



# REGAL RACER

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## Winter 10: Issue 9 Saturday 19th June 2010

### 'Regal' Success in Canberra

A big congratulations to all 'Regal' walkers who competed at last weekends Racewalking Australia carnival in Canberra. I was so proud to see the 'Regal' colours flying past. There were so many outstanding performances including:

- Our Canberra based athlete Ian Rayson finishing a very close 3rd in the Men's 20 mile. In a 5 minute personal best time on this course, it was fantastic to see all the hard work Ian has been putting in pay dividends.
- The highest number of competitors in the Women's 10 mile event.
- The three musketeers taking out the Women's 10 mile team event despite talking all the way. Well done Chloe, Vanessa and Susan.
- Troy Sundstrom returning to competition and winning the Men's 10 mile.
- Our youngest competitor Dakota Bennett-Ward in her first major race.
- Karl Osborne handling the mishap with check in to take out 2nd place in the handicap for the U/12 boys.
- The great 'Regal' spirit in our U/14 Girls and U/16 Girls teams
- Kurtis Birch-Ward continuing to show great improvement by taking out the U/18 boys handicap event.
- The 'Regal' team spirit shown by all with the majority of our athletes staying around to cheer on the rest of the team.

For the full results of the carnival please click on to <http://www.rwa.org.au/LBG2010%20Official%20Results.htm>. Please check the results section for all 'Regal' member performances.

A big thank you to our wonderful 'Regal' officials who assisted in conducting the carnival- Neville Fenn, Anne Saville, Sue Sundstrom and Bob Cassell. Thank you to both Anne and Bob who attended the Annual AGM of Racewalking Australia. All the walkers and officials really appreciate you fighting for fairness in our sport.

For those who enjoyed the team spirit of the Canberra event, please make sure you join us at the 2010 Australian Race Walking and Racewalking Australia Championships to be held at St Lucia Brisbane on Sunday 22nd August. We now have the full information package so please see Bob or myself to have a read. Please note that age is as at the 31st December 2010 for this carnival. Full details will be in later editions of the 'Regal' Racer however entries can now be placed through the Athletics Australia website-

[http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display\\_full&MeetID=526&OrgID=887](http://www.clubsonline.com.au/meets/index.cfm?fuseaction=display_full&MeetID=526&OrgID=887). Entries close on 9th August 2010. Please let us know which events you have decided to enter as we need to compile handicaps and teams. 'Regal' will be



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having a team dinner on the Saturday night. Further details to come. If you are looking at accommodation for the event, Bob has kindly investigated the following two options.

Please ensure you book early to avoid disappointment.

1) Toowong Villas Motel– 9 Ascog Terrace Toowong 1800 777 092 Price Guide– 2 bedroom- \$180, 1 bedroom \$143

2) St Lucia Gardens– 2 Gailey Rd St Lucia (07) 3870 7644

Please ensure you book early to avoid disappointment.

Next Sunday, 27th June 'Regal' will be hosting the NSW Short Walks Championships at Narellan. We will need all hands on deck this day to ensure we provide the best possible opportunity for all athletes to compete at their best. If you are able to lend a hand on the day it would be greatly appreciated. Some of the wonderful jobs on offer include recording, setting up/packing down of course, running the canteen, selling raffle tickets, taking entries, course marshal etc. Please see Bob today with your preferences. Below is the timetable for the day. Please remember you need to wear your athletics club uniform (e.g. Asics West) along with your Athletics NSW numbers.

### NSW Short Walks Championships

Date: Sunday 27th June 2010; Venue: Narellan

Time	Championship	Distance
8:30am	Open Men	20km
8:30am	Open Women	15km
8:45am	Veteran Men	5km
8:45am	Veteran Women	5km
9:30am	U/20 Men	10km
9:30am	U/20 Women	10km
10:45am	U/16 Men	3km
10:45am	U/16 Women	3km
11:00am	U/14 Men	2km
11:00am	U/14 Women	2km
11:20am	U/12 Men	1km
11:20am	U/12 Women	1km

Any questions please do not hesitate to ask. Best of luck to all the athletes who take part.

Best of luck to 'Regal' member Luke Adams who is competing at the IAAF Race Walking Challenge today in La Coruna. He will be joined by fellow 'Regal' member Jane Saville who will be the IAAF Delegate at this event.

## Happy Birthday

A big 'Regal' happy birthday to Miriam Ebejer who celebrates her special day on Monday 28th June.

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

Sunday 27<sup>th</sup> June- NSW Short Walks Championships, Narellan. Hosted by us!

Saturday 3<sup>rd</sup> July- 'Regal' Club event at Leichhardt

Saturday 10<sup>th</sup> July- 'Regal' Club event at Narellan

Saturday 17<sup>th</sup> July- 'Regal' Club event at Tempe

Saturday 24<sup>th</sup> July– RWA Postal Challenge at Five Dock



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Quote of the Week "He who never made a mistake never made a discovery"  
 Samuel Smiles  
 Vice President  
 Renée Cassell

### Results Week 8 Tempe 5th June

#### Division 1: 12km

Troy Sundstrom	67:44 (14km)
Vanessa Ebejer	75:34
Jim Seymon	78:35
Jodie Sundstrom	95:34
Robert Osborne	39:49 (6km)

#### Division 2: 8km

Susan Knapton	62:35 (10km)
Robert Connors	54:36

#### Division 3: 4km

Maryanne Shaw	25:06
Kurtis Birch-Ward	10:05 (2km)

#### Division 4: 2Km

Stephanie Andreou	19:23 (3km)
Chantelle Torres	19:26 (3km)
Amy Henry	20:52 (3km)
Laura Henry	21:18 (3km)
Katrina Shaw	10:49
Jordan Glover	11:45
Natasha Estrada	12:30
Kark Osborne	12:59
Patrick Estrada	13:15
Sarah Henry	13:48
Tegan Henry	13:49
Jordan Henry	15:26
Claudia Estrada	8:16 (1km)
Dakota Bennet-Ward	8:28 (1km)



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## Results

### Sunday 13th June Racewalking Australia Carnival Canberra

#### Event 1 Open 20 Mile

3<sup>rd</sup> Ian Rayson 2:28:13

#### Event 4 Women Open 10 Mile

4<sup>th</sup> Vanessa Ebejer 1:32:46 1<sup>st</sup> Teams  
 5<sup>th</sup> Chloe Jones 1:32:46 1<sup>st</sup> Teams  
 6<sup>th</sup> Susan Knapton 1:32:46 2<sup>nd</sup> Handicap 1<sup>st</sup> Teams  
 13<sup>th</sup> Maryanne Shaw 1:42:53 5<sup>th</sup> Veterans 5<sup>th</sup> Teams  
 17<sup>th</sup> Suzanne Brown 1:51:16 7<sup>th</sup> Veterans 5<sup>th</sup> Teams  
 21<sup>st</sup> Charlene Ebejer 1:57:21 5<sup>th</sup> Teams  
 22<sup>nd</sup> Nancy Lloyd 2:00:49 11<sup>th</sup> Veterans 3<sup>rd</sup> Handicap  
 23<sup>rd</sup> Jodie Sundstrom 2:06:11 1<sup>st</sup> Handicap

#### Event 5 Open Men 10 Mile

1<sup>st</sup> Troy Sundstrom 1:17:38  
 10<sup>th</sup> Robert Osborne 1:39:57 5<sup>th</sup> Veterans  
 14<sup>th</sup> Jim Seymon 1:46:16 9<sup>th</sup> Veterans  
 15<sup>th</sup> Anson Perin 1:56:57

#### Event 12 Girls U/10 1km

22<sup>nd</sup> Dakota Bennett-Ward 9:07

#### Event 13 Boys U/12 2km

13<sup>th</sup> Karl Osborne 12:21 2<sup>nd</sup> Handicap  
 DQ Jordan Glover

#### Event 15 Boys U/14 2km

6<sup>th</sup> Matthew Oswald 10:22  
 17<sup>th</sup> Patrick Estrada 11:57 3<sup>rd</sup> Handicap

#### Event 16 Girls U/14 2km

12<sup>th</sup> Emma Grand 9:51 7<sup>th</sup> Team  
 13<sup>th</sup> Katrina Shaw 10:53 7<sup>th</sup> Team  
 22<sup>nd</sup> Natasha Estrada 11:44 7<sup>th</sup> Team

#### Event 17 Boys U/16 3km

12<sup>th</sup> Andrew Shaw 17:20

#### Event 18 Girls U/16 3km

7<sup>th</sup> Hannah Denney 15:52 5<sup>th</sup> Team  
 20<sup>th</sup> Chantelle Torres 17:41 2<sup>nd</sup> Handicap 5<sup>th</sup> Team  
 22<sup>nd</sup> Stephanie Andreou 18:06 5<sup>th</sup> Team

#### Event 19 Boys U/18 5km

9<sup>th</sup> Kurtis Birch-Ward 25:36 1<sup>st</sup> Handicap