



REGAL RACER

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Winter 2011: Issue 5 Saturday 30th April 2011

It is Handicap Start Time!

Back by popular demand today is the first of 3 handicap start events. I wonder who will cross the line in first position?

As previously mentioned entries are now being taken for the Annual Lake Burley Griffin Racewalking Carnival to be held on Sunday 12th June (Queens Birthday Long Weekend). Entries must be finalised with us (your 'Regal' Committee) by Saturday 14th May. Below is all the details you will require to compete at this event.

Parental Responsibilities.

Having encountered problems in the past of trespass by children on to the miniature railway in Weston Park, parents are reminded that they alone are responsible for their children's whereabouts and behavior.

New Racewalking Australia Event.

As from this year the **Mens 10 miles** is a Racewalking Australia event entitling participants to the awards afforded all other such events ie Federation medals, a teams race & a handicap competition.

Variation to Start Times.

Due to the increased number of walkers participating in the Under 12 2k events (Events 13 & 14), it has been decided to conduct separate events. This means that the program has been extended by 20 minutes, resulting in the last event starting at **2.40pm**. Should the number of actual entries received for these events not deem this necessary the timetable will revert to that of the past.

GENERAL INFORMATION

(1) VENUE- The venue for all events is Weston Park Road (Banks Street), Weston Park, YARRALUMLA. Canberra Yellow Pages Map 58 H8. (GPS S35.297258, E149.093037). All events have a common start / finish line. The 10 & 20 miles events will be conducted on the recreational path (apart from a short distance on the road near the start/finish) around the West Basin of Lake Burley Griffin. Both events will start in Weston Park and proceed in a clockwise direction. Competitors in the 20 miles will turn at the 10 mile mark and proceed back to the start / finish line in an anti-clockwise direction. A 1.25k circuit will be used for the 10k (8 laps) & 5k (4 laps) events; the 3k, 2k & 1k events will be held on a 1k circuit. These courses are located on the main road (Weston Park Road) within Weston Park and will be closed to



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traffic. The 5 miles Fitness Walk is conducted on the lake course with the turn around point on Scrivener Dam. There are three toilets within 300 metres radius of the start / finish line. Showers are available at the Canberra Southern Cross Yacht Club, Mariner Drive off Alexandrina Drive (Canberra Yellow Pages Map 59 B11) (GPS S35.298245, E149.104471)), approximately 3 kilometres east of Weston Park.

(2) EVENTS

1. Open 20 miles
2. Fitness 20 miles
3. AACT W&M 30 kilometre Chp
4. Open Womens 10 miles
5. Open Mens 10 miles
6. Fitness 10 miles
7. Fitness 5 miles
8. Mens U20 10 kilometres
9. AACT Mens U20 10 kilometre Chp
10. Open (over 20 years) 10 kilometres
11. Boys U10 1 kilometre
12. Girls U10 1 kilometre
13. Boys U12 2 kilometres
14. Girls U12 2 kilometres
15. Boys U14 2 kilometres
16. Girls U14 2 kilometres
17. Boys U16 3 kilometres
18. Girls U16 3 kilometres
19. Boys U18 5 kilometres
20. Girls U18 5 kilometres
21. Womens 5 kilometres

START

- 8.00am
- 8.00am Non Handicap/Judged for contact only
- 8.00am Non Handicap event
- 8.00am (Includes RWA individual Veteran Womens 10 miles)
- 8.00am (Includes RWA individual Veteran Mens 10 miles)
- 8.00am Non Handicap/Judged for contact only
- 9.00am Non Handicap/Judged for contact only
- 10.30pm
- 10.30pm Non Handicap Event
- 10.30pm Non Handicap Event
- 11.40am
- 11.40am
- 11.50am
- 12.10pm
- 12.30pm
- 12.50pm
- 1.10pm
- 1.35pm
- 2.00pm
- 2.00pm
- 2.40pm

NOTES:

(a) Events 1, 4, 5, 8, 11 to 21 inclusive are Racewalking Australian (Federation) individual and team events; **plus** events 4 & 5 incorporate a Racewalking Australia Masters individual competition.

(3) The PETER WADDELL WALK will no longer take place. However it is intended that the memory of Peter Waddell be preserved by the continued seeking of donations to the ACT Division of the Cancer Council of Australia with monies raised going to the International Brain Tumour Alliance.

(4) ENTRY FEES- The entry fee for ALL RACE WALKING AUSTRALIA & ACT Walkers events is \$25.00 with a maximum of \$40.00 per person. There is an additional fee of \$10.00 for Athletics ACT Championships. Fitness Walk fees are Adult \$10.00, Under 18 \$5.00, Family \$20.00.



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(5) **TEAM EVENTS-** Team events will be conducted in conjunction with ALL RACEWALKING AUSTRALIA EVENTS except the Masters Womens & Masters Mens 10 miles. The first three (3) competitors of each Club to finish without disqualification will constitute TEAM 1, the next three (3) to finish TEAM 2 and so on. The Brennan Trophy is contested for by the number one team of each club.

(6) **PROTESTS-** Protests must be lodged in writing with the event referee within 30 minutes of the completion of the event in dispute and accompanied by a cash fee of \$20.00.

(7) **OFFICIALS-** Clubs are asked to provide volunteers and officials to assist with the smooth running of the carnival. Please ensure the enclosed Volunteers Form is completed so that we can be sure all positions are filled and all volunteers informed of their duties prior to the day of the event. In relation to the lap scorers, each club MUST provide lap scorers for events 8 to 10 (10,000 metres) and events 19 to 21 (Boys & Girls U18 5,000 metres, Womens 5,000 metres). It is recommended that a person be responsible for a maximum of 4 competitors only.

(8) **RACE NUMBERS-** Race numbers will be supplied by the ACT Walkers and will be given to the Team Managers together with the program of events, on arrival in Canberra or at the Team Managers Meeting. A YELLOW race number will be issued to Fitness Walkers to enable clear identification of non racewalking participants. There will also be a separate presentation and lucky number draw for the 5 mile Fitness Walk. This will take place around 10.30am.

(9) **FIRST AID & MASSAGE-** First Aid will be provided by attendants from St John Ambulance Australia (ACT) from 10am until the completion of the racewalking program. We will endeavour again to also have free massage available from 11am to 3pm. This service will be provided by students from the Canberra Institute of Technology under the supervision of an experienced massage therapist.

(10) **FEED STATIONS-** Feed stations for the 10 & 20 miles will be located at approximately 4 kilometre intervals. Team Managers are to have support at each station to look after the needs of their competitors for the duration of the event. Special drinks must be given to an official at the start point by 7.45am. The acceptance of food or drink by competitors at other places on the course could result in disqualification.

(11) **CANTEEN-** Canteen facilities will be available in Weston Park from 8.00am on Sunday morning.

(12) **UNIFORMS-** All Racewalking Australia event competitors MUST wear the uniform of their Club, as registered with RACEWALKING AUSTRALIA. Failure to do so may result in disqualification. Competitors not competing in a Racewalking Australia event are also encouraged to wear their Walking Club uniform.

(13) **RAFFLE & BARREL DRAWS-** Raffle tickets will be on sale at the presentations on the Sunday night (\$1 a ticket, 3 for \$2 or 8 for \$5 with the major prize being \$100 cash). The raffle and a number of lucky number barrel draws will be drawn during the presentations. A Volunteers and Officials barrel draw will take place around midday.



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(14) PRESENTATION OF AWARDS & DINING- The venue for the presentations and dining to be advised.

(15) AWARDS- (1) Any competitor is eligible to win the perpetual trophy for winning an event. (2) Gold, Silver & Bronze medallions will be presented to the first three Australians in all Racewalking Australia events, regardless of actual placing. *****WINNERS OF OUTRIGHT INDIVIDUAL AWARDS CANNOT WIN A HANDICAP TROPHY*****

As many of you would have noticed we now include a sponsorship page with each of our newsletters. It would be greatly appreciated if you do purchase anything from these sponsors that you mention 'Regal Racewalkers' as this will assist us in keeping these sponsors in forthcoming seasons.

R4YL Magazine is offering all Athletics NSW members a special 12-month subscription for just \$15.00. That's a saving of over 66% (normally \$45) with 6-issues of R4YL mailed to your door. R4YL collaborates with Australia's top athletes, nutritionists and sports providers to compile the most up-to-date and relevant running information available. Each full-colour issue is a valuable source of information for complete beginners and recreational runners through to the elite. To redeem this offer (Renewals welcome) simply go to www.runforyourlife.com.au/subscribe and follow the prompts or come see us at the Adidas winter series.

As you may be aware 'Regal' is hosting the first of the Winter Championship events on Sunday 22nd May. To make this a successful day we require your assistance in helping set up, marshalling, course supervision, canteen and conducting a raffle. If you are available to assist please see Bob Cassell.

For those who are looking to compete at any of the Winter Championship events please note there has been a significant change to the entry process. It will now cost athletes more if they choose to enter on the day. Entries will be available on-line until the Thursday prior to the event. For example entries close for the NSW Team Walks at midday Thursday 19th May. For further details please check the Athletic NSW website or contact Athletic NSW directly.

Happy Birthday

A big 'Regal' Happy Birthday to Lauren Burns-Rees who celebrates her special day on Tuesday 3rd May. Have a great day Lauren.

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

7th May- 'Regal' club event, Narellan

14th May- 'Regal' club event, Tempe

Sunday 22nd May- NSW Teams Championships, Narellan. Hosted by 'Regal'

28th May- 'Regal' club event, Leichhardt

4th June- 'Regal' club event, Chipping Norton. AGM to be held at the conclusion of the days events.

Quote of the Week: "One secret of success in life is for a man to be ready for his opportunity when it comes" Benjamin Disraeli.

Renée Cassell

Vice President



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Results

Week 4 Saturday 23rd April, Chipping Norton

Division 1: 20km

Robert Osborne 110:45 (15km)
 Jodie Sundstrom 68:34 (8km)

Division 2: 14km

Vanessa Ebejer 88:35
 Kurtis Birch-Ward 10:36 (2km)

Division 3: 8km

Charlene Ebejer 56:25
 Maryanne Shaw 31:31 (5km)
 Jordan Glover 12:51 (2km)

Division 4: 2km

Katrina Shaw 10:42
 Tegan Henry 11:09
 Amy Henry 12:05
 Blake Dwyer 12:56
 Laura Henry 13:05
 Dakota Bennett-Ward 8:16 (1km)