	26.40	18.58	2
9	Angela	Redzic	27.55	19.31	4
10	Jenny	Lingley	33.10	19.01	3
DNF	Stephanie	Grujoski	DNF	-	-
DNF	Mascey	Willis	DNF	-	-

U12 Division - 1.5km

Place	Name		Finish Time	H'cap Time	H'cap Place
1	Samantha	Brown	8.16	8.16	4
2	Hayley	Mills	8.48	8.46	9
3	Sybella	Mckay	9.04	8.51	11
4	James	Plummer	9.17	8.19	5
5	Flynn	Ross	9.33	8.37	7
6	Morgan	Little	9.57	8.39	8
7	Renee	Hardy	10.19	7.56	1
8	Bayden	Little	10.28	9.24	13
9	Brooke	Martin	11.13	8.34	6
10	Logan	Barendregt	11.19	8.11	2
11	Jada	Thomson	11.57	8.47	10
12	Bronti	Westaway	11.59	8.11	2
13	Emily	Challinor	16.12	9.13	12
DISQ	Lachlan	Beecroft	DISQ	-	-

Parramatta Little Athletics Open Day

Handicap	Fastest Time
1 R.Hardy	Male J.Plummer
2 L.Barendregt	Female S.Brown
3 B.Westaway	

Short Division - 4km

Parramatta Little Athletics Open Day

Handicap	Fastest Time
1 R.Minett	Male N.Brown
2 N.Challinor	Female J.McDonald
3 J.Lingley	

RESULTS

Results of 46th Lake Burley Griffin Race Walking Carnival, 10 June 2012, Canberra