
The Girraween Athlete

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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The Most Successful Summer In The Club's History!

Welcome to our April edition of the Girraween Athlete. Sorry for the delay. Hopefully it is well worth the wait! The summer season has now come to an end and we look forward to the coming winter season with great enthusiasm. However, I think it is worthwhile to reflect on the summer season just gone for a moment. It would have to be the most successful in the club's history in a number of ways: - (1) we had 100 members for the first time in the history of the club with Christine Wearne being presented a medal for being our first ever 100th member. We ended the season with 114 members. (President Steve Williams advises that we have had good early interest for this year and we have upwards of 40 registrations already!), (2) we had record numbers in attendance at C.V. Kelly on Saturday afternoons during the early part of the season. So much so, that on occasions we almost ran out of daylight before the events were finished, (3) we had a record number of teams in the State Relays and earned a record haul of 7 medals (thanks to the ladies), (4) we achieved our highest ever position in the ANSW Club Premiership (equal 9th), (5) we competed in the State Club Championships for the first time and were very competitive throughout and finished in 14th position, (6) we earned 37 medals in State Championship events over all age groups including 6 state champions, (7) we earned 12 medals in National Championships, including 3 national champions, (8) our Little A's have done well in their various championships and regional competitions, (9) we had record numbers participating in the ANSW All-Comers meets and (10) our members have represented the club not only in Sydney over the summer but also in the country, interstate and overseas: - Dubbo, Mingara, Canberra, Hobart, Brisbane, Newcastle, Adelaide, Perth, The Cook Islands and the USA. Many people have noticed us out there competing and judging by the enquiries received recently, we can look forward to some new members in coming weeks. In conclusion 2004/05 will be a hard act to follow but with the successes we've had and the experience we've gained, we have a great foundation to work on. If any of our members have any suggestions on how we can do

things better, please do hesitate to contact myself or one of our other committee members. We are here to help. We are also in great need of more athlete profiles. If you would like to feature, please let me know. Until next month, stay well and happy running. Garry Womsley.

More Good Performances At SMC!

Sydney Marathon Clinic Road Race Series – Sunday, 20th February, 2005 – Rossford Street Reserve, Smithfield (5km, 10km & 25km).

We had 11 representatives at SMC today. It was a dull and humid morning which was not conducive to fast times. This series is getting more and more popular each month and all races were again well patronised. Due to overnight rain, the area near the start line was a little slippery and there were a few mishaps but none of our runners were affected.

5km: - Garry Womsley was our first runner home in a much improved time of 18:54. He was also 3rd in the 35-49 age group. David Wallis, who has been carrying a troublesome hamstring injury of late, was next home in a still respectable time of 20:00. The much improved Terry Rose continued his good form and was next in with a time of 21:25. A little further back, Roger Mar and Michael Christie again had their own little race with Roger proving the stronger with a good time of 25:45. Michael finished in a time of 26:26.

10km: - Geoff Sheargold, who has improved out of sight during this summer season, ran a great race to finish in a time of 40:29 on the challenging 10km course. Michael Free, getting ready for the cross country season, finished in a time of 52:01.

25km: - Mark Nicholl, getting ready for the Canberra Marathon, was our first runner home in a fantastic time of 1:40.49. He was closely followed by Bill Flanagan who was happy with his time of 1:44.40. Wayne Jeff, who is also getting ready for the Canberra Marathon, ran a steady 1:58.31 while Graham Sheargold who is getting ready for the gruelling Six Foot Track next month, also ran a good race in a time of 2:08.34.

Congratulations to all our runners.

The Next Generation Have Success At Their Regional Carnival! – 19th-20th February, 2005.

A number of our very talented Little A's contested their Regional Carnival recently and did so well in their events that they qualified for the State Carnival to be held at Homebush on 19th-20th March. Stacey Argent, in her last season of Little A's, qualified for the State for the first time with a 3rd placing in the 3000m. She did a very good time of 13:05. Alyssa Perrott, who is showing some great form at the moment in race walking, placed 3rd in the 1100m Walk in a time of 5:57. Reece Diaz (800m) and

Emma Treadwell (3000m) have also qualified for the State in their respective events. Congratulations to all our Little A's who have tried so hard over the whole season.

Lisa Grant Achieves Another PB At The “A” Series! – 19th-20th February, 2005 – Adelaide.

Our champion race walker Lisa Grant continues to get better and better with every race she contests. Up against the best walkers in Australia in the 10000m event, Lisa again showed her untapped potential with a 45 second PB. She was placed 4th behind the “big three”, Olympians Jane and Natalie Saville and Cheryl Webb. Congratulations Lisa once again for your outstanding achievement!

Many thanks to Carly Eager for providing the information for this story.

Our Athletes Earn 22 Medals At The State Masters & 4 State Champions!

ANSW State Masters Track & Field Championships – Saturday, 26th February, 2005 & Sunday, 27th February, 2005 at SOPAC, Homebush.

The records just continue to tumble during this golden season for our club. After already earning 12 medals at the State Relays and the other State events this season, we earned a massive 22 medals during the State Masters held over this weekend. To have 11 representatives from our club was a record in itself but for 9 of them to earn so many medals was beyond our wildest dreams. To make the achievement even more noteworthy, there were record fields in most events and medals really had to be earned through good performances. There were no “easy” medals at this meet. For instance, the female 30-34 age category which always suffered from lack of numbers in previous years, was well patronised this year as were most of the older age categories. This is fantastic for the both the sport and Masters Athletics in general.

The weather was warm throughout the weekend with the sky mostly overcast. A southerly wind came up in gusts at times but did not really have an effect on the times. Our State Champions were Lynette Smith (High Jump & Discus), Lajos Joni (Weight & Hammer), Gary Howard (400m, also a PB) and Keith Mayhew (5000m & 2000m Steeplechase). Other notable performances came from Ernie Leseberg (3rd in 100m, 3rd in 200m), Barry Mayo (2nd in 800m), Richard Frost (2nd in 5000m, first State medal & PB), Bill Flanagan (4th in 5000m), Garry Womsley (PB's in 400m & 400m Hurdles) and Vince Adams (4th in 100m & 200m, 3rd in Javelin). Unfortunately, after carrying a troublesome hamstring injury for a few weeks, David Wallis was unable to continue after aggravating it over the first 50 metres of the 800m race. This was bad luck for David who was enjoying an outstanding season.

Our Masters athletes have set a solid foundation for our club to build on in future years. Girraween Athletics Club came of age this weekend. Congratulations to all those that contributed to this outstanding performance!

Full results as follows: -

LYNETTE SMITH	High Jump	height: - 1.60m	1 st in 30-34 Age
	400m	time: - 1:01.55	3 rd in 30-34 Age
	800m	time: - 2:25.69	6 th in 30-34 Age
	Discus	distance: - 36.23m	1 st in 30-34 Age
	Javelin	distance: - 38.68m	2 nd in 30-34 Age
LAJOS JONI	Weight	distance: - 10.84m	1 st in 45-49 Age
	Shot Put	distance: - 9.88m	2 nd in 45-49 Age
	Discus	distance: - 27.93m	4 th in 45-49 Age
	Hammer	distance: - 38.22m	1 st in 45-49 Age
	Javelin	distance: - 25.51m	6 th in 45-49 Age
ERNIE LESEBERG	100m	time: - 11.84 sec	3 rd in 30-34 Age
	200m	time: - 23.52 sec	3 rd in 30-34 age
GARY HOWARD	100m	time: - 11.91 sec	4 th in 30-34 Age
	200m	time: - 23.33 sec	2 nd in 30-34 Age
	400m	time: - 50.73 sec	1 st in 30-34 Age
	800m	time: - 1:58.97	2 nd in 30-34 Age
GARRY WOMSLEY	400m	time: - 1:00.96	7 th in 40-44 Age
	400m Hurdle	time: - 1:11.78	2 nd in 40-44 Age
	3000m Steeple	time: - 11:41.76	3 rd in 40-44 Age
	Javelin	distance: - 18.94m	3 rd in 40-44 Age
DAVID WALLIS	800m	DNF	-
	1500m	DNS	-
BARRY MAYO	800m	time: - 2:09.50	2 nd in 45-49 Age
RICHARD FROST	5000m	time: - 19:16.62	2 nd in 30-34 Age
BILL FLANAGAN	5000m	time: - 18:12.44	4 th in 40-44 Age
VINCE ADAMS	100m	time: - 13.92 sec	4 th in 50-54 Age
	200m	time: - 27.76 sec	4 th in 50-54 Age
	Javelin	distance: - 24.57m	3 rd in 50-54 Age
KEITH MAYHEW	800m	time: - 2:49.73	2 nd in 60-64 Age
	5000m	time: - 21:02.76	1 st in 60-64 Age
	2000m Steeple	time: - 8:53.88	1 st in 60-64 Age

Early Morning Running With The Frogs!

Sydney Striders Road Race Series (10km) – Wentworth Common, Homebush – Saturday, 5th March, 2005.

A healthy contingent of Girraween athletes turned out for today's event held on a cool but humid autumn morning. The challenging course, which was held on cinders, concrete paths and roads through the Homebush wetlands area, provided a great setting for a 10km run. However, all runners were told that if the very rare Golden Bell Frog made an appearance on any of the paths, he had right of way and was not to be trampled under any circumstances. (As far as we know, none were sighted or trampled!)

Bill Flanagan, who is in outstanding form leading up to the Six Foot Track and Canberra marathons was our first runner home in a great time of 38:14. Our next three runners were all within 20 seconds of each other. Geoff Sheargold who has really improved over the summer, was next in with a great time of exactly 40:00. He was closely followed by Wayne Jeff (40:12) who was also having a good hit out before the Canberra marathon. Garry Womsley suffering the early stages of a virus was close behind in a time of 40:20. Richard Frost suffered a nasty fall at the start which required treatment afterwards, put in a gutsy effort to record a time of 42:43. Keith Mayhew was having his last race before the Six Foot Track and recorded a time of 43:49. Graham Sheargold who has also had a great summer was next in with a time of 44:21.

Michael Free, getting ready for the winter recorded a time of 48:08. This was a big improvement on his SMC time from two weeks earlier. Roger Mar, our resident energiser bunny enjoyed his run as normal and completed the challenging course in a time of 52:52. Our remaining runner was Gary Howard. He completed 5km before pulling out at the halfway mark. Congratulations to all our runners. Full results as follows: -

1) BILL FLANAGAN	time: - 38:14	43 rd Overall
2) GEOFF SHEARGOLD	time: - 40:00	72 nd Overall
3) WAYNE JEFF	time: - 40:12	76 th Overall
4) GARRY WOMSLEY	time: - 40:20	77 th Overall
5) RICHARD FROST	time: - 42:43	107 th Overall
6) KEITH MAYHEW	time: - 43:49	120 th Overall
7) GRAHAM SHEARGOLD	time: - 44:21	125 th Overall
8) MICHAEL FREE	time: - 48:08	183 rd Overall
9) ROGER MAR	time: - 52:52	241 st Overall
10) GARY HOWARD	DNF	-

Lisa Grant Mixes It With The Best &

Succeeds Yet Again! – Telstra National Championships 20km Walk – Homebush Precinct – Sunday, 6th March, 2005.

Lisa Grant again excelled in top company today in the National 20km Road Walk Championship. The walks course consisted of a number of laps in and around the Homebush Olympic Precinct and despite the early start time (6.45am), the weather was quite warm and humid. The race was eventually won by Olympic medallist Jane Saville with Cheryl Webb in 2nd place and Victorian Simone Wolowiec finishing 3rd. Lisa who was having her second start at this distance finished 6th overall and 1st in the U/23's National age championship that was conducted in conjunction with the Open race. Her time of 1:42:48 was outstanding in the uncomfortable conditions. Congratulations Lisa on another fine achievement!

Three Courageous Members Conquer

The Track! – The Six Foot Track Footrace (46.6km) – Saturday, 12th March, 2005. (Start: - Explorer's Tree, Katoomba, Finish: - Jenolan Caves, Oberon).

When a person decides to be a distance runner, he or she decides to put his or her body on the line on a regular basis. Some races are tougher than others, there are good and bad days and there are times when you really have to dig deep within yourself to finish. These are the times when you really get to know yourself and the measure of courage you have been given.

For those that have been given a large measure of courage, the Six Foot Track is the race for them. Starting at Katoomba, the course gradually winds its way downhill through rugged rock paths and stairs. Once onto the valley floor, the going remains quite pleasant for the next 15km until the Cox's River is reached. Once the river is crossed, it is all up and down steep hills until the 43km mark. From 43km onwards, it's all down hill (in more ways than one!) to the finish at the very historical Jenolan Caves at Oberon. By this time the last thing your calves need is downhill running. Many a tear has been shed in this part of the race. Some well meaning runners have suggested running backwards at this point but with a sheer drop on either side of the track and with some stairs thrown in for good measure, it makes this practice very dangerous indeed.

However, nothing beats the finish where the crowd are cheering your name as you cross the finish. The big medal in the shape of a "6" makes all the effort worthwhile. This race is a "must do" for any distance runner. Just don't expect to recover fully for 6-8 weeks!

The winner of this year's race was Daniel Green in a good time of 3:28:34.9. He was followed by Chris Truscott (3:33:37.4) and Don Wallace (3:34:19.4). The winning female was Emma Murray who finished with a great time of 3:44:04.8. Suzanne Kelly was second (4:14:46.7) and Dearne Fulcher was third (4:22:54.1).

Bill Flanagan, who has hit form at the right time, was the first of our runners home in a great time of 5:07:04.3. He was placed 141st overall and 46th in the 40-49 age group. Graham Sheargold has taken a real liking to the longer races of late and has improved out of sight. He was the next Girraween runner home in a good time of 6:16:39.9. He

was placed 416th overall and 131st in the 40-49 age group. Keith Mayhew has become a legendary figure in all types of athletics. He will have a go at anything. Unfortunately, this race proved a little more difficult than he would have liked. However, he still made sure that he finished the race. Keith was placed 583rd overall (17th in the 60-69 age group) in a time of 7:31:12.6. Congratulations guys on your fantastic achievement! Full results as follows: -

1) BILL FLANAGAN	time: - 5:07:04.3	141 st overall (46 th in age)
2) GRAHAM SHEARGOLD	time: - 6:16:39.9	416 th overall (131 st in age)
3) KEITH MAYHEW	time: - 7:31:12.6	583 rd overall (17 th in age)

1 Gold, 1 Silver & Great Performances, The Future Looks Bright! – ANSW Underage (U/16, U/18, U/20 & U/23) State Championships at SOPAC, Homebush. Saturday, 12th March & Sunday, 13th March, 2005.

ANSW appear to be on a winner with this new format of Underage State Championships held over the one weekend. There were healthy numbers in the U/16 and U/18 age groups and the standard was very high. While the U/20 and U/23 age groups were not as strong, it is important to continue to encourage these age groups. Not everyone is a champion who can make the jump from U/18 to open. Some athletes develop a little later while others are just happy to enjoy the sport for as long as possible without having to compete against the open elite on a regular basis. Hopefully this scheme will keep athletes in the sport a little longer and perhaps get them interested in other areas such as coaching, officiating and administration.

Jamie Sherson became our latest State Champion with a fantastic effort in the U/18 3000m Steeplechase. His superior dry hurdling and water jump technique really shone through and he was able to win comfortably by 25 seconds. His time of 6:36.49 was a PB and a National All-Schools qualifier. What made Jamie's effort even more remarkable was that he has only been training and competing at the full height (91.4cm) since January. He has taken to it like a duck to water and will only improve.

Young race walker Melissa Hayes contested the U/16 3000m Race Walk and put in a magnificent effort to finish 2nd in a time of 16:22.11. Melissa finished a massive 18 seconds in front of 3rd place and thoroughly deserved her silver medal.

Natalie Pellizzari contested the U/16 400m & 800m events and put in two solid performances finishing 4th in the 400m (1:02.06) and 11th in the 800m (2:30.03).

Middle/long distance runner and touch football champion Adam Sinclair had a full weekend. He not only competed in three gruelling events at the track over the weekend, he also went to and from the Aquatic Centre where his sister was competing in the National Swimming Championships. He competed in the U/18 1500m and was placed 12th in a good time of 4:50.24. He also contested the 3000m and placed 9th in a time of 11:23.08. Adam also backed up in the 3000m Steeplechase and was having his

first start at the full height (91.4cm). He acquitted himself very well and did a PB in placing 5th (7:23.08).

Brad Milosevic has joined the work force recently. Flipping burgers, cooking fries, making shakes and desserts has taken a bit of time away from his usual training regime but he showed in his two races that he is still in good form. He was outstanding in the 3000m where he placed 7th in a great time of 9:53.95 which was a PB. He then backed up the next day in the 3000m Steeplechase and placed 4th in a great time of 7:15.64 which was another PB.

With the two medals our members earned this weekend, it brings our tally to 36 medals in total so far this summer season. What an outstanding effort! Congratulations to all our youngsters who did so well over the weekend. Full results as follows: -

NATALIE PELLIZZARI	400m time: - 1:02.06	4 th in U/16 Age
	800m time: - 2:30.03	11 th in U/16 Age
MELISSA HAYES	3000m Walk time: - 16:22.11	2 nd in U/16 Age
ADAM SINCLAIR	1500m time: - 4:50.24	12 th in U/18 Age
	3000m time: - 11:23.08	9 th in U/18 Age
	3000m Steeple time: - 7:23.08	5 th in U/18 Age
BRAD MILOSEVIC	3000m time: - 9:53.95	7 th in U/18 Age
	3000m Steeple time: - 7:15.64	4 th in U/18 Age
JAMIE SHERSON	3000m Steeple time: - 6:36.49	1 st in U/18 Age

Lajos & Lynette Continue Their Successful Lead Up To The Nationals!

Throw specialist Lajos Joni despite a few niggling injuries, has continued his very successful preparation for the Nationals in Brisbane over Easter. On 5th March, Lajos contested the NSW Masters Club Throws and Pentathlon State Titles. We are pleased to report that Lajos earned gold medals in the Weight Pentathlon, Hammer and Weight Throw. He also earned silver medals in the Discus and Shot Put. On the weekend of 12th & 13th March, Lajos contested the NSW Masters Club State Titles at Blacktown and was again in the medals. He earned gold in the Weight Pentathlon, silver in the Hammer, Discus and Shot Put and bronze in the Javelin. Congratulations Lajos on your fine efforts!

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Lynette Smith continued her fine efforts over the summer. She also contested the State Masters Club Weight Pentathlon on 5th March and was placed 1st with a total point score of 2600 points. At the State Masters Club State Titles a week later,

Lynette contested the High Jump and was placed 1st with a height of 1.65m. This bettered the National Record. She was placed 2nd in the 200m in a great time of 27.79 sec. She then backed up in the Javelin and was again placed 1st with a great throw of 35.35m. She rounded off her day with another 1st placing in the Discus (34.42m). After this great day, Lynette left for Canberra so that she could contest some events at the ACT titles the next day. We are pleased to report that her winning ways continued with 1st placings in the 200m (27.73 sec), High Jump (1.58m) and Javelin (36.65m). Congratulations Lynette on your LEGENDARY performances!

Wayne Arrests 14 Medals At The Police

Games! – NSW Police Games – Saturday 12th & Sunday 13th March, 2005 at Blacktown Olympic Centre.

Our resident Police officer Wayne Thurlow who has had a great summer season on the track and in the field, contested the NSW Police Games held recently at Blacktown. Held in conjunction with the NSW Masters Club State Titles, Wayne had a field day representing the Police and picked up 14 medals in events that he was familiar with as well as some that he wasn't so familiar with such as Hammer and Shot Put. Without a doubt his best performance was in the Long Jump where he achieved a best distance of 5.25m. This was an outstanding achievement considering he had never contested this event before and basically followed the same principles he used in teaching Little A's. It sure worked! Congratulations Wayne on your huge medal haul!

Our Little A's Take Centre Stage And

Excell At Homebush! – Little A's State Track & Field Championships – Saturday 19th & Sunday 20th March, 2005 at SOPAC, Homebush.

Five of our promising youngsters qualified to contest the Little A's State Track & Field Championships held this weekend at Homebush. Melissa Hayes, who competes for Kings Langley at Little A's level, was outstanding in the U/14 Girls 1500m Walk. She won the event in a great time of 7:14.0. Fellow walker Alyssa Perrott who has improved her walking style throughout the summer season also did well. She was placed 3rd in the U/10 Girls 1100m Walk in a good time of 5:30.7. Distance runner Emma Treadwell contested the U/13 Girls 3000m Run and was placed 8th in a very good time of 11:40.0. The multi-talented Reece Diaz, who had played soccer all morning, contested the U/14 Boys 800m and was placed 13th in a time of 2:44.6. Stacey Argent, in her last year of Little A's had always hoped to make this level of competition and her dream came true this year. She contested the U/15 Girls 3000m Run and ran a great race in a good time of 12:08.6. She finished in 9th position. Congratulations to all our Little A's, who did so well during this competition. The future looks bright for our club. Full results as follows: -

ALYSSA PERROTT

1100m Walk time: - 5:30.7

3rd in U/10 Age

EMMA TREADWELL	3000m	time: - 11:40.0	8 th in U/13 Age
REECE DIAZ	800m	time: - 2:44.6	13 th in U/14 Age
MELISSA HAYES	1500m Walk	time: - 7:14.0	1 st in U/14 Age
STACEY ARGENT	3000m	time: - 12:08.6	9 th in U/15 Age

Another Strong Representation At All – Comers! – ANSW All-Comers – Saturday 19th March, 2005 at The Crest, Bankstown.

Seven of our members attended today's meet. The weather was cool and blustery with overcast skies. Our national representatives Lynette Smith, Lajos Joni and Garry Womsley used this meet as their final preparation for next week's championships in Brisbane and were happy with their performances. Iron men Roger Mar and Richard Frost enjoyed the competition on the day and did well. Sprinter Ernie Leseberg who has had a good season got in his final sprint races of the season and again performed well. However, the standout on the day was race walk champion Lisa Grant who contested the U/23 10000m Race Walk State Championship which was held in conjunction with this meet. We are pleased to report that she won this gruelling event in a great time of 52:38. This brings our summer state medal tally to 37. Congratulations Lisa and all our other athletes who performed so well on the day. Full results as follows: -

LYNETTE SMITH	150m	time: - 21.22 sec	13 th in Open Age
	300m	time: - 44.82 sec	7 th in Open Age
	600m	time: - 1:45.99	3 rd in Open Age
	Shot Put	distance: - 9.70m	1 st in Open Age
	Discus	distance: - 36.75m	1 st in Open Age
LISA GRANT	10,000m State Walk	time: - 52:37.96	1 st in U/23 Age
ERNIE LESEBERG	60m	time: - 7.60 sec	7 th in Open Age
	150m	time: - 17.48 sec	5 th in Open Age
RICHARD FROST	2 mile	time: - 12:02.56	8 th in Open Age
GARRY WOMSLEY	2000m Steeple	time: - 7:53.0	1 st in O/35 Age
	300m Hurdle	time: - 55.19 sec	1 st in O/35 Age
LAJOS JONI	Shot Put	distance: - 9.95m	3 rd in O/35 Age
	Discus	distance: - 29.51m	2 nd in O/35 Age
	Javelin	distance: - 26.35m	2 nd in O/35 Age

ROGER MAR	60m	time: - 11.08 sec	7 th in O/35 Age
	150m	time: - 27.74 sec	8 th in O/35 Age
	300m	time: - 1:03.86	7 th in O/35 Age
	600m	time: - 2:29.95	4 th in O/35 Age
	2 mile	time: - 15:44.85	1 st in O/35 Age

SMC Continues To Attract Our Members

For An Early Morning Run! – SMC Road Race Series

– Sunday, 20th March, 2005 at Rossford Street Reserve, Wetherill Park (5km, 10km & 30km).

We again had seven representatives for this latest race in this very popular road race series for 2004/05. We had at least one representative in each of the three distances and they all did very well. The weather was cool and cloudy.

5km : - Garry Womsley, still recovering from a virus and also backing up from the day before, found the going tough but still managed to place 7th overall and 4th in the 34-49 age category. Not far behind was Terry Rose who blitzed the rest of the over 50's in a personal best time for the course (20:38). Roger Mar and the improving Michael Christie had a hard fought tussle before Roger finally prevailed by 7 seconds over the line.

10km : - Geoff Sheargold has improved out of sight during the early part of 2005 and continued his excellent form in this race today. He is getting ever closer to the magical sub-40 minute 10km with another PB of 40:05. Graham Sheargold, still recovering from the Six Foot Track 8 days earlier, decided to give the long race a miss this month. He also participated in the 10km race and finished in a very respectable time of 44:40.

30km : - Wayne Jeff, getting ready for the Canberra Marathon, was our only participant in the torturous 30km race. He continued his good recent form to finish the race in a fantastic time of 2:20:25.

Full results as follows: -

5km: -

- | | |
|---------------------|---------------|
| 1) GARRY WOMSLEY | time: - 19:55 |
| 2) TERRY ROSE | time: - 20:38 |
| 3) ROGER MAR | time: - 26:30 |
| 4) MICHAEL CHRISTIE | time: - 26:37 |

10km: -

- | | |
|---------------------|---------------|
| 1) GEOFF SHEARGOLD | time: - 40:05 |
| 2) GRAHAM SHEARGOLD | time: - 44:40 |

30km: -

- | | |
|---------------|-----------------|
| 1) WAYNE JEFF | time: - 2:20:25 |
|---------------|-----------------|

Congratulations to all our members for their outstanding efforts.

Our Masters Athletes Bring Home A

Swag Of Medals From Brisbane! – Telstra

National Masters Championships, Friday 25th – Monday 28th March, 2005 at ANZ Stadium, Nathan, Brisbane.

Three of our athletes, Lynette Smith, Lajos Joni and Garry Womsley headed to Brisbane for the National Masters Championships over the Easter weekend and really did the club proud with their performances. They returned home with a combined medal haul of 12 medals (6 gold, 4 silver & 2 bronze). The weather in Brisbane for the most part was fine, hot and very much summer-like. There was a little rain and the threat of a thunder storm on the Saturday afternoon but mostly it was like the tourism advertisement: - “Beautiful one day, perfect the next.”

Lynette “Nugget” Smith lived up to her nickname with her remarkable haul of 5 gold medals at this meet which included the breaking of a number of records. Her gold medals were achieved in Javelin, Discus, High Jump, Open Pentathlon (events: - Long Jump, Javelin, 200m, Discus & 800m) and Weight Pentathlon (events: - Hammer, Shot Put, Discus, Javelin & Weight). She also picked up silver medals in the 400m and 800m events in a fantastic all round performance.

Throws specialist Lajos Joni, who currently competes in the very difficult 45-49 age category also performed well and achieved a state record. He earned 2 silver and 2 bronze medals for his achievements. His silver medals were achieved in the Weight Pentathlon (events: - Hammer, Shot Put, Discus, Javelin & Weight) and the individual Weight throw. His bronze medals were achieved in the Shot Put and the Discus in a solid and consistent performance.

Distance runner Garry Womsley who lost 9 days of training due to a virus 3 weeks before the Nationals, felt underdone and struggled throughout the meet but was at least able to get through all his races. However, despite being down on performance he was still able to get the gold medal in his pet event, the 3000m Steeplechase. Despite the disappointments, he felt that he would be better for competing and expects to see improvement in time for the Trans-Tasman Masters in 2 weeks.

A very big congratulations to our three worthy medallists! Full results as follows: -

LYNETTE SMITH	800m	time: - 2:24.32	2 nd in 30-34 Age
	Javelin	distance: - 38.74m	1 st in 30-34 Age
	Discus	distance: - 35.55m	1 st in 30-34 Age
	High Jump	distance: - 1.66m	1 st in 30-34 Age
	400m	time: - 1:02.00	2 nd in 30-34 Age
	Open Pentathlon: -		
	Long Jump	distance: - 4.95m	
	Javelin	distance: - 38.88m	
	Discus	distance: - 38.99m	
	200m	time: - 27.72 sec	
	800m	time: - 2:23.65	

Total Points: - 3255 1st in 30-34 Age

Weight Pentathlon: -

Hammer distance: - 27.88m

Shot Put distance: - 9.53m

Discus distance: - 35.8m

Javelin distance: - 35.67m

Weight distance: - 9.19m

Total Points: - 2650 1st in 30-34 Age

LAJOS JONI

Javelin distance: - 27.48m 7th in 45-49 Age

Shot Put distance: - 10.30m 3rd in 45-49 Age

Discus distance: - 29.92m 3rd in 45-49 Age

Hammer distance: - 23.28m 5th in 45-49 Age

Weight distance: - 12.41m 2nd in 45-49 Age

Weight Pentathlon: -

Hammer distance: - 35.75m

Shot Put distance: - 9.73m

Discus distance: - 30.60m

Javelin distance: - 27.55m

Weight distance: - 10.16m

Total Points: - 2505 2nd in 45-49 Age

GARRY WOMSLEY

800m time: - 2:42.0 8th in 40-44 Age

3000m Steeple time: - 12:24.77 1st in 40-44 Age

5000m time: - 20:19.68 6th in 40-44 Age

400m time: - 1:06.20 9th in 40-44 Age

Upcoming Events!

Club Events

Sat 16th April 1st West Metropolitan - Richard Murden Reserve
(Haberfield) (From 2.00pm)

Sat 23rd April 2nd West Metropolitan - Northern Bank of
Parramatta River (Rydalmere – Ermington) (From 2.00pm)

ANSW Events

Sat 30th April NSW Novice Cross Country Championships & Supporting Events

Fun Runs & Other Events Of Interest

Sun 17th April Sydney Marathon Clinic Road Race Series (Rossford Street Reserve)
From 7.00am (5km, 10km or 21km)

Sun 17th April Kembla Joggers Fitness Five (Crown Street, Wollongong) - 8.30am
(5km)

Sun 24th April Lest We Forget Fun Run (Blacktown Olympic Centre, Rooty Hill)
- 8.55am (8km) (Note: - There are also Lest We Forget runs
being held at Parramatta, Galston and Newcastle)

Our Club Committee

Our club committee is here to help you. If you have any enquiries or problems, please do not hesitate to get in contact with any of the committee members listed below: -

<i>Vince Adams</i>	<i>Winter Competition</i>	<i>9863-2731</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Kathy Austin</i>	<i>Fundraising & Club Records</i>	<i>9688-2390</i>
<i>Jean Davis</i>	<i>General Committee</i>	<i>9896-1136</i>
<i>Robert Eager</i>	<i>Fundraising</i>	<i>9675-2167</i>
<i>Michael Evans</i>	<i>Park Trust Delegate</i>	<i>9631-7679</i>
<i>Bill Goodin</i>	<i>Fundraising</i>	<i>9863-6878</i>
<i>Lisa Grant</i>	<i>Youth Representative</i>	<i>9631-1236</i>
<i>Steve Halverson</i>	<i>Treasurer</i>	<i>9671-5235</i>
<i>Viv Manwaring</i>	<i>Registrar</i>	<i>9631-8887</i>
<i>George Milosevic</i>	<i>Canteen Manager</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Publicity Officer</i>	<i>9896-4654</i>
<i>Suresh Raju</i>	<i>Summer Competition</i>	<i>9920-4262</i>
<i>Lynette Smith</i>	<i>ANSW Delegate</i>	<i>9631-0651</i>
<i>Steve Williams</i>	<i>President</i>	<i>0425233690</i>
<i>Garry Womsley</i>	<i>Secretary & Coaching Co-ordinator</i>	<i>9636-6017</i>

Next Meeting: -

SPECIAL GENERAL MEETING: 17 MAY 2005, TUESDAY, AT 7.00 PM.

AGM AND REPORT: 17 MAY 2005 AT 7.30 PM.

Girraween Club Training Days & Times

Seniors

Mondays & Wednesdays (6.30-8.00pm) – Cross Country Training – Hill Sprints/Middle/Long Distance/Time Trials. Meet at C.V. Kelly with Garry Womsley. (Phone: - 9636-6017)

NEW! – Mondays & Wednesdays (5.30-6.30pm) – Training for beginners, juniors and Little A's with Gary Micallef (Phone: - 9631-2658)

Tuesdays – There will be no further steeplechase training until after 1st September.

Mondays (6.30pm) – Hammer & Weight Throws Training at Gipps Road Sporting Complex, Greystanes with Lajos Joni (Phone: - 9676-4590).

Girraween Athletics Signature

Running Socks Now Available - And Are Proving To Be A Runaway Success!

We are pleased to advise that we now have a selection of running socks available for purchase.

This is great news because if you're anything like most runners, you're always looking for comfortable and good quality socks to run in.

Even better, they have "Girraween Athletics" printed around the band. So this is a good way to look the part on race day along with the rest of our uniform.

Our very own Lynette Smith gave them a road test and was quite happy with the comfort and quality of them.

The price of these socks is \$6.50 per pair.

They are the "PED" style. The colour is white with royal blue underfoot.

They are also available in three sizes: - 2-8, 7-11, 12-14. So everybody's foot size should be covered.

Please contact Lynette if you would like to purchase a pair or two or just catch up with her on race days.

So there is really no excuse not to put your best foot forward with a pair of "Girraween Athletics" signature socks.

You'll be glad you did!

Athlete Profile!

This month, we profile our latest State Champion in Jamie Sherson. The first time I ever saw Jamie was in the monthly Sri Chinmoy fun runs that used to be held at Leiccharadt each month a few years back. He was only small in those days but he was still one of the front runners in these races. (He says that I actually beat him a couple of times but I think he is just trying to be kind!) Jamie has been a regular in fun runs ever since and continues to do well both in his age group and overall. Mid last year he expressed interest in being coached in steeplechase and came to our Tuesday night steeple sessions at Homebush. His hurdle and water jump techniques improved as a result and he placed 2nd in the State All-Schools Steeplechase in September. His time was good enough to qualify him for the National All-Schools held last November and he was the first NSW athlete home in 8th place in another personal best. After the 1st January, he was handed another challenge with the height of the steeple being increased from 76.2cm to 91.4cm after moving up to the U/18 age category. He took to it like a duck to water, culminating in his State Championship win in March. With the encouragement of fellow steeplechasers Adam Sinclair and Brad Milosevic,

Jamie joined Girraween early in the summer season and broke a number of records at C.V. Kelly. In conclusion, Jamie is not only a good person and a good athlete he is a dream to coach. If you ask him to do something, he just goes out and does it. I look forward to seeing his continued development in the coming years. Would you like to feature in this column? If so, please contact me as soon as possible. If not, I will be picking people at random. It could be you!
Garry Womsley.

FULL NAME: - Jamie Brett Sherson

AGE: - 15

NICKNAME(S):- squeek squeek

WHAT SUBURB DO YOU LIVE IN? : - Homebush

WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2004

WHEN DID YOU START ATHLETICS? : - 2000

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Adam Sinclair

WHICH CLUB MATE INSPIRES YOU THE MOST? : - Keith Mayhew

WHAT DO YOU DO FOR A LIVING? : - Student

HOW MUCH TRAINING DO YOU DO A WEEK? : - 3x2 hour sessions

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - 1st in the Under 18s NSW State 2000m steeplechase.

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - At school Athletics carnival, I fell over doing a warm-up with my mates.

WHAT IS YOUR FAVOURITE FOOD? : - Pizza

WHAT IS YOUR FAVOURITE TV SHOW? : - Footy Show

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Go have fun

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - Dave Collie (Para-Olympian)

DO YOU PLAY ANY OTHER SPORTS? : - Cricket and Tennis

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : -
Computers

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING
OUT IN THE SPORT? : - Never forget that the reason we do
sport is to have fun.

DO YOU HAVE A COACH? : - Yes. Two in fact: - Garry
Womsley (steeplechase) and Darren Wilson (track).

WHAT ARE YOUR GOALS IN ATHLETICS? : - To become National
Champion.

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : -
Still running and a PE teacher or Personal Trainer.

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU
FIX FIRST? : - World Hunger, which in my opinion is the
most important.

OTHER COMMENTS? : - I joined Girraween Senior Athletics
Club because of the way the club looks after its younger
members. I have also found the club members to be
friendly, supportive and patriotic.

Great Athletes of the Past!

Michael Christie brings us his usual column on great athletes of the past. This month he features champion American distance runner and 1984 Olympic Marathon winner Joan Benoit Samuelson.

Joan Benoit Samuelson (1957- USA)

Joan Benoit was born in Cape Elizabeth, Maine in the North Eastern United States in May 1957. Joan attended the local high school where she initially played field hockey and also spent much of her time skiing. In the early 1970's, whilst still at school, she started competing in track and field and discovered she had a talent for it. In 1973 she suffered a serious injury while skiing. This was significant as she missed a season of track and field. She was to redouble her efforts in all sports once she returned from injury. It was not long after this that she joined the Liberty Athletic Club in Boston and started competing in a number of road races. She was to attend Bowdoin College in Maine then went onto North Carolina State University where she had obtained a scholarship. She continued her track and field career whilst attending these institutions, continuing to compete in the longer distances on the road and gaining a reputation as a tough competitor and trainer, willing to put in the hard work required to succeed at the higher levels.

In 1979, she had her first major success, winning the Boston Marathon, setting a new American and Boston record of 2:35:15. She had been an unknown before the race - however she was not when she won it. In the years after her first Boston win she continued to compete in differing events with varying levels of success, whilst being sponsored by Nike. In late 1981 she had to have surgery on both her Achilles tendons, a major operation. Fortunately, she was to make a complete recovery. In late 1982 she set a new American record of 2:26:11 in winning the Oregon Track Club Marathon in Eugene. In 1983 she again competed in the Boston Marathon and won, incredibly setting a new world record in 2:22:43. Again, she showed incredible toughness in setting this time, to quote Benji Durdern who finished 5th.

“We compared feet, and hers looked worse than mine, just a mess. The difference is she refused to acknowledge it”. (Sandrock, 1996, p437).

Things were looking good for 1984 when she went on to win several road races over the summer of 1983.

However, in March 1984 she suffered a severe knee injury, which did not get better. In April she had an arthroscopy performed on her knee. The US Olympic Marathon Trials were on May 12. It looked hopeless. Yet incredibly, she started training again on May 2 and the efforts that she put in over the ensuing days to prepare herself were extraordinary. Joan Benoit went on to win the Olympic trials in 2:31:04, not her greatest time, but given the circumstances preceding it, undoubtedly one of, if not the greatest of all her performances. It spoke volumes for her strong will and her incredible heart. She was to isolate herself in the months leading up to Los Angeles, returning to Maine and continuing to train in splendid isolation. The 1984 Los Angeles Olympics was a historic moment for women's sport, the first time that the Women's Marathon would be included at the Olympic Games. It was a hot field, which included Grete Waitz, Ingrid Kristiansen and Rosa Mota. It still rates as one of the greatest fields of all time. After a slow early pace, Benoit pulled away from the pack after about 3 miles. Incredibly, no one went with her. She took complete control and went away from the field. Waitz did not chase her, and as everyone else was watching her it meant that Benoit had the race to herself. Benoit went on to win in a time of 2:24:52 which remained an Olympic Record till the Sydney 2000 Olympics. It remains today one of the great tactical races ever run at the elite level. It also remains a great tribute to Benoit's tactical know-how and innate courage. This is one of the toughest ways to win a marathon. Joan Benoit also capped off her wonderful year by marrying Scott Samuelson at the end of the year, who, had continued to play such an important part in her life.

Benoit Samuelson continued to run in 1985. Ingrid Kristiansen had set a new world record early in 1985 of 2:21:06. Benoit Samuelson went on to compete against her and Rosa Mota in the Chicago marathon of that year. It was a classic. In a great battle between two great marathoners Kristiansen and Benoit Samuelson fought a great duel over a large part of the course. Benoit Samuelson finally prevailed in a time of 2:21:15, just outside the world record. It was a great performance.

After Chicago, she continued to run. However she continued to suffer injuries. This, combined with becoming a mother in the late 1980's meant that her priorities changed from marathoning to motherhood. Yet despite this she ran the 1994 Chicago Marathon

in a time of 2:37 which meant she qualified for the 1996 Olympic Trials. Here she finished 13th not making the 1996 US Olympic team. However it was still a great achievement to remain so competitive.

Benoit Samuelson's achievements will stand the test of time. She became and remains a role model for women who love the marathon, particularly in the United States. Her gold medal performance in Los Angeles captured the imagination of athletes at all levels and it remains inspirational until today. The way she fought back from persistent injuries is also a great example. Joan Benoit Samuelson was one of the pioneers of her sport at the elite level. It was the way she kept on fighting despite her setbacks, which set her apart. She has also continued to contribute to her sport in Maine today through her ongoing involvement at differing levels as well. Her story remains a great one after all these years and will continue to inspire at all levels. Joan Benoit Samuelson, thank you.

Sources and Further Reading

Benoit, J with Baker, S 1987, *Running Tide*, Alfred A Knopf, New York

Sandrock, M 1996 *Running with the Legends*, Human Kinetics, Champaign, Illinois

Smith, H L 1992 "Joan Benoit" in *Great Athletes The Twentieth Century*, 2 Barrs-Bradshaw, Salem Press, Pasadena, California

<http://www.time-to-run.com/marathon/athletes/women/benoit.htm>

http://www.uma.maine.edu/libraries/MWHOF_website/alibjbsamuelson.html

World News

26th February

Pole vaulter Paul "Budgie" Burgess became only the 2nd Australian to achieve the magical 6 metre barrier when he cleared this height at an Inter-club meet in Perth today. Only 15 spectators were there to see history being made. He joins Dmitri Markov (6.05m) as the only Australians to achieve this. In fact only 13 athletes in the whole world have ever achieved this height in the history of modern athletics. Americans Tim Mack and Toby Stevenson achieved the feat at the Athens Olympics last year.

The Daily Telegraph had an interesting article on the top 10 performances by Australians in athletics (page 69 - 3/3/05) and Burgess' achievement was ranked 4th. Ironically Markov's record was rated 1st. The full list is as follows: -

- 1) Dmitri Markov (pole vault - 6.05m)

- 2) Cathy Freeman (400m - 48.63 sec)
- 3) Patrick Johnson (100m - 9.93 sec)
- 4) Paul Burgess (pole vault - 6.00m)
- 5) Craig Mottram (5000m - 12:55.76)
- 6) Debbie Flintoff-King (400m Hurdles - 53.17 sec)
- 7) Nathan Deakes (20km Walk - 1:18:14)
- 8) Jai Taurima (long jump - 8.49m)
- 9) Jane Saville (20km Walk - 1:27:44)
- 10) Lisa Ondieki (Marathon - 2:23:51)

20th March

Benita Johnson was defeated in the 8km race at the World Cross Country Championships. Tirunesh Dibaba of Ethiopia won the race in a time of 26:34 with Kenya's Alice Timbilili in 2nd place and Ethiopia's Werknesh Kidane coming 3rd. Johnson, who fell off the pace in the fourth and final lap, had to settle for 7th.

4th April

Craig Mottram broke his Australian 5km road record in the Carisbad 5000 in the U.S. His time was a very quick 13:20 and was placed 2nd in the race behind Ethiopia's Dejene Berhanu.

Benita Johnson was also 2nd in her final lead up race before the London Marathon on April 17. Contesting a 10km race in Spain, she clocked a great time of 31:38 which was a 2 second PB. The eventual winner was Irene Kwamba of Kenya.

11th April

Craig Mottram set a course record en route to a 3rd successive victory in the Great BUPA Ireland run in Dublin. Mottram clocked 28:35 in the 10km road race.

The IAAF is considering a rule change for false starts at all levels of track athletics. The current rule allows for one false start before the whole field is given one last warning. The new proposal is for the warning to be scrapped, meaning one false start and you're out! They believe that this will stop the "gamesmanship" from those that false start intentionally to upset their opponents which has happened under the current rule.
