



REGAL RACER

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Summer 2010/2011: Issue 5 Sunday 6th March 2011

Last 'Regal' Summer Event

Today is the last of 'Regal's' summer events. I hope everyone has found these events useful and enjoyable despite some very hot weather conditions.

It has been a very busy period over the last month with many Zone, Regional, State and National Championships held. Well done to all members who have achieved personal best times and/or have progressed to the next qualification stage. Courtesy of Athletics Australia below is the report from the Australian National Racewalking Championships held in Hobart on Saturday 19th February.

Tallent trio take gold in Hobart

Dual Olympic medallist Jared Tallent has tonight won the Australian 20km Race Walking Championships in Hobart, with the AIS Scholarship holder joined atop the dais by wife Claire Tallent (1st, women's 20km walk) and sister Rachel Tallent (1st, girl's 10km walk) in a big night for his whole family.

Stopping the clock at 1:20:18, Tallent's time at an event which doubles as Round 1 of the IAAF Race Walking Challenge secures his spot on the Australian 2011 world championships team. Joining him in staking their claims for Daegu selection, Luke Adams (2nd, 1:21:00) and Adam Rutter (1:22:25) also crossed the line quicker than the 1:22:30 qualifying standard.

"I'm pretty happy, it was tough out there in quite unusual Tasmanian humidity so I struggled in the last 10km to be honest," Tallent said.

"It's a good start to my season and I'm now looking forward to upcoming races in Mexico and China before building towards the 20km and 50km double in Daegu.

"I've qualified for both events now and came home from Beijing with two medals so that is what I want to see happen at the world champs (sic).

"It's always good to see the family do well too, Claire has shown she's the female walker to beat domestically and Rachel has now settled into the AIS and performed strongly across 10km."

Taking out back-to-back Australian 20km titles on the Apple Isle, Claire Tallent edged out up and coming AIS scholarship holder Regan Lamble (1:35:08) and Nicole Fagan (3rd, 1:35:55) of New South Wales, with touring Commonwealth Games gold medallist Johanna Jackson (GBR) withdrawing from the race at the 10 kilometre mark.

Also booking her ticket to the IAAF world championships later this year, Claire Tallent was unfazed about missing the qualifying standard having already clocked the mark on three occasions prior to today's race.

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"Jared seems to be showing the way of late and it's always great to follow him across the line for first shortly after he finishes," Claire Tallent said.

"Tonight's time was outside the qualifying mark but with a few others to my name and now the national championship I have earned selection and that's what I was chasing.

"Like Jared I will head overseas to compete before coming back to Australia for some serious base training with Deagu in my sights as of now."

Rounding out the Tallent family dominance, Rachel Tallent bettered her own personal best by 50 seconds to win the girl's 10km event in a time of 48:40. Setting her sights on the 2012 world junior championships to be held in Barcelona (ESP), the youngest of the Tallent clan was thrilled to see her family do so well.

"It's been a great night for the family, we are all rapt with how we've walked and that's exciting," Rachel Tallent said.

"For me heading to the AIS has been amazing, Brent (coach Brent Vallance) and the facilities are fantastic and to take 50 seconds of my PB is just unreal.

"World juniors in 2012 are where I want to be so I'll keep working towards that with the Olympics hopefully somewhere in my future, fingers crossed."

In the boy's event it was 2010 world junior championships representative Dane Bird Smith (1st, 40:56) who proved dominant as he crossed the line a mere two seconds outside of the Australian under 20 10km walk record (40:54). Content yet disappointed by just missing the record, Bird Smith was thrilled by his last 2km loop.

"I finished the race with an 8:05 last 2 kays (sic) and that's amazing pace but unfortunately I'd already lost that little bit too much," Bird Smith said.

"I'll hopefully be able to get a couple of 20 kay (sic) races under my belt soon and from there who knows where I can go, we'll just have to see."

The full list of results can be found on the Athletics Australia website.

In Athletics NSW news- It's March, which means it's Sydney Track Classic month! Australia's premier athletics meet will take place on Saturday, 19 March at Sydney Olympic Park Athletic Centre.

An all-star cast including 800m world record holder David Rudisha and local favourites Sally Pearson and Dani Samuels will take to the track from 6pm in the fourth leg of the Australian Athletics Tour. [There will also be a number of Australia's best walkers competing]

Tickets for the event, which will follow the Saturday of the Little Athletics NSW State Championships, are selling fast. Athletics NSW members are entitled to a 33% discount on general admission tickets (\$12). Consider upgrading to Gold tickets, which will reserve you a seat adjacent to the finishing line and which includes a 3-hour drinks package; or Silver tickets, which provide similar seating and a complimentary drink.

Online booking of tickets close on Monday, 15 March, so get in now so that you don't miss out. Visit www.sydneytrackclassic.com.

Tickets are now available for the Athletics NSW Annual Awards Dinner. To be held Saturday 14th May 2011 at the Freshwater Ballroom Novotel, Sydney Olympic park. Head to Athletics NSW website for more details.

Athletics NSW are seeking enthusiastic volunteers to assist in the management and delivery of timing at ANSW winter competitions. This role would suit people who have a passion for technology. Contact Athletics NSW for more details.

Due to a delay in the confirmation of Championship dated, 'Regal' are still finalising the winter program. At this stage the first event is scheduled for 2nd April at Georges Hall. Stay turned to your emails and the website for further details.



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Best of luck to all 'Regal' athletes who compete in the various Championships being conduct over the next month.

Happy Birthday

A big 'Regal' Happy Birthday to the following members who celebrate their special day over the next month.

- 11th March- Kurtis Birch-Ward Happy 16th Birthday
- 20th March- Patrick Estrada Happy 13th Birthday
- 26th March- Ron Crawford
- 30th March- Vanessa Ebejer

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

- 10-14th March: Australian Junior Championships, SOPAC
- 18th-20th March- LA's State Championships, SOPAC
- 19th March- AA Tour, Sydney Track Classic, SOPAC, 5000m walk
- 25-27th March- NSW Track & Field Championships, SOPAC, Entries close 11th March

Saturday 2nd April- Regal Racewalkers Winter Program to Commence

9-10th April- NSW Masters Championships, Blacktown

Quote of the Week: "Why is it, that no matter how busy we are, we always find time to worry?" P.K. Shaw

Renée Cassell
Vice President

Results

Week 4 Sunday 6th February, Narellan

Intermediate: 8km-3km

Kurtis Birch-Ward	27:18 (5km)
Hannah Denney	30:07 (5km)
Robert Osborne	30:09 (5km)

Junior: 2km- 800m

Karl Osborne	14:25 (2km)
Dakota Bennett-Ward	9:29 (1km)