



REGAL RACER

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Winter 10: Issue 15 Saturday 14th August 2010

Winter Comes To A Close

Welcome to the final 'Regal' winter competition for 2010. It has been great to see our athletes improve throughout the winter both in times and the distances they are able to cover. A big 'Regal' thank you to all those who have assisted to ensure the competitions each week have been fun and successful.

The winter season officials ends next weekend at the 2010 Australian Race Walking and Racewalking Australia Championships on Sunday 22nd August at St Lucia, Brisbane. The course is being held at the University of Queensland, Sir William MacGregor Drive St Lucia. The program for the day is:

Time	Event	Distance
8:00am	Open Men	20km
8:00am	Masters Men	20km
8:00am	U/20 Men	10km
8:00am	U/18 Men	10km
8:05am	Open Women	20km
8:05am	Open Women	10km
8:05am	U/20 Women	10km
9:25am	U/12 Boys	2km
9:25am	U/12 Girls	2km
9:45am	U/14 Boys	3km
9:45am	U/14 Girls	3km
10:05am	U/16 Boys	5km
10:05am	U/16 Girls	5km
10:30am	U/18 Women	5km
10:30am	Open Invitation	5km
11:00am	U/10 Boys & Girls	1km

Presentation to follow afterwards.

A team dinner has been organised for Saturday 21st August at Avanti- Café & Pasta 63 Macgregor Terrace Bardon commencing at 6:30pm. Best of luck to all 'Regal' members who are taking part.

If you are interested in becoming a technical official or completing another level there are a number of exams/seminars scheduled over the next few months. For all the details please go to the Athletics NSW website <http://www.nswathletics.org.au/>.

A big 'Regal' congratulations to all the 'Regal' members who competed at last weeks City to Surf. It was great to hear that a number of personal best times were achieved.



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

Sunday 22nd August- 2010 Australian Racewalking and Racewalking Australia Championships, St Lucia, Brisbane

Friday 27th August- Athletics NSW Friday night track club 3000m walk (School age only)

7th-10th October- SKINS NSW All Schools, entries close Midday Wednesday 22nd September

Stay tuned to the 'Regal' website- www.regalracewalkersinc.com and your emails for information on our summer program.

Quote of the Week "If we did all the things we are capable of we would astound ourselves" Thomas Edison

Renée Cassell

Results

Week 14 7th August Chipping Norton

Robert Osborne	49:06	8km
Jim Seymon	36:50	6km
Jodie Sundstrom	47:03	6km
Nicole Fagan	23:11	5km
Kurtis Birch-Ward	29:07	5km
Maryanne Shaw	11:44	2km
Chantelle Torres	20:22	3km
Katrina Shaw	11:05	2km
Amy Henry	12:08	2km
Tegan Henry	12:15	2km
Laura Henry	13:19	2km