



# REGAL RACER

## Inside this issue:

|                                   |     |
|-----------------------------------|-----|
| Championships<br>Fast Approaching | 1-2 |
| World Masters<br>Games Update     | 2   |
| A Night of Milers<br>Dinner       | 2   |
| Central Coast Here<br>We Come     | 2   |
| Upcoming Events                   | 2   |
| Quote of the Week                 | 2   |

## Winter 2009: Issue 5 Saturday 2nd May 2009

### 'Regal' Numbers Continue To Grow

Welcome to Five Dock for the first time this season. It is great to see our numbers are continuing to grow in a number of our divisions. However, what I find more exciting is the fun everyone is having at our events and how are new members are fitting into the 'Regal' family so well. I must give a special welcome to our two newest members— two Scottish Terror puppies who are members of the Ebejer family.

For those of you who haven't heard the great news, Olympic bronze medalist and 'Regal' member Jane Saville is expecting a little bundle of joy in October. Congratulations to Jane and Matt from your 'Regal' family.

'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 Narellan. As we are hosting this event we will need some assistance to ensure we provide the best event possible for the athletes. Bob will be continuing to take 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.

Athletes please note- to compete at the NSW Teams Walk you must have finalised your membership with a Senior Athletics Club (e.g. Asics West) prior to the day. As it often takes a while to obtain both your competition numbers and a uniform from please ensure you speak to your Senior Club's secretary as soon as possible. Once you have your 2009 membership number can you please ensure you let us know so we can keep our database up to date.

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](http://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



# REGAL RACER

## Inside this issue:

|                                   |     |
|-----------------------------------|-----|
| Championships<br>Fast Approaching | 1-2 |
| World Masters<br>Games Update     | 2   |
| A Night of Milers<br>Dinner       | 2   |
| Central Coast Here<br>We Come     | 2   |
| Upcoming Events                   | 2   |
| Quote of the Week                 | 2   |

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.

The 2009 Sydney World Masters Games to be held in October have this week announce the social program which will accompany the event. For all the details check the event website: [www.2009worldmasters.com](http://www.2009worldmasters.com).

Randwick-Botany Harriers and St George District Athletics club will be holding a dinner called *A Night of Milers* as a fundraiser for its members who have been selected in Australian track and field teams for 2009 (No walkers unfortunately). The dinner will be held on 23 May, 2009 at Souths Juniors (6:30pm for a 7pm start). The night will feature interviews with Albie Thomas, the former 2-mile and 3-mile world record holder and first man to break 4 minutes in NSW. The interviews will conducted by former athletics correspondent for *The Age*, Len Johnson, who has recently released a book tracing the history of Australian distance running, titled *The Landy Era*. Tickets are \$45 a head and can be purchased via the Randwick-Botany Harriers website- [www.rbharriers.com](http://www.rbharriers.com) or by sending a cheque made payable to Randwick Botany Harriers to Ron Crawford, 1 Martin Ave, Pagewood, NSW 2035.

Next weekend we travel to the Central Coast after a very successful event in our summer program. While I realise for some of you this is a long distance to travel but we need to remember that we have members not only within the Sydney basin that travel each week to join us. Why not make a family day out of it and enjoy the many adventures of the central coast.

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

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

Quote of the Week: "Obstacles cannot crush me; every obstacle yields to stern resolve" Leonardo Da Vinci.

Renée Cassell  
Vice President