
The Girraween Athlete

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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Another Action Packed Month!

Welcome to edition number 15 of the “Girraween Athlete”. It has been another successful month with another state medal bringing our 2005/06 tally to five with hopefully many more to come. Our membership is now up to 73 members which compares very well with last year. Numbers have been fantastic at all the championships as well as at West Metropolitan and even in fun runs. We are really setting a great example with our sportsmanship, enthusiasm and pride in our uniform. Congratulations to everyone for your great efforts! Until next month, run well and most of all, have fun and bring your friends. They don’t know what they’re missing!

Garry Womsley.

And Then The Rains Came! – West Metropolitan

Series – Macquarie Hospital & Surrounds, North Ryde – Saturday, 11th June, 2005.

The almost perfect summer-like weather we had been experiencing, suddenly took a turn for the worse today. The morning started with mild, sunny weather but by lunchtime the sky had turned grey. During the afternoon, drizzle quickly changed to heavy rain and stayed with us throughout the three races.

Despite the weather and the fact that it was a long weekend, there were still a large number of Girraween athletes present and they all performed well.

2km: - The promising Blake Johnson put in a fantastic effort on the challenging course to be our first runner home in a time of 7:30. Garry Womsley (7:45) held off a stiff challenge from Lynette Smith (7:50) to claim 2nd place. Steve O'Donnell (8:07) overcame the in-form Jonas Williams (8:16) who never gave up. The tireless Roger Mar (10:05) was next home ahead of fellow ultra-distance runner Eddie Makki (10:14). Young Ashleigh Thurlow, having her second run with the seniors, was pleased with her time of 10:48.

Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) BLAKE JOHNSON	7:30	4 th
2) GARRY WOMSLEY	7:45	7 th
3) LYNETTE SMITH	7:50	10 th
4) STEVE O'DONNELL	8:07	14 th
5) JONAS WILLIAMS	8:16	16 th
6) ROGER MAR	10:05	30 th

7) EDDIE MAKKI	10:14	32 nd
8) ASHLEIGH THURLOW	10:48	34 th

4km: - Alexandra Tams was our first runner home with a great time of 16:11 on the gruelling two lap course. Terry Rose (17:43) was our first male home and was pleased with his effort. Viv Manwaring continued his good form with a good time of 18:17. Gary Micallef (19:22), Jean Davis (19:34), Eddie Makki (19:44) and Nick Hanna (19:49) had an absorbing battle throughout the race. Roger Mar again backed up for a steady 21:39 while Steve Halverson (24:08) and Andrea Hendley (25:20) continued their good progress.

Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) ALEXANDRA TAMS	16:11	19 th
2) TERRY ROSE	17:43	29 th
3) VIV MANWARING	18:17	35 th
4) GARY MICALLEF	19:22	41 st
5) JEAN DAVIS	19:34	42 nd
6) EDDIE MAKKI	19:44	43 rd
7) NICK HANNA	19:49	44 th
8) ROGER MAR	21:39	52 nd
9) STEVE HALVERSON	24:08	55 th
10) ANDREA HENDLEY	25:20	59 th

9km: - The very challenging 3 lap course became a real test of character today. The couple of hours of constant rain had made the course heavy and slushy underfoot. Young Jamie Sherson was our first runner home. He finished in a time of 32:46. Despite being harassed throughout the last lap, Garry Womsley was able to hang on to 2nd with a time of 36:20 from the fast finishing Ed Salinas (36:41), the pasta loving Richard Frost (36:48) and the much improved Graham Sheargold (36:51). Michael Free (38:54) put in a great run to defeat the legend Keith Mayhew (39:01) while Steve Williams ran a steady 40:06. Steve Parkins (40:34) just shaded Mark Attwood (40:36) and Ken Scalley (41:40) flew home at the end after his usual steady start. Dennis Andrew (42:18) had a close fought contest with Darren Gould (42:22). He finished in front of a rejuvenated Robert Eager (43:38) while Steve O'Donnell (42:43) Viv Manwaring (43:46) and Gary Micallef (44:42) backed up well after earlier races. Roger Mar (48:47) having his third race of the day, found the going tough.

Top 10 place getters as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) JAMIE SHERSON	32:46	9 th
2) GARRY WOMSLEY	36:20	14 th
3) ED SALINAS	36:41	16 th
4) RICHARD FROST	36:48	18 th
5) GRAHAM SHEARGOLD	36:51	19 th
6) MICHAEL FREE	38:54	25 th
7) KEITH MAYHEW	39:01	26 th
8) STEVE WILLIAMS	40:06	29 th
9) STEVE PARKINS	40:34	30 th
10) MARK ATTWOOD	40:36	31 st

Life's A Beach! – Manly Beach Soft Sand Classic, Manly Beach – Sunday, 12th June, 2005.

Five of our members contested at least of the races on the programme today. This event, which started from humble beginnings just a few years ago, has absolutely exploded in popularity with four different

distances now on offer. The weather was magnificent, the water was a deep blue and the sand was white and clean. The Marathon was the first race to start followed by the Half Marathon. None of our members contested these races.

We had four representatives in the 9km race and two in the Golden Mile (1.6km) “sprint” race. Former champion rugby league player Phil Blake started the 9km race and then contested it himself. Actor Tony Bonner best known for his part as helicopter pilot Jerry King in the hit TV series of the 1960’s “Skippy”, and also a long time Manly Surf Club member, helped out with timing and marshalling.

The only drawback on the day was the number of mistakes that were made with the timing and overall positions. It meant that some competitors were wrongly given awards while others missed out who should have got them. It just goes to show that timing chips are not infallible. The organisers have promised to look at ways of improving this situation in time for next year’s races.

9km: - New member and Manly local Alexandra Tams showed the boys in the club how it’s done with a fantastic run. Her time of 49:00 was outstanding. She was the 4th female over the line and also snared 3rd in her age group. Garry Womsley was next home in a time of 51:29. He was placed 61st overall. Terry Rose (57:37) ran a consistent race and was 123rd over the line. Roger Mar, one of the few runners to wear shoes, struggled in the conditions and finished in a time of 1:10:06 to be 227th across the line.

Full results as follows: -

1) ALEXANDRA TAMS	time: - 49:00	41 st overall (3 rd in 20-29 Age)
2) GARRY WOMSLEY	time: - 51:29	61 st overall
3) TERRY ROSE	time: - 57:37	123 rd overall
4) ROGER MAR	time: - 1:10:06	227 th overall

Golden Mile (1.6km)

Peter Henry, who helped out with marshalling during the 9km race, had a go at the shorter distance and got a quick start. He held it together pretty well to finish 9th overall in a time of 7:08. Garry Womsley, backing up after the 9km race, completely missed the start and had to work his way from the back of the pack. However, he was able to reel in a number of competitors as the race wore on. He finished 10th overall and 2nd in the 40-49 age category finishing in a time of 7:54. It was heartening to hear the odd “Go Girraween” from the crowd during this race. We are getting known even on the Northern Beaches!

Full results as follows: -

1) PETER HENRY	time: - 7:08	9 th overall
2) GARRY WOMSLEY	time: - 7:54	10 th overall (2 nd in 40-49 Age)

Lisa & Friends Have A Stroll Around The Nation’s Capital! - Lake Burley Griffin Race-Walking Australia Carnival – ACT – Saturday – Monday, 11-13th June, 2005.

Our champion race walker Lisa Grant competed in a race walking carnival in the nation’s capital over the June long weekend. Here is her very impressive report on her events: -

The event is called the Lake Burley Griffin Race Walking Australia Carnival where walkers from all the different race walking clubs around Australia come to Canberra every year on the long weekend in June to compete against one another. This year it was the 39th year of the event so there is a certain historical element to the carnival.

The morning races began at 8.00a.m., which in Canberra during Winter involves a knee-knocking, teeth-chattering start.

As luck would have it, as we reluctantly shed our tracksuits it began to rain. My race was a 10 mile event (16km) which involved a lap of Lake Burley Griffin. The men had to complete 20 miles (2 laps of the lake!). As the pack set out on our journey around the lake, Olympian Cheryl Webb went to the lead with Natalie Saville sitting in 2nd and then Laura Johnson and myself level with each other. World Champs rep Jarred Tallent and regular visitor from New Zealand Craig Barrett led the men's division. The course starts out in a bush area so it was a bit wet and leafy underfoot. Thankfully the rain held off during the race and all we got was a bit of drizzle.

For spectators, it is a quite interesting way to watch the event because they all pile into cars, drive to a section of the course, get out and cheer everyone along, pile back into the cars and drive along a bit further. So as we're walking along, this whole convoy of cars drive past you bipping the horn and yelling out the windows! (Lucky it's Canberra and there are not many people around!). About 5km into the race we encounter the first lot of hills. When you're at the bottom, you can sort of see people way up this hill and around the bend a bit and all you can think is no way, I have to get up there where they are!?! It was at this stage where Laura surged ahead of me and sprinted up this hill. I'm not so strong on the hills (race walking up hills is hard!) and I fell back about 10-15m. It took me the next 2km or so to finally latch back onto Laura.

At about the 8km mark, out of the blue both Laura and I were overtaken by Lyn Ventris from WA who just zoomed past us from nowhere. It would have been a funny sight to see us both look over our shoulders and stare in shock as this lady came out of nowhere! This was just as we were approaching one of the drink stations and I just thought I have to stay with her. So I went with her but Laura didn't. So that was when I dropped Laura off. So Lyn and I continued out struggle up and down the many hills until we came to the next drink station where we had to go over the Commonwealth Bridge. This was when I managed to get in front of Lyn and the race was on. Mind you, this was about 4km from the finish and we were already walking as if we were in the home stretch. In the end, I did manage to stay in front and finished in 3rd place with a good time of 1:22.17. As I hobbled away from the finishing line my coach Marilyn called out to me, "Are you still going to do the afternoon race (5km) Lisa?" My reply was a convincing, "Yeah of course!" as I continued hobbling along!

I did do the 5km Open women's race in the afternoon and finished 5th in a time of 24:27. Amazingly Cheryl Webb won both the 10 mile and the 5km in a feat of a champion as she had to beat some "freddy fresh-legs" who hadn't raced in the morning. Girraween clubmate Catherine Nilon also raced in Canberra completing the 10 mile-5km double placing 22nd and 26th in her respective events. Catherine also told me about how much she loved those hills! (She couldn't move for about the next 3 days!)

Fellow Girraween member and budding race walking champion, Melissa Hayes, also had her first trip down to Canberra. Melissa greeted me a few minutes before I started the 10 mile in the morning all rugged up

to wish me good luck and said she was glad not to be racing in the morning! Melissa raced really well in a quality field in the U14 girls 2km where she placed 3rd in a very fast time of 10:11. She was beaten by Shannon Jennings and Kini Chapple also from NSW Race walking club, clearly winning the teams' event. No sooner had Melissa finished, she was back on the line for her next event the U16 girls 3km. In what was a difficult task backing up only about 1/2 an hour after finishing her last race, Melissa finished strongly to place 9th in a time of 17:28 also picking up a silver medal in the teams event. (Melissa had a complete set of gold, silver and bronze medals!).

Overall, it was a great carnival and I also enjoyed catching up with friends from around Australia, some of whom I travelled overseas with last year.

Two More Medals At Willandra! – ANSW Long Course State Cross Country Championships – Willandra Estate, Cambewarra – Saturday, 18th June, 2005.

While it was a little warmer than the icy conditions experienced last year, our members still found this event challenging. Our healthy contingent travelled to the Willandra Estate at Cambewarra which is situated just west of Nowra, with expectations of doing the colours proud and doing the best they could do on the day. However, with two further state medals earned, it is fair to say that our athletes exceeded all expectations.

Open & Masters 12km Race

This event is the most challenging on today's programme. The 12km race comprises of 3 x 4km loops on an undulating and tortuous course where athletes have been known to walk up the steepest sections.

We had 13 representatives in this race which was a real credit to our club. The in-form Wayne Jeff was our first runner home in a personal best time of 51:53. Our next runner home was Wayne Thurlow (52:52) who was rewarded for all his recent hard work on the training track. Another one of our big improvers Graham Sheargold also ran strongly to claim 3rd in a time of 54:45. Richard Frost (56:02) put in another courageous effort and was kept honest by Doug Perrott (56:40). Stephen Parkins (59:31) was pleased with his effort and did well to finish ahead of Steve Williams (1:00:40). Dennis Andrew (1:02:18) and Mark Attwood (1:03:01) had a good tussle as did Robert Eager (1:04:56), Steve O'Donnell (1:05:38) and Gary Micallef (1:05:39). Roger Mar (1:09:17) thoroughly enjoyed himself as normal.

We were pleasantly surprised after the race to find out that our over 45 team of Graham Sheargold, Steve Williams, Mark Attwood and Roger Mar were placed 3rd and received bronze medals from ANSW. This was a fantastic reward for a great effort.

Full results as follows: -

1) WAYNE JEFF	time: - 51:53	(66 th Overall)
2) WAYNE THURLOW	time: - 52:52	(73 rd Overall)
3) GRAHAM SHEARGOLD	time: - 54:45	(82 nd Overall)
4) RICHARD FROST	time: - 56:02	(86 th Overall)
5) DOUG PERROTT	time: - 56:40	(89 th Overall)
6) STEVE PARKINS	time: - 59:31	(97 th Overall)
7) STEVE WILLIAMS	time: - 1:00:40	(101 st Overall)
8) DENNIS ANDREW	time: - 1:02:18	(108 th Overall)
9) MARK ATTWOOD	time: - 1:03:01	(109 th Overall)
10) ROBERT EAGER	time: - 1:04:56	(112 th Overall)
11) STEVE O'DONNELL	time: - 1:05:38	(114 th Overall)

12) GARY MICALLEF time: - 1:05:39 (115th Overall)
13) ROGER MAR time: - 1:09:17 (117th Overall)

55+ Masters 8km Race

At Willandra, those special people in the over 55 age groups have their own race. Rather than having to do 3 laps, our senior athletes only have to do a less painful two. A total of 58 men (including 2 from Girraween) and 14 women contested this race. This just goes to show that running is a sport for all ages and that there are many enthusiastic athletes who still enjoy the competition and feel fit and healthy as a result of it.

Our resident legend Keith Mayhew was our first runner home in this event. He ran strongly to finish in a good time of 36:10. He was placed 8th overall and 3rd in 60-64 age category to earn our state bronze medal for the day. The very consistent Viv Manwaring also did well to finish in a time of 41:03.

Full results as follows: -

1) KEITH MAYHEW time: - 36:10 (8th Overall)
2) VIV MANWARING time: - 41:03 (33rd Overall)

U/18 – 6km Race

We also had two representatives in this race and they both did very well on the challenging course. Jamie Sherson, who ran well recently in cross country and schools events, was our first runner home in a good time of 20:31. He was placed 5th overall in an outstanding effort. The much improved Brad Milosevic continued his impressive winter form with a good 12th placing in a time of 21:26.

Full results as follows: -

1) JAMIE SHERSON time: - 20:31 (5th Overall)
2) BRAD MILOSEVIC time: - 21:26 (12th Overall)

U/20 – 8km Race

Nick Hanna has been training hard this winter and has shown gradual improvement. He was our only representative in this race and continued his good form to finish in a time of 41:13. He was placed 24th overall.

4km Fun Run

Carly Eager was our only female competitor on the day and she contested the 4km fun run. She ran a good consistent race as normal and finished 27th overall in a good time of 22:50.

Thrills, Spills & Four Seasons In One Day! – *West Metropolitan Series – Prospect Reservoir – Saturday, 25th June, 2005.*

Another great day was had beside the largest body of water in the Western Suburbs. The weather started off cloudy and humid before the black clouds came and dumped a shower of rain on us during the 4km race. However, by the time the long run started, the sun was again out but it was a lot cooler and more comfortable for running.

2km: - After a few problems with cyclists last year, the start was brought back from the cycle path to the park itself for this year's races. However, the start still proved to be rather torrid with a young athlete stumbling causing Garry Womsley to swerve to avoid her. As a result, he tripped young Alyssa Perrott in the process. Fortunately, no harm was done and they were both able to continue the race.

Garry was able to recover well to be our first finisher in a time of 7:27. He was followed by the consistent Jonas Williams who crossed the line in a time of 7:42. Steve O'Donnell continued his good progress to be next home in a time of 8:18 just in front of Alyssa Perrott (8:21) who also recovered

well. Chris Mackey (8:29) ran his best 2km race of the season so far. Richard Lamas (9:07) outlasted a rampaging Roger Mar (9:28) with Michael Christie (9:37) not far behind. Katrina Russell (9:52) ran her first race of the season and was pleased with her effort.

Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) GARRY WOMSLEY	7:27	6 th
2) JONAS WILLIAMS	7:42	10 th
3) STEVE O'DONNELL	8:18	15 th
4) ALYSSA PERROTT	8:21	16 th
5) CHRIS MACKEY	8:29	19 th
6) RICHARD LAMAS	9:07	23 rd
7) ROGER MAR	9:28	29 th
8) MICHAEL CHRISTIE	9:37	32 nd
9) KATRINA RUSSELL	9:52	33 rd

4km: - We had a very healthy contingent in this race despite the difficult weather conditions. This race was conducted when the weather was at its worst. It was dark, the rain was heavy and there was a cold wind blowing.

Geoff Sheargold made a solid comeback from injury to be our first runner home in a good time of 15:52. He just shaded the very consistent Lynette Smith who finished in a time of 15:55. Stacey Argent continued her solid form to finish third in a time of 17:35. A much fitter Gary Micallef (18:07) also ran well. R. Kalember a mate of Suresh Raju's had his first hit out with us and ran a respectable 18:40 to just shade Terry Rose (18:45). Suresh (19:10) and Jean Davis (19:15) had an absorbing battle and Richard Lamas (19:30), Roger Mar (20:21) and Michael Christie (21:06) backed up well. Michael Chaffen (22:18) tried hard while Steve Halverson (22:42) and Andrea Hendley (23:30) ran their usual steady races.

Top ten placegetters as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) GEOFF SHEARGOLD	15:52	22 nd
2) LYNETTE SMITH	15:55	23 rd
3) STACEY ARGENT	17:35	33 rd
4) GARY MICALLEF	18:07	38 th
5) R. KALEMBER	18:40	40 th
6) TERRY ROSE	18:45	41 st
7) SURESH RAJU	19:10	43 rd
8) JEAN DAVIS	19:15	45 th
9) RICHARD LAMAS	19:30	47 th
10) ROGER MAR	20:21	54 th

8km: - We had a massive 24 runners in this race today. The sea of blue and white singlets was described as being "intimidating" by a runner from another club. We certainly don't go out to intimidate anyone and by showing our colours and participating, we are showing our club spirit and our spirit for running in general. There is probably more rivalry amongst our own runners (friendly of course!) than with anyone outside the club. The main thing is that the competition is healthy and everybody shakes hands once the race is over.

Young Jamie Sherson flew over the course today and was our first runner home in a great time of 27:57. After this race, he went and ran at a venue close by with the Blacktown Runners. Top effort Jamie! Fellow young gun Brad Milosevic also put in a great race and was our second runner home in a time of 29:09. Wayne Jeff (31:21) came from a long way back to claim third in an ideal hit out for the Gold Coast Marathon. He proved too strong for Wayne Thurlow (31:33) and Garry Womsley (32:13). Richard Frost (32:35) had a good battle with Graham Sheargold (32:46). Adam Sinclair (33:03) was determined not to let the legend Keith Mayhew (33:07) beat him while Steve Williams (33:55) wasn't far behind. Michael Free (34:35) continues to improve with each race. Mark Attwood (35:26) battled along well. Steve Parkins (36:04), Chris Mackey (36:14), Dennis Andrew (36:46), Ken Scalley (36:54)

and Nick Hanna (36:57) all finished within striking distance of each other. Darren Gould (37:59) just stayed in front of another pack which included Steve O'Donnell (38:08), Garry Page (38:46), Robert Eager (38:52) and Vince Adams (39:07). Gary Micallef (40:14) found the going tough while Roger Mar continues to keep his record of doing every West Mets event so far intact when he finished in a time of 44:45.

Top ten placegetters as follows: -

	<u>Time</u>		<u>Time</u>
1) JAMIE SHERSON	27:57	6) RICHARD FROST	32:35
2) BRAD MILOSEVIC	29:09	7) GRAHAM SHEARGOLD	32:46
3) WAYNE JEFF	31:21	8) ADAM SINCLAIR	33:03
4) WAYNE THURLOW	31:33	9) KEITH MAYHEW	33:07
5) GARRY WOMSLEY	32:13	10) STEVE WILLIAMS	33:55

Water, Water Everywhere! – The Cutler Fun Run ***(2.5km & 10km) – Manly Dam & Surrounds – Sunday, 26th June, 2005.***

It was a very wet and soggy 3rd running of this very popular event. People are coming from far and wide to do the 2.5km or 10km race (or both) at the site of Northern Sydney's first water supply. Starting down hill at the local public school and heading into the national park around Manly Dam, both races are challenging with their many ups and downs and twists and turns. Greg Pickhaver, better known as H.G. Nelson of the comedy duo "Roy & H.G." added a celebrity flavour to the day by firing the starting gun (as well as having the competitors in stitches before the race with his "H.G.'s Race Preview")

2.5km: - We had two members in this race. Garry Womsley was first home in a good time of 8:37. He was 9th overall and 1st in the U/50 age category. Peter Henry followed close behind to finish 15th overall and 1st in the U/40 age category.

Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>	<u>Category Position</u>
1) GARRY WOMSLEY	8:37	9 th	1 st (U/50)
2) PETER HENRY	9:20	15 th	1 st (U/40)

10km: - Garry Womsley backed up in the 10km race and was pleased with his effort. He placed 31st overall in a time of 41:32. He was also 3rd in the U/50 age category. Michael Free backed up well from Prospect yesterday and finished in a good time of 44:36. He was 60th overall and 26th in the U/40 age category in a time of 9:20.

Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>	<u>Category Position</u>
1) GARRY WOMSLEY	41:32	31 st	3 rd (U/50)
2) MICHAEL FREE	44:36	60 th	26 th (U/40)

There were a few drawbacks this year with this event. Firstly, only first place in each category was awarded a medal this year when 1st, 2nd and 3rd had been awarded in 2003 and 2004. This caused quite a bit of animosity with a number of disputes delaying the award ceremony to almost 12 noon. Almost 3 hours after the 2.5km race was run. Some athletes were unable to wait around. There was also hardly any cover at the presentation area. Athletes and supporters got absolutely soaked waiting around in the torrential rain. Lastly, the officials were not strong enough to stop people from creeping forward and breaking at the start and cutting corners during the race. These concerns were voiced with the organisers after the race and they have promised to look at these problems in time for next year's race.

Our Throwers Get In Some Good

Practice – Springwood Winters Throws Championships – Sunday, 26th June, 2005.

Throws enthusiasts Lynette Smith and Lajos Joni ventured to Springwood for this increasingly popular event. It gives throwers a good hit out during the winter particularly for those doing the big masters events overseas. As usual, both Lynette and Lajos excelled. Their results are as follows: -

LYNETTE SMITH

DISCUS	34.10m
SHOT	8.89m
HAMMER	24.70m
JAVELIN	30.62m
HEAVY WEIGHT	8.37m
WEIGHT PENTATHLON	2337 POINTS

LAJOS JONI

SHOT	2ND	10.88m
DISCUS	1ST	31.51m
HAMMER	1ST	43.72m
JAVELIN	2ND	26.63m
WEIGHT THROW	1ST	14.19m
WEIGHT PENTATHLON	1ST	2940 POINTS

Mud, Slush, Slips And Slides But

Everyone Survived! - West Metropolitan Series – Cowell's Lane , Ermington – Saturday, 2nd July, 2005.

The sun shone brightly for most of today's programme. A most welcome respite from the wet and cold conditions we've experienced recently. The recent rain made this almost all grass course muddy and slippery in parts particularly for the longer race. However, despite a few slips and slides here and there, everybody survived to tell the tale and our huge contingent again performed well on the day.

2km: - Garry Womsley got a good start and went right on with the job to be our first runner home in an equal personal best time of 7:00. Jonas Williams (7:23) continued his consistent form with another good effort. Young Alyssa Perrott showed good fighting qualities to finish in a time of 7:41 just in front of a fast finishing Steve O'Donnell (7:42). Jye Perrott (8:33) kept Roger Mar (9:02) and Michael Christie (9:25) at bay while Ashleigh Thurlow (9:36) had her second run with the seniors in company with her dad Wayne (9:37). Katrina Russell ran a good 9:49 while little Caitlin Thurlow had her first start and finished in a good time of 11:31.

Top ten finishers as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) GARRY WOMSLEY	7:00	5 th
2) JONAS WILLIAMS	7:23	11 th
3) ALYSSA PERROTT	7:41	15 th
4) STEVE O'DONNELL	7:42	16 th

5) JYE PERROTT	8:33	27 th
6) ROGER MAR	9:02	30 th
7) MICHAEL CHRISTIE	9:25	31 st
8) ASHLEIGH THURLOW	9:36	32 nd
9) WAYNE THURLOW	9:37	33 rd
10) KATRINA RUSSELL	9:49	34 th

4km: - Alexandra Tams blitzed the field to be our first runner home in a great time of 15:37. Young Reece Diaz having his first run of the winter did well to be our next runner home in a good time of 17:15. He was followed by Peter Henry who finished in a time of 17:42. Youngsters Michael Chaffin (18:08) and Stacey Argent (18:21) again ran strongly. Terry Rose ran strongly despite a foot injury to finish in a time of 18:36 just in front of the improving Gary Micallef (18:52). Netballer Jean Davis went well despite a lack of recent racing finishing in a time of 19:44. Running machine Roger Mar (20:39) just keeps on going and Nick Hanna tried hard once again to finish just behind him in a time of 20:59. Michael Christie (22:40) backed up well while Carly Eager (23:22) enjoyed her run as normal. Andrea Hendley (24:29) continues to work on her fitness for the summer.

Top ten finishers as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) ALEXANDRA TAMS	15:37	10 th
2) REECE DIAZ	17:15	22 nd
3) PETER HENRY	17:42	23 rd
4) MICHAEL CHAFFIN	18:08	27 th
5) STACEY ARGENT	18:21	28 th
6) TERRY ROSE	18:36	30 th
7) GARY MICALLEF	18:52	32 nd
8) JEAN DAVIS	19:44	37 th
9) ROGER MAR	20:39	39 th
10) NICK HANNA	20:59	41 st

9km: - We had 19 finishers in the long race today and the final positions were keenly contested. Three laps on this course proved to be very taxing on all our runners and they were all very glad to finish.

Brad Milosevic continued his very good form to be our first runner home in a time of 35:24. He was kept honest by the much improved Wayne Thurlow who finished just 6 seconds behind him (35:30). Garry Womsley (37:07) snatched third spot from a very determined Richard Frost (37:09). 2 seconds was probably the biggest margin between them throughout the whole race and a tie would have been the fairest result. Graham Sheargold was not far behind and finished in a good time of 37:34. Doug Perrott (38:03) held off a late challenge from Ed Salinas (38:36) who came from a long way back to overtake Chris Mackey (39:08), Steve Williams (39:22) and Mark Attwood (40:55). Michael Free (41:05) again ran strongly while Steve Parkins (41:57) just held off a fast finishing Ken Scalley (42:06). Dennis Andrew (42:39) ran his usual steady race. Vince Adams (43:12) continues to get better with each race and Darren Gould stepped up to the longer distance and hung on well to finish in a time of 43:58. Steve O'Donnell (44:15) again backed up well after his earlier race while Robert Eager (47:11) was able to stay well in front of Roger Mar (50:07) who again completed all three races for the day.

Top ten finishers as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) BRAD MILOSEVIC	35:24	14 th
2) WAYNE THURLOW	35:30	15 th
3) GARRY WOMSLEY	37:07	21 st
4) RICHARD FROST	37:09	22 nd
5) GRAHAM SHEARGOLD	37:34	24 th
6) DOUG PERROTT	38:03	28 th
7) ED SALINAS	38:36	29 th
8) CHRIS MACKEY	39:08	31 st
9) STEVE WILLIAMS	39:22	33 rd

The Hills Are Alive With The Sounds Of Running! – *West Metropolitan Series – Upjohn Park, Dundas – Saturday, 9th July, 2005.*

Healthy numbers again turned out for today's races on this very hilly and challenging course at Dundas. The baseballers playing their competition game on a nearby playing field and the picnickers taking advantage of the nice weather looked on in amazement as we contested each race. It's great to be so fit and so alive and with our blue and white singlets standing out, we set the perfect example of what health, fun and fitness are all about.

2km: - We had 15 competitors in this race today. Garry Womsley struggled on the course but was still able to be our first finisher across the line in a time of 7:44. Jonas Williams (8:06) again ran strongly for second in front of Alyssa Perrott (8:32). It was a deja-vu experience for Steve O'Donnell (8:33) who again finished just behind young Alyssa. However, he did beat the rest of the "Perrott Kids" with Breadan next in a time of 8:59 and Jye not far behind (9:40). Roger Mar (10:12) ran strongly as usual while Michael Christie (10:45), Katrina Russell (10:47), Ashleigh Thurlow (10:50) and Wayne Thurlow (10:51) had a huge battle. Richard Lamas (11:14) just outlasted an injured Nick Hanna (11:17). Caitlin Thurlow (11:32) showed consistency in her second run with the seniors. Jill Woodruff (12:26) ran a steady race.

Top ten finishers as follows:-

	<u>Time</u>	<u>Overall Position</u>
1) GARRY WOMSLEY	7:44	5 th
2) JONAS WILLIAMS	8:06	9 th
3) ALYSSA PERROTT	8:32	13 th
4) STEVE O'DONNELL	8:33	14 th
5) BREADAN PERROTT	8:59	22 nd
6) JYE PERROTT	9:40	31 st
7) ROGER MAR	10:12	35 th
8) MICHAEL CHRISTIE	10:45	43 rd
9) KATRINA RUSSELL	10:47	44 th
10) ASHLEIGH THURLOW	10:50	45 th

4km: - The middle distance didn't prove popular with our members today. We had just eight finishers. Young Michael Chaffen was our first runner home in a great time of 18:29. He was kept honest by Stacey Argent who finished in a time of 18:44. Terry Rose (19:32) showed that he was over his recent injury scare to finish in front of Gary Micallef (19:56). Jean Davis (20:15) had a good hit out and Richard Lamas (20:54) continues to improve. Roger Mar (22:12) and Michael Christie (23:04) backed up well after the 2km race.

Full list of finishers as follows:-

	<u>Time</u>	<u>Overall Position</u>
1) MICHAEL CHAFFEN	18:29	26 th
2) STACEY ARGENT	18:44	28 th
3) TERRY ROSE	19:32	31 st
4) GARY MICALLEF	19:56	34 th
5) JEAN DAVIS	20:15	36 th
6) RICHARD LAMAS	20:54	39 th
7) ROGER MAR	22:12	45 th
8) MICHAEL CHRISTIE	23:04	46 th

8km: - We had a massive 22 finishers in this race. After doing this four lap course that had a massive hill towards the home straight, a lot of our members were understandably relieved to finish. However, everybody put in a great effort and the sea of blue and white singlets was great to see. Felipe Blemith was our first runner home in a fantastic time of 30:31. Youngster Brad Milosevic also continued his giant killing form to be next in with a great time of 32:23. Wayne Thurlow (33:07) again ran well to secure 3rd spot. Alexandra Tams was our only female representative and she was also the first female overall with a great time of 34:02. Garry Womsley (34:44) found the going tough but still finished in front of his old rival Richard Frost (35:05).

Keith Mayhew (36:25) came from behind to snatch 7th in front of a pack of runners which included Peter Henry (37:10), Michael Free (37:21), Steve Williams (37:31), Steve Parkins (37:55) and Mark Attwood (38:03). Dennis Andrew (38:48) continued his consistent form. Ken Scalley (39:41) again flew home ahead of Vince Adams (39:53) who was happy to beat the 40 minute barrier. Robert Eager and Steve O'Donnell needed the photo finish to separate them. Robert was given the verdict by an eyelash. They finished in a time of 40:35 just ahead of the globetrotting Clive Kidson (40:40). Darren Gould (41:33) just outlasted the super fit Eddie Makki (41:41). Roger Mar (46:33) felt a bit weary after another big day while Joe Butler (53:26) made a good comeback.

Top ten finishers as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) FELIPE BLEMITH	30:31	3 rd
2) BRAD MILOSEVIC	32:23	6 th
3) WAYNE THURLOW	33:07	10 th
4) ALEXANDRA TAMS	34:02	13 th
5) GARRY WOMSLEY	34:44	15 th
6) RICHARD FROST	35:05	18 th
7) KEITH MAYHEW	36:25	20 th
8) PETER HENRY	37:10	23 rd
9) MICHAEL FREE	37:21	25 th
10) STEVE WILLIAMS	37:31	26 th

Another State Championship, Another Medal! *–ANSW State Short Course Cross Country Championships - Saturday, 16th July, 2005 – Mount Penang, Central Coast.*

Sunny skies and arctic like winds greeted our runners who ventured to the Central Coast for the State Short Course Championships. The course, a converted farm paddock, was soft in parts and overgrown in others. A good pair of cross country spikes was the order of the day particularly when ploughing through horse poo and cow pats!

We had 19 representatives in the championship races and they all acquitted themselves well. Our very own modern day marvel Keith Mayhew was again in the medals with a 3rd in the 60-64 age category. All our teams were hugely competitive and we are becoming a major force on the athletics scene.

U/14 Male (2.5km)

Michael Chaffen was our only representative in this race and he ran strongly to finish in a time of 11:42. He was 17th overall. Good work Michael!

U/18 Male (5km)

Brad Milosevic and Jamie Sherson, two of our brightest prospects, contested this race and both did very well. Brad was placed 6th overall in a time of 18:33 and Jamie was placed 8th in 18:51. Congratulations guys on a fantastic effort!

Open & Masters Male (7.5km)

We had a great contingent of 16 runners in this race. Gary Howard was our first runner over the line in a fantastic time of 29:43. Garry Womsley ran strongly to claim 2nd in a time of 32:07. His friendly rival Richard Frost (32:43) wasn't far behind. The in-form Graham Sheargold was next home in a good time of 33:01. Keith Mayhew ran his usual consistent race to finish in a time of 33:39 earning himself the bronze medal for the 60-64 age category in the process. Chris Mackey (34:23) rose to the occasion and finished just in front of Doug Perrott (34:36). The much improved Michael Free (35:10) just outlasted Steve Williams (35:14). Steve Parkins (36:04), Terry Rose (36:16) and Mark Attwood (36:28) had a good battle. Dennis Andrew (37:02) again ran a consistent race and Clive Kidson (37:41) also tried hard. Vince Adams, troubled by the flu, surprised himself with a good time of 40:54 and the ever smiling Robert Eager (42:00) again enjoyed his run.

Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>	<u>Age Group Placing</u>
1) GARY HOWARD	29:43	70 th	43 rd (Open)
2) GARRY WOMSLEY	32:07	101 st	8 th (40-44)
3) RICHARD FROST	32:43	112 th	53 rd (Open)
4) GRAHAM SHEARGOLD	33:01	118 th	6 th (50-54)
5) KEITH MAYHEW	33:39	126 th	3 rd (60-64)
6) CHRIS MACKEY	34:23	134 th	55 th (Open)
7) DOUG PERROTT	34:36	138 th	14 th (40-44)
8) MICHAEL FREE	35:10	146 th	14 th (35-39)
9) STEVE WILLIAMS	35:14	148 th	18 th (45-49)
10) STEVE PARKINS	36:04	159 th	20 th (40-44)
11) TERRY ROSE	36:16	162 nd	11 th (50-54)
12) MARK ATTWOOD	36:28	165 th	20 th (45-49)
13) DENNIS ANDREW	37:02	170 th	15 th (55-59)
14) CLIVE KIDSON	37:41	175 th	15 th (50-54)
15) VINCE ADAMS	40:54	197 th	18 th (50-54)
16) ROBERT EAGER	42:00	199 th	20 th (50-54)

Fun Runs

Garry Womsley placed 2nd overall in the 2.5km fun run in a time of 10:15. Carly Eager also ran well in this race. The Perrott kids had a good run in the 1.5km race. The fun runners were entertained by two girls from the Kembla Joggers who were like a comedy act. They were very funny and had everyone in stitches before the race. Well done to everybody that had a run today.

Happy Birthday!

Happy Birthday to all our members and supporters who celebrate a birthday in August: -

11th: - Linda Balinski, Jo Micallef
16th: - Clive Kidson
24th: - Melissa Hayes
26th: - Jake Ferguson

Upcoming Events!

Club Events

Sat August 6th:- 11th WEST METROPOLITAN - Crestwood Reserve (Baulkham Hills)
Sat August 13th:- Non- Point score WEST METROPOLITAN - Gipps Road Sporting Complex (Greystanes)
Sat August 20th:- 12th WEST METROPOLITAN - Prospect Reservoir (Handicap Day)
Sat August 27th:- 13th WEST METROPOLITAN & PRESENTATION DAY - West Auburn

Fun Runs & Other Events Of Interest

Sat August 6th:- Sydney Striders Road Race Series (10km) (7.00am) – Lane Cove River Park, near Fuller's Bridge
Sat August 6th:- Waratah Track Series (Various Track & Field events) (From 9.15am) – Homebush Warm-Up Track
Sun August 7th:- 20th Annual Woodstock Community Fun Run (7.75km & 4.2km) (8.30am) – Woodstock Community Centre, Burwood
Sat August 13th:- Waratah Track Series (Various Track & Field events) (From 9.15am) – Homebush Warm-Up Track
Sun August 14th:- SUN-HERALD CITY TO SURF (14km) (10.00am)
Sat August 20th:- Mount Wilson to Bilpin Bush Run (36km) (10.00am)
Sat August 20th:- Sutherland Half Marathon (1km, 2km, 3km, 5km, 10km & 21.1km) (11.45am) – Lady Carrington Drive, Royal National Park
Sat August 21st:- The Bankstown Hidden Half (21.1km & 5km) (7.45am) – Lake Gillawarna
Sat August 28th:- Lake Macquarie Half Marathon (21.1km & 10km) (8.00am) – Lake Macquarie Foreshore, Warners Bay

Our Club Committee For 2005-2006!

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. Please note, we still have two vacancies: - Publicity Officer and Summer Competition Manager. If you are interested in either of these positions, please contact Garry Womsley or Steve Williams: -

Vince Adams	Treasurer & Winter Competition	9863-2731
Cheryl Argent	Fundraising	9636-3879
Kathy Austin	Fundraising & Club Records	9688-2390
Jean Davis	General Committee	9896-1136
Robert Eager	Winter Competition	9675-2167
Wayne Thurlow	Park Trust Delegate	0417216911
Greg Sargeant	Fundraising	9626-6633
Lisa Grant	General Committee	9631-1236
Viv Manwaring	Registrar & Public Officer	9631-8887
George Milosevic	Canteen Manager & Park Trust Delegate	9626-8586
Doug Perrott	Canteen Manager	9896-4654
Lynette Smith	ANSW Delegate & Blair Zone Delegate	9631-0651
Steve Williams	President	0425233690
Garry Womsley	Secretary & Coaching Co-ordinator	9636-6017

Vacancies	Publicity Officer
	Summer Competition

Next Meeting: - Thursday, 1st September at CV Kelly Park.

Girraween Club Training Days & Times

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 – Steeplechase training resumes at 6.30pm at Homebush on 16th August.

Tuesdays & Thursdays (6.00pm) – Hammer & Weight Throws Training at Gipps Road Sporting Complex, Greystanes with Lajos Joni (Phone: - 9676-4590).

Attention All Steeplechasers! Training Resumes This Month!

Due to the earlier running of the State All-Schools this year (22nd - 26th September, 2005), our very successful Steeplechase training will resume on Tuesday, 16th August at Homebush starting at 6.30pm. All budding Steeplechasers are welcome. For further information, please call Garry Womsley on 0405586961.

Coaching Tip Of The Month!

Cross Training

Cross training is a term commonly used nowadays. Most sportsmen and women like to cross train not only to benefit the performance in their major sport or event but also to add variety to their normal training which may become repetitive or mundane. The three main types of cross training for runners are: - (1) Swimming, (2) Cycling and (3) Gym Work and Weight Training: -

1) Swimming: - Swimming can benefit athletes in a number of ways. The calves and hamstrings can be strengthened by running up and down the pool at the shallow end. The resistance that the water naturally provides during the running action will strengthen muscles and keep them firm without the shock and jarring that normally occurs when running on dry land. At the deep end, using a float or buoyancy belt, you can do the running action and other exercises without touching the bottom. Water aerobics is also beneficial. Even just swimming laps will improve our breathing and general strength. It is also of great benefit after a hard race. Why not head to the pool and soothe those tired muscles? The colder the water the better! You'll be glad you did.

2) Cycling: - Cycling is also good for strengthening our legs without the impact of running. Like swimming, it can also aid our breathing. It is a lot easier to cover more kilometres on the bike than it is on foot. It can also add variety on our "easy" or "no run" days. A few years back, it was thought that cycling was detrimental to running as it was thought that it "shortens the hamstring muscles" but that is not true at all. Like with all cross training, as long as we don't overdo it and continue to keep cycling as a small part of our overall training programme, it will not have a detrimental effect on our running.

3) Gym Work: - There are so many machines and treadmills these days as well as different kinds of weights that there is a gym programme for runners of all shapes, sizes and ages. Being runners, we can sometimes tend to focus on our legs and neglect our upper bodies. Good upper body strength will be of benefit to our overall speed, breathing and fitness. Most gyms have people familiar with putting programmes together for individual runners. So contact your local gym.

World News

23rd June

Marion Jones will try to shrug off a difficult season and qualify for August's World Championships in Helsinki when the US Athletics Championships begin tomorrow. Jones, who won five medals at the Sydney Olympics, but qualified for Athens only in the Long Jump, will skip the Long Jump and focus on top three finishes in the 100m and 200m. Dogged by doping allegations that she continues to deny, she has the third best 100m entry time at 11.04 sec, trailing Athens Olympics 100m silver medalist Lauryn Williams (10.96) and Tremedia Bruce (11.00).

The world's fastest man Jamaica's Asafa Powell confirmed that he will compete in the 100m at the Melbourne Commonwealth Games next March. He actually plans to come to Australia a month before and will sharpen up by competing in the Telstra "A" Series which should prove to be a bonanza for the local governing bodies. His coach Stephen Francis boldly expects Powell to further lower the world record he achieved last month (9.77 sec). "He has a unique combination for an athlete his size (188cm tall, 81.6kg) he is a fast finisher and starts very well".

24th June

Athletics Australia and the NSW Institute of Sport want to turn Sydney into the sprint capital of the nation. AA is advertising for a coach to be based in Sydney who can instruct and coordinate sprints, hurdles and relays. AA also plans to establish a similar project for distance running from 800m to Marathon based in Melbourne.

26th June

Maurice Greene will not qualify for the World Championships after breaking down with a hamstring injury during the 100m final at the US Track & Field Championships. (Certainly no one will miss his unsportsmanlike antics!)

27th June

American sprinter Justin Gatlin won the 100/200m sprint double at the US Track & Field Championships. He clocked 20.04 sec in the 200m and 10.08 sec in the 100m. He is the first man since Kirk Baptiste in 1985 to achieve the feat.

Aussie Heptathlete Kylie Wheeler completed her second best ever Heptathlon when she accumulated 6231 points in her victory at the IAAF Combined Events Challenge in Ratingen, Germany.

1st July

World Champion Jana Pittman placed 3rd in the 400m Hurdles in a Golden League meet at Paris. Her time of 54.15 sec was well outside her best. The race was won by US champion Lashinda Demus.

3rd July

Tanzanian Dickson Marwa won the Gold Coast Marathon for the second time in three years. Marwa whose time of 2:16:14 was well outside the race record, moved into the lead at the 38km mark and crossed the

line 3 seconds ahead of Japan's Tsutomu Saeki with Kiwi John Henwood in third (2:17:19).

10th July

Jana Pitman almost stole the show at the Rome Golden Gala meet over the weekend. She was very impressive in the 400m Hurdles flying home to finish a very close 2nd in a great time of 53.74 sec. American champion Lashinda Demus just hung on to victory with a time of 53.68 sec.

US Sprinter Justin Gatlin was impressive by winning the 100m in a great time of 9.96 sec.

12th July

Sprinters Daniel Batman and Patrick Johnson both ran brilliantly at the Zagreb Grand Prix today. Batman won the 200m in a time of 20.60 sec while Johnson won the 100m "B" final in 10.28 sec which was faster than the winner of the "A" final (10.30 sec). Female sprinter Lauren Hewitt contested the 200m and placed 4th in a time of 23.36 sec.

17th July

Distance specialist Craig Mottram ran a career best time in the 1500m at the Grand Prix meeting in Madrid. His time of 3:34.8 was outstanding and saw him finish a close 2nd in the race. Sprinter Joshua Ross placed 3rd in the 100m final in a great time of 10.26 sec.

18th July

Australian Track & Field achieved its best ever result at the World Youth Championships in Marrakech, Morocco finishing with 2 Gold, 3 Silver and 2 bronze medals, and placing in the top 8 nations in the world. Within the Australian team our New South Wales athletes were clear stand-outs, coming home with 1 gold, 2 silver and 1 bronze medal, as well as achieving eight top-8 performances and many personal bests.

23rd July

Craig Mottram contested the 5000m at the IAAF Super Grand Prix in London and finished 2nd in a great time of 12:56.13.

24th July

Australia has another World Athletics Champion! Emma Murray from the South Canberra Tuggeranong Athletics Club in Canberra not only won the 42km World Long Distance Mountain Running Championship in France on Sunday 24 July but blitzed the women's field, with the runner-up a huge 18 minutes in her wake. The course in the Pyrenees climbed a massive 2000m over the first 21kms.

27th July

Australia's world championship team was reduced by two today after pole vaulter Paul Burgess and 1500m specialist Sarah Jamieson succumbed to injury.

28th July

Disaster struck the Australian contingent at the Super Grand Prix meet at Stockholm today. Benita Johnson faded badly in the 5000m

finishing 13th, the 4 x 100m men's relay team dropped the baton and Lauren Hewitt was disqualified in the 100m for a false start.

29th July

More disaster for our World Championship Team with the news that thrower Justin Anlezark and Jana Pittman have formally withdrawn due to injury. Our best chances now appear to be Craig Mottram and the male and female race walkers.

You Too Can Be A Coach!

The NSW branch of the Australian Track & Field Coaches Association advises that they are again conducting Level One coaching courses throughout 2005.

Level One – Event Specific Course

This course is for those who already hold the Level One Basic certificate. It is designed to allow coaches to receive more in-depth knowledge in the following event groups: - "Sprints, Hurdles & Relays", "Middle & Long Distance Running, Cross Country, Steeplechase & Race Walking", "High, Long & Triple Jumps & Pole Vault" and "Hammer, Javelin & Discus Throws and Shot Put". This course is run over two days and will be held on the following dates: -

Saturday, August 20th & Sunday, August 21st.

This course will be held at Westfield Sports High, Hamilton Road, Fairfield West.

For more information or an application form, please contact Roger Green, 153 Ridge Road, Engadine, 2233. (Phone/Fax: - 9520-9324, Email: - ragreen@mail2me.com.au)

From The Athlete's Kitchen!

Fuelling up for a big race is always important. However, we sometimes neglect the fact that we should take as much effort to refuel after a big race as we do before it. The following dish is ideal for refuelling. It can be a quick snack that becomes a meal with pita bread or crusty rolls. Another idea is to ladle it over freshly cooked couscous in soup plates:-

Spicy Pumpkin & Chick Pea Soup

1 tablespoon olive oil (or use spray oil)
1 large onion, chopped
500g butternut pumpkin – skin & seeds removed
2 teaspoons sliced chillies – seeds removed
4 garlic cloves, chopped
2 teaspoons ground cumin
2 cups canned chickpeas, drained
1 x 810g can crushed tomatoes
2 cups vegetable stock
½ cup chopped coriander
Cracked black pepper

- 1) Heat the oil in a large saucepan and stir fry the onion over a high heat for 2 minutes. Reduce heat, cover and cook over a low to medium heat for 5 minutes, stirring occasionally.
- 2) Cut the pumpkin into 2cm cubes. Add pumpkin, chillies, garlic and cumin to onion, stirring. Cover and continue to cook over a low heat for 5 minutes, stirring every so often.
- 3) Add the chick peas, tomatoes and stock. Bring the soup to the boil, then reduce the heat, cover and cook over a low to medium heat until the pumpkin is tender, about 15 minutes. Stir in the coriander and serve hot, dusted with pepper.

The above serves 4 but does keep well in the fridge or freezer.

Out & About With Our Athletes!

19th June

Ken Scalley contested the Minimosmarathon 10km race and finished in a time of 49:49. This was two minutes faster than his time in 2004.

21st June

Mark Attwood has kindly given us the following report on Clive Kidson's 8km race at Athens. Our members are venturing far and wide to wave the blue and white flag!

When Clive was in Athens 2 weeks ago there was a fun run on. The streets were closed off and the distances were 700m, 3.5km and 8km. He signed up and did the 8km in 34.55. He said it was fantastic with about 25000 runners. I don't know if he was wearing the Girraween Singlet but if you were going overseas for 2 months surely it would be the first thing you would pack!

22nd June

Garry Womsley, resplendent in his Girraween uniform, appears among others in a photo in the July edition of Runner's World (refer page 72)

(And is that Gary Howard in the New Balance/City2Surf advertisement on page 25? It sure looks like him!)

25th June

Garry Womsley contested the 5000m in the Waratah Series at Homebush and placed 2nd in a time of 18:58.

Lynette Smith was placed 2nd in the 400m and 3rd in the Shot Put at the same meet.

Lisa Grant contested the NSW Walks Championships at Chipping Norton and was placed 2nd in the 5km race.

2nd July

Garry Womsley contested the 5000m in the Waratah Series at Homebush and placed 2nd in a time of 19:09.

Bill Flanagan contested the Sydney Striders 10km Road Race Series at Homebush Common and placed 39th in a time of 37:51.

3rd July

Camille Howard contested the Gold Coast Marathon and placed 1138th overall and 37th in the 25-29 age category in a time of 4:16:30. Well done Camille on your fantastic effort!

Keith Mayhew contested the Gold Coast Half Marathon and placed 388th overall and 5th in the 60-64 age category in a time of 1:34:15. Well done Keith on another legendary effort!

9th July

Brad Milosevic contested the 5000m in the Waratah Series at Homebush and placed 1st in a time of 17:37 which was a personal best. Garry Womsley contested the same race and placed a distant 3rd in a time of 19:21. Thrower Lajos Joni contested the Discus and placed 2nd behind Olympian Stuart Gyngell.

Lisa Grant contested the 10km walk with the NSW Race-walkers at Chipping Norton and was the 1st female home in a great time of 48:14. Up and coming walker Melissa Hayes contested the 5km U/16 race. She was the 2nd female across the line.

16th July

Roger Mar contested the 60m at the Waratah Series at Homebush winning his heat in a time of 10.5 sec. He also contested the 100m, 200m and 800m, placing 2nd in each event. Lynette Smith placed 2nd in her 200m heat as well as the Discus. She also contested the 400m and won in a time of 1:05.

23rd July

Garry Womsley contested the 5000m at the Waratah Series at Homebush placing 2nd in a time of 19:28. Roger Mar placed 3rd in a time of 25:01. Lynette Smith contested the 200m and placed 3rd.

Lisa Grant has kindly written the following story about the State Long Road Walking Championships held at Angle Park, Chipping Norton on Saturday, 23rd July. The most pleasing thing of all was that Lisa achieved a Commonwealth Games "B" qualifier. Congratulations to Lisa and to Melissa Hayes who is also given an honourable mention: -

Hi Garry, Just an update from the walkers. The State Long Road Walks Championships were held on Saturday at Angle Park, Chipping Norton in near perfect sunny, blue sky conditions. I walked the open womens 20km walk and had a great race. I placed 2nd behind Claire Woods of SA and more importantly, did a huge PB by 5mins!! It was only my 3rd 20km race, but I brought my time down from 1:42 to 1:37.39. The most exciting thing is that this time is a Commonwealth Games Bqualifier and a World Walking Cup qualifier, which was definitely not expected! I also managed to do a 10km PB (47:47) en-route to the 20km. So it was an awesome race!

Also, up-and-coming-super-star walker Melissa Hayes took about 2 mins off her 5km PB to place 2nd in the U16 women's 5km road walk. From memory, her time was 27minutes something (!) (Sorry to Melissa because I can't remember). But it was a great improvement following some recent walking training at Penrith. This time may see her eligible to enter the National Road Walks Champs in Adelaide next month.

So it was a great day for everyone!

30th July

Thrower Lajos Joni did well in the Waratah Series at Homebush today. He threw 35.26m for the Discus, placing 1st and 11.19m for the Shot Put also placing 1st. He also placed 2nd in the Javelin.

Lisa Grant competed with the NSW Race Walkers and placed 1st in the 12km in a great time of 59:24. Our up and coming champion Melissa Hayes placed 2nd in the 2km event.

Girraween Athletic Club

Athlete Profile!

Our profile this month features one of our newer members in Terry Rose. Originally from New Zealand, I've done fun runs with Terry for a number of years now and have always found him friendly and encouraging. His dry wit means that everybody is kept on their toes. He is also an avid Crusaders and All-Blacks fan who knows his Rugby Union. This quite often leads to many colourful discussions before and after races. Most of all he shows that running is a sport to be enjoyed. Personally, I'm glad he is my friend and that he chose to run for our great club. Would you like to appear in this section? If so, please let me know. We need more profiles for coming editions. Otherwise, I'll pick people at random. Who knows? It could be you! Garry Womsley.

FULL NAME: - Terence Bernard Rose

AGE: - 53

NICKNAME(S): - Tezza

WHAT SUBURB DO YOU LIVE IN? : - Westmead

WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2004

WHEN DID YOU START ATHLETICS? : - Around 1980 or 1981

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Everyone makes me laugh

WHICH CLUB MATE INSPIRES YOU THE MOST? : - Everyone in the club inspires me

WHAT DO YOU DO FOR A LIVING? : - Storeman at Woolworths for the last 14 years

HOW MUCH TRAINING DO YOU DO A WEEK? : - Now it is lucky to be 30-40km a week. It used to be around 100-160km

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : -

2 Royal National Park Ultra Marathons (80.5km): - 1991: - 9 hours & 6 mins, 1992: - 9 hours, 0 mins & 33 sec

38 Marathons: - Best time - 3 hours & 7 mins

Ran the Athens Marathon 1990 & London Marathon 1993

Half Marathon best time: - 79 mins (Westport NZ)

10km best time: - 36:37

5km best time: - 16:23

Five Six Foot Tracks from 1990-94: - Best time: - 4 hours & 48 mins

Ran 17 City to Surfs to 2004: - Best time: - 55:46

Bondi Beach Run 2004 (4km): - won age group in 21:44

Have also run many fun runs in Australia and New Zealand

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - Don't really have any

WHAT IS YOUR FAVOURITE FOOD? : - Pasta

WHAT IS YOUR FAVOURITE TV SHOW? : - I don't have any. I just watch what's on

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Just listen to everybody

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - Arthur Lydiard, Peter Snell, Murray Halberg, John Davies, John Walker, Don Clark, NZ All Blacks from the early 1960's, Richard Hadlee (NZ cricketer)

DO YOU PLAY ANY OTHER SPORTS? : - Don't have time

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - Going out to dinner

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Just have a great time like I have over the last 25 years
DO YOU HAVE A COACH? : - Not now
WHAT ARE YOUR GOALS IN ATHLETICS? : - Just to keep competing while I can
WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - Hope to keep running because it keeps you fit
IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? :
- I will let the world leaders fix the problems of the world while I keep running
OTHER COMMENTS: - I have met so many great people in my travels while running. Just have a great time and keep running!

Great Athletes of the Past

Michael Christie again brings us his regular feature on Great Athletes of the Past. This month he looks at Finnish distance champion Lasse Viren. I'm sure you'll be in awe like I was at his achievements!

Lasse Viren Finland (1949-)

Lasse Viren was born on 22 July 1949 in Myrskylä, a small village north of Helsinki. He took up running as a youngster and by the late 1960's he had begun to be noticed in Finland, particularly when he started setting junior records for the 5000m. In 1969/1970 he spent some time in the United States at Brigham Young University, Utah on a scholarship, but he returned to Finland early in 1970. It was then that he started being coached by Rolf Haikkola, a significant figure in Finnish athletics. Haikkola, in turn had come under the influence of the legendary New Zealand coach Arthur Lydiard who had spent time in Finland in the late 1960's. Viren competed in the 1971 European championships in both the 5000m and 10,000m and finished seventh and seventeenth respectively. However, despite these performances there was little doubt that he was starting to show potential.

In late 1971, early 1972 he spent time in Kenya training at high altitude. It was to prove beneficial coupled with the high mileage he was putting in on a weekly basis under Haikkola's guidance. He was still unknown outside Finland. This changed when he set a new 2-mile world record in a meet in Stockholm in a time of 8:14.0 in August 1972. He had beaten runners such as Puttemans of Belgium and Bedford of Great Britain. A new talent had arrived and the scene was set for the 1972 Munich Olympic Games.

It must be noted that at the Munich Olympic Games heats were held for the 10,000m for the first time in this event since 1920. Viren made it through the heats comfortably and looked forward to the 10,000m final. What a performance by Viren! Despite the quick start, Viren was traveling smoothly until near the half way mark he fell after been clipped by Gammoudi. All of a sudden he was 50 metres down. Despite this he picked himself up and quickly caught the pack in just over a lap. He ran a great tactical race staying with the bunch then kicking up a gear with 600m to go and that was it, the field could not go with him. He won the gold medal in a time of 27:38.4, breaking Ron Clarke's world record in the process. Finland was back on the world stage. The heats of the 5000m were held four days later and he made it through to the final comfortably. To this time this was one of the great 5000m fields in history, including luminaries such as Prefontaine of the USA, Stewart and Dave Bedford of Great Britain, Puttemans of Belgium and Gammoudi of Tunisia. It was a great race with the main pack running closely up until the last lap where the lead changed several times. Yet again though, Viren had their measure, beating Gammoudi and Stewart to the gold medal in an Olympic record time of 13:26.04. It had been a brilliant tactical run and the first 5000m/10,000m double since Kuts at Melbourne in 1956. It was great moment. Soon after Munich, Viren set another world record in the 5000m in a time of 13:16.4. Even though this record did not last very long, it had been an extraordinary year.

In the intervening years between Munich and the 1976 Montreal Olympics, Viren continued to compete, but not at his previous standards. He also suffered injuries as well. In the 1974 European

Championships he finished 7th in the 10,000m and 3rd in the 5000m. However, despite these results, from 1975 onwards Haikkola and Viren constructed a year long training programme with an eye to attempting to defend his titles at the 1976 Montreal Olympics.

Viren had the honour of carrying his country's flag in the opening ceremony of the 1976 Montreal Olympic Games. He made it through the 10,000m heats. In the final the great Portuguese runner Carlos Lopes made the running in an attempt to shake Viren off. It was not successful. With little over a lap to go, Viren took the lead and that was it. He went on to win in a time of 27:40:38, with Lopes 2nd and Brendan Foster 3rd. It was his 3rd gold medal. He had no time to rest as he was back on the track for the heats of the 5000m in which he made it through again to the final. He was going to face a competitive field. It included Dixon and Quax of New Zealand, Stewart and Foster of Great Britain and Hildebrand of West Germany. Even today almost thirty years later it remains one of, if not the greatest, 5000m race of all time. The field stuck together for most of the race and with 600m to go, Viren took over as leader. All the runners tried to pass him, Dixon, Hildebrand and Quax could not get past him. It was extraordinary. He had completed the double and to date is still the only man to do so. Take the chance if you can to catch footage of this amazing race. One can only marvel. It was in my view his greatest performance and the high water mark of Finnish long distance running. As (Sandrock, 1996 p191) notes, 'Viren's time for the last 1500m of this race would have placed him fourth in the 1500m final in Montreal' That is a measure of the performance. Extraordinarily, the next day he attempted his first ever Marathon and finished in a gutsy 5th place. Unbelievable!

Over the following years he suffered severe injuries but with surgery made a recovery. He was aiming for the 10,000m and Marathon at the 1980 Moscow Olympics. He only just made it through to the 10,000m final, but the heat was to prove his nemesis Nevertheless, he finished a creditable 5th in a time of 27.50.5 behind the ageless Ethiopian, Miruts Yifter who proved too strong in these conditions. Yifter also won the 5000m. Viren attempted the Marathon but had to pull out with about 9 miles to go. It was over. One of the great Olympic careers was complete. After these games he kept running but finally retired in 1985. It should also be mentioned that at the height of his running career he was working as a policeman in his native Myrskylä, placing his achievements into starker contrast.

There were allegations of blood doping after Montreal, but those who competed with him know the truth. He was as Frank Shorter says, the master of peaking.

'Lasse did exactly what you had to do...he created the ability to race in a way that other people felt that they could not duplicate'. (Sandrock 1996, p 173)

However he had something else, something intangible and that is *sisu*, a Finnish word that is difficult to understand, but is something like this:

'the ability to persevere under the most adverse conditions, when others would quit....

Working really hard for something you want to do and not giving up' (Sandrock 1996, p 173)

The 5000m final at Montreal is an example of this. Look at the photo of the finish if you can and you will understand why this is so.

Where does Viren stand in Olympic history? You have Nurmi, Zatopek, Kuts and then Yifter from Viren's era. Today you have El Guerrouj, Gebrselassie and the young Ethiopian Kenenisa Bekele who could be the greatest of them all. Time will tell. However, for the ability to peak on the big stage and they don't come bigger than the Olympic Games, one can't go past Lasse, he was that good. His achievements continue to inspire today. At the time of writing, he continues to contribute to Finnish life as a member of their national parliament. He is also an inspiration to all aspiring Finnish athletes on all levels. One can't ask for more than that.

Sources and Further Reading

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Athletics Trivia!

Last month we looked at the most athletics gold medals won by both men and women at the Olympic Games. This month we'll take a look at who has won the most Olympic medals of all colours: -

Most Men's Athletics Olympic Medals

Paavo Nurmi (Finland) won 12 medals (9 gold, 3 silver) from the 1920, 1924 and 1928 Olympic Games.

Most Women's Athletics Olympics Medals

Australia's Shirley Strickland (de la Hunty) shares this record with two other female athletes with 7 medals, 3 gold, 1 silver and 3 bronze from the 1948, 1952 and 1956 Olympic Games. Interestingly, a re-read of the photo-finish indicates she finished 3rd, not 4th in the 1948 200m event, so unofficially her medal haul should have been eight.

Irena Szewinska (Poland) also won a total of 7 medals, 3 gold, 2 silver and 2 bronze in 1964, 1968, 1972 and 1976 and is the only female athlete to win a medal in four successive games.

Merlene Ottey (Jamaica) won 7 medals but no gold. She won 2 silver and 5 bronze in 1980, 1984, 1992 and 1996.

We will have more interesting trivia next month.

Girraween Member's Raffle Winners!

Congratulations to the following members who won prizes in our Girraween Member's Raffle conducted recently: -

- 1) Steve Parkins – Rebel Voucher
- 2) Roger Mar - \$10 Instant Scratchie
- 3) Robert Eager – 4 adult tickets to The Bradman Museum
- 4) George Milosevic – HMV Voucher
- 5) Robert Eager - \$5 Instant Scratchie
- 6) Cheryl Argent – 2 adult tickets to The Bradman Museum
- 7) Graham Sheargold – 1 month free membership to The Blacktown Leisure Centre

We would like to extend a big thank you to all those who bought tickets. The money raised has gone to the club as part of our fundraising for 2005-06.

Stop Press!

We still have plenty of race reports to bring you. The following reports will appear in the September edition of The Girraween Athlete: -

10th July – The Great Nosh Footrace
17th July – Red Cross Fun Run
23rd July – West Metropolitan – Ford Park
24th July – Sutherland to Surf
30th July – ANSW Road Relays – Wollongong
31st July – The Bay Run
