



REGAL RACER

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Summer 2008/2009: Issue 5 Sunday 8th February 2009

The Heat is On

Well done to everyone who is participating today. With over 40 degree weather predicted it is bound to test all of us.

As you may have heard 'Regal' member Jane Saville has officially announced her retirement from international competition. Jane stated in the official announcement that she is "very proud of what I have achieved in my sport, and whilst I will no longer be competing professionally, I will continue to build on my role as a health and wellness ambassador in the community." Her first community event she is hosting is the Salmat Yarra Bay Fun Run and Walk on Sunday 1st March, in conjunction with an Indigenous Youth athletics coaching on Saturday 28th February. All entry fees will be going to Ian Thorpe's Fountain for Youth. Full details of the events can be found at <http://www.janesaville.com/yarrabay>. If you are unable to compete Jane is requiring as many volunteers as possible to assist on the Sunday. Please let Anne or Bob know if you can assist.

Athletics NSW will be hosting the next lot of officials exams as follows:

Date	Venue	Time	Closing Date
Monday 16th February 2009	Ken Brown Room, Sports House, Sydney Olympic Park	6:15 for 6:30 Start	9th February 2009

The exams available for both Level B and C are: Track, Walks, Throws, Jumps, Out of Stadium, Administration, Technical. Please contact Mary at [ANSW development@nswathletics.org.au](mailto:ANSW_development@nswathletics.org.au)

Happy Birthday

A big 'Regal' happy birthday to Ian Rayson who celebrated his 21st birthday on Wednesday.



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

- 13th-15th February ANSW Open & U/18 State Championships SOPAC
- Saturday 21st February- Allcomers meet SOPAC 5000m/3000m walk
- Saturday 28th February– Sydney Track Classic- www.sydneystackclassic.com. Nominations close 17th February.
- Sunday 1st March- Salmat Yarra Bay Fun Run and Walk
- 7th-8th March ANSW U16 U20 & U23 State Championships 2009. Entries close Thursday 19th February.
- Saturday 7th March– Australian 20km Road Walking Championships, Melbourne
- Sunday 15th March– ‘Regal’ Club Event, Narellan

Quote of the Week: “Doing your best is more important than being the best”
Renée Cassell
Vice President