



REGAL RACER

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Summer 2008/2009: Issue 2 Sunday 9th November 2008

Distance Challenge

Today is 'Regal's' distance day, where we give our athletes an opportunity to achieve qualifiers for the various Championships over the next 6 months. A big thank you to Athletics NSW for providing a permit for this event so the athletes times can be officially recognised. We are also lucky enough to have a number of the best technical officials in NSW volunteering their time today so a big thank you must go to each of them. The program for the day is:

8:00am: Open Men and Women 20km

8:30am: U/20 Men and Women 10km

9:45am: U/18 Men and Women 5km

10:00am: U/16 Men and Women 2km

10:20am: U/14 Men and Women 1km

I received an email this week from 'Regal' member Luke Adams who is once again participating in Movember and would like our support. Here is how you can help.

"To explain Movember formerly known as November has become the "socially acceptable" month to grow a moustache and in the process raise money and awareness to help fight men's health issues (i.e. depression and prostate cancer). By my participation I hope to get friends to offer a tax-deductible donation to go toward the Prostate Cancer Foundation of Australia and Beyond Blue -The National Depression Initiative to fund research and support networks for those men who suffer from prostate cancer and depression. Some facts

1. Depression affects 1 in 6 men....most don't seek help. Untreated depression is a leading risk factor for suicide.

2. Last year in Australia 18,700 men were diagnosed with prostate cancer and more than 2,900 died of prostate cancer - equivalent to the number of women who will die from breast cancer annually.

To donate you can go to the website at movember.com.au and click on donate entering my registration number 1723826. At the website you can have a quick look around and get any additional information or pictures etc. Thanks and I'll aim to update you with some photos of the 08' Mo soon!

In Athletics NSW a new Chief Executive Officer has been appointed, Mr Greg Meagher. Meagher comes to Athletics NSW with a strong background in grass roots sport development and education. Over the past four years Meagher has managed Australian Rugby Union's recruitment and education portfolios with outstanding results, including developing the organisation's education program into a market leading initiative which gained the Australian Sports Commission's Junior Sport Award.

Racewalking New South Wales
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Prior to entering the sporting sector Meagher spent 17 years in education, including many in executive positions with schools. Meagher will commence his position on Monday, 8 December 2008.

Athletics NSW has identified that a major issue in athletics is the recruitment and retention of volunteers. With an aging technical officials population it has become a key concern. As such Athletics NSW is restructuring the volunteer program, so we do not have a severe shortfall of officials at events now and in the future. The major change to the volunteer structure is the introduction of the technical support volunteer. Technical Support Volunteers are aimed towards people who would like to help out at athletics, but can not commit to and/or are uninterested in formal qualifications; this will give them the opportunity to help out through attending a practical workshop. By becoming a Technical Support Volunteer you are able to compete at an athletics meet as well as volunteer to help conduct events.

A practical workshop will be conducted in conjunction with the 6th round of the Club Premiership at the SOPAC warm-up track on Saturday, 22 November. The practical workshop will encompass the three main areas - track, jumps and throws. It will offer participants basic knowledge of rules and safety aspects of all events. This is a great opportunity for athletes to be trained in a variety of events to help out at club competitions as well as Athletics NSW competitions. It is also a great way to give something back to the sport.

DETAILS:

When: Saturday 22nd November 2008

Where: Sydney Olympic Park Athletics Centre Warm-up Track (Edwin Flack Drive, Sydney Olympic Park)

Time: Registration: 11:30am
Theory & Safety Session: 11:40am – 12:45pm
Break: 12:45pm – 1pm
Practical Workshop: 1pm – 5pm

Cost: Free.

What: This workshop is designed for people with an interest in volunteering in athletics, to give them the basics of track, throws and jumps.

RSVP: Wednesday 19th November 2008
Mary Macaluso - development@nswathletics.org.au or 9746 1122

For the first time in 'Regal's' history we are taking an event to the Central Coast on Sunday 7th December 2008 at Chittaway Bay. Thanks to the hard work of Ian Rayson and the 'Regal' committee we are hoping to attract new members of all ages. If you know any walkers on the Central Coast please let them know about this event. We hope to see many old and new faces at this event.

On behalf of everyone at 'Regal' I would like to wish those club members competing at the Pacific Schools Games/Australian All Schools & Youth Championships in Canberra at the end of November/ early December. Enjoy the experience.

Happy Birthday

A big 'Regal' happy birthday to those members who celebrate their special day over the next month.

Saturday 6th December– Anson Perin



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A reminder to all walkers that the following events are being held over the next couple of weeks:

- Saturday 15th November- ANSW State Relays Blacktown
- Thursday 27th November- ANSW Allcomers Night Meet (5000m/3000m) SOPAC (Warm Up Track)
- 22nd-23rd November- LA's State Relays Campbelltown
- 29th November– 6th December– Pacific Schools Games/Australian All Schools & Youth Championships, Canberra
- Sunday 7th December– Club Event, Chittaway Bay (Central Coast).

Quote of the Week: “The thing about performance, even if it's only an illusion, is that it is a celebration of the fact that we do contain within ourselves infinite possibilities” Sydney Smith.

Renée Cassell
Vice President