



REGAL RACER

Inside this issue:

'Regal' Summer Events	1
Winter 2010 Review	1-2
Birthdays	2
Upcoming Events	2
Quote of the Week	2
Results	3

Summer 2010/2011: Issue 1 Sunday 17th October 2010

Summer Is Here

Welcome to the first 'Regal' event for Summer 2010/2011. I hope you all enjoyed the break between the Winter and Summer Season's and are ready for some fun and good walking over the summer. Below is our program for the Summer Season

Start Times: Senior Division: 8:30am; Intermediate Division: 9:00am; Junior (Little Athletes) Division: 9:15am

Race Fee: \$3 (\$5 for the Distance Day)

Date

- Sunday 17th October 2010
- Sunday 14th November 2010
- Sunday 16th January 2011
- Sunday 6th February 2011
- Sunday 6th March 2011

Venue

- Georges Hall -Presentation Day
- Narellan - Distance Day (ANSWPermit)
- Leichhardt
- Narellan
- Leichhardt

On Sunday 17th October 10, Sunday 16th January 11, Sunday 6th February 11 and Sunday 6th March 11 events will be held in the following three divisions:

- Senior: 10km to 20km
- Intermediate: 3km to 8km
- Junior (Little Athletes): 800m to 2000m

Athletes nominate the distance they wish to walk at these competitions.

One Sunday 14th November 2010 'Regal' will once again be hosting a

Distance Day. Events to be held on this day are:

- 8:00am: Open Men and Women 20km
- 8:30am: U/20 Men and Women 10km
- 9:45am: U/18 Men and Women 5km
- 10:00am: U/16 Men and Women 2km
- 10:20am: U/14 Men and Women 1km

At the end of today's races we will be holding our presentation day for our Winter Season. The Winter Season ended extremely well for our 'Regal' walkers with many of our athletes competing successfully at the 2010 Australian Racewalking and Racewalking Australia Championships held in Brisbane on Sunday 22nd August. Despite the challenging 1km course, Ian Rayson was able to achieve a personal best time in the Men's 20km race crossing the line in 1:26.45. The Open Women's 10km was also very successful for 'Regal' with Chloe Jones finishing in 2nd position and 'Regal' taking the trifecta in the handicap results (1st Jodie Sundstrom, 2nd Charlene Ebejer, 3rd Vanessa Ebejer). Despite being in a neck brace leading into the

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



REGAL RACER

Inside this issue:

'Regal' Summer Events	1
Winter 2010 Review	1-2
Birthdays	2
Upcoming Events	2
Quote of the Week	2
Results	3

Championships Jordan Glover was able to demonstrate to everyone how much he has improved this year finishing in 2nd position. Well done also to Jim Seymon, Kurtis Birch-Ward, Natasha Estrada and Dakota Bennett-Ward who successfully handled the challenge of competing at an Australian Championships.

A big congratulations to 'Regal' member Luke Adams who finished a gallant 2nd place in the Men's 20km at the Commonwealth Games held recently in Delhi despite tripping on a stray piece of concrete. This is Luke's 3rd silver medal in three consecutive Commonwealth Games, a tremendous record. Well done to fellow Australian walkers Jared Tallent (1st Men's 20km), Claire Tallent (2nd Women's 20km), Cheryl Webb (5th Women's 20km) and Chris Erickson (8th men's 20km).

A big thank you to all officials, committee members and friends of 'Regal' who assisted throughout the Winter Season. Without your support it would not be possible to hold our events each weekend and allow the athletes the opportunity to improve and enjoy the sport. A special mention to Anne who has organised all the prizes for presentation day and the Ebejer family who is taking care of the 'Regal' website.

Happy Birthday

A big 'Regal' Happy Birthday to those 'Regal' members who have or are about to celebrate their special day.

- 13th October– Jim Seymon
- 25th October- Katrina Shaw
- 29th October– Sarah Henry and Teagan Henry
- 4th November– Sue Sundstrom
- 5th November– Jane Saville

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

- Saturday 23rd October– ANSW Club Premiership- 3km/5km walk, Mingara
- Saturday 6th November– ANSW Club Premiership– 3km/5km walk, Campbelltown
- Sunday 7th November– The Edgeworth Challenge (LA's Event), Edgeworth
- Sunday 14th November– 'Regal' Distance Day ANSW Permit Meet, Narellan
- Saturday 21st November- NSW State Relay Championships SOPAC
- 4-5th December: Australian All Schools Championships, Melbourne
- Saturday 4th December– ANSW Club Premiership– 3km/5km walk, Bankstown
- Sunday 12th December– Australian 50km Championships, Melbourne
- Saturday 8th January- NSW 10,000m Track Walks, Campbelltown
- Sunday 16th January– 'Regal' Club Event, Leichhardt

Quote of the Week "Have a heart that never hardens...a touch that never hurts" Charles Dickens
 Renée Cassell
 Vice President



REGAL RACER

Inside this issue:

'Regal' Summer Events	1
Winter 2010 Review	1-2
Birthdays	2
Upcoming Events	2
Quote of the Week	2
Results	3

Results Week 15 14th August Leichhardt

Division 1

Vanessa Ebejer	57:26 (10km)
Robert Osborne	57:40 (10km)
Chloe Jones	58:57 (10km)
Jim Seymon	55:45 (8km)
Jodie Sundstrom	38:30 (5km)

Division 2

Susan Knapton	58:57 (10km)
Nicole Fagan	23:53 (5km)
Kurtis Birch- Ward	37:06 (5km)

Division 4

Caitlin Plummer	17:59 (3km)
Patrick Estrada	19:08 (3km)
Natasha Estrada	19:48 (3km)
James Plummer	12:01 (2km)
Tegan Henry	12:09 (2km)
Amy Henry	13:29 (2km)
Chantelle Torres	14:25 (2km)
Dakota Bennett- Ward	8:16 (1km)