



# REGAL RACER

## Inside this issue:

New Tempe Track	1
New Venue for RWA & AA Championships	1
Athletics Australia and Athletics NSW news	2
Happy Birthday	2
Upcoming Events	2
Quote of the Week	2

## Winter 10: Issue 2 Saturday 17th April 2010

### Return to Tempe

Welcome back to Tempe! The construction work has finished and we now have a full 1 kilometre all on the pathway as you will notice the end near the turn around has been changed with the pathway being extended and the roadway is now a one way traffic area. We have had to move the Start Line to accommodate for these changes.

**Please note that the venue for the Racewalking Australia and Athletics Australia Championships has been changed from the Gold Coast.** The event will now be held at the University of Queensland in St Lucia starting from the main U.Q. Athletics Track. Change rooms, showers and toilets available.

For those athletes that were not here last week please find below the dates for the remainder of this years winter program. Once you have completed registration for 10/11 you will receive a copy of the full winter program which includes details on the distances scheduled for each club event and the full details of the NSW, Australian and Racewalking Australia Championships.

Events for Div 1 and 2 commence at 8:30am, Div 3 at 9:00am and Div 4 at 9:15am.

- Saturday 24th April– Leichhardt
- Saturday 1st May– Chipping Norton
- Saturday 8th May– Five Dock
- Saturday 15th May– Narellan
- Sunday 23rd May– NSW Teams Championships, Penrith
- Saturday 29th May– Georges Hall
- Saturday 5th June– Tempe
- Sunday 13th June– Racewalking Australia Carnival, Canberra
- Saturday 19th June– Narellan
- Sunday 27th June– NSW Short Walks Championships, Narellan
- Saturday 3rd July– Leichhardt
- Saturday 10th July– Narellan
- Saturday 17th July– Tempe
- Saturday 24th July– Five Dock
- Sunday 1st August– NSW Long Walks Championships, Penrith
- Saturday 7th August– Chipping Norton
- Saturday 14th August– Leichhardt
- Sunday 22nd August– Racewalking Australia and Athletics Australia Championships, University of Queensland St Lucia Brisbane.

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



# REGAL RACER

## Inside this issue:

New Tempe Track	1
New Venue for RWA & AA Championships	1
Athletics Australia and Athletics NSW news	2
Happy Birthday	2
Upcoming Events	2
Quote of the Week	2

Chipping Norton: Angle Park  
Charlton Avenue, Chipping Norton

Leichhardt: Richard Murden Reserve  
Hawthorne Parade, Leichhardt

Five Dock: Timbrell Park  
Corner Ingham Ave &  
Henley Marine Drive, Five Dock

Narellan: Harrington Park Lake  
Carpark- George and Charker Drive  
Harrington Park

Georges Hall: Garrison Point,  
Lake Gillawarna  
Beatty Parade, Georges Hall

Tempe: Tempe Recreation Reserve  
Holbeach Avenue, Tempe

Please remember you must join a Senior Athletics Club or have a Dual-Registration with a Little Athletics club to compete at 'Regal' events. If you were registered for summer there is no need to register again, however all winter only athletes can get registered online through the Athletics NSW website [www.nswathletics.org.au](http://www.nswathletics.org.au).

Applications are now open for walkers seeking funding from the Alf Robinson Foundation for international competitions. All applications must be made via the Athletics Australia online panel at [http://www.clubsonline.com.au/events/index.cfm?fuseaction=display\\_full&EventID=4075&OrgID=887](http://www.clubsonline.com.au/events/index.cfm?fuseaction=display_full&EventID=4075&OrgID=887).

The AA panel briefly explains the Foundation and the funding criteria. This Foundation is a joint initiative between Racewalking Australia and Athletics Australia. You can read more about the Foundation from the following RWA informational link: [http://www.rwa.org.au/alf\\_robinson\\_foundation.html](http://www.rwa.org.au/alf_robinson_foundation.html). Entries close on 28th May.

## Happy Birthday

A big 'Regal' happy birthday to the following members who are about to celebrate their special day.

Saturday 17th April– Jordana Brown

Sunday 18th April– Jodie Sundstrom

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

Saturday 24th April– 'Regal' Club event at Leichhardt

Saturday 1st May– 'Regal' Club event at Chipping Norton

Saturday 8th May– 'Regal' Club event at Five Dock

Quote of the Week "A good laugh and a long sleep are the best cures in the doctor's book" - Irish Proverb

Renee is currently in Perth officiating at the Australian Athletics Championship and Commonwealth Games selection trials, she will be back in time to write the newsletter next week.

Vice President  
Bob Cassell