
The Girraween Athlete

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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More Of The Same!

We've had another huge month at Girraween. Our blue & white uniforms are being seen not only on Saturdays but in larger numbers on Sundays at fun runs. We had a huge crowd at the Blacktown Fun Run and had a number of placegetters. We were competitive at Miranda and at the time of writing, picked up two more State medals at Nowra. We also had a representative at the Australian Mountain Running Championships. Wherever we go, spectators are shouting "Go Girraween!" Let's show everyone we're here to stay. Until next month, happy running!

Our Members Tackle The Emu Plains

***Challenge!** – West Metropolitan Series – Saturday, 28th May, 2005 at River Road Reserve, Emu Plains.*

Our members got some good practice in for the upcoming cross country championships at Emu Plains today. With its undulating and winding paths and tracks, this run always throws up plenty of challenges for athletes of all standards and today was no exception. The weather was almost perfect down by the mighty Nepean River and it was great to see such a great turn out by our members once again.

2km: - A small contingent of Girraween athletes contested the shorter race today. Jonas Williams continued his fantastic form to again finish first in a great time of 7:41. Alyssa Perrott (8:22) was our first female finisher. Samantha Cubis again ran strongly finishing in a good time of 9:08. She finished narrowly ahead of a strong finishing Laura Flanagan (9:14). Roger Mar (9:41) had an early battle with Michael Christie (10:28) but pulled away from him in the latter stages.

Full results as follows: -

- | | |
|---------------------|---------------|
| 1) JONAS WILLIAMS | time: - 7:41 |
| 2) ALYSSA PERROTT | time: - 8:22 |
| 3) SAMANTHA CUBIS | time: - 9:08 |
| 4) LAURA FLANAGAN | time: - 9:14 |
| 5) ROGER MAR | time: - 9:41 |
| 6) MICHAEL CHRISTIE | time: - 10:28 |

5km: - We had a strong representation in the middle distance race today. Bill Flanagan has shown strong form this year and was at his best today. He finished in a great time of 19:14. Lynette Smith (20:36) was next in and the first female home. Young Adam Sinclair (20:49) kept her honest throughout. Michael Chaffin (21:34) and Terry Rose (22:27) kept their good form going as well. Viv Manwaring (23:15) continues to improve and finished ahead of our second female Stacey Argent (23:39). Nick Hanna's times continue to come down as he improves his fitness and finished in a good time of 24:09 in front of Gary Micallef (24:17) who has also worked hard. Running machine Roger Mar (26:01) was next in and had his normal whirlwind finish. Carly Eager (27:42) continues to make steady progress while Cath Germech (28:38) and Andrea Hendley (28:49) seemed to have found the right distance for them. Newcomer Richard Lamas (29:26) was steady as was Steve Halverson (30:16).

Top ten placegetters as follows: -

- | | |
|--------------------|---------------|
| 1) BILL FLANAGAN | time: - 19:14 |
| 2) ADAM SINCLAIR | time: - 20:36 |
| 3) MICHAEL CHAFFIN | time: - 21:34 |
| 4) TERRY ROSE | time: - 22:27 |
| 5) VIV MANWARING | time: - 23:15 |
| 6) STACEY ARGENT | time: - 23:39 |
| 7) NICK HANNA | time: - 24:09 |
| 8) GARY MICALLEF | time: - 24:17 |
| 9) ROGER MAR | time: - 26:01 |
| 10) CARLY EAGER | time: - 27:42 |

10km: - Young Brad Milosevic continues to go from strength to strength this season and again left the others in his wake finishing first in a great time of 37:43. Marathoner Mark Nichol was next in with a time of 39:14. Newcomer Felipe Blemith (39:43) continued his good form to finish in front of Wayne Thurlow (40:07). Richard Frost (43:18), Doug Perrott (43:34) and Wayne Jeff (43:50) were all within striking distance of each other. Graham Sheargold (44:12) was outstanding and finished in front of the legend Keith Mayhew (44:30) and a fast finishing Ed Salinas (44:31). Michael Free (46:17) continued his improved form while Steve Williams ran a steady 46:44. Steve Parkins tried hard and was rewarded with a good time of 47:31. Dennis Andrew (49:23) and Ken Scalley (49:27) had a titanic battle and Garry Page (50:21) wasn't far behind. The ever smiling Robert Eager (51:24) again enjoyed himself. Vince Adams (52:49) and Roger Mar (56:56) found the going tough.

Top ten placegetters as follows: -

- | | |
|-------------------|---------------|
| 1) BRAD MILOSEVIC | time: - 37:43 |
| 2) MARK NICHOLL | time: - 39:14 |
| 3) FELIPE BLEMITH | time: - 39:43 |
| 4) WAYNE THURLOW | time: - 40:07 |

5) RICHARD FROST	time: - 43:18
6) DOUG PERROTT	time: - 43:34
7) WAYNE JEFF	time: - 43:50
8) GRAHAM SHEARGOLD	time: - 44:12
9) KEITH MAYHEW	time: - 44:30
10) ED SALINAS	time: - 44:31

Doing The Soft Sand Shuffle! – Bondi Barefoot ***Classic (4km) – Sunday, 29th May, 2005 – Bondi Beach.***

The organisers, North Bondi Surf Club, seem to be on a real winner with this event. Held for the first time in 2004, where it clashed with The Great Nosh Footrace, they were not expecting the numbers that turned up this year. People came from everywhere. While the weather was cool, there was no rain like last year. There were three separate races on offer this year: - 4km, 10km and the 70m “Barefoot Bolt” which was a “skins” type race where the slowest runner was eliminated each time until there was only one left. They took home the prize. The two longer races were started by Sydney Roosters players Anthony Tupou and Adrian Morley which added a celebrity flavour to the day.

We had three representatives on the day and they all competed in the 4km race which was a twice out and back course along the length of the most famous beach in Australia. It was interesting to see some of the tactics that were employed. Some competitors hung in packs, while others ran wide and still others lengthened their stride as far as humanly possible. There really seemed to be no advantage on the day of hanging in a pack as others wider out were going faster. Scouting wide with a long stride and starting off steadily then finishing fast seemed to be the best way to go.

Garry Womsley was our first runner home. He started off slowly but flew home over the last 3km to finish in a time of 18:39. He was placed 8th overall and 3rd in the 40-49 age category. Newcomer Peter Henry got a good start and finished well to be our next runner to finish in a good time of 20:29. He was placed 22nd overall and 7th in the 30-39 age category. Terry Rose got the best start of all our runners and powered along early. He hung in there pretty well to finish in a time of 22:28. He was placed 41st overall and 2nd in the over 50's age category.

Full results as follows: -

1) GARRY WOMSLEY	time: - 18:39	8 th Overall	3 rd in 40-49 age
2) PETER HENRY	time: - 20:29	22 nd Overall	7 th in 30-39 age
3) TERRY ROSE	time: - 22:28	41 st Overall	2 nd in over 50 age

Peter Henry also contested the “Barefoot Bolt” and lasted three rounds before being eliminated. This was a fantastic effort in a hot field.

The organisers really put on a fantastic event. The only thing that could have been done better was the timing at the finish. Individual times were written on pieces of paper and handed to the runner who then went to a recording table. Unfortunately, mistakes were made on the day (especially when several runners crossed the line

within a few seconds of each other) and runners missed out on being presented their awards. However, the organisers have taken this on board and will use timing chips in 2006.

Nine Girraween Teams Contest The Cross Country Relays! – ANSW Cross Country Relay Championships – Saturday, 4th June, 2005 at Miranda Park.

We had a fantastic time at Miranda Park today. The weather was almost too good for this time of year. The hosts, Illawong Athletics Club again put on a great event and they should be congratulated for their improvisation of the course brought on by the construction work currently going on in the park. The new course was both challenging and enjoyable where good times had to be earned.

Thanks to a lot of hard work by Vince Adams, we were able to put nine teams together and we were very competitive in each of the races we contested. While we didn't win any medals on the day, our fantastic support for our runners and club spirit were there for all to see and was a fine example to all. That is worth more than any number of medals.

Open Female

Lynette Smith, Alexandra Tams, Theresa Truman and Carly Eager put in a fine effort in a very competitive race. Lynette (16:24) and Alexandra (16:59) were outstanding. The team finished in 18th position. Full results as follows: -

LYNETTE SMITH	time: - 16:24	THERESA TRUMAN	time: - 22:58
ALEXANDRA TAMS	time: - 16:59	CARLY EAGER	time: - 22:20

U/16 Female

Stacey Argent, Natallie Pelizzari, Erika Hendley and Melissa Hayes contested the last event of the day and had fantastic support from the rest of our members. Melissa in particular was given a lot of encouragement as she tried hard on the difficult course. Melissa's 18:05 was the fastest in the team just ahead of Stacey (18:27) and Natalie Pelizzari (19:00). The team finished in 8th position. Full results as follows: -

STACEY ARGENT	time: - 18:27	ERIKA HENDLEY	time: - 20:21
NATALLIE PELIZZARI	time: - 19:00	MELISSA HAYES	time: - 18:05

Open Male

Terry Rose, Nick Hanna, Chris Mackey and Richard Frost contested this blue ribbon event of the day. There were a huge number of teams in this category and our Girraween team did us proud. Richard (16:37) was the outstanding performer with late inclusion Terry Rose (17:59) and Chris Mackey (18:08) also doing well. The team finished in 25th position. Full results as follows: -

TERRY ROSE	time: - 17:59	CHRIS MACKEY	time: - 18:08
NICK HANNA	time: - 20:09	RICHARD FROST	time: - 16:37

Over 35 Male

We were able to field two teams in this age group. The “A” team was made up of Wayne Thurlow, Ed Salinas, Doug Perrott and Garry Womsley while the “B” team was made up of Steve Parkins, Steve O’Donnell, Gary Micallef and Michael Free. Wayne (16:01) was our best performer in the “A” team just in front of Garry (16:29) and Doug (16:38) while Steve Parkins (17:53) was outstanding for the “B” team. The “A” team finished in 6th position while the “B” team finished in 15th position. Full results as follows: -

“A” TEAM

WAYNE THURLOW
ED SALINAS
DOUG PERROTT
GARRY WOMSLEY

time: - 16:01
time: - 17:10
time: - 16:38
time: - 16:29

“B” TEAM

STEVE PARKINS time: - 17:53
STEVE O’DONNELL time: - 19:30
GARY MICALLEF time: - 19:57
MICHAEL FREE time: - 18:18

Over 45 Male

We also fielded two teams in this age group. In fact the Over 45 “A” team led our Over 35 “A” team for quite a bit of the relay which was a great achievement. The “A” team consisted of Bill Flanagan, Steve Williams, Mark Attwood and Graham Sheargold while the “B” team consisted of Robert Eager, Roger Mar, Vince Adams and Eddie Makki. The outstanding performers were Bill Flanagan with a red hot 15:23, Graham Sheargold (17:30), Steve Williams (18:00), Mark Attwood (18:21) and Robert Eager (19:20). The “A” team finished in 11th position while the “B” team finished in 16th position. Full results as follows: -

“A” TEAM

BILL FLANAGAN
STEVE WILLIAMS
MARK ATTWOOD
GRAHAM SHEARGOLD

time: - 15:23
time: - 18:00
time: - 18:21
time: - 17:30

“B” TEAM

ROBERT EAGER time: - 19:20
ROGER MAR time: - 20:53
VINCE ADAMS time: - 19:59
EDDIE MAKKI time: - 19:50

Over 55 Male

The in-form team of Ken Scalley, Viv Manwaring, Dennis Andrew and Keith Mayhew contested this age category. They did well to achieve 8th position in a very competitive race with Keith showing the way with 18:23. However Ken (18:42) and Viv (18:51) were not far behind. Full results as follows: -

KEN SCALLEY
VIV MANWARING

time: - 18:42
time: - 18:51

DENNIS ANDREW time: - 19:04
KEITH MAYHEW time: - 18:23

Under 18 Male

Our emerging talent was there for all to see in this race. Young guns Brad Milosevic, Adam Sinclair and Jamie Sherson were joined by the much younger but equally as promising Blake Johnson to form a formidable team. Brad (14:03) and Jamie (14:06) had their own little battle and combined with Adam (15:49) and Blake (16:40) to an outstanding 6th position. Full results as follows: -

BRAD MILOSEVIC time: - 14:03
ADAM SINCLAIR time: - 15:49

BLAKE JOHNSON time: - 16:40
JAMIE SHERSON time: - 14:06

Fun Runs

Garry Womsley contested the 2km fun run and was placed 2nd overall in a time of 7:46. He then backed up later in the day in the 3km fun run again placing 2nd (1st in the O/40’s) in a time of 12:38. Nick Hanna (16:10) and Roger Mar (16:56) also contested this race and kept our colours flying.

Girra. Members Make The Blacktown

Fun Run Their Own! – Blacktown City Fun Run (4km, 10km run & 10km Walk) - Sunday, 5th June, 2005 at Blacktown Olympic Centre, Rooty Hill.

Over twenty of our members competed in the running and walking events on offer today at Rooty Hill. The weather again was perfect with the sun shining and no wind. Our members looked fantastic in their blue and white gear and the race organisers and even some of our fellow competitors were very impressed with our club spirit and sportsmanship.

4km: - We had a huge representation in this race. In a high standard race, Jamie Sherson was our first runner home in a great time of 12:32. He was 3rd overall. Bill Flanagan continued his great form to finish in a time of 13:54. He was 7th overall and 2nd in the 40-49 age category. Garry Womsley was not far behind him and finished in a time of 14:07. He was 9th overall and 3rd in the 40-49 age category. Doug Perrott ran a fantastic race to round out the top 10 in a very good time of 14:45. He was quite unlucky not to get an age group award and in most fun runs he would have but today, there were five over 40's in the top ten finishers. That goes to show how strong the field was. Terry Rose again ran well to be our next finisher home in a time of 16:03. He was placed 2nd in the 50-59 age category. Little Alyssa Perrott ran the race of her life to be our first female home and finished 24th overall in a fantastic time of 16:14. She was placed 1st in the under 13 age category. This was an outstanding effort for one so young. Erika Hendley also ran a strong race to finish in a time of 17:45. She was placed 3rd in the 13-16 age category. Natalie Hendley (18:48) also went well placing 72nd overall. Sprint specialist Rob Giesler tried his hand at the longer stuff and ran very well to finish in a time of 19:26. Andrea Hendley continued her steady form to finish in a time of 20:51. Amanda Giesler also went well to finish in a time of 24:35. She also placed 2nd in the 17-24 age category. Full results as follows: -

<u>Club Member</u>	<u>Time</u>	<u>Overall Placing</u>	<u>Category</u>	<u>Placing</u>
1) JAMIE SHERSON	12:32	3 rd	Overall	3 rd
2) BILL FLANAGAN	13:54	7 th	40-49	2 nd
3) GARRY WOMSLEY	14:07	9 th	40-49	3 rd
4) DOUG PERROTT	14:45	10 th	40-49	4 th
5) TERRY ROSE	16:03	20 th	50-59	2 nd
6) ALYSSA PERROTT	16:14	24 th	Under 13	1 st
7) ERIKA HENDLEY	17:45	55 th	13-16	3 rd
8) NATALIE HENDLEY	18:48	72 nd	Under 11	11 th
9) ROB GIESLER	19:26	85 th	40-49	8 th
10) ANDREA HENDLEY	20:51	109 th	40-49	7 th
11) AMANDA GIESLER	24:35	157 th	17-24	2 nd

10km Run: - Another huge contingent of Girraween members took part in this race. Held on a similar course to the recent Lest We Forget race, the times were fast and the performances of a high standard. Newcomer Felipe Blemith was our first runner over

the line in a great time of 35:43. He was 10th overall and 2nd in the 17-24 age category. Wayne Thurlow (38:00) and Richard Frost (38:01) had a close battle throughout the race with Wayne just prevailing. Brad Milosevic (40:19) just shaded Adam Sinclair (same time) to take out 3rd in the under 17 age category. It was a fantastic effort from two of our younger members. To place 29th and 30th overall at their age was a fantastic achievement. Lisa Grant was our first female home in a great time of 41:20. She took out the 17-24 age category in the process. Nick Hanna has improved his fitness throughout the season so far with his enthusiastic approach to training on Mondays and Wednesdays and was rewarded with a good time of 45:42. He was placed 4th in the 17-24 age category. Stacey Argent backed up well after a hard race at Miranda yesterday to finish in a time of 45:58. She also took out the under 17 category. Robert Eager (46:28) put in a remarkable performance to finish in front of Vince Adams (46:53). Theresa Truman in her first 10km race did well to finish in a time of 50:33 while Steve Williams (50:35) and Roger Mar (same time) had a real battle over the final few kilometres. Michael Christie improved his 2004 time by a number of minutes and finished in a time of 54:26 just in front of Carly Eager (55:11). Full results as follows: -

<u>Club Member</u>	<u>Time</u>	<u>Overall Placing</u>	<u>Category</u>	<u>Placing</u>
1) FELIPE BLEMITH	35:43	10 th	17-24	2 nd
2) WAYNE THURLOW	38:00	18 th	25-39	7 th
3) RICHARD FROST	38:01	19 th	25-39	8 th
4) BRAD MILOSEVIC	40:19	29 th	Under 17	3 rd
5) ADAM SINCLAIR	40:19	30 th	Under 17	4 th
6) LISA GRANT	41:20	39 th	17-24	1 st
7) NICK HANNA	45:42	61 st	17-24	4 th
8) STACEY ARGENT	45:58	65 th	Under 17	1 st
9) ROBERT EAGER	46:28	70 th	50-59	10 th
10) VINCE ADAMS	46:53	73 rd	50-59	11 th
11) THERESA TRUMAN	50:33	95 th	25-39	5 th
12) STEVE WILLIAMS	50:35	96 th	40-49	17 th
13) ROGER MAR	50:35	97 th	40-49	18 th
14) MICHAEL CHRISTIE	54:26	125 th	40-49	24 th
15) CARLY EAGER	55:11	128 th	17-24	5 th

10km Walk: - We had one representative in this race. Melissa Hayes has done well at race walking in recent times and carried that form with her to Rooty Hill today. She was not only the first female competitor over the line she was also the first overall. This was a fantastic achievement from one of our younger members to not only win but to win by such a big margin (51 sec). She finished in a time of 1:02.8.

<u>Club Member</u>	<u>Time</u>	<u>Overall Placing</u>	<u>Category</u>	<u>Placing</u>
1) MELISSA HAYES	1:02.8	1 st	Overall	1st

Team Results

<u>4km Parent & Child U/13</u>	<u>Time</u>	<u>Overall Placing</u>
Doug & Alyssa Perrott	14:45 & 16:14	1 st
Andrea & Natalie Hendley	20:51 & 18:48	7 th

10km Open Teams

Lisa Grant, Stacey Argent	41:20, 45:58 &
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Lucky Draws

The shout went up when our members won lucky draws. Our two lucky recipients were Richard Frost and Robert “John Denver” Eager. They both received a bag of goodies from the organisers.

Support Crew

Many thanks once again go to the Argent and Milosevic families for their endless cheering and support of our runners, also for their fantastic photography.

Happy Birthday!

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

7th: - Megan O'Donnell
13th: - Darren Gould
15th: - Brendan Weyland
16th: - Emma Treadwell
20th: - Chris Flower
22nd: - David Wallis
23rd: - Bill Goodin
24th: - Chelsea Austin, Cath Germech
26th: - Garry Womsley
28th: - Jonas Williams

Upcoming Events!

Club Events

Sat July 2nd: - 8th WEST METROPOLITAN - Cowell's Lane (Ermington)

Sat July 9th: - 9th WEST METROPOLITAN - Upjohn Park (Dundas)

Sat July 23rd: - 10th WEST METROPOLITAN - Ford Park (Northern bank of Cook's River)

ANSW Events

Sat July 16th: - NSW CROSS COUNTRY (SHORT COURSE)

CHAMPIONSHIPS

Sat July 30th: - NSW ROAD RELAY CHAMPIONSHIPS

Fun Runs & Other Events Of Interest

Sat July 2nd: - Sydney Striders Road Race Series (10km) – Homebush – 7.00am

Sun July 3rd: - Gold Coast Airport Marathon Festival (42.2km, 21.1km or 10km)

Sun July 10th: - Great Nosh Footrace (15km) – Lindfield Oval – 10.00am

Sun July 17th: - 31st Shoalhaven King of the Mountain (32km) - Nowra – 9.00am

Sun July 17th: - Cherrybrook Chase Fun Run

Sun July 17th: - Red Cross Fun Run (4km or 8km) – Parramatta Park – 8.30am

Sun July 24th: - Sutherland to Surf (11km) – 9.00am

Sat July 30th: - Canberra Bush Marathon & supporting events (from 7.30am) – refer

www.mountainrunning.coolrunning.com.au

Sun July 31st: - Warrumbungle National Park Marathon (50km, 42.2km, 21.1km,
10km or 5km) – Coonabarabran – 7.30am

Sun July 31st: - Bay Run (7km) – Leichhardt Rowing Club – 8.00am

Our New Club Committee For 2005-2006!

Our newly elected 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 & Winter Competition</i>	<i>9863-2731</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Kathy Austin</i>	<i>Fundraising & Club Records</i>	<i>9688-2390</i>
<i>Jean Davis</i>	<i>General Committee</i>	<i>9896-1136</i>
<i>Robert Eager</i>	<i>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>0425233690</i>
<i>Garry Womsley</i>	<i>Secretary & Coaching Co-ordinator</i>	<i>9636-6017</i>

Vacancies ***Publicity Officer***
 Summer Competition

***Next Meeting: - Thursday, 14th July, 2005 at 7.30pm. Please note: -
This meeting will be held at the upper room at C.V. Kelly Park, Oramzi
Road, Girraween.***

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 – There will be no further steeplechase training until 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 Soon!

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!

The Negative Split

You may have heard the term “negative split”. But what does it mean? I’m glad you asked! To negative split a race means that you ran the second half of it faster than the first half. However, to actually do this in a race is easier said than done as the body naturally fatigues the further we go. This normally means we slow down.

While your body will always experience fatigue, you can keep it at bay for longer. The best way to do this is to devote at least one training session a week to coming home stronger after the half way mark than you did going out.

This can be done by planning an “out and back” course which is preferably flat. Run at close to race pace. (Don’t cheat by running the first half slow!) Organise it so that when you get to the half way point you can take note of your time. You then try to beat that time in the second half of your run. It is not easy to do this but the more you work at it, the easier it becomes.

You will soon find that your body will really lift over the last few kilometres in races as a result of this training. You will find that you are starting to pass other runners toward the end of your races. Even if you can’t negative split, you will feel fitter, faster and stronger than you ever did before. We will bring you another useful tip next month.

World News

31st May

Marion Jones (11.29 sec) was second behind former training partner Chandra Sturup at Hengelo, Holland.

2nd June

Triple Sydney Olympic Gold Medallist Marion Jones ran 11.67 sec in the 100m yesterday at the Grand Prix Regione Lombardia where there was a significant head wind. She

was slow out of the blocks after one false start. She again had to settle for 2nd behind Chandra Sturrup from the Bahamas (11.42 sec).

3rd June

Australian Shot Put champion Justin Anlezark who is on the comeback trail after sustaining an horrific finger injury at the Athens Olympics, may miss the World Championships in Helsinki in August due to a recurrence of the injury during training recently. He said that he would rather be 100% for the Commonwealth Games than risk further injury in Helsinki.

5th June

Premier Australian distance runner Craig Mottram ran the fastest 5000m race of the year at the IAAF Seville Grand Prix. His time was 13:04.06. He defeated Kenyans Isaac Songok (13:06.22) and Moses Mosop (13:06.83)

It was a day of fast times with Daniel Komen of Kenya clocking 3:31.46 for 1500m and Amine Laalou of Morocco clocking 1:44.22 for 800m. Both times were the fastest recorded so far for 2005.

Meanwhile, in the USA, Tim Montgomery had to settle for 7th place in the 100m event at the Prefontaine Classic. Olympic Champion Justin Gatlin and Jamaican Asafa Powell scorched the track to finish with a time of 9.84 sec. The race was awarded to Gatlin by an eyelash.

7th June

Australia have now finalized their team for the World Championships to be held in August in Helsinki: -

Men: -

100m - Joshua Ross, Patrick Johnson
200m - Daniel Batman, Patrick Johnson
400m - John Steffensen
5000m - Craig Mottram
10000m - Craig Mottram
Marathon - Scott Westcott
3000m Steeplechase - Peter Nowill
20km Walk - Nathan Deakes, Luke Adams, Jaryd Tallent
50km Walk - Nathan Deakes
Pole Vault - Paul Burgess, Scott Hooker, Dmitri Markov
Shot Put - Justin Anlezark
4 x 100m - Daniel Batman, Patrick Johnson, Kris Neofytou, Joshua Ross and Matt Shirvington

Women: -

200m - Lauren Hewitt
5000m - Benita Johnson

10000m - Benita Johnson
400m Hurdles - Jana Pittman
20km Walk - Jane Saville, Cheryl Webb
Heptathlon - Kylie Wheeler

Sprinter Clinton Hill was not considered due to injury. As a result, a 4 x 400m Relay team has not been nominated. The team of 23 athletes will be the smallest sent to a World Championship since 1993. However, hopes are held high with 15 of the athletes selected currently ranked in the top 16 in the world on performances in 2005.

12th June

Marion Jones and partner Tim Montgomery again struggled for form in a meet at Monterrey, Mexico yesterday. There are now grave doubts about either athlete will qualify for the upcoming World Championships. Jones was 4th in the women's 100m in a time of 11.4 sec. Montgomery was 5th in the men's 100m in a time of 10.43 sec.

15th June

Craig Mottram continued his good form with a win in a 1500m race in Gothenburg, Sweden. The Olympic 5000m finalist clocked 3:36.68, just one second outside his best.

Jana Pittman had a triumphant return to form in Athens and is now very confident of defending her world title in Helsinki in August. She set the fastest time in the world this year in winning the 400m Hurdles in a time of 53.44 sec. She bettered her previous best mark for 2005 by more than 2 seconds. She also ran 0.48 sec faster than she did in the Olympic final. Her next outing will be in the Golden League meet in Paris on July 1, the scene of her 2003 World Championship triumph.

Jamaican Asafa Powell made history when he broke the 100m world record today in Athens. He beat Tim Montgomery's previous mark by 0.01 sec in clocking 9.77 sec. He defeated Aziz Zakari of Ghana (9.99 sec) and Michael Frater also of Jamaica (10.03 sec). Athens has been a happy hunting ground for the 100m with Maurice Greene also bettering the then world mark at the same venue in 1999. For the record, here are the previous 100m world record holders and their times since 1968: -

9.95 sec - Jim Hines (US) - 1968 - Mexico
9.93 sec - Calvin Smith (US) - 1983 - Colorado Springs (US)
9.92 sec - Carl Lewis (US) - 1988 - Seoul

9.90 sec - Leroy Burrell (US) - 1991 - New York
9.86 sec - Carl Lewis (US) - 1991 - Tokyo
9.85 sec - Leroy Burrell (US) - 1994 - Lausanne (SUI)
9.84 sec - Donovan Bailey (Canada) - 1996 - Atlanta (US)
9.79 sec - Maurice Greene (US) - 1999 - Athens
9.78 sec - Tim Montgomery (US) - 2002 - Paris
9.77 sec - Asafa Powell (Jamaica) - 2005 - Athens

Athletics Trivia!

Most Men's Athletics Olympic Gold Medals!

Raymond Clarence Ewry (USA) won 10 Olympic Gold Medals, in the standing high, long and triple jumps in 1900, 1904, 1906 and 1908. This is a record which will probably never be broken.

Most Women's Athletics Olympic Gold Medals!

In contrast, the women's record is up for grabs! The most Olympic Gold Medals won by a woman is four and is held by four athletes: - Francina "Fanny" Elsjé Bankers-Koen (Netherlands) for the 100m, 200m, 80m Hurdles and 4 x 100m Relay in 1948, Betty Cuthbert (Australia) for the 100m, 200m and 4 x 100m Relay in 1956 and the 400m in 1964, Barbel Wöckel (GDR) in the 200m and 4 x 100m Relay in 1976 and 1980 and Evelyn Ashford (USA) in the 100m in 1984 and 4 x 100m Relay in 1984, 1988 and 1992.

There will be more interesting trivia next month.

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 – Basic Course

This course is for those interested in coaching at Little A's level and is also a starting point for those who want to eventually complete the Level One Event Specific Courses to coach athletes of all ages. The remaining course will be run over two weekends and will be held on the following date: -

Saturday, July 23rd – Sunday, July 24th & Saturday, August 6th – Sunday, August 7th.

The 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)

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 also 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)

Proposed Summer Season Dates For Your Diary!

2005/2006 Draft Calender of Events

Day	Date	Event	Location
September, 05			
Thurs-Sat	8th-10th	Combined High Schools	Sopac
Thur-Sun	22nd-25th	NSW All Schools Champs	Sopac
October, 05			
Sat	1st	10k Track Champ + "Intro to Seniors Athletics	Sopac
Sat	8th	Club Premiership	Narra/Bank The
Sat	15th	Club Premiership	Ridge/Black C'town/ES
Sat	22nd	Club Premiership	Marks
Sat	29th	Club Premiership	Bank/Mingara
November, 05			
Sat	5th	Club Premiership	Sopac
Sat	12th	Club Premiership + State 3k Champ	Sopac
Sat-Sun	19th-20th	NSW State Relay Champs	Sopac
Sat	26th	Allcomers	Sopac
December, 05			

Sat	3rd	Club Championship (Night Comp)	Sopac
Thur-Sun	8th-11th	IGA Australian All Schools	Sopac
Sat	17th	Allcomers	Sopac

January, 06

Sat	7th	Allcomers (Night Comp)	Sopac
Fri-Sun	13th-15th	NSW Open & U18 Championships	Sopac
Wed	19th	State 5km Champs	Bank??
Sat-Sun	21st	Country Championships	??
Sat	28th	Allcomers	Sopac

February, 06

Fri-Sun	3rd-5th	National Open & U18 Champs & CG Trials	Sopac
Sat-Sun	11th-12th	NSW U23/U20 & U16 Championships	Sopac
Sat-Sun	18th	Allcomers	Banks
Sat	25th	Syd Uni Track Classic + Allcomers	Sopac

March, 06

Sat	4th	Allcomers	Banks
Fri-Sun	10th-12th	IGA National U23/U20 Championships	Adelaide
Sat	11th	??	
Wed-Sun week	15th-26th	Commonwealth Games (Athletics 19th-25th)	Melbourne
Sat	18th	Allcomers	Banks
Sat	25th	Allcomers	Banks

April, 06

Sat-Sun	1st-2nd	NSW Masters Championships	Sopac
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Be Seen In Our Range Of Girraween Apparel!

With the increased membership and interest in our club, people are really noticing our members that show the club's colours before, during and after their races. We have a fantastic range of Girraween apparel which will not only help you to be noticed but will make you feel proud to be a part of our great club. Besides all that, what a great fashion statement!

Singlets: - We have plenty of stocks of our famous "Blue with White Braces" singlets available. With the championships coming up, this is a "must have" item. Already got one? No problem, a spare singlet will never go astray. Particularly if you run on Saturday and then back up for a fun run on Sunday. Got an old singlet? Why not update? Our latest singlets are made from a lighter weight, sweat absorbent material that will not only keep you cool, but also drier. If you are interested in purchasing a singlet, please contact Lynette Smith or see her at any of our Saturday events.

Socks: - We still have plenty of stock of our “Girraween Athletics” signature socks. These have been a real hit with our members. These socks are both comfortable and durable. There’s nothing worse than getting socks that only last a short time. You won’t have that problem with “Girraween Athletics” signature socks. Looking for that next elusive P.B.? You could achieve it wearing these socks. Comfortable feet, means fast feet! If you are interested in purchasing our socks, please contact Lynette Smith as per above. Hurry! They’re running out the door.

Track Suits: - Our track suits have proved very popular over the last few years. Quite often we have stood out in the crowd at West Mets or at the Championships. They are both comfortable and warm and a great addition to the rest of our uniform, particularly with winter now with us. Who knows? Perhaps we can start a new fashion trend. Before we know it we will be getting calls from super models wanting to model them on the cat walk! If you are interested in adding this fashion accessory to your wardrobe, please contact Steve Williams or see him at any of our Saturday events. He will add your name to the list so it can be ordered for you.

From The Athlete’s Kitchen!

Mexican Rice

While it’s good to carbo load before a big race, all athletes need to keep a balance. We should not neglect protein and iron so that our energy levels don’t diminish. This recipe supplies a good amount of iron, fat and carbohydrate as well as a medium amount of protein. It also freezes well so make a bit extra and heat it up as you need it: -

This makes 4 serves for athletes with higher energy needs, or 6 serves for athletes with lower energy levels.

Ingredients: -

Olive or Canola oil spray
1 small onion, diced
1 tsp minced garlic
1 tsp minced chilli
1-1/2 to 2 cups long-grain white rice
½ cup tomato puree
3 cups Maggi real Chicken Stock
2 carrots, diced
½ cup fresh or frozen peas
420g can of four bean mix, rinsed and drained
½ cup blanched almonds

Spray a non-stick saucepan with oil and cook onion, garlic and chilli over medium heat until soft. Add rice and cook, stirring for 2 minutes. Add tomato puree and cook for a further 2 to 3 minutes. Add stock and bring to the boil, then add vegetables and beans. Reduce heat to low, cover and simmer for 15 minutes. Stir in almonds and heat through.

Out & About With Our Athletes!

3rd June

Keith Mayhew contested the Sydney Striders 10km road race held this morning at Lane Cove. He placed 100th overall in a good time of 41:36.

4th June

Lisa Grant placed 1st in the 8km walk in a great time of 39:23 at the NSW Race Walkers Series at Gough Whitlam Park.

18th June

Garry Womsley contested the Australian Mountain Running Championships (13.3km) in Mount Majura, A.C.T. today. He placed 30th overall and 4th in the 40-44 age category in a time of 1:36:18.

Lisa Grant placed 1st in the 12km walk in another great time of 58:55 at the NSW Race Walkers Series at Tempe.

19th June

Garry Womsley contested the Terry Fox Fun Run (10km) that started and finished at the Canadian High Commission in Canberra. He finished in a time of 43:28.

Sun-Herald City2Surf – 35 Years Young!

The recent supplement in the Sun-Herald recently brought up some very interesting statistics and nostalgia. 1978 winner Chris Wardlaw went on to become the coach of the legendary Steve Moneghetti the current record holder. Rob De Castella the winner in 1977 and 1981 went on to conquer the world as a Marathoner. John Farrington (1972-74) became a legend by winning three consecutive City to Surfs long before it became the institution that it is today. Tim O'Shaughnessy, the winner of the 1976 and 1980 races went on to become the coach of another winner in Haley McGregor. 1973 female winner Therese Bell became the first Australian woman to break the magical three hours for a Marathon.

Also featuring in this must read supplement was our very own legend Keith Mayhew. For those that are unaware, Keith has contested every City to Surf since it started in 1971. As a result, he is also regarded as a "City to Surf Legend", a name given to that select band of athletes that have contested every race. For the record, Keith was placed 10th in the first ever race in a time of 46:58. His time was the fastest of any of the legends. The photo of Keith was also unique in the fact that he didn't have his cap on. A number of our members commented that they had never seen him without his cap. Now they have!

Entries for this year's race are now open. Entry forms are available each Sunday in the Sun-Herald. We will again organise a Girraween member's dress rehearsal a few weeks before the big event like we did last year. Details will be passed on to our members when they are known.

Our Members Pull In The Trophies At The SMC Presentation Night!

As was the case in 2003-2004, our members again picked up some end of season awards at the SMC presentation night.

Full details as follows: -

Road Race Series Award - Long Runs
Male
40-49 3rd Graham Sheargold

5km Run Series
Male
50 & Over equal 1st Terry Rose

All 9 Races Completed
5km Run
Male: Terry Rose & Michael Christie

Congratulations to all those who competed during the 2004-2005 series and we look forward to more members competing when the new season starts in September.

Introducing The Girraween Sunday Training Run!

Wayne Thurlow is organising a regular Sunday training run around the Greystanes/Prospect area (and beyond) as follows: -

If you are interested in a training run on Sunday mornings a handful of members are going on a run through the Prospect Reservoir site towards the Olympic Equestrian venue in Abbotsbury. You are most welcome to join us. We plan to do this on a regular basis.

We will start at 7am sharp at Boothtown Reserve, Greystanes which is located on Gipps Road just south of Merrylands Road.

We park near the scout hall and follow the path of the former Sydney Water pipeline into the grounds of Prospect Reservoir through the car park below the reservoir and out the other side towards Horsley Road and across it into the Western Sydney Regional Park.

We will probably run outward for about 40 minutes before turning around and heading back in. The beauty of this course is that most of it is along a shared pedestrian/cycle way meandering through parklands. You can turn around any time you like and for those who like a long run you're not going to run out of pathway because it goes all the way to Liverpool. The varied gradient also makes it an ideal training ground for the City to Surf, a half or full marathon. We usually split into two groups catering for faster and slower speeds arriving back to our cars at a similar time.

We are currently trying to gain approval to paint kilometre marks along the way so that we can measure our running distances and times in preparation for the City to Surf in August and the Australian Half / Marathon in September.

For further information, please contact Wayne Thurlow on 0417216911

And please find below, a ringing endorsement of the run course from member Michael Christie: -

I went out for the run yesterday with some of the guys from the club. We started from the Boothtown Reserve in Gipps Rd Greystanes at 7.00am, headed out along the bike track up through Prospect Reservoir and continued on along out towards Horsley Park. I turned around at the 30 min mark as I was naturally much slower than the others but it was a good solid workout of an hour in total once I got back to the start point. Wayne, Doug & Brad continued further than I did. Suresh and Garry Page turned around a couple of minutes before I did. Even though the guys were too quick for me, the beauty of it for me was to run as far as I liked and then just turn around when enough is enough. It was a good reconnaissance though and I was happy to have done it. I would recommend it as a good variation to our normal runs that we do. However, there are two things to be aware of. When you reach your turn around point you run back smack into the sun, so you should wear a hat. It was not too bad yesterday as there was a lot of mist and the sun had not really broken through big time, but on other days this will be a big factor. Secondly, the earlier you go, the better. Even though it is quite chilly to start with, you warm up quickly. Once I neared the end there were a lot more cycles about which you really need to be aware of and look out for, which is not always easy when you are tired and running into the sun. Some of them were travelling. Hence the need for the early start, when there are very few cyclists about. It makes sense to start at 7.00am. That aside, it is a good, challenging hit out. I would not do it every Sunday, but I am glad to know it's there and thanks to Wayne Thurlow for publicising it.

*Kind Regards
Michael Christie*

Girraween Athletic Club
Athlete Profile!

This month, we feature one of the real personalities in our club, Roger Mar. Never before has there been someone so passionate and enthusiastic about their running. He thinks nothing about doing three races in the one day and then running home afterwards. Also, the longer the race, the better he likes it. He can run all day if he has to. Would you like to feature in this section? If so, please give a me call. We are always on the lookout for more people to feature. Garry Womsley.

FULL NAME: - Roger Laurence Mar
AGE: - 48 (49 in December)
NICKNAME(S): - "Roger Ramjet", "Roger the Dodger"
WHAT SUBURB DO YOU LIVE IN? : - Cabramatta
WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2004
WHEN DID YOU START ATHLETICS? : - 1987
WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Richard Frost
WHICH CLUB MATE INSPIRES YOU THE MOST? : - Garry Womsley
WHAT DO YOU DO FOR A LIVING? : - Mix pet food
HOW MUCH TRAINING DO YOU DO A WEEK? : - 5-7 Days (approx. 120km)
WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - Winning the last All-Comers
WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - Getting lost
WHAT IS YOUR FAVOURITE FOOD? : - Spaghetti or chicken
WHAT IS YOUR FAVOURITE TV SHOW? : - M.A.S.H.
WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Do your best
WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU?: - George Best, Ron Clarke
DO YOU PLAY ANY OTHER SPORTS? : - Ten pin bowling
DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - Not really
WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Enjoy
DO YOU HAVE A COACH? : - Garry Womsley and myself
WHAT ARE YOUR GOALS IN ATHLETICS? : - Get faster
WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - Running
IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? : - World peace

Great Athletes of the Past

Michael Christie again brings us his usual feature on Great Athletes of the Past. This month he features champion Scottish distance runner Liz McColgan.

Liz McColgan Great Britain (1964 -)

Liz McColgan was born Liz Lynch in Dundee, Scotland in May 1964. She grew up on a council housing estate there and attended the local St Saviour's Catholic school. It was while attending the school that notice of her athletic ability came to the fore when she won the Dundee Schools Championship as a twelve-year-old in 1976. It was around this time that she joined the local Hawkhill Harrier's and was to come under the guidance of her first coach, Harry Bennett who had a major influence in her formative years as an athlete. After competing in the 1982 World Junior Cross Country Championships she was spotted by an American college who offered her a scholarship. She was to spend two years at Ricks College in Idaho. This proved to be an important move for her from an athletic and personal viewpoint. It was here that she met her husband-to-be, Peter McColgan. After these two years she then transferred to the University of Alabama. Whilst here she competed all over the country against the leading American colleges over a variety of distances. She played an important role in helping the University of Alabama win the 1986 NCAA title, the first in their history. She competed in five events at these championships, the mile, two mile, 1000 yards, 1500m and 3000m and her points were a major factor in Alabama's victory. However she did not complete her course at Alabama due to a misunderstanding over appearance money for a road race in late 1985. Lynch was not at fault having taken unsound advice from a leading coach. Nevertheless, she returned to Scotland to prepare for the 1986 Edinburgh Commonwealth Games.

Despite the problems with these troubled games, with the various boycotts, it was to give Lynch one of her great athletic moments in her career, when she chased down New Zealand's Audain to win the 10,000m in front of her home crowd. It was one of the great moments at these games across all sports. She was a national hero. However, she came down to earth at the European Championships later in the year, coming 12th in the 3000m and 7th in the 10,000m. It was the wake up call she needed. After this, she was to be coached by John Anderson, one of Britain's leading coaches who had also coached Dave Bedford and Dave Moorcroft to name a few. This coaching relationship lasted through to 1990. Lynch arrived at the World Championships in Rome in 1987 hopeful of a good performance. She finished 5th in the 10,000m in a time of 31:19.82 behind the great Ingrid Kristiansen, despite running with severe blisters. Lynch was disappointed with her effort. However, 1987 was a special year in her life as she married Peter McColgan in October. He was to play an increasingly significant role in her career. Her next major target was the Seoul Olympic Games in 1988. In the 10,000m final Liz McColgan led from just past the half way mark. She shook everybody off bar the Soviet runner Olga Bondarenko who ran in her shadow for the second half of the race, then passing her on the last lap. McColgan, despite a valiant effort to catch her, was unable to do so. However, she had won the silver medal and it was a magnificent achievement. Nevertheless, she was still disappointed.

McColgan went on to defend her 10,000m title at the 1990 Auckland Commonwealth Games as well as coming 3rd in the 3000m. This year she also ended her coaching relationship with John Anderson. Her husband Peter became her coach. She also had her first child, a daughter Eilish in November 1990 and was back in training soon after. Within four months' of her daughter's birth she won a bronze medal in the World Cross Country Championships at Antwerp, Belgium. Her main aim for 1991 was to be in the World Championships in Tokyo. This was to be her greatest moment in Athletics. In extraordinarily tough conditions she ran a gutsy race beating two Chinese athletes to the gold medal in a time of 31:14.31 - a moment that Brendan Foster the legendary British runner was moved to state at the time as

'the greatest performance by a male or female British athlete in the history of long distance running' (Blue 1992, p152)

She was on top of the world. Then at the end of the year she debuted in the New York Marathon, which she won in a time of 2:27.32 - a sign of things to come in terms of the longer distance.

In 1992 McColgan had another busy year. She was to come 5th in the 10,000m at the Barcelona Olympics behind Ethiopia's Tulu and Meyer of South Africa. Though disappointed it eventuated that she had been suffering from anaemia. Once recovered, she won the inaugural World Half Marathon Championships. In 1992 she also won the Tokyo Marathon. She was also awarded the MBE for services to sport as well.

The rest of the decade was mainly spent competing in Marathons around the world, where she proved very competitive. She was 6th in her last major 10,000m world championships at Stuttgart in 1995. In terms of major marathons in London she was 3rd in 1993, 5th in 1995, 1st in 1996 in a time of 2:27.54, 2nd in 1997 and 2nd again in 1998. At Tokyo she was 7th in 1995 and 3rd in 1996. She came 16th in the

Marathon at the 1996 Atlanta Olympic Games. However, she had suffered a bug bite to her Achilles two days before the event and probably should not have participated. It was a testament to her courage that she competed as well as she did. It also has to be remembered that over this decade she suffered further injury as well as at various stages putting her career on hold to have more children. She retired in 2001 after suffering further injuries and a great career was over. However, she continues to contribute to her sport, as a coach of a promising group of youngsters, and in her appointment as Chair of Scottish athletics in late 2003. In November 2004 she was inducted into the Scottish Sports Hall of Fame.

We have only briefly touched on her career here, but without a doubt Liz McColgan remains one of Britain's greatest ever athletes. Her achievements were world class over a long period and she showed extraordinary dedication and determination to become the top level athlete she was, particularly in these long distance events she competed in. There remains little doubt that as a role model, especially for up and coming British female long distance runners, she has been the one to measure their achievements with. That in itself is a wonderful tribute to the athlete she was.

Sources and Further Reading

Blue, A 1992, *Queen of the Track: The Liz McColgan Story*, H.F. & G. Witherby Ltd, London.

<http://news.bbc.co.uk/sport1/hi/scotland/1485980.stm>

http://www.scottishathletics.org.uk/news_item.php

<http://www.sfxsports.co.uk/biogs.other.asp>

<http://www.sportsscotland.org.uk/ChannelNavigation/News> Topic

Stop Press!

On Saturday, 18th June, a huge contingent of our members travelled to Willandra Estate just outside of Nowra for the NSW State Long Distance Cross Country Championships. We are pleased to report that the following athletes received State medals: -

Keith Mayhew placed 3rd in the 55+ category and our O45 team (Graham Sheargold, Steven Williams, Mark Attwood and Roger Mar) also placed 3rd.

That brings our State medal tally for this season so far to four.

We will have a more comprehensive report of this event in the August edition of "The Girraween Athlete".

The following reports will also appear next month: -

June 11th – West Metropolitan – North Ryde

June 12th – Manly Soft Sand Classic

June 18th – Australian Mountain Running Championships

June 19th – Terry Fox Fun Run
