



REGAL RACER

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Summer 2008/2009: Issue 6 Sunday 15th March 2009

Where Has Summer Gone?

It is hard to believe that this is the last 'Regal' event for Summer 08/09. There have been many highlights over the summer including the success of our first event on the Central Coast and the continued success of our 'distance day'. I hope that you have all enjoyed our summer events and are looking forward to the start of Winter 2009. Attached is a copy of our winter program including some other important dates to note. Remember our club events are on Saturday in Winter. Further details will be available via email and our website shortly.

As you may have witnessed and/or read a number of our members competed last weekend at the Australian Men's and Women's 20km Race Walking Championships in Melbourne. As detailed in extract from the Athletic Australia press release below, Cheryl Webb achieved an automatic selection for the World Championships in Berlin, smashing her personal best time to take out the Women's 20km event. Cheryl took the lead from the start and was looking comfortable until she was challenged during the later stages of the race by Victorian Jess Rothwell. However, Cheryl was determined to achieve automatic selection for Berlin (she had to finish first in an A qualifier time) and fought hard to pull away from Jess crossing the line in 1:29.44. Fellow 'Regal' member Natalie Saville achieved a B qualifying time for the World Championships to finish in 5th position.

07.03.2009 *Webb weaves her way to Berlin*

Twenty-five years after she began participating in the sport, Sydney race walker Cheryl Webb has made the breakthrough of her career to seal a spot in the Australian team for this year's world championships after winning today's Australian 20km race walking title in Melbourne.

For the 31-year-old, her time of 1hr 29.44 was not simply the first time she had broken the 90-minute barrier for the event, but also an automatic berth for Berlin in August, her first Australian senior title and the honour of the fastest time ever recorded by an Australian woman on home soil, surpassing both Jane Saville and Kerry Saxby-Junna.

Webb was on the verge of tears after her strong win.

"I set out to break 90 minutes today, which was a big ask when my old pb was 91:43 back in 2004," she said.

"Last year I was on the verge of quitting but in the end I simply said to myself— either have a real go at it or give it away. I have been in the sport for 25 years. I started walking when I was six so I didn't see any point in going on unless I was going to be serious.

"I got a lot of support from my family, and now I am really thinking about another four years. Certainly up to the Commonwealth Games next year and then I will think about going on again. This is just great."



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In the Men's event 'Regal' member Luke Adams walked a controlled race to finish in 3rd position, a great results considering the injury plagued summer he has had. Fellow 'Regal' member Ian Rayson continued his improvement over the 20km event to record a personal best time 1:27.43, a World University Games qualifier to finish in 7th position. There was little between places 3 to 7 with Ian only 1.10 minutes behind Luke in 3rd. Congratulations to all walkers who competed. For full result please check the Athletics Australia website- www.athletics.com.au A video from the event can be found at <http://www.youtube.com/watch?v=9vJjirLm-AA>

A big congratulations to Jane Saville for the success of the her first community event, the Salmat Yarra Bay Fun Run and Walk held on Sunday 1st March, in conjunction with an Indigenous Youth athletics coaching held on Saturday 28th February. I found the event to be extremely professionally run and was overwhelmed with the fun and friendly atmosphere of all the competitors and volunteers. A big thank you to all 'Regal' members who supported this event. I look forward to the 2nd edition in 2010.

On the same weekend as her entry into event management, Jane was honoured by Athletics Australia with the Edwin Flack Award for 2009. As detailed in the Athletics Australia media release, *named in honour of this country's first Olympic gold medallist, the Edwin Flack Award recognises an athlete who has rendered distinguished service to Australian athletics. Since the inception of the award in 1982, recipients have included Robert de Castella, Glynis Nunn-Cearns, Simon Baker, Cathy Freeman and Steve Moneghetti.*

Congratulations Jane, this award is well deserved.

In Athletics NSW news, officials nominations for Winter 2009 competitions are now being called for. All officials wishing to be considered for selection in the Winter round of nominations in one or more of the Athletics NSW competitions should complete the nomination form before the closing date. Officials are able to complete the official's availability form online (from the volunteer section of the ANSW website **not** the officials section of the website as this is currently unavailable), or via the word document on the webpage. Nominations will close on **Wednesday 8th April 2009** for the competitions during Winter 2009.

Athletics NSW will be holding an information session regarding the Athletics Coach Accreditation Framework and the impact it will have on athletics coaching. The Framework will operate from 1st January and we believe it will re-invigorate the coaching of athletics in NSW and throughout the country. The co-ordinator of the program is Athletics Australia's National Coaching Manager - Michael Poulton. Michael will be in attendance on the night to present the Framework and to answer any questions you may have with regards to its implementation.

Time: 7:00 - 8:00pm

Date: Wednesday 25th March 2009

Venue: "Grand Prix Room", Sydney Olympic Park Athletics Centre

We encourage you to attend so you are well aware of the restrictions placed on those coaches who do not operate within the framework. Please advise of your availability to attend to Mary Macaluso at development@nswathletics.org.au by 5:00pm 18th March



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Happy Birthday

A big 'Regal' happy birthday to the following members who celebrate their special day over the coming month:

- Ron Crawford– Thursday 26th March
- Vanessa Ebejer– Monday 30th March
- Andrew Smith– Friday 3rd April

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

- Saturday 28th/Sunday 29th March- NSW Masters State Championship, Crest Athletics Track, Bankstown
- Saturday 4th April– Club event at Georges Hall
- Saturday 11th April– Club event at Leichhardt
- Saturday 18th April– Club event at Narellan

Quote of the Week: “The future belongs to those who believes in the beauty of their dreams” Eleanor Roosevelt.

Best of luck to those members competing at State Little Athletics next weekend. See you at Georges Hall on Saturday 4th April

Renée Cassell
Vice President