
THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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Merry Christmas To All Our Members & Their Families!

It's that time of the year again where the running season winds down for a few weeks and we turn our attention to family, presents, baked dinners and full bellies! The committee of Girraween Athletics Club Inc. would like to wish all our members, friends, supporters and their families a very happy and safe Christmas. It has been another huge month for our club. The Club Premiership has come and gone with our club finishing in the top 20 for the second year in a row, we now have our training steeple at C.V. Kelly which has increased the interest in the event by our members, our athletes have broken State and National records, done PB's and performed well at All-Comers. Our club had 13 teams at the State Relays and all members and supporters enjoyed themselves immensely. We've also had a presence in the State track events held so far this season. On the home front, we've had good numbers at C.V. Kelly and the records continue to be broken. We've also put on demonstration events to give our next generation of athletes a taste of senior athletics. It has been an enjoyable season so far and will only get better when we resume in January. Until then, stay well and enjoy the holiday time! Garry Womsley.

Lauren Achieves National Qualifier!

One of our newer members, Lauren Sinclair has achieved an AWD National Qualifier in the 800m and is now eligible to compete at The Nationals at Homebush in early February 2006. Needing a time of 4:30 or better and being urged on by younger brother Adam, she set the C.V. Kelly track alight on Saturday, 29th October to finish in a time of 4:21. She also achieved a PB over the first 400m and is hoping to achieve a qualifier in this distance next. Lauren is also a very good swimmer and will have

the distinction of competing at Nationals at both Athletics and Swimming in the same year, a magnificent achievement. Well done Lauren, keep up the good work!

... And Then She Gets A National Record!

On Sunday, 6th November, Lauren competed at Homebush in an AWD Athletics meet and achieved a National Record in the 800m. After doing so well last week for her time of 4:21, she bettered that today by a massive 7 seconds to finish in a great time of 4:14. The previous National Record was 4:15. Well done Lauren, we are all very proud of you!

The Records Continue To Be Broken At C.V. Kelly!

Our records officer Kathy Austin has kindly provided us with the latest list of records that have been broken since our November issue. Congratulations to all those athletes who have been successful in breaking our records. Keep up the good work! As follows: -

<u>Athlete</u>	<u>Age Category</u>	<u>Event</u>	<u>Date Set</u>	<u>Time/Dist</u>
Vince Adams	Masters Plus	200m	1/10/05	29.8sec
Viv Manwaring	Masters Plus	TRIPLE	1/10/05	8.33m
Adam Sinclair	U17	1500W	8/10/05	9:21.2
Vince Adams	Masters Plus	200m	15/10/05	29.0sec
Keith Mayhew	Golden Oldies	5000m	15/10/05	19:55.4

Penny Vandenberg Our 100th Member!

It's now official! For the second year in a row we've topped 100 members. Our 100th member is Penny Vandenberg. Congratulations Penny on your achievement! Our Registrar Viv Manwaring advises that we now have 101 members. Membership for the rest of the season is still open, so tell your family and your friends what a great time you have with Girraween Athletics Club Inc. Maybe they will want to join our happy blue and white family too. Congratulations to everyone for showing our colours, getting us noticed as a friendly club and never forgetting to show great sportsmanship. Keep up the good work!

Volunteers Required!

ANSW are looking for volunteers for the Australian All-Schools Championships that will be held at Homebush from Thursday 8th to Sunday 11th December. You would not have to be there the whole four days. They would be happy with whatever time people could spare.

If you are interested in being involved, please contact Garry Womsley by return or contact Ally at ANSW direct on 9552-1244 or by e-mail at administration@nswathletics.org.au

Training Steeple Now At C.V. Kelly!

Saturday, 5th November will go down as a defining day in the proud history of Girraween Athletics Club Inc. Thanks to the great work of George Milosevic and his company SMC, we now have a full size training steeple to use at C.V. Kelly. It was delivered bright and early in drizzly conditions but it didn't stop Steeplechaser and Coach Garry Womsley from being on hand to take photos and test out the newest addition to our equipment. Garry will now be able to offer his Steeple coaching at C.V. Kelly on Mondays or Wednesdays in addition to his very successful session at Homebush on Tuesdays. With a number of our members showing interest in the event, he is looking forward to good numbers turning up. Congratulations and many thanks go to George and his company for their great efforts in making this possible. Girraween, the home of Steeplechase!

On Wednesday, 9th November, Garry conducted an introductory session after normal training at the Long Jump pit. Established steeplechasers Brad Milosevic and Lisa Grant as well as new squad member Nick Hanna were on hand to test out the new steeple and were happy with it. Andrew Blunden and Stacey Argent had their first go at learning the event and picked up the "water jump" technique almost immediately. Hopefully our recent reputation of producing good steeplechasers can continue with this great new edition to our training facilities.

On Tuesday, 15th November, despite the windy, rainy weather, the first full steeple training session was held at C.V. Kelly incorporating hurdle drills, hurdle techniques, "water jumps" and even a "race" on the main track. Jamie Sherson, Adam Sinclair, Brad Milosevic, Nick Hanna and Stacey Argent were in attendance for this historic event. Stacey hopes to make her debut in the event on 26th November at Homebush.

Steeple training is now offered from 7.30-8.00pm on Mondays and Wednesdays at C.V. Kelly after our normal training session and Tuesdays at Homebush from 6.30-8.00pm. If you have any enquiries, please call Garry Womsley on 0405586961.

Quote Of The Month!

I just couldn't resist putting this priceless quote in. Following on from the above the story, one of our younger members was overheard talking to a Bankstown member about our new training Steeple and couldn't help reminding him about the state of their Steeples at last month's Club Premiership where the event was cancelled. I must emphasise it was said "tongue in cheek" and the Bankstown athlete took it in the spirit that it was intended: -

"Girraween has more functioning steeples in operation than Bankstown and we have only one!"

Another Striders Series

Comes To An End! – Sydney Striders Road

Series Race 10 – Saturday, 5th November, 2005 – Lane Cove.

Four of our members ventured to the beautiful Lane Cove River National Park to compete in this very challenging 10km race. It was the final race of the series for 2005 and they saved the hardest course until last. A lot of the first 5km is up hill which can take a lot out of even the fittest athlete. The last 3-4km is down hill and can be an advantage if there is still some petrol in the tank. The weather was drizzly and humid making it very uncomfortable for running.

Graham Sheargold was our first runner home in a good time of 41:10. He placed 63rd overall. Nipping right at his heels was the determined Richard Frost who finished just 7 seconds behind him in a time of 41:17. He placed 64th overall. Michael Free was our next runner home in a time of 44:10. He placed 100th overall. The legend Keith Mayhew ran a very steady race to be our 4th and final runner home in a time of 47:15. He placed 143rd overall. There was a grand total of 247 finishers today which proves that people love to have a run first thing in the morning. Congratulations to our members on a job well done! Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>
1) GRAHAM SHEARGOLD	41:10	63 rd
2) RICHARD FROST	41:17	64 th
3) MICHAEL FREE	44:10	100 th
4) KEITH MAYHEW	47:15	143 rd

Our Best Club Premiership

Result So Far! – ANSW Club Premiership – Round 5

– Saturday, 5th November, 2005 – Homebush.

A record number of athletes attended today's meet at Homebush including a large contingent from Girraween. It was a successful day for our club and despite the start time delays due to the big numbers, our athletes really enjoyed it. The weather was fine but overcast with a gusty wind at times.

Brad Milosevic started his day with a strong showing in the U/18 100m. He finished 5th in his heat and 59th overall in a time of 13.69sec. He then backed up in the U/18 400m where he placed 33rd overall in a great time of 1:00.67. He also ran strongly in the U/18 1500m. He placed 13th overall in a great time of 4:33.26.

Adam Sinclair, one of our most improved athletes this summer, had a great day today. He started with the U/18 110m hurdles where he finished in a time of 20.49sec. He then contested the U/18 400m where he did a personal best time of 58.69sec. He placed 28th overall. He also contested the U/18 400m hurdles where he placed 3rd in his heat and 9th overall in a great time of 1:08.11. His very successful day finished with the U/18 1500m where he backed up well to finish in a good time of 4:52.56. He placed 25th overall in a huge field.

Nick Hanna had a go at the Open 100m after he was given expert tuition by Gary Micallef on the starting blocks during training on Wednesday. He finished 65th overall in a good time of 14.51sec. He also contested the Open 1500m and finished in a time of 5:48.51.

Jamie Sherson concentrated on the Open 1500m event today and ran strongly to place 4th in his heat and 22nd overall in a fantastic time of 4:13.53.

Geoff Sheargold also ran in the Open 1500m and ran a strong race to finish in a time of 4:54.07. He placed 32nd overall.

Girraween were able to field two relay teams which earned valuable points for the club. Our "A" team made up of Vince Adams, Nick Hanna, Brad Milosevic and Adam Sinclair placed 22nd overall in a combined time of 1:56.92. Our "B" team made up of Roger Mar, Graham Sheargold, Geoff Sheargold and Garry Womsley placed 23rd overall in a combined time of 2:02.60.

Vince Adams again ran well today. In the 35+ 100m event, he placed 11th overall in a great time of 13.51sec. He then backed up well in the 35+ 400m, finishing 18th overall in a time of 1:05.81.

Roger Mar contested the 35+ 100m and finished in a time of 17.67sec. He then backed up in the 400m and placed 22nd in a time of 1:23.12. He concluded a good day's racing with a personal best time of 6:52.87 in the 1500m.

Garry Womsley ran strongly in the 35+ 400m and placed 12th in a good time of 1:02.33. He also had a go at the 400m hurdles and placed 2nd in a very tired 1:14.21. However, he really surprised himself in the 1500m by equalling his personal best of 4:57.63. He finished 10th overall.

After contesting the Sydney Striders 10km at Lane Cove this morning, you would have expected Graham Sheargold to be putting his feet up this afternoon! However, that wasn't the case at all. After doing a 200m leg of the relay, he backed up strongly in the 35+ 1500m to finish in a time of 5:15.96. He placed 14th overall.

Thrower Lajos Joni again had a great day out in the field. He contested the 35+ Shot Put and placed 2nd overall with a best distance of 10.79m. He also contested the Discus and again placed 2nd with a best throw of 35.54m. He also secured another 2nd placing in the Hammer with a best distance of 40.42m.

Full results as follows: -

BRAD MILOSEVIC	100m	time: - 13.69sec	59 th overall (U/18 age)
	400m	time: - 1:00.67	33 rd overall (U/18 age)
	1500m	time: - 4:33.26	13 th overall (U/18 age)
ADAM SINCLAIR	400m	time: - 58.69sec	28 th overall (U/18 age)
	1500m	time: - 4:52.56	25 th overall (U/18 age)
	110m hurdles	time: - 20.49sec	no placing
	400m hurdles	time: - 1:08.11	9 th overall (U/18 age)
NICK HANNA	100m	time: - 14.51sec	65 th o/all (Open age)
	1500m	time: - 5:48.51	no placing
JAMIE SHERSON	1500m	time: - 4:13.53	22 nd o/all (Open age)
GEOFF SHEARGOLD	1500m	time: - 4:54.07	32 nd o/all (Open age)
4 x 200m Relay – "A" Team (Vince Adams, Adam Sinclair, Brad Milosevic, Nick Hanna)			
		time: - 1:56.92	22 nd overall
4 x 200m Relay – "B" Team (Roger Mar, Graham Sheargold, Geoff Sheargold, Garry Womsley)			
		time: - 2:02.60	23 rd overall
VINCE ADAMS	100m	time: - 13.51sec	11 th overall (35+ age)
	400m	time: - 1:05.81	18 th overall (35+ age)

ROGER MAR	100m	time: - 17.67sec	no placing
	400m	time: - 1:23.12	22 nd overall (35+ age)
	1500m	time: - 6:52.87	no placing
GARRY WOMSLEY	400m	time: - 1:02.33	12 th overall (35+ age)
	1500m	time: - 4:57.63	10 th overall (35+ age)
	400m hurdles	time: - 1:14.21	2 nd overall (35+ age)
GRAHAM SHEARGOLD	1500m	time: - 5:15.96	14 th overall (35+ age)
LAJOS JONI	Shot Put	distance: - 10.79m	2 nd overall (35+ age)
	Discus	distance: - 35.54m	2 nd overall (35+ age)
	Hammer	distance: - 40.42m	2 nd overall (35+ age)

Club Premiership Points Tables After Round 5.

Overall Points Table

With one round to go, we are in 14th position. This is a fine result for a club of our size. Our members continue to do well against strong opposition. It has really been quality above quantity on our part. Many of our athletes, especially some of the younger ones coming through are getting invaluable experience in a competitive environment. Points table as follows: -

<u>Club</u>	<u>Points</u>
1) UTS NORTHS	7
2) ILLAWONG	8
3) BANKSTOWN	19
4) WESTFIELD HIGH	26
5) HILLS	30
6) CAMPBELLTOWN	34
7) SUTHERLAND	39
8) GOSFORD	41
9) ASICS WESTS	45
10) SYDNEY PACIFIC	49
14) GIRRAWEE	79

Open Points Table

We currently lie in 21st on the Open Points Table. With not many open athletes in our club this year, we were always going to struggle in this category. However, the athletes that have competed have done their best and let no one down. Points table as follows: -

<u>Club</u>	<u>Points</u>
1) UTS NORTHS	3351.83
2) ILLAWONG	3319
3) BANKSTOWN	2187
4) SUTHERLAND	1410
5) HILLS	957
6) CAMPBELLTOWN	861.5
7) ASICS WESTS	826
8) SYDNEY PACIFIC	773.5

9) WESTFIELD HIGH	661
10) SYDNEY UNIVERSITY	609.5
21) GIRRAWEE	192

Under 18's Points Table

Our under 18's have been fantastic competitors throughout the series. We currently hold steady in 23rd position on the table. We were hit hard in round two with the cancellation of the Steeple races at Bankstown and probably haven't fully recovered. However, our under 18's have shown that they are competitive against any opposition. Points table as follows: -

<u>Club</u>	<u>Points</u>
1) ILLAWONG	2838.5
2) UTS NORTHS	2786
3) WESTFIELD HIGH	2710
4) CAMPBELLTOWN	1726.5
5) BANKSTOWN	1518
6) GOSFORD	1299.5
7) HILLS	1225
8) ASICS WESTS	1190.2
9) TRINITY GRAMMAR	1154.5
10) SYDNEY PACIFIC	762.5
23) GIRRAWEE	93

Over 35's Points Table

Our Over 35's have been the real surprise packets during this competition. We have held on to 6th position throughout the competition and we are only 8 points from 5th. It has been a great effort from all of our older athletes. All the other clubs know that when they see the blue and white, they're in for a fight! Points Table as follows: -

<u>Club</u>	<u>Points</u>
1) ILLAWONG	2849
2) UTS NORTHS	2453
3) HILLS	893
4) SYDNEY PACIFIC	656
5) MINGARA	592
6) GIRRAWEE	584
7) GOSFORD	482
8) SUTHERLAND	392
9) CAMPBELLTOWN	353
10) BANKSTOWN	181

Girraween Winter Presentation!

Saturday, 12th November, 2005 at C.V. Kelly (At the conclusion of the days' competition)

Due to a number of requests from our members, it was decided to have our Winter Presentation today instead of waiting until the AGM in May 2006. It proved to be a real winner with good numbers staying after the day's competition to not only receive their awards, but to also partake in the free sausage sizzle organised by head chef and expert steeple builder George Milosevic. Many thanks go to Robert Eager for compiling and finalising all the point scores, George Milosevic for organising the sausages and Steve Williams for organising the awards. Please find below, the final points tables and all the award winners: -

	Points		Competed	Position
Short Events Male				Note: Athletes must complete 12 of 20
Male				
Jonas Williams	300	Under 11	11	n/a
Female				
(No athletes qualify)				n/a
Medium Events Male				
Terry Rose	353	Master (over 40)	16	1st - Master (over 40)
Gary Micallef	345	Master (over 40)	16	2nd - Master (over 40)
Vivian Manwaring	341	Master (over 40)	16	3rd - Master (over 40)
Roger Mar	322	Master (over 40)	18	
Michael Christie	247	Master (over 40)	10	
Nick Hanna	239	Under 19	13	1st - Under 19
Michael Chaffen	237	Under 13	9	
Stephen Halverson	206	Master (over 40)	9	
Female				
Stacy Argent	351	Under 16	15	1st - Under 16
Lynette Smith	300	Master F (35-54)	12	1st - Master F (35-54)
Andrea Hendley	240	Master F (35-54)	9	
Carly Eager	221	Under 18	11	
Long Events Male				
Male				
Wayne Thurlow	364	Senior (20-39)	15	1st - Senior (20-39)
Garry Womsley	350	Master (over 40)	16	1st - Master (over 40)
Richard Frost	343	Senior (20-39)	16	2nd-Senior (20-39)
Graham Sheargold	318	Master (over 40)	15	2nd - Master (over 40)
Michael Free	298	Senior (20-39)	16	3rd-Senior (20-39)
Brad Milosevic	294	Under 17	14	1st - Under 17
Stephen Parkins	274	Master (over 40)	16	3rd - Master (over 40)
Steve Williams	271	Master (over 40)	16	
Mark Attwood	267	Master (over 40)	16	

Keith Mayhew	263	Golden O(60 & over)	15	1st - Golden O (60 & over)
Dennis Andrew	226	Master (over 40)	15	
Ken Scalley	216	Master (over 40)	14	
Stephen O'Donnell	212	Master (over 40)	15	
Adam Sinclair	197	Under 17	10	
Doug Perrott	196	Master (over 40)	9	
Robert Eager	187	Master (over 40)	16	

Female

(No athletes qualify)

Our Small Band Of Athletes Continue To Keep The Flag Flying!

*– ANSW Club Premiership Round 6 – Saturday, 12th
November, 2005 at Homebush.*

The Club Premiership came to an end today with a small band of Girraween athletes battling away against the big guns. Our numbers were affected by the 3000m State Championship that was held after the conclusion of today's Premiership events, taking out two of our regulars. On the home front, our Winter Presentation was held at C.V. Kelly and a number of regulars preferred to attend the local event today. The weather was fine and warm with a slight head wind keeping conditions a little cooler. Conditions were pretty good for athletics.

Natalie Pellizzari ran strongly over the sprint distances that were conducted today. She finished 25th overall in the U/18 200m in a great time of 28.32sec. She then backed up well in the 400m to win her heat in a good time of 1:03.79. She placed 16th overall.

The evergreen Roger Mar showed no signs of tiring in his three events today. He started with the O/35 200m and finished in a time of 35.07sec. He then backed up in the 400m to finish in a time of 1:22.32. His final event was the 800m where he finished in a time of 3:16.46. Roger's times in all three events were season bests.

Thrower Lajos Joni, our most consistent athlete throughout the series, continued his good form today. He placed 2nd in the O/35 Hammer with a best distance of 39.34m. He then backed up in the Javelin and placed 8th with a best throw of 26.55m.

Full results as follows: -

NATALIE PELLIZZARI	200m	time: - 28.32sec	25 th overall (U/18 age)
	400m	time: - 1:03.79	16 th overall (U/18 age)
ROGER MAR	200m	time: - 35.07sec	No placing
	400m	time: - 1:22.32	No placing
	800m	time: - 3:16.46	No placing

LAJOS JONI

Hammer
Javelin

distance: - 39.34m
distance: - 26.55m

2nd overall (O/35 age)
8th overall (O/35 age)

Final Club Premiership Points Tables!

After the final round, Illawong and UTS Norths were equal on the overall table. However, Illawong won on a count back. Illawong also won the U/18, Open and O/35 categories to complete a clean sweep of the prizes on offer. As for Girraween, we finished 16th on the overall table. This was a great achievement as it was only our second season in a row where we finished in the top 20 clubs in the state. It is a great foundation that we can continue to build on. We finished 24th on the Open Table, 26th in the U/18's and a fantastic 6th place in the O/35's. This was a great result and was a great reward for the effort put in by our Masters athletes. Points tables as follows: -

Overall Points Table

<u>Club</u>	<u>Points</u>
1) ILLAWONG	9 (11235 points)
2) UTS NORTHS	9 (10452.33 points)
3) BANKSTOWN	25
4) WESTFIELD HIGH	33
5) HILLS	34
6) CAMPBELLTOWN	39
7) SUTHERLAND	42
8) ASICS WESTS	53
9) GOSFORD	54
10) SYDNEY PACIFIC	58
16) GIRRAWEEEN	107

Open Points Table

<u>Club</u>	<u>Points</u>
1) ILLAWONG	4068.5
2) UTS NORTHS	4017.33
3) BANKSTOWN	2434
4) SUTHERLAND	1797
5) HILLS	1195
6) CAMPBELLTOWN	1006.5
7) ASICS WESTS	915
8) SYDNEY PACIFIC	873.5
9) BLACKTOWN	768.67
10) SYDNEY UNIVERSITY	731.5
24) GIRRAWEEEN	192

Under 18 Points Table

<u>Club</u>	<u>Points</u>
1) ILLAWONG	3715.5
2) UTS NORTHS	3389
3) WESTFIELD HIGH	3083.5
4) CAMPBELLTOWN	1934

5) BANKSTOWN	1720
6) ASICS WESTS	1435.7
7) GOSFORD	1423
8) HILLS	1389
9) TRINITY GRAMMAR	1364
10) SYDNEY PACIFIC	849.5
25) GIRRAWEE	98

Over 35 Points Table

<u>Club</u>	<u>Points</u>
1) ILLAWONG	3451
2) UTS NORTHS	3046
3) HILLS	972
4) SYDNEY PACIFIC	751
5) MINGARA	625
6) GIRRAWEE	617
7) GOSFORD	524
8) CAMPBELLTOWN	476
9) SUTHERLAND	446
10) WOLLONGONG	255

Two Representatives, Two

PB's! – *ANSW 3000m Open State Championships – Saturday, 12th*

November, 2005 at Homebush.

This relatively new event on the summer calendar (now in its third year) proved to be a real bonanza for ANSW this year. There were a massive 29 starters in the women's race won by Emma Rilen of Sydney University (9:15.25), while there were 79 starters in the men's championship broken up over three races based on the projected time submitted by the athlete. The "A" race was won by Corey Tucker of the A.C.T. (7:58.41) coming from behind to win from David Byrne of Sydney University who took out the NSW Championship in a time of 7:58.69.

Jamie Sherson and Garry Womsley were our representatives in this event tonight and both ran in the "C" race. They had to brave both darkness (one bank of lights went out) and moisture (the sprinklers at the edge of the track suddenly came on halfway through the race!) to do huge PB's. Jamie showed that he has a big future in athletics by finishing 3rd in the "C" race and 42nd overall in a great time of 9:18.55. This was a fantastic effort by someone who has only just turned 16. At the other end of the scale, Garry at 42 was the third oldest but this didn't stop him. He finished 16th in the "C" race and 65th overall in a time of 10:21.01. It was not only a new PB, it was also a new Masters record in the 40-44 age category by 28 seconds. The previous record was also held by Garry. Full results as follows: -

1) JAMIE SHERSON	time: - 9:18.55	placing: - 42 nd overall (3 rd in "C" race)
2) GARRY WOMSLEY	time: - 10:21.01	placing: - 65 th overall (16 th in "C" race)

Our Athletes Fly The Flag

At The Fisher's Ghost – Fisher's Ghost

Fun Run (10km) – Sunday, 13th November, 2005 – UWS Macarthur University.

This very challenging fun run has become a real favourite with the distance running fraternity in Sydney. Run on a very hilly course over two laps, this race can really tire runners out who go too fast on the first lap. Combined with the hot and humid weather, it was a major achievement to finish this years' race under the 50:00 mark. We had five runners contest the 10km race this year. There was also a 5km race but we had no representatives in this race.

Garry Womsley, fresh from his huge PB last night, overcame his weary legs to be our first runner home in a time of 39:15. It was the third year in succession where he finished under the 40:00 mark. This was his best ever time on this course and he finished 22nd overall. Richard Frost, who saved himself for this race, was our next runner home in a time of 41:37. He placed 32nd overall. Ken Scalley ran the race of his life to be our 3rd runner home in a great time of 48:24. He placed 86th overall. Terry Rose, a 5km race specialist, found the going tough but still beat the dreaded 50:00 mark to finish in a time of 49:42. He placed 98th overall. Our final runner home was the tireless Roger Mar who finished 131st overall in a time of 53:05. Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>
1) GARRY WOMSLEY	39:15	22 nd
2) RICHARD FROST	41:37	32 nd
3) KEN SCALLEY	48:24	86 th
4) TERRY ROSE	49:42	98 th
5) ROGER MAR	53:05	131 st

The Seniors Demonstrate

Their Skills To The Future

Generation Of Athletes!

Demonstration Events Held In Conjunction With The Great Western Challenge – Sunday, 13th November, 2005 – C.V. Kelly.

As we seek to promote closer ties between our Junior and Senior clubs, the Seniors were called upon to do some demonstration events while the points were being totalled for The Great Western Challenge that was held in hot conditions today at C.V. Kelly. The event, a fun competition between Girraween, Holroyd, Kings Langley and Minchinbury Little A's clubs always attracts a large crowd and plenty of spectators stayed on to witness the Seniors do their stuff.

Wayne Thurlow, Garry Womsley and Roger Mar contested the 800m with Dual athletes Melissa Hayes and Erika Hendley joining in as pace makers for the last 400m. Wayne Thurlow had a fairly good lead throughout the race and appeared to have the race in his keeping with 200m to go. However, Garry Womsley had other ideas and flew home in the latter stages. They crossed the line together and could not be separated. The crowd was certainly thrilled with the close finish and it was a perfect advertisement for our club. Full results as follows: -

1) GARRY WOMSLEY	<u>time:</u> - 2:37
1) WAYNE THURLOW	<u>time:</u> - 2:37
3) ROGER MAR	<u>time:</u> - 3:30

Garry Womsley, Matt Dunn, Andrea Hendley, Erika Hendley, Melissa Hayes, and a few other Little A's demonstrated throwing the Javelin for the crowd. Wayne Thurlow did an excellent job on the microphone promoting our competition and training programmes. Congratulations to all those that were involved in this great promotion of our club!

One State Medal, Plenty Of PB's & A Whole Lot Of Fun!

ANSW State Relay Championships – Saturday, 19th & Sunday 20th November, 2005 at Homebush.

We had 13 teams compete at the State Relays this year. While we didn't have as many teams as last year, the teams we had this year were more competitive with a number of our athletes doing PB's. A number of athletes from the other clubs commented on how good it was to compete with us. We have certainly come a long way since this time last year. We are getting noticed more and more and the other clubs now know we are a force to be reckoned with. While medals are not always a measure of performance or the effort put in, it was great that our Men's U/20 4 x 1500m team consisting of Jamie Sherson, Brad Milosevic, Adam Sinclair and Nick Hanna were able to secure a bronze medal in this event. They have all worked hard on their fitness and speed this season and reaped the rewards for their hard work. Another standout was our Men's 160+ 4 x 200m team who finished a fast finishing 4th. Our Men's 160+ 4 x 1500m, 4 x 400m and 4 x 800m teams were also competitive throughout with at least one PB being done by a team member in each of these events. We had a very small Women's team this year but each member put in a strong effort and thoroughly enjoyed the weekend.

Saturday, 19th November

The weather was hot today with very little wind. At ground level, the track was like a furnace and there was very little relief throughout the day. Seven of our teams competed in the relays today. Our first event was the Women's U/18 4 x 1500m Walk. This very young team tried hard against much older opponents. Natalie Hendley (9:20), Erika Hendley (9:19) and Brenda Micallef (9:24), all performed well before potential champion Melissa Hayes brought it home in a great time of 7:33. They finished 5th overall. Our Men's 160+ 4 x 1500m was the next team to represent us on the track today. Keith Mayhew (5:16) gave us a solid foundation before Terry Rose (5:37) and Mark Attwood (5:25) did huge PB's. Garry Womsley (5:03) brought us home in 6th position. Our Women's Open 4 x 200m made up of Natalie Pellizzari, Katrina Russell, Stacey Argent and Lynette Smith ran strongly to finish in a combined time of 2:00.89. They placed 8th overall. Distance runner Garry Womsley almost had to become a sprinter very quickly but to his relief Wayne Thurlow, who got caught in the traffic, turned up in a nick of time to take his place in the Men's 160+ 4 x 100m. He was joined by Roger Mar, Vince Adams and Robert Giesler to finish 5th overall in a combined time of 53.73sec. Our Women's U/18 4 x 800m team was again a very young team and all members were backing up from earlier races. Stacey Argent (2:47), Melissa Hayes (2:53), Erika Hendley (3:00) and Natalie Pellizzari (2:45), all ran consistently to finish 8th overall in a combined time of 11:25.34. Three out of the four members of our Men's U/18 4 x 1500m team did PB's in finishing 6th overall in their event. Brad Milosevic (4:28), Adam Sinclair (4:39), Andrew Blunden (4:57) and Jamie Sherson (4:23) ran well in a great team effort. Our final event for the day was the Men's 160+ 4 x 400m. We were in with a good chance of featuring in the medals before finishing 5th overall in a combined time of 4:25.03. Wayne Thurlow (54sec) and Garry Womsley (1:00) both did PB's and were supported well by Robert Giesler and Roger Mar. Full results as follows: -

Men's 160+ 4 x 100m	ROGER MAR, VINCE ADAMS, WAYNE THURLOW, ROBERT GIESLER	Combined Time: - 53.73sec	Placing: - 5 th
Men's 160+ 4 x 400m	WAYNE THURLOW, GARRY WOMSLEY, ROBERT GIESLER, ROGER MAR	Combined Time: - 4:25.03	Placing: - 5 th

Men's 1600+ 4 x 1500m	KEITH MAYHEW (5:16), TERRY ROSE (5:37), MARK ATTWOOD (5:25), GARRY WOMSLEY (5:03)	Combined Time: - 9:46.34	Placing: - 6 th
Men's U/18 4 x 1500m	BRAD MILOSEVIC (4:28), ADAM SINCLAIR (4:39), ANDREW BLUNDEN (4:57), JAMIE SHERSON (4:23)	Combined Time: - 18:26.11	Placing: - 6 th
Women's Open 4 x 200m	NATALIE PELLIZZARI, KATRINA RUSSELL, STACEY ARGENT LYNETTE SMITH	Combined Time: - 2:01.21	Placing: - 8 th
Women's U/18 4 x 1500m Walk	NATALIE HENDLEY (9:20), ERIKA HENDLEY (9:19), BRENDA MICALLEF (9:24), MELISSA HAYES (7:33)	Combined Time: - 35:35.26	Placing: - 5 th
Women's U/18 4 x 800m	STACEY ARGENT (2:47), MELISSA HAYES (2:53), ERIKA HENDLEY (3:00), NATALIE PELLIZZARI (2:45)	Combined Time: - 11:25.34	Placing: - 8 th

Sunday, 20th November

The weather was a lot cooler today, which was a relief to everyone. Jumpers and jackets were the order of the day for everybody watching in the stands. The sky was overcast with a slight wind. Conditions were comfortable for athletics. Our first event for the day was our women's Open Discus team. This team was made up of two Masters athletes and two promising youngsters and performed well to finish 5th with a combined distance of 103.70m. Lynette Smith threw a best distance of 31.65m, Sharie Apikotoa was next best with 25.73m followed by Kelly Micallef (23.52m) and Andrea Hendley (22.80m). Our Men's 160+ Men's 4 x 200m were the real surprise packets of the meet and really shocked some of the more fancied clubs with their fast finishing 4th placing. Vince Adams, Wayne Thurlow and Rob Giesler all ran strong legs before passing the baton to speedster Ernie Leseberg who brought it home well to be just 1.38 sec from the bronze medal. Their combined time of 1:42.50 was outstanding. Our Men's U/18 4 x 800m team were fired up for a good performance and they didn't let anyone down. Brad Milosevic (2:12), Adam Sinclair (2:15), Andrew Blunden (2:23) and Jamie Sherson (2:07) worked well as a team and are still eligible for this age category next year so there is a promise of a lot more success to come. They placed 6th overall in a combined time of 8:57.59. Our Open Women's team backed in the Shot Put and performed strongly against some good opposition. They placed 6th with a combined distance of 32.27m. Sharie Apikotoa led the way with a best throw of 9.12m followed by Lynette Smith (8.25m), Andrea Hendley (7.78m) and Kelly Micallef (7.12m). Our Men's 160+ 4 x 800m proved to be competitive throughout their event in placing 5th in a combined time of 9:46.34. Wayne Thurlow got the team off to a good start with a time of 2:18.4. Michael Free (2:27.0) and Mark Attwood (2:32.6) both did personal bests while Garry Womsley did his second best time ever to bring the team home in a time of 2:28.5. Our Men's U/20 4 x 1500m saved the best till last with a bronze medal winning performance. Made up of three 16 year olds and an 18 year old, they gave away a lot of experience to the other teams. However, they showed good old fashioned Girraween courage and spirit to finish 3rd in a combined time of 17:58.65. Jamie Sherson (4:23) gave the team a strong start and this was consolidated by Brad Milosevic (4:35) and Adam Sinclair (4:51) before Nick Hanna (5:41) brought it home. Full results as follows: -

Women's Open 4 x Discus	KELLY MICALLEF (23.52m), LYNETTE SMITH (31.65m), ANDREA HENDLEY (22.80m), SHARIE APIKOTOA (25.73m)	Combined Distance: - 103.70m	Placing: - 5 th
Men's 160+ 4 x 200m	VINCE ADAMS, WAYNE THURLOW, ROBERT GIESLER ERNIE LESEBERG	Combined Time: - 1:42.50	Placing: - 4 th
Men's U/18 4 x 800m	BRAD MILOSEVIC (2:12), ADAM SINCLAIR (2:15), ANDREW BLUNDEN (2:23), JAMIE SHERSON (2:07)	Combined Time: - 8:57.59	Placing: - 6 th

Women's Open 4 x Shot Put	KELLY MICALLEF (7.12m), LYNETTE SMITH (8.25m), ANDREA HENDLEY (7.78m) , SHARIE APIKOTOA (9.12m) Combined Distance: - 32.27m Placing: - 6 th
Men's 160+ 4 x 800m	WAYNE THURLOW (2:18.4), MICHAEL FREE (2:27.0), MARK ATTWOOD (2:32.6), GARRY WOMSLEY (2:28.5) Combined Time: - 9:46.34 Placing: - 5 th
Men's U/20 4 x 1500m	JAMIE SHERSON (4:23), BRAD MILOSEVIC (4:35), ADAM SINCLAIR (4:51), NICK HANNA (5:41) Combined Time: - 17:58.65 Placing: - 3 rd

Our Athletes Again At Their Best At SMC – *SMC Road Race Series – Sunday, 20th*

November, 2005 at Rossford Street Reserve (5km, 10km & 21.1km)

5km

Terry Rose ran his best race of the year to be our first runner home in a great time of 21:39. He placed 7th overall and 2nd in the over 50 category. Michael Christie was our only other representative in this race today and he placed 22nd overall in a time of 26:17. He placed 10th in the 35-49 age category. It was a season best time for Michael. Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>	<u>Age Group Placing</u>
1) TERRY ROSE	21:39	7 th	2 nd (Over 50)
2) MICHAEL CHRISTIE	26:17	22 nd	10 th (35-49)

10km

We had three representatives in the 10km race today. The promising Geoff Sheargold was our first runner home in a good time of 41:35. He placed 10th overall and 1st in the under 20 category. Michael Hehir improved his time by 2:50 from last month to be our next runner home in a time of 52:03. He placed 41st overall and 9th in the 45-54 category. In the process, he turned the tables on Roger Mar who was nipping at his heels with a time of 52:20. He placed 43rd overall and 10th in the 45-54 category. Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>	<u>Age Group Placing</u>
1) GEOFF SHEARGOLD	41:35	10 th	1 st (Under 20)
2) MICHAEL HEHIR	52:03	41 st	9 th (45-54)
3) ROGER MAR	52:20	43 rd	10 th (45-54)

21.1km

Graham Sheargold was our only representative in the long race today. He continued his consistent form to do his best time of the series with a very good 1:29.04. He placed 14th overall and 3rd in the 50-59 category. Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>	<u>Age Group Placing</u>
1) GRAHAM SHEARGOLD	1:29.04	14 th	1 st (50-59)

Our Athletes Show The Others How It's Done At Homebush & Tempe! - ANSW All-

Comers (Track & Field), Saturday, 26th November, 2005 at Homebush & ANSW All-Comers (Walks), Saturday, 26th November, 2005 at Tempe.

Five of our large Steeplechase squad competed tonight at Homebush in what was a great advertisement for our club. The blue and white dominated in all three races with two 1st placings, a 2nd, a 3rd and a 4th. It was a great reward for all the hard training that has been done so far this season. A warm, sunny day gave way to a pleasant night with a slight breeze. Good conditions to run in. In addition to our success in the Steeplechase, our athletes also did well in the 400m, 1500m and Hammer events. We also had a representative at the Race Walk All-Comers held earlier this morning at Tempe for yet another race win. It was certainly a golden day for our club at this level.

Melissa Hayes showed her undoubted potential with a huge win in the U/16 2000m Race Walk. She not only beat the girls, she gave the boys a lesson too. Her time of 10:26.0 was a massive 31 seconds in front of the second place getter.

Stacey Argent made her Steeplechase debut when she contested the Women's U/20 2000m event. Stacey, who has trained hard for the event recently, showed great technique over the dry steeples and despite a couple of slip ups at the water jump, ran a good even race to finish 4th in a good time of 9:07.53. She will be better for the run and will only go from strength to strength in the future. (And perhaps not get so wet!)

Natalie Pellizzari contested the U/18 400m event and ran strongly in her heat to finish 2nd in a time of 1:04.55. She placed 15th overall. After training over the hurdles recently, she is looking forward to contesting the 400m hurdle race being conducted on the 3rd December. She certainly has the strength and speed to be a success.

Gary Howard achieved a huge PB in the Open 1500m race. He finished 17th overall in a great time of 4:17.11. He completed his last lap in a very brisk 1:05.

Jamie Sherson, Brad Milosevic and Adam Sinclair got the "1, 2, 3" for Girraween in the Men's U/18 2000m Steeplechase (0.914m) tonight. All three of them achieved PB's in a great promotion for our Steeplechase training programme. Jamie finished 1st in a great time of (6:23.50) followed by Brad (6:57.60) and Adam (7:08.01).

Garry Womsley extended his unbeaten record to four races after taking out the Men's O/35 3000m Steeplechase. He was never extended but was happy with his technique in finishing in a moderate time of 11:29.94.

Champion thrower Lajos Joni continued his blazing form in taking out the Men's O/35 Hammer Throw. He achieved a best throw of 39.44m.

Full results as follows: -

	<u>Event</u>	<u>Time/Dist</u>	<u>Placing (Age)</u>
MELISSA HAYES	2000m Race Walk	10:26.0	1 st (U/16)
STACEY ARGENT	2000m Steeplechase	9:07.53	4 th (U/20)
NATALIE PELLIZZARI	400m	1:04.55	15 th (U/18)

GARY HOWARD	1500m	4:17.11	17 th (Open)
JAMIE SHERSON	2000m Steeplechase	6:23.50	1 st (U/18)
BRAD MILOSEVIC	2000m Steeplechase	6:57.60	2 nd (U/18)
ADAM SINCLAIR	2000m Steeplechase	7:08.01	3 rd (U/18)
GARRY WOMSLEY	3000m Steeplechase	11:29.94	1 st (O/35)
LAJOS JONI	Hammer	39.44m	1 st (O/35)

Happy Birthday!

We would like to wish all our members celebrating a birthday this month, a very Happy Birthday!

2nd: - Denis Andrew
 4th: - Steve O'Donnell
 5th: - Michael Hehir
 8th: - Gary Micallef & Lynette Smith
 11th: - Steve Parkins
 12th: - Keith Mayhew
 21st: - Roger Mar
 28th: - Tony Ward & Christine Wearne

Upcoming Events!

Club Events

Sat	3 rd Dec	Week B with distance event 3000m	(C.V. Kelly)	2.00pm
Tue	6 th Dec	Bankstown Sports Road Race Series	(The Crest)	6.45pm
Sat	10 th Dec	Week A with distance event 1500m	(C.V. Kelly)	2.00pm
Tue	13 th Dec	Bankstown Sports Night of Miles	(The Crest)	6.45pm
Sat	17 th Dec	Week B with distance event 5000m	(C.V. Kelly)	2.00pm
Tue	20 th Dec	Bankstown Sports Cross Country series	(The Crest)	6.45pm
Sat	24 th Dec	No Competition – Christmas Break		
Tue	27 th Dec	Bankstown Sports Road Race Series	(The Crest)	6.45pm
Sat	31 st Dec	No Competition – Christmas Break		

ANSW Events

Sat	3 rd Dec	ANSW All-Comers	(Homebush)	5.00pm
Sat	17 th Dec	ANSW All-Comers (Track & Field)	(Homebush)	5.00pm
Sat	18 th Dec	ANSW All-Comers (Walks)	(Tempe)	8.00am

AA Events

Thur-Sun 8-11 Dec Australian All-Schools & Youth Athletics Championships (Homebush)

Fun Runs & Other Events Of Interest

Sun	4 th Dec	Central Coast Half Marathon (21.1km & 9km)	(The Entrance)	
Wed	7 th Dec	Summer Series Orienteering (45 minutes)	(Northmead)	
		(Between 4.45pm & 6.45pm) – Hospital Farm Reserve – end Bevan St.		
Sun	11 th Dec	Illawarra Blue Stars Masters Meet	(Beaton Park)	1.30pm
Sat	17 th Dec	Mount Keira 2.5km & 5km Fun Runs	(Mount Keira)	8.00am
Sun	18 th Dec	Sydney Marathon Clinic Series (5, 10km & Long)	(Rossford)	7.00am

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: -

<i>Vince Adams</i>	<i>Treasurer</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>Winter Competition</i>	<i>9675-2167</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>Greg Sargeant</i>	<i>Fundraising</i>	<i>9626-6633</i>
<i>Lisa Grant</i>	<i>General Committee</i>	<i>9631-1236</i>
<i>Viv Manwaring</i>	<i>Registrar & Public Officer</i>	<i>9631-8887</i>
<i>George Milosevic</i>	<i>Canteen Manager & Park Trust Delegate</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Canteen Manager</i>	<i>9896-4654</i>
<i>Lynette Smith</i>	<i>ANSW Delegate & Blair Zone Delegate</i>	<i>9631-0651</i>
<i>Steve Williams</i>	<i>President</i>	<i>04252227669</i>
<i>Garry Womsley</i>	<i>Secretary & Coaching Co-ordinator</i>	<i>9636-6017</i>

<i>Vacancies</i>	<i>Publicity Officer</i>
	<i>Summer Competition</i>

Next Meeting: - Thursday, 2nd February, 2006.

Girraween Club Training

Days & Times

Do you want to get, fit, faster and do personal bests? Why not come down and train with us? We offer an extensive training programme as follows: -

Mondays & Wednesdays (6.30-8.00pm) – Track Training – Sprints/Middle/Long Distance/Introduction to Steeplechase at C.V. Kelly with Garry Womsley. (Phone: - 9636-6017)

Mondays & Wednesdays (6.30-8.00pm) – Training for beginners, juniors and Little A's with Gary Micallef (Phone: - 9631-2658)

Tuesdays – Advanced Steeplechase and hurdle training (including hurdling technique) at 6.30pm at Homebush with Garry Womsley. (Phone: - 9636-6017)

From The Athlete's Kitchen!

Singapore-Style Noodles

There's nothing like authentic Singapore-style noodles. They are very tasty and another great source of carbohydrate. They make a great meal the night before a big race. They are so simple to prepare. You too can prepare these at home in no time at all. As follows: -

Ingredients: -

One bunch of spring onions, finely sliced
One red capsicum, cubed
One dessert spoon of olive oil
One clove of garlic, sliced
2cm piece of fresh ginger, cut into match sticks
Four slices of ham diced (optional)
One small (125g) packet of cooked prawns
One (250g) packet of thin rice or egg noodles
One tea spoon of mild curry powder
A dash of soy sauce

Heat the oil in a wok and gently fry the garlic and ginger for a couple of minutes. Add the ham, curry powder, capsicum, prawns, soy sauce and spring onions, and heat through gently while the noodles are cooking. Cook the noodles following the packet instructions, drain and add to the other ingredients. Toss and serve.

Girraween Athletic Club

Athlete Profile!

This month, our Club Profile features distance runner Bill Flanagan. I've known Bill for about five years and have always enjoyed competing with him (even though he beats me most of the time!) He is not only a good athlete but a nice guy as well. Would you like to feature in this column? If so, please let me know. Otherwise I will be picking people at random. It could be you! Garry Womsley.

FULL NAME: - Bill Flanagan

AGE: - 45

WHAT SUBURB DO YOU LIVE IN? : - St.Clair

WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2002

WHEN DID YOU START ATHLETICS? : - ABOUT AGE 16 1976

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Richard Frost — with his stunning recall of times and figures — I can't remember my race times from last week, Richard remembers everyone's from three years ago

WHICH CLUB MATE INSPIRES YOU THE MOST? : - Garry Womsley Because of his anywhere, any time (8 days a week, 53 weeks a year)ability to

race well against anyone and share his knowledge and experience with every one else.

WHAT DO YOU DO FOR A LIVING? : - Purchasing Mgr

HOW MUCH TRAINING DO YOU DO A WEEK? : - Like to run every day – anywhere from 50-90 KMS

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - 2:36 marathon Canberra 1982. A long time ago! (Talk about living off OLD memories)

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - Sorry, can't think of one now

WHAT IS YOUR FAVOURITE FOOD? : - lasagne

WHAT IS YOUR FAVOURITE TV SHOW? : - The Simpsons

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - there is always a bright side to every situation

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - Deek and Lance A...

DO YOU PLAY ANY OTHER SPORTS? : - Currently dabbling in tri's – Really enjoying the cycling and swimming

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - Enjoy following my children's sports and activities

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Remember why you started – to enjoy.

DO YOU HAVE A COACH? : - NO.

WHAT ARE YOUR GOALS IN ATHLETICS? : - To maintain the desire and ability to keep enjoying training and competition

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - SAME OLD

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? :
- THE COST OF ADMINISTRATION OF GOVERNMENT AND BEAUCROCRACY – TOO MANY POLITICIANS, FATCATS AND CONSULTANTS AND TOO MUCH WASTE OF OUR MONEY....

Great Athletes of the Past!

Michael Christie brings us his usual feature on Great Athletes of the Past. This month he profiles one of the pioneers of the Women's Marathon Ingrid Kristiansen:-

Ingrid Kristiansen - Norway (1956-)

Ingrid Kristiansen was born in Trondheim, Norway on 21 March 1956. Her early years were spent

skiing in winter and running in summer. She became so proficient at skiing that she represented Norway in the European Junior Championships in the mid 1970s and made the Norwegian Winter Olympic team in 1976 as a cross country skier. However, while her running continued to improve rapidly, she still continued to pursue both sports until 1980, when she made the decision to concentrate on her athletics. While she had competed in her first marathon as early as 1977, her breakthrough in the sport came in 1980, when she won the Stockholm marathon in a time of 2:34:25. She made the 1980 Norwegian Olympic team, but did not compete in Moscow, due to the boycott of those games by Norway.

During the early 1980s, Kristiansen continued to improve, gaining places in major marathons, such as New York. In 1981 she also set her first 5000m world record with a time of 15:28:4. She gave birth to her first child in 1983, noting, 'I'd rather run two marathons back-to-back than give birth again' (Sandrock 1996, p328). She won the Houston marathon in 1983 and early in 1984 won her first London marathon in a time of 2:24:26. However, she was disappointing at the Los Angeles Olympics, finishing fourth behind Benoit, Greta Waitz and Mota. It was a wake-up call and it spurred her on to work harder and step out from Waitz's shadow. This came to pass at the London marathon of 1985, when she set a new world record of 2:21.06, breaking Benoit's old record by 1:37, a wonderful achievement. The quality of this effort is reinforced by the fact that this mark stood until 1998 when Kenya's Tegla Loroupe set a new world mark of 2:20.47 at Rotterdam.

There is no doubt that during the mid to late 1980s Kristiansen continued to be the finest all-round long-distance runner in the world. In 1985, she also set a new world record for the 10,000m at Oslo in a time of 30:39.42, a record that she lowered again the next year in a time of 30:13.74. This time stood until 1993 when broken by Wang Junxia of China. In the Chicago marathon of 1985, she also came second to Benoit after an epic struggle. 1986 was a tremendous year. She won the Boston and Chicago marathons. She won the European 10,000 Championships and also set a new 5,000m record of 14:37.33 which stood until 1995. In early 1987, she again won the London marathon, yet suffered an injury later on in the year, which affected her preparation for the World Championships in Rome. Despite this lack of preparation, Kristiansen still won the 10,000m title in a comfortable manner, reinforcing her position as the pre-eminent female long-distance runner of her time.

Early in 1988, Kristiansen won her fourth London marathon in a time of 2:24.41 and she entered the Seoul Olympics as the favourite for the 10,000m. Sadly, in the final when leading comfortably and appearing on track for the elusive Olympic gold medal, she had to pull out, suffering from a broken bone in her right foot. Despite this disappointment, she continued to run well in 1989 after her recovery, going on to win her second Boston marathon. In the latter half of the year, she won her only New York marathon in a time of 2:23.30. In 1990, she had her second child, a daughter. As her family commitments increased, she ran less and less, particularly after missing the 1992 Olympic Games through injury. A great career was drawing to a close. After her retirement, however, she had a third child and today continues to be involved with athletics, as well as raising her family in Oslo and running an internet web site with her husband, Arve. The topic, naturally, deals with fitness.

This is only a brief snapshot of Kristiansen's career. Without doubt, she rates as one of, if not the finest, all round long distance runner of all time. Kristiansen set world records over the 5,000m, 10,000m and the marathon as well as on the road. Many of these records also stood for a substantial period. She also won an extraordinary 14 of 23 marathons she competed in. As Jacqueline Gareau, a Boston marathon winner stated, 'Ingrid excelled at all these distances for a long, long time. It's hard to imagine anyone will ever match her records or her career'. (Sandrock 1996, p344). Whether this remains the case is debatable. However, there is no doubt that her place amongst the finest athletes in her sport is secure for all time.

Sources and Further Reading

Benyo, R & Henderson, L 2002 *Running Encyclopedia*, Human Kinetics, Champaign, Illinois

<http://ingrid-kristiansen.com/holisticfitness>

Knight, T & Troop, N 1988 *The Sackville Illustrated Dictionary of Athletics*, Sackville Books Ltd,
Stradbroke, Suffolk.

Madigan, M 1994 'Ingrid Kristiansen' in *Great Athletes The Twentieth Century 22*,
Supplement,
Salem Press, Pasadena, California.

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

Athletics Trivia!

This month we bring you some athletics trivia on Rob De Castella, arguably Australia's best ever Marathon runner: -

- Finished Top 10 in three consecutive Olympic Marathons
- Won the inaugural World Championship Marathon
- Set a World Marathon Record (2:07.51)
- Won 1982 & 1986 Commonwealth Games Marathons
- Represented Australia 18 times
- Still holds Australian Records for both the Marathon (2:07.51) and Junior 10,000m (28:50)
- Won multiple major city Marathons at Fukuoka (twice), Rotterdam (twice) and Boston

His record is truly impressive and will stand the test of time. More trivia next month.

Can You Help?

One of our members, Roger Mar is doing it tough at the moment with regard to employment. The company he has been employed with on a casual basis since early 2003 had not been giving him much work lately. As a result, Roger would like to find alternative employment. Is there anyone in our club who can provide Roger with employment or know someone who can? He is very experienced at all types of labouring jobs and is as strong as an ox. Like his running, he keeps going all day! If you can assist, please call Roger on 9723-6905.

World News!

6th November

Champion distance runner Sonia O'Sullivan is expected to represent two separate countries in successive weeks next year. She is hoping to become a dual passport holder (Australia/Ireland). If the paper work goes through, she could represent Australia at the Commonwealth Games and Ireland a week later at the World Cross-Country Championships in Japan. She is expected to set her sights on the 5000m at the Commonwealth Games. No Australian has yet bettered the "A" Qualifying standard of 15:20. (The Nationals will be held in Sydney in early February). O'Sullivan is a former World Champion & Olympic 5000m Silver medallist.

7th November

The prospect of competing at a Commonwealth Games is inspiring former champion track & field athletes out of retirement. When AA asked athletes to register for selection in the team for the Games in Melbourne in March, more than 500 applied. A few names were blasts from the past, including sprinters Tania Van Heer-Murphy, Nova Batman (nee Peris) and Pole Vaulter Viktor Chistiakov. Van Heer-Murphy and Batman have not competed on the circuit for five years.

8th November

Young throws champion Dani Samuels will experience an unusual lead up to next year's Commonwealth Games in Melbourne. She is thinking of trying out for the Bankstown Bruins basketball team in the ABA, the second tier competition behind the WNBL. Samuels has played at representative level in the past. If that wasn't enough, she is also doing some Gymnastics. She has the full blessing from her coach, as he believes that these extra activities will help her with her speed, agility, flexibility and overall fitness. To date she is the only Australian woman to have qualified for the Games in either the Shot Put or Discus. Her Discus best of 55.94m ranks her top ten in the Commonwealth.
