



REGAL RACER

Inside this issue:

Championships Fast Approaching	1
Membership Reminder	1
AA News	2
Happy Birthday	2
Upcoming Events	2
Quote of the Week	2
Error In Winter Program	2

Winter 2009: Issue 3 Saturday 18th April 2009

'Regal' Members Take On The World

This weekend sees three 'Regal' members compete in overseas competitions as Championship time fast approaches both internationally and on the domestic scene. Luke Adams and Ian Rayson will compete in the 20km event at the third leg of the IAAF Race Walking Challenge in Wuxi, China. Fellow 'Regal' member Cheryl Webb will be contesting a 10km road event in Hong Kong.

Back in Australia, 'Regal' members continue to prepare for the first NSW Championships of the season, the NSW Teams Walk on Sunday 24th May. We will be hosting this Championships at the course we are at today, Narellan. As we are hosting this event we will need some assistance to ensure we provide the best event possible for the athletes. From this week onwards Bob will be taking names of people who are available to assist. Some of the areas we will need assistance with include marshalling of athletes, on course marshals, canteen (both providing treats to sell and selling on the day), distribution of water/drinks to athletes, raffle tickets sellers and recording/lap scores. Don't be worried if you have never assisted before as you have plenty of weeks to practice. Thanks in advance to everyone who is able to assist.

Following the NSW Teams Walk on Sunday 7th June in Canberra is the Racewalking Australia Lake Burley Griffin carnival. This is the 43rd edition of this event and is an opportunity for walkers throughout Australia to compete against each other and also compete for their race walking club. Entry forms can be found at the registration table along with detailed information of the event. Full details can also be found on the ACT Race & Fitness Walking Club website—www.actwalkers.org.au/lbg.htm. Please note that age requirements for this event is age on the day (i.e. the age you are on the 7th June). At this event you must compete in your 'Regal' uniform. If you need to purchase/hire the uniform please speak to Anne as soon as possible. Entries for this event close on **Saturday 16th May**. As in previous years we will try to arrange for as many athletes as possible to be a part of a team (3 members required). If you know of any athletes in your age group who would like to compete in this event and have yet to join 'Regal' please let us know so we can contact them before entries close. If you have any questions please do not hesitate to ask.

A friendly reminder that each athlete needs to join a senior athletics club to participate in 'Regal' events. This ensures everyone is covered in case on any accidents. Once you have your 2009 number can you please ensure you let us know so we can keep our database up to date. Also with our numbers on the increase and until the judges and time keepers get to know everyone, if you have your number with you if you can pop them on it would be appreciated.

Racewalking New South Wales
 Anne Saville- (02) 9661 6598
 Ron Crawford- (02) 9666 4817
 Renée Cassell- reneecas@hotmail.com
 Website: www.geocities.com/regalracewalkers



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Championships Fast Approaching	1
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AA News	2
Happy Birthday	2
Upcoming Events	2
Quote of the Week	2
Error In Winter Program	2

In Athletics Australia news, applications are now being sought for the Alf Robinson Memorial Race Walking Foundation grants for 2009. Applications close **Friday 29 May 2009**. Information can be found on the Athletics Australia website: http://www.athletics.com.au/news/news/2009/april/alf_robinson

The 2009 World Masters Games being held in Sydney in October is currently conducting information sessions for participants, volunteers etc. Please check the website <http://www.2009worldmasters.com/> or contact them directly for more details.

'Regal' member Jane Saville sent through the following information that she thought member may be interested in.

The IAAF Race Walking Challenge event held in Rio Maior a couple of weeks ago is on the net. Just follow the link below. It goes for about 30 minutes and shows all the events I think. Check out some great race walking. It's a great event that was started in small town, Rio Maior near where Susana Feitor grew up and lives. It was initiated by her coach after she became the World Junior Champion at 15 in 1990. I have raced there several times and it's a fantastic set up and I know every year they struggle to find the big budget required to hold a Race Walking Challenge but they keep coming through with the goods. **Amazing what one small town can develop with some passion and drive!**

<http://www.miragens.abola.pt/videosdetalhe.aspx?id=4274&autor=1>

Happy Birthday

A very special happy 30th birthday to one of the founding members of 'Regal', Jodie Sundstrom. Your commitment to the sport and especially 'Regal' is a quality that inspires many. On behalf of your 'Regal' family may your next 30 years be even more enjoyable than your first 30. On a personal note- thank you for your friendship,

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

- Saturday 25th April- Club event at Georges Hall
- Saturday 2nd May- Club event at Five Dock
- Saturday 9th May- Club event at Central Coast
- Saturday 16th May- Club event at Chipping Norton- Handicap Start
- Sunday 24th May- NSW Teams Walk Narellan. Hosted by 'Regal'
- Saturday 30th May- Club event at Leichhardt
- Sunday 7th June- Racewalking Australia Carnival, Canberra
- Saturday 13th June- Club event at Five Dock- Handicap Start and AGM

Quote of the Week: "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too, can become great" Mark Twain

Renée Cassell
Vice President

PLEASE CHECK THE FULL WINTER PROGRAM THAT WAS DISTRIBUTED WEEK ONE. DUE TO A TECHNICAL ERROR SOME INFORMATION MAY HAVE BEEN CUT OFF FROM SOME OF THE PAGES. IF YOU SEE MAJOR FORMATTING ERRORS ON YOUR COPY PLEASE RETURN IT FOR A NEW VERSION. THANK YOU