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# *The Girraween Athlete*

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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## *Another Fantastic Month!*

Welcome to the June edition of “The Girraween Athlete”. We have had another fantastic month. (1) We won two state medals, (2) we had a record representation (22) in the SMH Half Marathon and (3) we moved a step closer to incorporation. All these stories and more are covered in this month’s edition. Congratulations to all our members on their great efforts so far this season. The Blue & White is going places and others are noticing. Until next month, stay well, have fun and happy running.  
Garry Womsley

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## *Incorporation Is One Step Closer!*

After our special meeting on Tuesday, 17<sup>th</sup> May, we can safely say that we are one step closer to being incorporated. Our members voted overwhelmingly to approve the final draft by a majority of 22-0. Our newly appointed Public Officer Viv Manwaring will now contact ANSW and the Dept. Of Fair Trading to put the finishing touches to our proposal and keep the wheels in motion. This is definitely another important milestone in the history of our great club! Congratulations to Viv on all his hard work and patience.

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# *Our Members Make A Great Start To The Winter Rep. Season!* – *ANSW Novice Championships & Associated Events – Saturday, 30<sup>th</sup> April, 2005 – Scarborough Park, Ramsgate.*

29 of our members travelled to the Southern Suburbs to represent our club for the first championship event of the new season today. Hosted by the St. George club, this day, which includes the Male and Female Novice Championships, has become a real institution on the winter programme. Conducted on the parklands and bush around Scarborough Park, the course provides a pleasant but challenging setting for all athletes. The endless summer weather continued and the drink station provided welcome relief for all.

## 4km Fun Run

We had two representatives in this race. The race consists of two 2km laps. Our first runner home was young Natalie Pellizzari who finished in a good time of 18:08. Michael Christie, who has shown steady improvement of late, came home in a great time of 22:15. Full results as follows: -

1) NATALIE PELLIZZARI	time: - 18:08	62 <sup>nd</sup> Overall
2) MICHAEL CHRISTIE	time: - 22:15	96 <sup>th</sup> Overall

## 10km Fun Run

Garry Womsley and Keith Mayhew, who are ineligible for the Novice race, contested this event along with newcomer Nick Hanna. Garry continued his recent improvement to be first home in a time of 40:25. Keith had him in sight for most of the journey but couldn't catch him. He still finished in a good time of 41:55. Nick, who has attended training regularly, is gradually getting fitter and faster and finished in a promising time of 52:04. Full results as follows: -

1) GARRY WOMSLEY	time: - 40:25	27 <sup>th</sup> Overall
2) KEITH MAYHEW	time: - 41:55	29 <sup>th</sup> Overall
3) NICK HANNA	time: - 52:04	47 <sup>th</sup> Overall

## 4km Female Novice

We had three representatives in this race. Lynette Smith, who has been on fire recently, ran strongly to be our first runner home in an outstanding time of 15:21. Carly Eager continued her steady improvement to finish in a time of 20:55. Cath Germech thoroughly enjoyed herself and was very pleased with her time of 22:38. Full results as follows: -

1) LYNETTE SMITH	time: - 15:21	16 <sup>th</sup> Overall
2) CARLY EAGER	time: - 20:55	67 <sup>th</sup> Overall
3) CATH GERMECH	time: - 22:38	74 <sup>th</sup> Overall

## 10km Male Novice

The feature race of the day had one of the strongest fields in recent memory. The course, consisting of 2 x 3km and 2 x 2km loops, provided a huge challenge for our 21 representatives. In fact, our representation was bigger than some of the more

fancied clubs and we really stood out on the day. This was noticed and commented on by other clubs and ANSW officials. Girraween club members go out there and do their best in a sportsman-like manner. And that's really what it's all about!

Young Brad Milosevic may be small in stature but he really stood tall today. Brad was one of the youngest competitors in the race but he was not overawed. He was our first runner over the line in a personal best time of 36:30. Geoff Sheargold continued his good form and was next in, in a great time of 39:09. Adam Sinclair's ambition was to get under 40:00 for 10km and he was able to achieve it quite easily today in a time of 39:29. He beat the in-form Wayne Thurlow (39:41) in the process.

Running machine Richard Frost and the improving Doug Perrott had a close tussle over the latter stages of the race with Richard (41:40) finishing just ahead of Doug (41:47). Graham Sheargold (43:46) put in another good run to finish just ahead of Steve Williams (44:32) who is slowly improving after illness. Clive Kidson (45:15) continued his steady early season form, while Michael Free (46:24), Mark Attwood (46:34) and Steve Parkins (46:50) were all within striking distance of each other.

Denis Andrew (47:14) continued his steady form, while Terry Rose (48:30) struggled in the muggy conditions. Ken Scalley came from a long way back to finish well in a time of 50:28. Steve O'Donnell (50:44), returning from injury, was pleased with his effort, while Roger Mar (50:56) showed a huge improvement. (Probably because he just did the one race!) Vince Adams, after losing his way last year, had no such problems in 2005 to finish in a time of 51:48. Gary Micallef (52:05) showed a big improvement after training hard recently. Viv Manwaring, who likes the shorter distances, represented the club well and finished in a time of 52:14 not far in front of the ever smiling Robert Eager (53:53) despite carrying a mystery rib injury. Well done to all our representatives! Full results as follows: -

1) BRAD MILOSEVIC	time: - 36:30	30 <sup>th</sup> Overall
2) GEOFF SHEARGOLD	time: - 39:09	54 <sup>th</sup> Overall
3) ADAM SINCLAIR	time: - 39:29	57 <sup>th</sup> Overall
4) WAYNE THURLOW	time: - 39:41	59 <sup>th</sup> Overall
5) RICHARD FROST	time: - 41:40	74 <sup>th</sup> Overall
6) DOUG PERROTT	time: - 41:47	75 <sup>th</sup> Overall
7) GRAHAM SHEARGOLD	time: - 43:46	82 <sup>nd</sup> Overall
8) STEVE WILLIAMS	time: - 44:32	87 <sup>th</sup> Overall
9) CLIVE KIDSON	time: - 45:15	93 <sup>rd</sup> Overall
10) MICHAEL FREE	time: - 46:24	96 <sup>th</sup> Overall
11) MARK ATTWOOD	time: - 46:34	97 <sup>th</sup> Overall
12) STEVE PARKINS	time: - 46:50	98 <sup>th</sup> Overall
13) DENIS ANDREW	time: - 47:14	100 <sup>th</sup> Overall
14) TERRY ROSE	time: - 48:30	103 <sup>rd</sup> Overall
15) KEN SCALLEY	time: - 50:28	111 <sup>th</sup> Overall
16) STEVE O'DONNELL	time: - 50:44	112 <sup>th</sup> Overall
17) ROGER MAR	time: - 50:56	114 <sup>th</sup> Overall
18) VINCE ADAMS	time: - 51:48	116 <sup>th</sup> Overall
19) GARY MICALLEF	time: - 52:05	117 <sup>th</sup> Overall
20) VIV MANWARING	time: - 52:14	119 <sup>th</sup> Overall
21) ROBERT EAGER	time: - 53:53	123 <sup>rd</sup> Overall

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## ***Out & About With Our Athletes!***

On Sunday 1<sup>st</sup> May, Garry Womsley ventured to Lake Gillawarna to contest the Heart of the Lake Fun Run (3km). He placed 4<sup>th</sup> overall and 1<sup>st</sup> in the 40-49 age category in a time of 11:23 in a much improved performance.

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On Saturday 7<sup>th</sup> May, Michael Free travelled to North Head, Manly to contest the monthly Sydney Striders 10km Series. He placed 211<sup>th</sup> overall in a time of 46:54.

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On Sunday 15<sup>th</sup> May, Gary Howard contested a gut wrenching race called the Balmoral Burn. It is a 420m race straight up a hill. Wayne Jeff has written an entertaining piece on this race: -

I was a spectator this year, but will be a definite starter next year. Gazza had a run, I don't know his actual finishing place, but was in the first 1/3rd of the open race group which included Bromley, Abdi, Chisholm, Richardson, Abercrombie and Liddy (**For those that are unaware, these athletes are all regarded as elite over middle to long distance – GW**). So this was a good effort. I have never seen so many good runners break form so badly, or gasp for air like they were literally suffocating under the oxygen debt. (**For the record, Gary finished 46<sup>th</sup> overall and 16<sup>th</sup> in the Open Category – GW**).

You need to get this race into the calendar for all Girra's next year. There are over 40 and over 50 categories, with cash prizes. 1st in the open race was worth \$3000. I reckon a few Girras would have given the over 40s a shake.

It is a 420m race straight up Awaba Street in Balmoral, run in waves, so everyone gets a fair fun.

Meike Flore fainted twice before getting to the finish line, as did Ben Liddy last year, so it is not for the faint hearted.

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On Saturday 21<sup>st</sup> May, Lisa Grant contested the 10km Walk with the NSW Race Walkers at Leichhardt and was 2<sup>nd</sup> overall and 1<sup>st</sup> female over the line in a time of 49:36.

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On Saturday 28<sup>th</sup> May, Lisa Grant contested the 12km Walk with the NSW Race Walkers at Sutherland and was 2<sup>nd</sup> overall and 1<sup>st</sup> female over the line in a time of 59:57.

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## ***Two State Medals At Holsworthy Caps Off A Great Start To The New Season! – ANSW State Road Championships – Holsworthy Army Base – Saturday, 7<sup>th</sup> May, 2005.***

We had another good turn out today at Holsworthy. Our members carried on their promising form from a week ago and again really stood out in the crowd. We were overjoyed to get our first two state medals for the new season. Keith Mayhew was awarded a silver medal for 2<sup>nd</sup> in the O/60's for the 10km race, while our U/20's team of Geoff Sheargold, Adam Sinclair, Brad Milosevic and Nick Hanna were also awarded a silver medal for the 2<sup>nd</sup> placed team in the 8km race. To cap off a great day, we also picked up two medals in the fun runs: - Alyssa Perrott, 1<sup>st</sup> in the 3km and Garry Womsley, 3<sup>rd</sup> in the 5km. The weather was drizzly at times and a little breezy but wasn't too bad for this time of year.

### Open & Masters – 10km race

We had a huge representation of 20 athletes in this race. While the elite runners got away from us a little, the battle was on for the title of 1<sup>st</sup> Girraween runner across the line. Incredibly, our first five runners across the line were only separated by a slender 1:47. Wayne Jeff earned the honour of 1<sup>st</sup> Girraween runner to finish with a good time of 39:25. He had a huge battle with Wayne Thurlow (39:25) and Richard Frost (39:49) for most of the race but prevailed. Garry Womsley, by virtue of a 3:49 final kilometre, made it interesting over the latter stages but had to settle for 4<sup>th</sup> in a time of 39:59. Club legend Keith Mayhew was next in with a great time of 40:58 earning him silver in the O/60's. Doug Perrott (41:34) continues to improve with another consistent effort. Steve Williams (42:22) and Graham Sheargold (42:31) pushed each other along and both came up with their best times for the season so far.

Chris Mackey (43:48) ran his best 10km race ever, while Mark Attwood rounded out the Girraween top 10 with a good 45:38 just in front of Terry Rose (45:57). Clive Kidson (47:27) and Ken Scalley (47:41) had a close battle as did a much improved Robert Eager (48:02), Dennis Andrew (48:07) and an injury free Steve O'Donnell (48:55). Gary Micallef (49:33) who has been working overtime on his fitness just finished in front of another good performer in Vince Adams (49:41). Viv Manwaring (50:26) was another to improve significantly on last week and he finished ahead of Roger Mar who came home in a time of 51:06. Full results as follows: -

1) WAYNE JEFF	time: - 39:11	85 <sup>th</sup> Overall
2) WAYNE THURLOW	time: - 39:25	86 <sup>th</sup> Overall
3) RICHARD FROST	time: - 39:49	90 <sup>th</sup> Overall
4) GARRY WOMSLEY	time: - 39:59	94 <sup>th</sup> Overall
5) KEITH MAYKEW	time: - 40:58	103 <sup>rd</sup> Overall
6) DOUG PERROTT	time: - 41:34	112 <sup>th</sup> Overall
7) STEVE WILLIAMS	time: - 42:22	124 <sup>th</sup> Overall
8) GRAHAM SHEARGOLD	time: - 42:31	128 <sup>th</sup> Overall

9) CHRIS MACKAY	time: - 43:48	140 <sup>th</sup> Overall
10) MARK ATTWOOD	time: - 45:38	153 <sup>rd</sup> Overall
11) TERRY ROSE	time: - 45:57	156 <sup>th</sup> Overall
12) CLIVE KIDSON	time: - 47:27	164 <sup>th</sup> Overall
13) KEN SCALLEY	time: - 47:41	168 <sup>th</sup> Overall
14) ROBERT EAGER	time: - 48:02	171 <sup>st</sup> Overall
15) DENNIS ANDREW	time: - 48:07	172 <sup>nd</sup> Overall
16) STEVE O'DONNELL	time: - 48:55	177 <sup>th</sup> Overall
17) GARY MICALLEF	time: - 49:33	182 <sup>nd</sup> Overall
18) VINCE ADAMS	time: - 49:41	184 <sup>th</sup> Overall
19) VIV MANWARING	time: - 50:26	186 <sup>th</sup> Overall
20) ROGER MAR	time: - 51:06	191 <sup>st</sup> Overall

#### 4km – Under 16 & Under 18 females

We had three representatives in this race. Stacey Argent, who has been training hard recently, was our first runner home in a good time of 16:58. She was followed by Natalie Pellizzari who continued her good form with a time of 17:42. Carly Eager was our third runner in and was pleased with her time of 20:16. Full results as follows: -

1) STACEY ARGENT	time: - 16:58	55 <sup>th</sup> Overall
2) NATALIE PELLIZZARI	time: - 17:42	62 <sup>nd</sup> Overall
3) CARLY EAGER	time: - 20:16	66 <sup>th</sup> Overall

#### 5km – Under 18 males

We had two representatives in this race. Brad Milosevic continued his great form on a difficult course and finished in the top 10 overall in a time of 17:02. Adam Sinclair, who has been running longer distances at West Mets, appreciated the shorter race and flew home in a great time of 18:48. Full results as follows: -

1) BRAD MILOSEVIC	time: - 17:02	9 <sup>th</sup> Overall
2) ADAM SINCLAIR	time: - 18:48	18 <sup>th</sup> Overall

#### 8km – Under 20 males

With Brad Milosevic and Adam Sinclair backing up from the Under 18 race, they were able to join Geoff Sheargold and Nick Hanna to form a formidable team. It was great that they made the effort because they were able to secure a silver medal for being the 2<sup>nd</sup> team across the line. Geoff Sheargold continued his great form to finish just outside of the top 10 in a great time of 31:16. Adam Sinclair (39:08) was able to turn the tables on his old rival Brad Milosevic (39:44), while Nick Hanna wasn't far behind when he crossed the line with the clock showing 40:27. Full results as follows: -

1) GEOFF SHEARGOLD	time: - 31:16	11 <sup>th</sup> Overall
2) ADAM SINCLAIR	time: - 39:08	22 <sup>nd</sup> Overall
3) BRAD MILOSEVIC	time: - 39:44	23 <sup>rd</sup> Overall
4) NICK HANNA	time: - 40:27	24 <sup>th</sup> Overall

#### Fun Runs

Alyssa Perrott was the first female across the line in the 3km fun run. Her time of 12:51 was outstanding for one so young. Not only that, she also kept the boys honest by being the 4<sup>th</sup> overall runner across the line.

Garry Womsley used the 5km fun run as a warm down for the very gruelling 10km championship race. It was also a good chance to catch up with some of his old Illawong mates who did the race. After a moderate first 2.5km, he just coasted home over the last 2.5km as he was in no danger of losing 3<sup>rd</sup> spot. His finishing time was 20:59.

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## ***Our Athletes Run For A Good Cause! – Mothers Day Classic (8km & 4km) – Sunday, 8<sup>th</sup> May, 2005 – The Domain & Surrounds.***

This race, which has been going for many years now, is becoming more and more popular as each year goes by. For the third year in a row, the 8km race was sold out before race day and for the first time ever the 4km race was also sold out. Anyone who turned up on the day without pre-registering had to be content with doing the 4km walk which had no restriction on numbers. There were 943 starters in the 4km race and 1037 starters in the 8km. With an estimated 2000 walkers, that means there was a total of almost 4000 people out either running or walking for this great cause: - raising money for breast cancer research. Despite predictions of rain, the skies had never looked clearer. With no real breeze to speak of, it was an ideal day for running.

8km: - We had three representatives in this race. Gary Howard, who has been training hard recently, went out hard with the leaders and hung on fairly well to be our first runner home in a time of 30:00.3. He was placed 21<sup>st</sup> overall and 8<sup>th</sup> in the 30-39 age category. Garry Womsley has been steadily improving in recent weeks and was our next runner home in a time of 31:44.3. He was placed 37<sup>th</sup> overall and 8<sup>th</sup> in the 40-49 age category. Terry Rose was our third runner home and was pleased with his time of 36:25.9. He was placed 135<sup>th</sup> overall and 4<sup>th</sup> in the 50-59 age category. Full results as follows: -

1) GARY HOWARD	time: - 30:00.3	21 <sup>st</sup> Overall	8 <sup>th</sup> in 30-39 age
2) GARRY WOMSLEY	time: - 31:44.3	37 <sup>th</sup> Overall	8 <sup>th</sup> in 40-49 age
3) TERRY ROSE	time: - 36:25.9	135 <sup>th</sup> Overall	4 <sup>th</sup> in 50-59 age

4km: - As he has done over the last three years, Garry Womsley backed up in the 4km race. He was our only representative in this race. He felt loose and ready to go after the earlier race and ran strongly throughout to finish in a time of 15:35.5. He was placed 32<sup>nd</sup> overall and 2<sup>nd</sup> in the 40-49 age category. Full results as follows: -

1) GARRY WOMSLEY	time: - 15:35.5	32 <sup>nd</sup> Overall	2 <sup>nd</sup> in 40-49 age
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## ***The Blue & White Was Quite A Sight! – West Metropolitan – Week 3 – Queen Elizabeth Park, Concord – Saturday, 14<sup>th</sup> May, 2005.***

We had another huge contingent today for the very challenging Queen Elizabeth Park course at Concord. The sea of blue and white singlets was a fantastic sight. We again showed a great example to the other clubs involved. While we had received some rain over the two days prior to race day, the sun was out all day today. However, the temperatures were kept a little cooler than what we have been used to recently by a strong southerly wind.

2km: - 11 of our athletes contested this race. Jonas Williams kept up his good early season form to finish first in a great time of 7:55. Steve O'Donnell now free from injury ran one of his best races over this distance ever to finish next in a time of 8:31. However, the "Perrott Kids" kept him honest throughout with Breadan (8:44), Alyssa (8:48) and Jye Perrott (9:17) snapping at his heels. Roger Mar (9:29) had a strong finish after a steady start, while Samantha Cubis (9:46) again ran strongly. Michael Christie (10:00) again tried hard and finished well in front of Adam Sinclair (10:21) and Garry Womsley (10:22) who again talked faster than they ran. Jill Woodruff was our third female across the line in a good time of 11:52. Top ten finishers as follows: -

1) JONAS WILLIAMS	time: 7:55	6) ROGER MAR	time: 9:29
2) STEVE O'DONNELL	time: 8:31	7) SAMANTHA CUBIS	time: 9:46
3) BREADAN PERROTT	time: 8:44	8) MICHAEL CHRISTIE	time: 10:00
4) ALYSSA PERROTT	time: 8:48	9) ADAM SINCLAIR	time: 10:21
5) JYE PERROTT	time: 9:17	10) GARRY WOMSLEY	time: 10:22

4km: - Another solid contingent of 15 contested this race. Lynette Smith continued her good early season form with another win in a good time of 16:02. She was closely followed by new member Alexandra Tams who made a strong debut with a time of 16:23. Michael Chaffen was the first male home in a good time of 16:42 who finished just in front of another newcomer in Peter Henry (16:55). Terry Rose (17:31) continued his solid form to finish in front of the improving Stacey Argent (17:54). Viv Manwaring (18:42) relished the drop in distance while running machine Eddie Makki (19:09), Gary Micallef (19:23) and Nick Hanna (19:24) had an absorbing battle. Roger Mar tried hard on the challenging course to finish in a time of 20:03 while Carly Eager (20:13) continues to improve. Erika Hendley (23:01) got the better of her mum Andrea (23:12) while Steve Halverson (23:19) made steady progress. Top ten finishers as follows: -

1) LYNETTE SMITH	time: 16:02	6) STACEY ARGENT	time: 17:54
2) ALEXANDRA TAMS	time: 16:23	7) VIV MANWARING	time: 18:42
3) MICHAEL CHAFFEN	time: 16:42	8) EDDIE MAKKI	time: 19:09
4) PETER HENRY	time: 16:55	9) GARY MICALLEF	time: 19:23
5) TERRY ROSE	time: 17:31	10) NICK HANNA	time: 19:24

8km: - Twenty Girraween athletes again contested the longer run today. As usual, there was plenty of rivalry between our runners. Brad Milosevic continued his great form and got under the magical 30:00 barrier on a very challenging course. He

stopped the clock at 29:56. Garry Womsley was next home in a time of 32:29. He credited his improved time and decisive victory over Richard Frost (33:13) to the baked beans he had for dinner the night before. This could start a new trend! Richard however, never gave up and pushed him all the way to the finish line.

Doug Perrott (33:34) certainly has the endurance to produce a good showing in the upcoming SMH Half Marathon and finished well ahead of Adam Sinclair (34:10) who was recovering from his school cross country race. The legend Keith Mayhew (34:38) had a real battle with a very fit and ready Graham Sheargold (34:45). Ed Salinas (35:22) continues to improve and Steve Williams ran a steady race (35:59). Mark Attwood (36:38) again rounded out the top ten in front of Michael Free (36:54) and Steve Parkins (37:45).

Denis Andrew (39:19), Steve O'Donnell (39:38), Robert Eager (39:47) and Ken Scalley (39:58) all did well to finish under the 40:00 mark while Vince Adams (40:21) wasn't that far away. Roger Mar (45:05) battled his way through the race after doing the two earlier races to keep his record of doing every West Mets race so far this season. The two elder statesmen of our club Joe Butler (48:12) and Phil Bowden (49:31) had an absorbing battle for most of the race. Top ten finishers as follows: -

1) BRAD MILOSEVIC	time: 29:56	6) KEITH MAYHEW	time: 34:38
2) GARRY WOMSLEY	time: 32:29	7) GRAHAM SHEARGOLD	time: 34:45
3) RICHARD FROST	time: 33:13	8) ED SALINAS	time: 35:22
4) DOUG PERROTT	time: 33:34	9) STEVE WILLIAMS	time: 35:59
5) ADAM SINCLAIR	time: 34:10	10) MARK ATTWOOD	time: 36:38

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## ***Another Enjoyable Season At SMC***

### ***Comes To An End! – SMC Road Race Series – Race No. 9 (5km & 10km) – Sunday 15<sup>th</sup> May, 2005 – Rossford Street Reserve, Wetherill Park & Surrounds.***

A very small contingent of Girraween athletes contested the final SMC race in the current series. With the Half Marathon now only a week away, a lot of our long distance enthusiasts decided to either take the day off or do a final training run to round off their preparation. It was left to our shorter race regulars to wave the flag for Girraween. We had one representative in the 10km and three representatives in the 5km race. The weather was fine but cool.

5km: - Garry Womsley improved by 8 seconds on last month's time and was our first runner home in a time of 19:15. He was placed 3<sup>rd</sup> in the 35-49 age category. Terry Rose continued his consistent form and was next home in exactly 21:00. He was placed 2<sup>nd</sup> in the over 50's age category. Michael Christie (26:22) put in one of his best races of the season to be our third runner home. Full results as follows: -

1) GARRY WOMSLEY	time: - 19:15	3 <sup>rd</sup> in 35-49 age category
2) TERRY ROSE	time: - 21:00	2 <sup>nd</sup> in over 50 age category
3) MICHAEL CHRISTIE	time: - 26:22	

10km: - Roger Mar moved up to the 10km distance for today's race. He was pleased to negative split the last 5km to finish in a time of 54:13.

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## ***The Good Performances Continue! – West Metropolitan Series – Week 4 – Rossford Street Reserve – Saturday, 21<sup>st</sup> May, 2005.***

The beautiful weather continued at Smithfield today. The sun shone brightly and there was no wind. It was again “shorts & T-shirts weather” and everybody made the most of it. A number of our members rested for tomorrow's SMH Half Marathon but others still ran and got some last minute practice in.

2km: - Garry Womsley had a welcome return to form in finishing first. His time of 7:02 was close to his best ever. Keith Mayhew showed that age has not wearied him in finishing next in a great time of 7:26. Steve O'Donnell made it a “Masters Trifecta” with another good time of 7:44. He finished just in front of Alyssa Perrott (7:46) who again beat her brother Breadan. He finished in a time of 8:17. Samantha Cubis (8:45), Jye Perrott (8:46) and Roger Mar (8:47) had a close battle throughout while Michael Christie (9:25) continued his consistent form. Jill Woodruff was the third female across the line in a good time of 10:42. Full results as follows: -

1) GARRY WOMSLEY	time: - 7:02	6) SAMANTHA CUBIS	time: - 8:45
2) KEITH MAYHEW	time: - 7:26	7) JYE PERROTT	time: - 8:46
3) STEVE O'DONNELL	time: - 7:44	8) ROGER MAR	time: - 8:47
4) ALYSSA PERROTT	time: - 7:46	9) MICHAEL CHRISTIE	time: - 9:25
5) BREADAN PERROTT	time: - 8:17	10) JILL WOODRUFF	time: - 10:42

5km: - Lynette Smith continued her great form to again finish first in this event. Her time of 20:46 was excellent on this demanding course. Terry Rose again ran strongly to be our next finisher in a time of 22:08. Viv Manwaring (22:54) also performed well to finish ahead of young Stacey Argent (23:20). Gary Micallef tried hard and finished in a good time of 24:15. Darren Gould (24:21) and newcomer Richard Lamas (25:12) had a great battle, while Erika Hendley (25:14) and Roger Mar (25:19) worked on their sprinting close to the line. Michael Chaffen (25:31) again showed consistency. Cath Germech looked ultra-cool running along with her I-pod music system and finished in a time of 26:57. Andrea Hendley (27:59) ran a steady race as did Michael Christie (29:46) whose improved fitness allowed him to contest two races on the day. He finished just ahead of Steve Halverson (30:01). Top ten finishers as follows: -

1) LYNETTE SMITH	time: - 20:46	6) DARREN GOULD	time: - 24:21
2) TERRY ROSE	time: - 22:08	7) RICHARD LAMAS	time: - 25:12
3) VIV MANWARING	time: - 22:54	8) ERIKA HENDLEY	time: - 25:14
4) STACEY ARGENT	time: - 23:20	9) ROGER MAR	time: - 25:19
5) GARY MICALLEF	time: - 24:15	10) MICHAEL CHAFFEN	time: - 25:31

10km: - Jamie Sherson, fresh from his recent school cross country successes, showed real strength to come from behind and finish first in a great time of 37:23. Newcomer Philippe Blemith (37:34) also ran strongly. The much improved Wayne Thurlow

(40:55) got in some last minute preparations for tomorrow's Half Marathon as did Garry Womsley (42:17) who ran well within himself. Ed Salinas (44:08) ran strongly while Michael Free (45:53) continues to improve. Steve Parkins (46:29) also put in another good effort. Steve O'Donnell (49:47) and Vince Adams (49:49) had a great tussle with Steve just taking the honours this time. Roger Mar (55:42) had his third race of the day and kept his perfect West Mets record intact. Elder statesman Phil Bowden (1:02:39) battled away well on the demanding course. Top ten finishers as follows: -

1) JAMIE SHERSON	time: - 37:23	6) MICHAEL FREE	time: - 45:53
2) FILIPPE BLEMITH	time: - 37:34	7) STEVE PARKINS	time: - 46:29
3) WAYNE THURLOW	time: - 40:55	8) STEVE O'DONNELL	time: - 49:47
4) GARRY WOMSLEY	time: - 42:17	9) VINCE ADAMS	time: - 49:49
5) ED SALINAS	time: - 44:08	10) ROGER MAR	time: - 55:42

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## ***A Record Representation In The Half! - Sydney Morning Herald Half Marathon – Sunday, 22<sup>nd</sup> May, 2005 – Sydney CBD and surrounds.***

The Sydney Morning Herald Half Marathon has really captured the imagination of the running fraternity in recent years. In Sydney, it is second only to the City to Surf for popularity but due to lack of space at the start, numbers have had to be capped in recent years. Since 2002, the event has been sold out well before race day and over 4600 runners started this year's race on another fine and pleasant autumn morning.

The cream of Australia's best distance runners were out in force for this year's race with the ACT's Brett Cartwright winning comfortably in a time of 1:03.29. The consistent Scott Westcott (NSW) was second in a time of 1:04.25 just shading the remarkable 42 year old Steve Moneghetti of Victoria (1:04.33). Athens Olympian Haley McGregor of Victoria (1:12.38) was the first female home from fellow Victorian Susie Power-Reeves (1:13.42) with the ACT's Jackie Fairweather third in a time of 1:16.18.

We had 22 competitors in the race with 21 finishers. Unfortunately, Linda Balinski was unable to finish. Our first runner home was "Mr. Versatile" Gary Howard in a great time of 81:20. Young Brad Milosevic, having his first start at the distance, put in a fantastic effort to finish in a time of 83:13. In the process, he broke the Girraween record in his age group. (His coach Garry Womsley always suspected he could run all day now he is convinced!) Bill Flanagan, who has been in outstanding form this year, ran another great race to be our third runner home in 84:31.

Wayne Jeff has also been in consistent form this year and was rewarded with a great time of 85:21. He was followed by Wayne Thurlow who has trained really hard this year both with the club and on his own and was very happy with his time of 86:25. Richard Frost put in a strong effort right from the start and finished in an outstanding time of 88:23. (It must have been that spaghetti bolognese on Saturday night!) Garry Womsley (91:06) hung on as best as he could to finish with his second best time in the event, while Doug Perrott (94:55) was delighted to get under the 95 minute barrier

for the first time. He had a great tussle with the legend Keith Mayhew who was next home in a time of 95:02.

Another one of our young guns Adam Sinclair rounded out our top ten with a fantastic run to finish in a time of 95:19. More importantly, he finished the race injury free. Graham Sheargold who has become a real enthusiast for the long race, was again outstanding and finished in a time of 96:16. Steve Williams (105:20) showed he is getting back to full fitness and Camille Howard was our only female finisher with a very good time of 109:52. Garry Page has been running injury free recently and showed how well he can run with a good time of 113:21. New member Peter Henry (113:31) was running late and had to run hard just to get to the start on time. He made it and went fairly well under the circumstances.

Mark Attwood (115:53) was happy to get through his first Half Marathon and believes he can improve on his performance next time. Geoff Sheargold, who had been flying during the early part of the season, picked up an injury at the wrong time and struggled to finish in a time of 116:00. However, as he is so young, Geoff will have plenty of opportunities to improve on this. Suresh Raju (116:16) and “Mr. Cool” Eddie Makki (116:18) had an interesting tussle with Suresh just winning out this time. Lonnie Balinski (119:37) and Robert Eager (119:47) were also only 10 seconds apart with Robert very happy to just sneak under the 2 hour mark.

Many thanks go to our cheer squad and official photographers George Milosevic, Paul Sinclair and Nick Hanna. (There’s nothing like hearing George at the 17km mark urging us to sprint the rest of the race!) Full results as follows: -

	<u>Gun Time</u>	<u>Net Time</u>	<u>Position</u>
1) GARY HOWARD	81:20	81:15	110 <sup>th</sup> Overall
2) BRAD MILOSEVIC	83:13	83:07	159 <sup>th</sup> Overall
3) BILL FLANAGAN	84:31	84:22	202 <sup>nd</sup> Overall
4) WAYNE JEFF	85:21	85:05	221 <sup>st</sup> Overall
5) WAYNE THURLOW	86:25	86:25	259 <sup>th</sup> Overall
6) RICHARD FROST	88:31	88:23	346 <sup>th</sup> Overall
7) GARRY WOMSLEY	91:06	90:58	494 <sup>th</sup> Overall
8) DOUG PERROTT	94:55	94:40	747 <sup>th</sup> Overall
9) KEITH MAYHEW	95:02	94:56	753 <sup>rd</sup> Overall
10) ADAM SINCLAIR	95:19	95:10	771 <sup>st</sup> Overall
11) GRAHAM SHEARGOLD	96:16	96:04	839 <sup>th</sup> Overall
12) STEVE WILLIAMS	105:20	105:05	1659 <sup>th</sup> Overall
13) CAMILLE HOWARD	109:52	109:21	2163 <sup>rd</sup> Overall
14) GARRY PAGE	113:21	112:05	2560 <sup>th</sup> Overall
15) PETER HENRY	113:31	111:16	2573 <sup>rd</sup> Overall
16) MARK ATTWOOD	115:53	114:57	2841 <sup>st</sup> Overall
17) GEOFF SHEARGOLD	116:00	115:49	2862 <sup>nd</sup> Overall
18) SURESH RAJU	116:16	114:56	2890 <sup>th</sup> Overall
19) EDDIE MAKKI	116:18	115:00	2895 <sup>th</sup> Overall
20) LONNIE BALLINSKI	119:37	118:16	3236 <sup>th</sup> Overall
21) ROBERT EAGER	119:47	119:28	3256 <sup>th</sup> Overall
22) LINDA BALLINSKI	DNF	-	-

We are also pleased to report that Gary & Camille Howard were placed 2<sup>nd</sup> in the husband & wife team category under 34 years. Well done Gary and Camille!

Brad Milosevic was placed 4<sup>th</sup> in the under 20 category. This was an outstanding achievement considering it was his first attempt at this distance at just 15 years of age. Congratulations Brad!

*We love you George!*

We at Girraween are all appreciative at the great job George Milosevic does at encouraging our runners at all the events we contest. He was at his best during the Half. When Garry Womsley ran past him with about 3.5km to go, George shouted out: - "Come on Garry. Sprint the rest of the way!" Unfortunately this comment seemed to upset the runner beside him for some reason who abruptly said: - "Tell him to go and do it!" Don't worry George we won't hold you to that. We love what you do for us during each race.

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## **Good Sportsmanship From A Fellow Runner!**

When we're out there on the road or track, the competitiveness and rivalry between runners is quite often very intense. Most of the time what happens out there, stays out there and everybody shakes hands and congratulates each other until the next race.

It was refreshing to receive an e-mail a couple of days after the Half Marathon from Peter Byrne of the Hills District Club congratulating a number of our members on their performance. Peter is a friend of many people at Girraween and it was really nice of him to show great sportsmanship.

As a result, I have taken the liberty of including it below as a perfect example of what running and all sport for that matter should be about: -

Great results for Girraween last Sunday, you must be very happy.

Could you please pass on my congratulations to Brad 83.07 (that must be near a record for u/18 yo), and Wayne Jeff 85.05 (Great effort, I didn't see him sneak past me!)

Great runs by Bill Flanagan and Richard Frost also, I think Bill fell away in the last few kilometres, but still a very good time.

Cheers! See you next Saturday.

Regards,  
Peter Byrne  
Hills Athletics Club

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# **GIRRAWEEN ATHLETIC CLUB**

## **ATHLETE PROFILE!**

FULL NAME: - Gary Akira Howard

AGE: - 31

NICKNAME(S):- Tiger

WHAT SUBURB DO YOU LIVE IN? : - Concord

WHAT YEAR DID YOU JOIN GIRRAWEEN? : - I Think this is my 4th season

WHEN DID YOU START ATHLETICS ?:- Raced in my last 2 years of school, then a brief stint (3 weeks) at Nepean about 6years ago, then Girra.

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Riley Jeff cracks me up every time. Camille and Wayne think they are funny when they make jokes at my expense. Only problem is that they aren't funny at all, which makes me laugh.

WHICH CLUB MATE INSPIRES YOU THE MOST ?:- The achievements of Lisa Grant, Lynette Smith and Keith Mayhew inspire me the most, also Rob Eager puts some perspective into athletics when you see him running around with a smile on his face.

WHAT DO YOU DO FOR A LIVING? : - Courier, studying massage-Reactivate massage will be open for business next year.

HOW MUCH TRAINING DO YOU DO A WEEK? : - Between 12-14 sessions per week. At the moment just started base building mode for next season, running 130km p/w (building to 180km p/w if my body allows) plus 4 weights sessions.

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - NSW 400m open finalist. Still a beginner, the best is yet to come.

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - Playing hockey against fierce rivals Sutherland, thought I'd scored the winning goal in the final second of the match. Umpire disallowed the goal, I gave him a mouthful, he sent me off, I threw my stick, which landed in a tree and didn't come down.

WHAT IS YOUR FAVOURITE FOOD? : - Noodles.

WHAT IS YOUR FAVOURITE TV SHOW? : - SBS world sport

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Before every hockey game she always said, "Try not to hurt anybody today!"

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - Lleyton Hewitt, Paul Kelly, Lance Armstrong among others.

DO YOU PLAY ANY OTHER SPORTS? : - Just athletics at the moment, played 20years of hockey. Represented NSW and played 16 years of 1st grade.

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - Spending time with Camille, I love sleeping when I get the chance.

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Never let anyone else set your limitations. Don't expect miracles, improvement will come through consistent and sustained effort. Always aim high. Don't fear any opponent, if you deserve to win you will.

DO YOU HAVE A COACH? : - Sean Williams

WHAT ARE YOUR GOALS IN ATHLETICS? : - Will disappear for a while and improve endurance over winter, will run a national qualifying time for 800m early next season. After that anything could happen.

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - Probably still be with Camille, if she plays her cards right. I will be running my massage practice, preparing to sell up for early retirement so I can

concentrate on travelling around the world running fast marathons everywhere.

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST  
?:- More of a local problem, I'd find a way to teach council workers how to mow C.V. Kelly park and read the newspaper at the same time. After that I'd assist in the design of a new lightweight Girraween singlet.

OTHER COMMENTS? : - Thanks for making me welcome to the club, love the diverse nature of the members and the low pressure environment. Everybody respects the varying goals of all members, whether it is to reach elite standards or to enjoy the social atmosphere on a Saturday at Girraween.

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## ***Great Athletes of the Past!***

Michael Christie again brings us his regular feature on Great Athletes of the past. This month he looks at Australian sprint and jumps queen Decima Norman.

### **Decima Norman (1909-1983 Australia)**

Decima Norman was born in Tammin, Western Australia in February 1909. After losing her parents at an early age she was raised by her brother and his wife in Perth. She attended Perth College and showed early promise in a variety of sports, particularly athletics, hockey, basketball, tennis and swimming. After she left school Norman continued to play hockey, as there was no organised track and field in Western Australia for women. She was good enough to represent her state at hockey. Despite the lack of opportunities at the highest level in athletics, she still continued to train, as it remained her first love.

It was fortunate for Norman and for Australian athletics that a man named Frank Preston spotted her training by herself in the early 1930's and offered to coach her in the sprints which were her forte. He had been a professional athlete. It was Preston who had this to say about her running style. To quote him:

‘as running like a hen in flight, her head turned over left shoulder and her arms flapped’

(Jenes 2001 p 78)

Through the 1930's he continued to coach her, fine tuning her technique. He tried to arrange selection for her in the Australian team to the 1934 Empire Games in London, but could not as there was no state association in Western Australia. During this period, Norman continued to run in various races against different opposition. Most were unofficial. Sadly, she was not considered for the Australian team for the 1936 Olympics held in Berlin, as there was still no state association for women. It was not until the second half of 1936 that a women's association was formed in Western Australia. In 1937, Norman won the 75yds, 100yds, 220yds sprints, 90yds hurdle, Long Jump and High Jump in the inaugural Western Australia championships. It was apparent to all that there was a new talent on the scene. In the national championships of the same year, she won the 100yds in 11.4 and the 220yds in 25.9. Her performances in these titles meant that she was selected to compete for Australia at last, in the 1938 Empire Games to be held in Sydney. It was also at this time that she amended her age to that of 22 not 28. The reason for this amendment of her age is not clear, although during this period it was not uncommon. It may have been as Graham Thomas states: “that Decima may have thought her Empire Games selection chances would improve if she claimed to be 22

years rather than her true age of 28” (<http://www.geocities.com/bios/decima.html>). Whatever the case, she was at last a member of an Australian team.

Norman was down to compete in five events in the track and field programme - the 100yds, 220yds, 440yds relay, 660yds relay and long jump. Her first final was in the 100yds after she had successfully negotiated the heats and semi finals. She won the final in 11.1 thus winning her first gold medal. She then anchored the Australian 440yds relay team to a gold medal as well. Norman also made it through to the final of the 220yds too. However, before this final was run she competed in the Long Jump competition with very little preparation. However she won this event with a best jump of 19'0 ¼ (5.80m). Norman then went on to win the final of the 220yds in 24.7. She also ran the first leg of the 660yd relay for the Australian team which also won the gold medal. It has to be noted that these events took place over the space of a couple of days, thus adding to the enormity of her achievement. This feat of winning five gold medals was not to be repeated until Hayley Lewis won five in swimming at Auckland in 1990 and Kasumi Takahashi won five at Victoria, British Columbia competing in rhythmic gymnastics. These totals were finally passed by Susie O'Neill at Kuala Lumpur in 1998 and Ian Thorpe at Manchester in 2002 who both won six in swimming. This places her achievements into context. It remains one of the great achievements in the history of Australian athletics.

After these games she returned to Perth, but in 1939 she moved to Sydney to have access to better facilities and competition. Norman also decided to switch events and decided to concentrate on the 90yds hurdles and long jump. Despite this she still managed to set a world record in the 100yds of 11.0 in Morrinsville, New Zealand in 1940. She also won the 90yds hurdles and long jump in the 1940 Australian Championships as well as been part of the winning 440yds relay team. However, sadly with the continuation of World War Two in 1940 the Olympic Games set down for Helsinki in that year were cancelled. Therefore Decima never had the opportunity to compete for Australia at an Olympic Games. She eventually married Eric Hamilton, a New Zealander and they returned to live in Albany, Western Australia. In 1982 Decima Norman was awarded the MBE for services to sport in her home state.

She passed away on August 29 1983.

Decima Norman's place in Australian athletic history is secure. Her achievements of five gold medals at a single Empire/Commonwealth Games is unlikely to be equalled by any Australian track and field athlete in the foreseeable future. Considering that she was only 5'2 in height and only weighed 7 stone 2 lbs in the old measurements, her achievements are even more extraordinary. When one considers the hurdles she had to overcome to compete at the elite level, let alone succeed one can only sit back in wonder and admire them. Decima Norman was certainly one of the pioneers of women's track and field at the elite level in this country. Her feats were a worthy forerunner to the great Australian female track and field athletes' performances of the 1950's. Her achievements should never be forgotten. As the Canadian Commonwealth Games historian states in his seminal work on the history of the Commonwealth Games: 'When it comes to the British Empire or Commonwealth Games, Norman will never be forgotten'. (Dheenshaw 1994,p29) . Let us hope that her achievements are recalled and remembered with pride again when the Commonwealth Games return to Australia in 2006. It is only what she so richly deserves.

## **Sources and Further Reading**

Dheenshaw, C 1994 *The Commonwealth Games: The First 60 Years 1930-1990* ABC Books, Sydney, NSW.

<http://www.geocities.com/geetee/bios/decima.html>

Jenes, P 2001 *Fields of Green Lanes of Gold: The Story of Athletics in Australia* Playright Publishing Pty Ltd, Caringbah, Sydney, Australia

<http://www.womenaustralia.info/biogs/IMPO154b.htm>

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## **Happy Birthday!**

Happy Birthday to all our members and supporters who celebrate a birthday this month: -

2<sup>nd</sup> – Margaret Ferguson  
3<sup>rd</sup> – Garry Page  
10<sup>th</sup> – Phillip Bowden  
11<sup>th</sup> – Ray Yorke  
12<sup>th</sup> – Mark Nicholl  
15<sup>th</sup> – Ernie Leseberg  
18<sup>th</sup> – Vikki Savage  
19<sup>th</sup> – Jordan Flanagan  
25<sup>th</sup> – Matthew Dunn  
26<sup>th</sup> – Jamie Sherson  
29<sup>th</sup> – Eddie Makki

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## **Upcoming Events!**

### **Club Events**

Sat June 11th:- 6th WEST METROPOLITAN - Macquarie Hospital (North Ryde)  
Sat June 25th:- 7th WEST METROPOLITAN - Prospect Reservoir

### **AA Events**

Sat June 18<sup>th</sup>: - AUSTRALIAN MOUNTAIN RUNNING CHAMPIONSHIPS –  
Mount Majura, ACT

### **ANSW Events**

Sat June 4th:- NSW CROSS-COUNTRY RELAY CHAMPIONSHIPS - Miranda  
Sat June 18th:- NSW CROSS COUNTRY (LONG COURSE)  
CHAMPIONSHIPS (12km/8km) - Nowra

### **Fun Runs & Other Events Of Interest**

Sun 5<sup>th</sup> June: - Blacktown Fun Run (4km or 10km) – 9.00am  
Sun 12<sup>th</sup> June: - Manly Soft Sand Classic (9km, 21km & 42.2km) – 8.30am  
Sun 19<sup>th</sup> June: - Terry Fox Fun Run – Yarralumla, ACT (5 or 10km) – 10.00am  
Sun 19<sup>th</sup> June: - Minimosmarathon (10km) – 8.00am  
Sun 19<sup>th</sup> June: - People's Challenge (15km) – 7.00am (Homebush)

Sun 26<sup>th</sup> June: - Woodford to Glenbrook (25km) – start opposite Woodford Railway Station

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## **Welcome 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 &amp; Winter Competition</i>	<i>9863-2731</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Kathy Austin</i>	<i>Fundraising &amp; 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 &amp; Public Officer</i>	<i>9631-8887</i>
<i>George Milosevic</i>	<i>Canteen Manager &amp; 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 &amp; Blair Zone Delegate</i>	<i>9631-0651</i>
<i>Steve Williams</i>	<i>President</i>	<i>0425233690</i>
<i>Garry Womsley</i>	<i>Secretary &amp; Coaching Co-ordinator</i>	<i>9636-6017</i>

*Vacancies*                      *Publicity Officer*  
*Summer Competition*

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## **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 after 1<sup>st</sup> September.

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

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## **Coaching Tip Of The Month!**

**Down Hill Running**

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Running hard up hills is great for your fitness, endurance, speed and strength. One session per week can be beneficial to all runners and the improvement will soon be apparent in their races. However, running down hills can also be useful. Instead of trying to stop yourself, try stretching out while looking straight ahead. This helps lengthen your stride and also run more upright. Don't worry about not looking down. Your feet know where to land. (They have been keeping you balanced since you were little!) We will have a new tip next month.

**TRAINING PROGRAMME  
FOR PERIOD 6<sup>th</sup> June to 29<sup>th</sup> June.**

**MONDAY**

6<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

- 1) Stretching**
- 2) Slow Jog to playing fields at Mississippi**
- 3) Drills**
- 4) 5 sprints near fence, slow jog down hill back to start**
- 5) Warm down jog back to C.V. Kelly**

**WEDNESDAY**

8<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

- 1) Stretching**
- 2) Slow run via Great Western Hwy (Turn left two streets after Pendle Way return through Pendle Hill)**  
(Approx. Dist = 9.8km)

13<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

- 1) Stretching**
- 2) 1 hour run via Targo Road**  
Follow cycle track under railway  
Run along Station Road, go over Footbridge, run along side streets  
Before returning to C.V. Kelly

15<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

- 1) Stretching**
- 2) Short jog to Cornelia Road near creek**
- 3) 5 x 600m up hill near Kwix. Easy run down hill.**
- 4) Warm down jog back to C.V. Kelly**

20<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

- 1) Stretching**
- 2) Slow jog to Mississippi, run to top of hill. Return same way to C.V. Kelly**

22<sup>nd</sup> June  
C.V. Kelly  
(6.30pm)

- 1) 1.7km W/U road**
- 2) Drills on grass**
- 3) Time trial (Short,**

**(Easy pace. Good recovery for Nowra or Canberra**

**medium or long course)  
4) 0.8km – W/D road**

27<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

29<sup>th</sup> June  
C.V. Kelly  
(6.30pm)

**1) Stretching  
2) Short jog to Premier St near railway line**

**1) Stretching  
2) Slow run (1 hour)**

**3) 4 x 200m up hill, easy run down hill  
4) Warm down jog back to C.V. Kelly**

**via Targo Rd, run  
over footbridge at  
Toongabbie Station.  
Run along Wentworth  
Ave (Turn around after  
30 min. and head back  
the same way.**

## **World News**

3<sup>rd</sup> May - Craig Mottram placed 3<sup>rd</sup> in the 10000m at the Cardinal Invitation Meet in San Francisco. His time of 27:56.02 was a World Championship "B" qualifier. The winner of the race was Takayuki Matsumiya of Japan in a great time of 27:50.20.

Discus throwers Scott Martin, Graham Hicks and Benn Harradine were placed 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> respectively at the same meet.

7<sup>th</sup> May - Dmitri Markov placed 1<sup>st</sup> in the Pole Vault at the IAAF Japan Grand Prix in Osaka with a height of 5.75m.

18<sup>th</sup> May - Champion steeplechaser Peter Nowill was added to the Australian team for the World Championships in Helsinki in August. He clinched his berth when he bettered the "A" qualifier when 4<sup>th</sup> behind 3 Kenyans in Osaka on May 7<sup>th</sup>. He finished in a time of 8:23.92.

22<sup>nd</sup> May - An interesting statistic appeared in today's Sun-Herald: - 400m Hurdler of the 1970's & 80's, Edwin Moses was unbeaten for 9 years, 9 months & 9 days. He won 107 consecutive finals (122 races in total) from 1977-1987. This is a record that will probably never be beaten. (I'd love to see his trophy room!)

23<sup>rd</sup> May - Ethiopian legend Haile Gebrselassie won the Great Manchester run in England, breaking the United Kingdom all-comers 10km record. The Olympic 10,000m gold

medalist and multiple world record setter finished in a time of 27:25.

Australian distance phenomenon Craig Mottram won the New York 10,000m in the famous Central Park. His time of 28:28 was the second fastest in the history of this race. He was well ahead of Hendrik Ramaala of South Africa (2004 New York City Marathon winner) and Meb Keflezighi of the USA (Athens Olympic Marathon silver medalist).

Australia's golden girl of the hurdles Jana Pittman made a comeback at a low key meet at Loughborough and won the 400m Hurdle event in a good time of 55.51 sec. This was an "A" qualifier for the World Championships to be held in Helsinki later this year.

Controversial sprinter Marion Jones will compete in Holland on 29<sup>th</sup> May at the Hengelo meet. She is expected to run in the 100m event. She is also expected to compete in Milan on 1<sup>st</sup> June. Partner Tim Montgomery is negotiating with the organizers of both meets to compete.

28<sup>th</sup> May - Middle distance champion Tamsin Lewis is training hard with the Australian Cricket Team at the Wanda sand hills in southern Sydney. She has been beating everyone up the hills except young batsman Michael Clarke. She is thriving under fitness guru Jock Campbell.

29<sup>th</sup> May - Athletics has proved to be the most popular sport with Australians applying for tickets at the 2006 Commonwealth Games in Melbourne. Swimming was expected to take top spot.

Jana Pittman won an arduous double to give her Greek team the lead on the opening day of the European Champion Clubs Championship in Portugal. The world 400m hurdles champion won the 400m in 52.37 sec and backed up within the hour to win the hurdles in 55.69 sec. She plans to run both events at the Melbourne games.

30<sup>th</sup> May - Australia's fastest man Patrick Johnson has hit form at just the right time, bettering the "A" qualifying standard in the 100m and 200m for the World Championships in Helsinki in August. With only two days of Athletics Australia's qualifying period to go, Johnson clocked 10.21 sec in the 100m and 20.59 sec in the 200m. AA is now likely to give him the chance to run the two individual sprints in Helsinki.

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## **Athletics Trivia!**

The Kenyans have dominated the men's 3000m Steeplechase for quite a number of years particularly at Olympic level. However, believe it or not, they do not hold the current World Record. That honour goes to Brahim Boulami of Morocco. (7:55.28 set at Brussels, Belgium - 24/8/2001). More trivia next month.

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## **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 23<sup>rd</sup> – Sunday, July 24<sup>th</sup> & Saturday, August 6<sup>th</sup> – Sunday, August 7<sup>th</sup>.**

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](mailto: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 20<sup>th</sup> & Sunday, August 21<sup>st</sup>.**

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](mailto:ragreen@mail2me.com.au))

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