



REGAL RACER

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Summer 2008/2009: Issue 3 Sunday 7th December 2008

Welcome to the Central Coast

Welcome and thank you for joining us at our first event on the Central Coast. For those who have never attended an event before the Club is focussed on assisting every athlete to improve both technique and fitness in a fun filled environment. Our judges are happy to speak to each athlete to let them know what they are seeing and where they could be in danger of being disqualified at major events. If you have any questions please do not hesitate to speak to one of the club members. The program for today is:

8:30am	Senior Division	10km to 20km
9:00am	Intermediate Division	3km to 8km
9:15am	Junior (Little Athletes) Division	800m to 2000m

Athletes nominate the distance they wish to walk at each competition. Athletes may choose to walk an alternate distance at any Club event.

Please find below information on financial assistance available to junior sports men and women.

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for junior sportsmen and women towards the cost of travel, accommodation, uniforms or equipment when competing at an official national sporting organisation (NSO) endorsed state or national sporting competition.

In order for applicants to be eligible to apply for a Local Sporting Champions grant, young people must meet the following criteria:

- be between 12 years and 18 years of age at the time of the nominated competition;
- be participating as an athlete in an official state or national sporting competition which is endorsed by the relevant ASC recognised National Sporting Organisation (NSO), or national school sport competition. This does not include coaching or officiating at such competitions;
- be required to travel greater than 250km return to participate in the nominated NSO endorsed state or national sporting competition, or national school sport competition;
- be an Australian citizen;
- must not have been the recipient of a Local Sporting Champions grant, either as an individual or a member of a team, within the year ending 30 June 2009;
- must not have received funding from other government sources for the nominated NSO endorsed state or national sporting competition or national school sport

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competition; and

- must not be participating in a professional competition that involves prize money.

Happy Birthday

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

Wednesday 10th December– Chloe Jones

Monday 15th December– Jorja Gow– Happy 13th Birthday

Tuesday 16th December- Denise Staples

Thursday 18th December– Robert Murphy

Friday 26th December– Nancy Lloyd

Sunday 28th December– Charlene Ebejer

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

- Saturday 13th December ANSW Club Premiership (5000m/3000m/1500m) SOPAC
- Sunday 14th December Australian 50km Championships Melbourne
- Saturday 3rd January NSW State Championship 10,000m (Open, U/23, U/20) Campbelltown
- 16-17th January Olympic Youth SOPAC
- Sunday 18th January Club Event Leichhardt
- Thursday 22nd January ANSW Allcomers Night Meet (5000m/3000m) SOPAC
- 24th-25th January Country Championships Campbelltown
- Saturday 31st January ANSW Allcomers Night Meet (5000m/3000m) SOPAC

Quote of the Week: "A little smile, a word of cheer, A bit of love from someone near, A little gift from one held dear, Best wishes for the coming year... These make a Merry Christmas!" John Greenleaf Whittier

Merry Xmas to all 'Regal' family members and friends. See you in 2009.

Renée Cassell

Vice President