



REGAL RACER

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The New Year Begins

It seems like a year ago since 'Regal' hosted our very successful last meet on the Central Coast! haha. A big thank you to all who assisted on the day. From the feedback we have received the day was beneficial to all athletes, coaches and parents who attended. Stay tuned for more events on the Central Coast.

Jane Saville, Olympic Bronze medallist and fellow 'Regal' member is currently organising the 1st Annual Salmat Yarra Bay Fun Run and Walk on Sunday 1st March. All proceeds of this event will be going to Ian Thorpe's Fountain for Youth. It is wonderful to see one of our top athletes in Australia putting back into the community and the sport we all love. It would therefore be great to see as many of our 'Regal' members out their competing to not only build this event, but also the profile of racewalking and the Indigenous Youth athletics coaching clinic that is being held in conjunction with this event on Saturday 28th February. If you are unable to compete Jane is requiring as many volunteers as possible to assist on the day. Please contact Bob if you can assist. Further details of the days events will be included in the next Regal Racer, on the club's website <http://www.geocities.com/regalracewalker> or on Jane's website <http://www.janesaville.com>.

With many State and National Championships fast approaching please ensure you double check to make sure you are correctly entered and know the procedures for check in and call room etc which may be different from other events you have competed in this Summer. Entries are now available for the NSW Open, U18 and AWD Championship on 13th-15 February 2009 via the Athletics NSW website www.nswathletics.org.au. Entries close **Friday 30th January 2009**. If you require any assistance please do not hesitate to speak to one of your committee members. We are all more than happy to assist.

In Athletics NSW news, there are currently a number of scholarship/grants that are seeking applications. Please check the Athletics NSW website www.nswathletics.org.au for further details. Best wishes to Tim McGrath who recently departed Athletics NSW after 2^{1/2} years to take up a position with Australian Little Athletics in Melbourne.

As many of you are aware Athletics NSW has accepted the opportunity to conduct the Australian Cross Country Championships and Australian Road Walking Championships in 2009. The date for the walks will be Sunday the 30th August 2009. A big thank you to Andrew Matthews from ANSW and everyone in the walking community who have assisted in finding the best venue for the event. ANSW is currently in negotiation with Parramatta Park where we are confident that a good

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course for the athletes have been found. Make sure you mark this date in your diaries. Further details will be available close to the Championships.

Happy Birthday

Firstly an apology to the following 2 'Regal' members who's birthdays I missed in last months edition:

19th December- Susan Knapton- Happy 21st Birthday

30th December- Stephanie Andreau- Happy 13th Birthday

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

14th January- Margaret Murphy

27th January- Michael Murphy- Happy 10th Birthday

4th February- Ian Rayson- Happy 21st Birthday

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

- Thursday 22nd January NSW Allcomers Night Meet (5000m/3000m) SOPAC
- 24th-25th January Country Championships Campbelltown
- Saturday 31st January NSW Allcomers Night Meet (5000m/3000m) SOPAC
- Sunday 8th February Club Event Chipping Norton
- 13th-15th February NSW Open & U/18 State Championships SOPAC-
Entries close Friday 30th January

Quote of the Week: "It's the constant and determined effort that breaks down all resistance and sweeps away all obstacles" Claude M. Bristol.

Renée Cassell
Vice President