
The Girraween Athlete

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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Another Outstanding Month For Girraween!

Welcome to our 10th issue. We've come a long way in a short time! Can this season get any better for our club? We have certainly set a very challenging benchmark for the coming seasons. On the 29th January, Girraween competed in the NSW Club Championships for the first time ever. Our men's team which comprised of just 7 athletes acquitted themselves well in all their events and placed 14th out of 24 teams from all over NSW. This was an outstanding result and one we can build on for the future. While we didn't have a female team this year, Lynette Smith competed in the NSW Masters Club team and contributed well to their 6th placing. On the 3rd of February, Garry Womsley (45th overall) and Wayne Jeff (44th overall) competed in the 5000m Open State Championship with Wayne doing a PB and Garry doing a season best. On the 6th of February, Lisa Grant competed in the Telstra A series in Canberra and competed in the 20,000m race walk against the likes of Jane and Natalie Saville and placed 6th in another outstanding performance. On the weekend of 11-13th February, Garry Womsley (8th in the 3000m Steeplechase and another season best), Gary Howard (14th in the 200m & a 400m finalist and another PB), Lajos Joni (10th in the Hammer), Lisa Grant (3rd in the 5000m Race Walk and 4th in the 10000m Race Walk) and Catherine Nilon (14th in the 5000m Race Walk) all competed at the Open State Championships and did the club proud with some outstanding performances. We also expect to have a good turn out at the Masters State Championships on 26-27th February. Our medal tally for this current summer season now stands at 12 which would definitely be an all time record for the club. On the home front, we now have 114 members and the records continue to be smashed at C.V. Kelly as the season rapidly draws to a close. We've also introduced hurdles into our modified programme. Our demonstration events held on Sunday, 6th February were also well received and we expect some of the Little A's (and hopefully some adults!) will eventually progress to the senior club. We again have a need for Athlete Profiles. If you are interested in appearing in this section, please contact me. Otherwise, I'll be choosing

people at random. Watch out, it could be you! Until next month, happy running and most of all, have fun.
Garry Womsley.

Wedding Bells!

Congratulations to Jean Davis and Steve O'Donnell who were married on 23rd January. This was a well kept secret until 12th February at C.V. Kelly when the marriage was officially announced and the good news was relayed by Steve Williams over the PA. Congratulations, Jean and Steve, may you have many happy years together!

I've Been Everywhere Man!. I've Been To Dubbo, Hobart, Las Vegas.....

The Legend Gets Around!

Champion Masters athlete and living legend Keith Mayhew continues to astound everybody not only with his athletic prowess but also with how much he will travel to participate in a race. As you know, Keith travelled up to Dubbo in the early hours of New Year's Day dodging Kangaroos and other native wildlife to break all sorts of records over the two days of competition, before driving back to the big smoke. Exactly one week later, he was off again. This time he travelled to Hobart where he contested the famous "Glass & a Half" Half Marathon. We are pleased to report that Keith mastered the challenging and undulating course to finish in a good time of 1:37:00. He also placed 2nd in his age group. Then after a couple of weeks of local running, Keith was off again. This time he jetted off to the United States for the Las Vegas Half Marathon on 30th January. With this part of the world experiencing winter at the moment, Keith went from 30 deg. plus temperatures in Australia to temperatures not much above zero. In fact, on the day of the race, the temperature struggled to get to 5 degrees and the competitors had to deal with a 70km/hour headwind. It was so cold that Keith wore a jacket for quite a few of the early kilometres before he got warm enough to discard it. Despite all this, Keith ran a fantastic race to finish in a time of 1:38.00. He also placed 6th in his age group. Congratulations Keith on your great performances and also for flying the Girraween flag so proudly interstate and overseas!

Our Members Get Out & About On Australia Day! – Wednesday, 26th January, 2005.

Our members were spread far and wide today! Our club was well represented in the 5 and 10km races at the Penrith Regatta Centre Fun Run with Gary Howard, Brad Milosevic, Wayne Jeff, Robert Eager, Bill Flanagan, Richard Frost, Carly Eager,

Camille Howard, Terry Rose and Michael Christie, Sarah Thew and Jake Ferguson all participating. Barry Mayo competed in The Medibank Private 4km Fun Run at Centennial Park while Lynette Smith helped as a volunteer on one of the drink stations during this event. Roger Mar competed in The Menai Marketplace 8km Community Fun Run, while Garry Womsley and Adam Sinclair competed in The Illawarra Aquathon (800m Swim/7.3km Run) held at Wollongong Harbour and surrounds.

The Medibank Private Fun Run (4km) – Centennial Park.

This fun run was first conducted in 2004 and was quite popular. Held in the beautiful and historical Centennial Park, this race and the 8km run attract runners from all over Sydney. This year, our very own Barry Mayo competed in the 4km race which is one complete lap around the park. We are pleased to report that Barry was placed 5th overall in this race and was 1st in the 40-49 age group in an outstanding time of 13:35.

Australia Day Fun Run (5km & 10km) – Regatta Centre, Penrith.

This fun run has proved very popular over the years. With free entry and free food afterwards, athletes come from far and wide to participate. It is a flat course and many fast times are recorded here. Our members did particularly well. Young up and coming runner Brad Milosevic was outstanding in the 5km race and was the first Girraween member to finish in a time of 17:31 which was a new PB for him. He was also 1st in the U/16's age category. He was also happy to receive \$60.00 prize money, which now means he's a professional! The versatile Gary Howard was next to finish in a great time of 17:58. Gary was also in the money, coming 2nd in the Open category. Improving middle and long distance runner Wayne Jeff was delighted with his time of 18:38 in this race. It was also a PB. To top off a great performance, he was 2nd in the Veteran category across the line. Terry Rose, whose 5km times have really come down this summer, continued his great form with a time of 20:56. Young Carly Eager ran a great race as well to finish in a time of 26:00. She was pleased to be 3rd in her age category as well. Michael Christie ran his usual steady race and was pleased with his time of 26:24.09. Meanwhile, in the 10km race, Richard Frost and Bill Flanagan had a very good battle for most of the race with Richard eventually prevailing in a very fast time of 40:02. Bill finished in a time of 40:53. Camille Howard continued her consistent form in the 10km race with a very good time of 45:04. Robert Eager, after a bit of a lay off recently, ran a very respectable 56:00. Congratulations to all our members who performed so well today.

Australia Day Illawarra Aquathon (800m Swim & 7.5km Run) – Wollongong Harbour & Foreshore.

This event has become a real institution every Australia Day on the south coast. Held at the tranquil waters of Wollongong Harbour, this event is very well organised and is enjoyed by all who participate. Three events are offered (Mini, Short & Long) and are open to athletes of all abilities. The weather was cloudy with the threat of rain at the start but the sun broke through during the run leg to make it a little more sticky and uncomfortable for the competitors. Young Girraween member Adam Sinclair was having his first go at this type of event and acquitted himself well. He competed in the Long Course which was an 800m swim and a 7.5km run. He completed the swim section in a very respectable 17:21 and then tackled the 7.5km run with the same determination and completed it in a very good time of 32:39 to give him a combined time of 50:00. We are pleased to report that Adam was placed 7th in the U/20 age

group and 77th overall. The fact that Adam is still only 15 means that he can enjoy a few more years in this age group with the promise of a lot of improvement to come in the future. Garry Womsley also participated in this event. He had a go at the Short Course (400m swim, 3km run) in 2003 but decided to step up to the longer race this time as he thought that it would give him more chance to catch up in the run leg. As expected, Garry was one of the last to finish the swim leg (24:08) but had plenty left for the challenging run leg. In fact, he was able to pass a massive 35 competitors during this leg and recorded the 26th fastest time for the 7.5km run (28:58). Garry placed 105th overall and 19th in the 40-49 age group in a combined time of 53:06. If only he could swim as well as he runs! Congratulations to both our members.

Footnote: - Garry is well on the road to improving his swimming after to contesting the 1km Nippers and Novices swim from Shelly Beach to Manly Beach at the Cole Classic on the 6th of February. His time of 20:42 was a big improvement on his performance at Wollongong.

Menai Marketplace Community Fun Run (8km) – Menai Park and surrounds.

Roger Mar decided to head down to the Sutherland Shire for this very well organised but challenging fun run. The course is quite hilly throughout the race but as usual, Roger rose to the challenge and put in a wholehearted performance. His time of 44:29 was outstanding on this course. Congratulations Roger!

Congratulations to all our members who not only flew the Australian flag on this day but also flew the blue and white colours of Girraween. You did them both proud!

Another First For Our Club!

ANSW State Club Championships, Saturday 29th January, 2005 at Homebush.

For the first time in the club's history, we entered a team in this championship. While we were only able to put in a men's team this year, the seven athletes who competed for us did a fantastic job. It was a real team effort where everybody contributed and performed very well in open company. So a special thank you goes out to Jamie Sherson, Garry Womsley, Lajos Joni, Gary Howard, Ernie Leseberg, Vince Adams and David Wallis for setting a benchmark for future Girraween teams to beat and become a real force to be reckoned with. Their final position on the points table was 14th out of 24 men's teams from all over NSW. So it was a sterling effort for our first try. Unfortunately, we were unable to enter a women's team this year, Lynette Smith kept the Girraween flag flying by competing in the NSW Masters Club team. They were resplendent in their purple t-shirts and really created a great impression with their 6th placing. The final points table as follows: -

1) Sydney University (1)	240 points	13) Hills (1)	99 points
2) Bankstown (1)	232 points	14) Girraween	82 points
3) Campbelltown	224 points	15) Blacktown (2)	78 points
4) Sutherland (1)	195.5 points	16) Uni. Of NSW	72.5 points
5) UTS Norths (1)	164 points	17) Mingara	71 points
6) Springwood	150 points	18) Sutherland (2)	51 points
7) Sydney Pacific	143 points	19) Sydney Uni. (2)	40 points
8) Bankstown (2)	133 points	20) Illawong	29 points

9) Mingara (1)	126 points	21) Hills (2)	26 points
10) UTS Norths (2)	124 points	22) Ryde	16 points
11) Randwick Botany	119 points	23) Asics Wests	14 points
12) Blacktown (1)	110 points	24) Parramatta	8 points

Girraween athletes' individual performances as follows: -

4 x 100m RELAY (Gary Howard, Ernie Leseberg, David Wallis, Vince Adams)
Combined Time: - 50.08 sec – 16th overall

ERNIE LESEBERG	100m "A" Division	time: - 11.39 sec	11 th overall
	Long Jump "A" Div.	distance: - 5.24m	14 th overall
GARY HOWARD	400m "A" Division	time: - 49.91 sec	7 th overall
JAMIE SHERSON	800m "A" Division	time: - 2:08.51	15 th overall
	3000m "A" Division	time: - 10:20.29	12 th overall
	200m Hurdle "A" Div	time: - 31.11 sec	12 th overall

1600m SPRINT RELAY (200m Vince Adams, 200m Gary Howard, 400m Jamie Sherson, 800m David Wallis) Combined Time: - 4:18.06 – 14th overall

LAJOS JONI	Shot Put "A" Div.	distance: - 10.31m	6 th overall
	Javelin "A" Division	distance: - 28.09m	15 th overall
VINCE ADAMS	100m "B" Division	time: - 13.83 sec	19 th overall
	Javelin "B" Division	distance: - 23.41m	9 th overall
GARRY WOMSLEY	400m "B" Division	time: - 1:02.93	16 th overall
	3000m "B" Division	time: - 10:55.55	12 th overall
	200m Hurdle "B" Div	time: - 35.16 sec	8 th overall
DAVID WALLIS	800m "B" Division	time: - 2:21.55	13 th overall
LYNETTE SMITH (Who competed in the NSW Masters Club women's team)	Discus "A" Division	distance: - 34.45m	4 th overall
	Shot Put "A" Div.	distance: - 9.82m	7 th overall
	High Jump "A" Div.	height: - 1.55m	2 nd overall

The Masters Fly The Flag At Blacktown!

Blacktown Little Athletics Club Australia Day Carnival – Sunday, 30th January, 2005 – Francis Park, Blacktown.

Garry Womsley and Vince Adams competed at this very well organised meet at Blacktown. While it is generally geared towards the Little A's, there are some Open and Masters events during the day. The earlier events were conducted in persistent drizzle but it didn't take long to clear away. Francis Park is a grass track in moderate condition and is not quite 400m in circumference and has no straights to speak of. It

suits a runner like Garry who loves running bends. Garry contested four events (100m, 200m, 1500m and Long Jump). He was placed 3rd in the 100m & 200m, 1st in the 1500m (season best) and 4th in the Long Jump (personal best). Vince contested two events (200m and Discus). He was placed 4th in the 200m and 2nd in the Discus. Congratulations to both our athletes. Full results as follows: -

GARRY WOMSLEY	100m	time: - 13.8 sec	3 rd in Masters
	1500m	time: - 5:06	1 st in Masters
	200m	time: - 28.0 sec	3 rd in Masters
	Long Jump	distance: - 4.08m	4 th in Masters
VINCE ADAMS	200m	time: - 29.6 sec	4 th in Masters
	Discus	distance: - 18.68m	2 nd in Masters

Another Successful Night At Homebush!

ANSW All-Comers & 5000m State Open Championships – Thursday, 3rd February, 2005 at Homebush.

ANSW are on a real winner with their programming of All-Comers meets run in conjunction with a State Championship event. This night was well patronised by athletes from most clubs which goes to show that the future is not all “gloom and doom” in our sport (despite what the media tries to tell us!) Athletes both young and old are coming out in good numbers to run, throw and jump at every opportunity. We are setting a great example for the next generation of athletes to follow.

As for our members, open age sprinters Ernie Leseberg (100m & 200m) and Gary Howard (200m) performed brilliantly against strong opposition and were amongst the front runners in their respective heats. Masters sprinters Vince Adams and Wayne Thurlow contested both the 100m and 200m and Wayne in particular, despite not being used to the starting blocks, showed his great potential at this level.

In fine weather, not too hot and not too cold, with no wind, distance runners Wayne Jeff and Garry Womsley contested the “B” race of the 5000m State Open Championship and both performed well. Wayne (18:26) did a personal best while Garry (18:33) did a season best. Only 7 seconds separated them at the finish and both were happy with their performances. Many thanks to Gary Howard for being Wayne’s lap scorer. This event was very popular again this year with 51 male and 18 female entries. Glen Guzzo (14:21) of the Sydney Striders won the men’s race while Eloise Wellings (15:59) won the female’s race.

Congratulations again to all our athletes. Full results as follows: -

ERNIE LESEBERG	100m	time: - 11.36 sec	8 th in Open Age
	200m	time: - 22.81 sec	8 th in Open Age
GARY HOWARD	200m	time: - 23.06 sec	12 th in Open Age
WAYNE THURLOW	100m	time: - 13.50 sec	2 nd in Over 35’s

	200m	time: - 26.49 sec	2 nd in Over 35's
VINCE ADAMS	100m	time: - 13.59 sec	3 rd in Over 35's
	200m	time: - 28.43 sec	3 rd in Over 35's
WAYNE JEFF	5000m State C/Ship	time: - 18:26.34	44 th in Open Age
GARRY WOMSLEY	5000m State C/Ship	time: - 18:33.47	45 th in Open Age

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On Friday, 4th February, former Illawong members Garry Womsley and Roger Mar ventured to The Ridge Athletics track at Lucas Heights to compete in the Illawong Summer Track Series. Garry contested the 5000m and won the race in a good time of 18:51. He also contested the 800m and placed 6th in a time of 2:40. As usual, Roger got his money's worth by competing in the 5000m, 60m and 800m.

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On Tuesday, 8th February, Vince Adams and Bill Flanagan competed at a special All-Comers meet at Blacktown Olympic Centre, Rooty Hill. Organised by the Blacktown Athletics Club, it is hoped that this type of meet will be a regular feature (at least once a month) throughout the year. We will bring you further information on these meets when it comes to hand. Vince contested the 100m and placed 4th in a good time of 13.5 sec. Bill contested the 3000m.

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The Fine Tuning For The Big Events Continues!

ANSW All-Comers, Saturday, 5th February, 2005 at Homebush.

A small but keen contingent of Girraween athletes competed at this meet today. The weather was hot, sticky and a little uncomfortable but it gave everybody a good hit out for their respective State Championship events coming up. Throwers Lajos Joni (despite a sore thumb) and Lynette Smith both performed well in their events while Lynette also performed well in the 200m. Gary Howard continues to improve in the 400m with another fantastic time against quality opposition. Adam Sinclair showed he was back to full fitness with good performances in both the 100m and 1500m, while Garry Womsley put the distance racing on hold and tried hard in the 200m and 400m but was blown away by a high standard field in both races. Well done to all of our athletes. Full results as follows: -

LYNETTE SMITH	200m	time: - 29.20 sec	7 th in Open Age
	Shot Put	distance: - 9.19m	2 nd in Open Age
	Discus	distance: - 35.06m	3 rd in Open Age

ADAM SINCLAIR	100m	time: - 13.69 sec	27 th in Under 18's
	1500m	time: - 4:46.16	9 th in Under 18's
GARY HOWARD	400m	time: - 50.12 sec	5 th in Open Age
GARRY WOMSLEY	200m	time: - 28.04 sec	8 th in Over 35's
	400m	time: - 1:03.65	6 th in Over 35's
LAJOS JONI	Shot Put	distance: - 10.61m	1 st in Over 35's
	Discus	distance: - 28.69m	2 nd in Over 35's

Lisa Grant Makes A Stunning 20km

Debut! – *Telstra "A" Series – Sunday, 6th February, 2005 – Lake Burley Griffin, ACT*

Champion race walker Lisa Grant made a fantastic debut at the 20km road distance in Canberra today. Up against Olympians Jane and Natalie Saville and Cheryl Webb, Lisa lost nothing in comparison and was placed 6th in a great time of 1:42:52. Olympic medallist Jane Saville won the race in a time of 1:33:07. Lisa was really happy with the race as it was her first over this distance and she wasn't quite sure how she'd go. She was later told that it was one of the fastest 20km times on debut. However, all big performances come at a price as she was pretty tired and sore for a couple of days after the race. Congratulations Lisa, keep up the good work!

The Seniors Show The Little A's How It's

Done! – *Demonstration Events – GLAC Centre Championships – Sunday, 6th February, 2005 – C.V. Kelly.*

Hot and humid weather greeted our athletes this afternoon as they put on some demonstration events for the Little A's and parents present during the GLAC Centre Championships held at C.V. Kelly Park. Wayne Thurlow, Steve O'Donnell, Robert Giesler, Garry Womsley, Steve Parkins, Steve Williams, Lynette Smith, Gary Micallef, Jean Davis, Terry Rose, Kathryn Graham, Cath Germech and Gary Howard contested the 200m and 800m races and also had a throw of the Javelin. There were two heats of the 200m with Wayne Thurlow winning the first heat from a tight pack consisting of Steve O'Donnell, Robert Giesler, Garry Womsley and Steve Williams while Gary Micallef won the second from a fast finishing Jean Davis. Gary Howard blitzed the field in the 800m but the battle for 2nd made it interesting with Wayne Thurlow, Steve Williams and Lynette Smith all vying for the position aggressively over the last 100m. Wayne capped a fine day on the track by just outlasting Steve. Lynette Smith's throws in the Javelin were fantastic with her longest one almost reaching some tents in the middle of the field. It was estimated that she threw a distance of 34 metres. Congratulations to all our members who competed and set a

fine example for the next generation of athletes to follow. Run place getters as follows: -

200M – Heat 1

1) WAYNE THURLOW	28.25 sec
2) STEVE O'DONNELL	28.51 sec
3) ROBERT GIESLER	28.98 sec

200M – Heat 2

1) GARY MICALLEF	33.54 sec
2) JEAN DAVIS	34.08 sec
3) TERRY ROSE	35.42 sec

800M

1) GARY HOWARD	2:04
2) WAYNE THURLOW	2:33
3) STEVE WILLIAMS	2:34

The Little A's Club were appreciative of our efforts as per their letter below: -

On behalf of the Girraween Little Athletics Centre I would like to thank the Girraween Athletics Club and those members who participated in the demonstration events at the GLAC Centre Championships last weekend.

The demonstration allowed final event results to be tallied and provided a great opportunity to showcase the rapport between the two clubs.

The quality of the events and the light hearted commentary were well received by the audience and were a credit to the senior club.

Highlights for the crowd included:

- The close finishes in both 200 heats;
- The superb 800 performance of Gary Howard;
- The battle for 2nd to 4th in the 800;
- Both runs by local favourite Gary Micallef; and
- The incredible arm of Lynette in the javelin.

We look forward to the continuation of the strong rapport between the two clubs.

Regards
Wayne Thurlow
Secretary
GLAC

***Another First For Our Club! – Hurdles Included In
Our Modified Programme! – Girraween Summer Programme – Saturday, 12th
March, 2005 at C.V. Kelly.***

A fantastic day of athletics was had today at C.V. Kelly. With the State Open Championships on this weekend, we scheduled a modified programme and a fun time was had by all. With four regular steeplechasers in our club, hurdling has become a part of their weekly training schedules, so it was decided to add a 200m hurdle event to today's programme. It was encouraging to see 12 athletes, some having their first

go at the event, take part in the 4 heats with a number of them showing good technique over the hurdles. Tim Evans, Jamie Sherson, Scott Mortimer and Natalie Pellizzari were the stars and could have a big future in the event. With the fine weather and little or no breeze, there were good numbers competing in all of the track and field events on offer and there were plenty of good performances. Scott Mortimer was the fastest in the 60m with good performances also put in by Jamie Sherson, Wayne Thurlow and Vince Adams. Natalie Pellizzari and Amanda Giesler were best for the females. Jamie Sherson was again the standout in the 300m with Wayne Thurlow, Scott Mortimer and Steve O'Donnell also prominent. Natalie Pellizzari was again the fastest in the women. Jamie Sherson and Geoff Sheargold had a great tussle in the 1000m with Jamie prevailing. Reece Diaz also ran well to be 3rd fastest. In the 2000m, Jamie Sherson survived an early scare to beat his Steeple coach Garry Womsley with Reece Diaz battling away well for 3rd. Tim Evans was our top performer in the High Jump, while Robert Giesler narrowly won the Long Jump from Scott Mortimer and Wayne Thurlow. Congratulations to all those that competed on the day. A summary of today's results as follows: -

60m – Male

1) Scott Mortimer	7.62 sec
2) Jamie Sherson	7.84 sec
3) Wayne Thurlow	7.86 sec
4) Vince Adams	8.06 sec
5) Robert Giesler	8.10 sec
6) Steve Williams	8.20 sec
7) Steve O'Donnell	8.19 sec
8) Adam Sinclair	8.48 sec
9) Brad Milosevic	8.57 sec
10) Ivan Craddy	8.88 sec

200m Hurdles

1) Tim Evans	27.91 sec
2) Jamie Sherson	29.47 sec
3) Scott Mortimer	30.48 sec
4) Steve O'Donnell	32.27 sec
5) Wayne Thurlow	33.27 sec
6) Natalie Pellizzari	33.16 sec
7) Steve Williams	33.60 sec
8) Adam Sinclair	34.86 sec
9) Brad Milosevic	37.38 sec
10) Andrea Hendley	39.87 sec

High Jump

1) Tim Evans	1.60m
2) Jamie Sherson	1.40m
3) Scott Mortimer	1.35m

1000m

1) Jamie Sherson	3:02.22
2) Geoff Sheargold	3:09.28
3) Reece Diaz	3:10.47

60m - Female

1) Natalie Pellizzari	8.26 sec
2) Amanda Giesler	8.48 sec
3) Jemma Austin	9.01 sec
4) Stacey Argent	9.69 sec
5) Jessica Ward	10.10 sec
6) Cath Germech	10.22 sec
7) K. Germech	11.28 sec

300m - Male

1) Jamie Sherson	41.05 sec
2) Wayne Thurlow	42.39 sec
3) Scott Mortimer	43.20 sec
4) Steve O'Donnell	43.39 sec
5) Robert Giesler	44.24 sec
6) Steve Williams	45.54 sec
7) Adam Sinclair	46.17 sec
8) Peter Byrne	46.75 sec
9) Vince Adams	48.09 sec
10) Fred Daniels	50.73 sec

300m - Female

1) Natalie Pellizzari	45.27 sec
2) Jean Davis	52.83 sec
3) Stacey Argent	55.26 sec

Standing Long Jump

1) Robert Giesler	2.38m
2) Scott Mortimer	2.37m
3) Wayne Thurlow	2.35m

2000m

1) Jamie Sherson	6:43.22
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4) Adam Sinclair	3:22.02	2) Garry Womsley	7:07.80
5) Peter Byrne	3:22.98	3) Reece Diaz	7:19.19
6) Keith Mayhew	3:33.60	4) Steve Williams	7:37.83
7) Richard Frost	3:34.42	5) Richard Frost	7:40.45
8) Steve Williams	3:36.80	6) Keith Mayhew	7:48.95
9) Vince Adams	3:42.36	7) Geoff Sheargold	8:12.95
10) Graham Sheargold	3:43.23	8) Terry Rose	8:15.72

Our Athletes Outstanding At The State Open Championships – Another Medal For Lisa!

***ANSW Open State Championships – Friday, Saturday & Sunday, 11th, 12th & 13th
February, 2004 at Homebush.***

The performances of our five athletes this weekend were outstanding. In mostly fine conditions our athletes went out, flew the Girraween flag, did their best and were rewarded for their efforts. The depth in most events was the best for many years, particularly so in the events that our athletes competed in.

Lisa Grant competed in both the 5000m and 10000m Race Walks and got bronze in the 5000m and 4th in the 10000m. She beat a number of strong walkers, including two former national junior champions. Apart from those that competed at Athens, no one else was able to beat her. It was a sensational effort by Lisa to stay in touch with Jane Saville and Cheryl Webb for so long in the 5000m race.

Catherine Nilon also competed in the 5000m Race Walk and was placed 14th in a hot field. She will certainly be better for the experience of competing against so many big names.

Gary Howard competed in both the 400m and 200m. He ran particularly well to qualify for the final in the 400m. He then backed up well in the final to do a PB in the evening, where traditionally personal bests are hard to come by. He was right there in a close finish in a high quality field that included Australia's 3rd fastest 400m runner of all time and current Olympic silver medallist (Patrick Dwyer), last year's State Champion and runner-up, a current national junior champion and a gold medallist from the recent Youth Olympics. Gary also ran well in the 200m heats and narrowly missed the final.

Garry Womsley, preparing for the State Masters, got some much needed practice in the 3000m Steeplechase. Men's steeplechase over the last twelve months has proved to be the fastest growing event in athletics both at junior and senior level. In fact, the quality of this field was as high as it has ever been. It contained the current 1500m Australian champion (Youcef Abdi), last year's champion and national runner-up (Jeff Hunt), current U/16 2000m Australian record holder (James Matthews) as well as a former national mountain running champion (Bruce Hogg). Garry, who has struggled for form all season in his pet event, did a season best by a massive 26 seconds and an even bigger improvement of 43 seconds on his last race four weeks

ago. It was a good reward for his efforts in trying to improve his hurdle technique. He was overjoyed with his time and 8th placing in such elite company.

Lajos Joni who has been in fantastic form all season, competed in the Hammer and got in a good first throw of 36.83m. Unfortunately, he fouled his last two throws. However, he was happy with his form in the lead up to the Masters.

Full results as follows: -

LISA GRANT	5000m Walk	time: - 23:15.57	3 rd Overall
	10000m Walk	time: - 48:6.06	4 th Overall
CATHERINE NILON	5000m Walk	time: - 33:20.33	14 th O/all
GARY HOWARD	200m (Heat)	time: - 23.42 sec	14 th O/all
	400m (Heat)	time: - 50.23 sec	8 th Overall
	400m (Final)	time: - 49.73 sec	8 th Overall
GARRY WOMSLEY	3000m Steeple	time: - 11:16	8 th Overall
LAJOS JONI	Hammer	distance: - 36.83m	10 th O/all

Other notable performances during the meet: -

- * Ambrose Enzwa (10.41 sec) and Joshua Ross (10.42 sec) – Men's 100m
- * Preya Carey (11.99 sec) – Women's 100m – good win running into a headwind
- * Daniel Batman (20.88 sec) – Men's 200m Heats – ran a superb bend into a 2.4m Headwind
- * Annabelle Smith (54.49 sec) – Women's 400m – improved with every race
- * Patrick Dwyer (46.38 sec) – Men's 400m – a great return to form
- * Women's 10000m Walk – Sibling rivalry continues with Natalie Saville walking strongly to beat Olympic bronze medal winning sister Jane
- * Commonwealth Games bronze medallist at 1500m, Youcef Abdi won his debut 3000m Steeplechase (8:50.55) defeating club mate and previous winner Jeff Hunt narrowly
- * Women's 800m – pushing, shoving and two athletes falling with 350m to go marred this race. Brooke Simpson was able to stay away from the trouble to win (2:08.77)
- * Men's 800m – a slow first lap played into the hands of Nick Bromley who has one of the best finishing kicks in athletics taking the lead with 100m to go (1:50.66)
- * Men's 1500m – a fast first lap was followed by a slow second lap until Corey Tucker (ACT) took charge with 200m to go to win (3:44.23).

Story compiled by Garry Womsley with contributions from Wayne Jeff and ANSW (Many thanks!)

Four Seasons In One Day! – ANSW All-Comers –
Saturday, 19th February, 2005 – SOPAC, Homebush.

That's what our athletes had to contend with today. The sprinters had to put up with hot, furnace-like conditions while our distance runners had rain, wind, thunder, lightning, flying chairs and swaying throwing cages to contend with. Our throwers had a bit of both. For Lynette Smith, Ernie Leseberg, Gary Howard and Garry Womsley it was a good last hit-out before next weekend's State Masters while Jamie Sherson continues to gain more experience at the 91.4cm Steeple height for the U/18 State Championships in early March. Roger Mar also put in his usual wholehearted effort on the day in three events. Garry and Jamie were our standouts on the day, winning their respective steeple races in very trying conditions, while earlier Ernie Leseberg ran fantastic times in both the very competitive 100m and 200m races. Lynette Smith was pleased with her effort in the Hammer. Her throw of 26.11m was a personal best. Congratulations to all our competitors. Full results as follows: -

LYNETTE SMITH	400m	time: - 1:03.77	10 th in Open Age
	Shot Put	distance: - 9.35m	3 rd in Open Age
	Discus	distance: - 32.58m	4 th in Open Age
	Hammer	distance: - 26.11m	3 rd in Open Age
JAMIE SHERSON	2000m Steeple	time: - 6:52.85	1 st in U/18 Age
ERNIE LESEBERG	100m	time: - 11.66 sec	13 th in Open Age
	200m	time: - 22.58 sec	6 th in Open Age
GARY HOWARD	800m	time: - 2:10.01	24 th in Open Age
ROGER MAR	100m	time: - 17.58 sec	14 th in O/35 Age
	200m	time: - 35.05 sec	12 th in O/35 Age
	800m	time: - 3:27	5 th in O/35 Age
GARRY WOMSLEY	3000m Steeple	time: - 11:40.05	1 st in O/35 Age

The Records Continue To Tumble At C.V. Kelly!

As promised last month, we now have all the records broken during the December-mid February period at C.V. Kelly. Many thanks to our hard working records officer Kathy Austin for providing this information, as follows: -

11/12/04

BRENDAN EVANS	U/17	Shot Put	distance: - 11.58m
MICHAEL CHAFFEN	U/12	Shot Put	distance: - 7.79m
LAJOS JONI	Masters	Shot Put	distance: - 10.62m
GARY HOWARD	Seniors	400m	time: - 51.5 sec
(This is also an Open record)			

18/12/04

KEITH MAYHEW	Golden Oldies	800m	time: - 2:32.3
<u>22/1/05</u>			
GARY HOWARD	Open	200m	time: - 23.5 sec
GARY HOWARD	Seniors	200m	time: - 23.5 sec
JESSICA WARD	U/20	Shot Put	distance: - 10.18m

12/2/05

SCOTT MORTIMER	U/20	200m Hurdle	time: - 30.5 sec (This is an equal record)
TIM EVANS	U/20	200m Hurdle	time: - 28.0 sec

8/1/05 – Modified Records

JAMIE SHERSON	U/17	1000m	time: - 2:56.6
ANDREA HENDLEY	Masters	Shot Put	distance: - 12.30m
STEVE PARKINS	Masters	Shot Put	distance: - 20.61m (This is an equal record)
JEMMA AUSTIN	U/20	60m	time: - 9.1 sec
AMANDA GIESLER	Seniors	60m	time: - 8.3 sec
ANDREA HENDLEY	Masters	60m	time: - 9.0 sec

29/1/05 – Modified Records

TIM EVANS	U/20	60m	time: - 7.5 sec (This is an equal record)
BRENDAN WEYLAND	U/19	60m	time: - 7.5 sec (This is an equal record)
JEMMA AUSTIN	U/20	4 x 100m Relay	
TIM EVANS	U/20	As Above	
SCOTT MORTIMER	U/20	As Above	
JESSICA WARD	U/20	As Above	time: - 56.5 sec

Free Sausage Sizzle On March 12th – Put This Date In Your Diary!

Most Aussies like to throw a snag or two on the barbie and relax after a hard day's running.

Well, you too can have that opportunity with our sausage sizzle on Saturday, March 12th at C.V. Kelly, which is our last day of our summer competition.

So why not come down, have a run and then partake in our sausage sizzle organised by our catering supremo George Milosevic.

And unlike a lot of things these days, it's FREE.

Please put this date in your diary.

Upcoming Events!

Club Events

Sat.	5 th March	(C.V. Kelly)	Modified Programme with distance event 2000m
Sat.	12 th March	(C.V. Kelly)	Week B with distance event 3000m

ANSW Events

Sat.	12 th March	(Homebush)	NSW State U16, U18, U20, U23
Sun	13 th March	(Homebush)	NSW State U16, U18, U20, U23
Sat	19 th March	(Bankstown)	ANSW All-Comers

Other Representative Events

Thur	3 rd March	(Homebush)	AA National Open Championships
Fri	4 th March	(Homebush)	AA National Open Championships
Sat	5 th March	(Homebush)	AA National Open Championships
Sun	6 th March	(Homebush)	AA National Open Championships
Sat	12 th March	(Blacktown)	NSW Masters Club State Titles
Sun	13 th March	(Blacktown)	NSW Masters Club State Titles
Sat	19 th March		Little A's State Carnival
Sun	20 th March		Little A's State Carnival

Fun Runs & Other Events Of Interest

Tues	1 st March	(Rooty Hill)	Blacktown City All-comers (7.00-9.00pm)
Wed	9 th March	(Blair Oval)	Blair Zone Series 2
Sat	12 th March	(Katoomba)	Six Foot Track Ultra-Marathon (45km)
Sun	20 th March	(Smithfield)	Sydney Marathon Clinic Road Race Series (From 7.00am)
Sun	20 th March	(Lindfield)	Lindfield Community Fun Run (5km or 10km)

Our Club Committee

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

<i>Vince Adams</i>	<i>Winter Competition</i>	<i>9863-2731</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Kathy Austin</i>	<i>Fundraising & Club Records</i>	<i>9688-2390</i>
<i>Jean Davis</i>	<i>General Committee</i>	<i>9896-1136</i>
<i>Robert Eager</i>	<i>Fundraising</i>	<i>9675-2167</i>
<i>Michael Evans</i>	<i>Park Trust Delegate</i>	<i>9631-7679</i>

<i>Bill Goodin</i>	<i>Fundraising</i>	<i>9863-6878</i>
<i>Lisa Grant</i>	<i>Youth Representative</i>	<i>9631-1236</i>
<i>Steve Halverson</i>	<i>Treasurer</i>	<i>9671-5235</i>
<i>Viv Manwaring</i>	<i>Registrar</i>	<i>9631-8887</i>
<i>George Milosevic</i>	<i>Canteen Manager</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Publicity Officer</i>	<i>9896-4654</i>
<i>Suresh Raju</i>	<i>Summer Competition</i>	<i>9920-4262</i>
<i>Lynette Smith</i>	<i>ANSW Delegate</i>	<i>9631-0651</i>
<i>Steve Williams</i>	<i>President</i>	<i>0400308496</i>
<i>Garry Womsley</i>	<i>Secretary & Coaching Co-ordinator</i>	<i>9636-6017</i>

Girraween Club Training Days & Times

Seniors

Mondays & Wednesdays (6.30-8.00pm) – Track Training – Sprints/Middle/Long Distance at C.V. Kelly with Garry Womsley. (Phone: - 9636-6017)
 Tuesdays (6.30-8.00pm) – Steeplechase Training at Homebush with Garry Womsley. (Phone: - 9636-6017)
 Mondays (6.30pm) – Hammer & Weight Throws Training at Gipps Road Sporting Complex, Greystanes with Lajos Joni (Phone: - 9676-4590).

Juniors

Mondays & Wednesdays (6.30-8.00pm) – Little A's Training at C.V. Kelly with various coaches. Contact Gary Micallef on 9631-2658 for more information.

ATHLETE PROFILE

This month we feature another of our medalists from our State Relay teams. Andrea Hendley has improved out of sight over this season at C.V. Kelly and has also competed at ANSW All-Comers and Club Premiership meets and done the club proud with her efforts. Along with Lynette Smith, Sarah Thew and Jean Davis, Andrea helped Girraween secure a number of medals at the State Relays in November. As mentioned earlier, we need more athlete profiles. Any volunteers ? If not, we will pick members at random. It could be you! Garry Womsley

FULL NAME: - Andrea Elizabeth Hendley

AGE: - 41

NICKNAME(S):- Aggie

WHAT SUBURB DO YOU LIVE IN? : - Lalor Park

WHAT YEAR DID YOU JOIN GIRRAWEEEN? :-2002-2003 summer

WHEN DID YOU START ATHLETICS? : - I did little A's in Grafton when I was 12 and school athletics of course.

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Jemma Austin

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

WHAT DO YOU DO FOR A LIVING? : - Admin Officer - you know, sit at a desk look at a computer answer the phone - rivetting!!

HOW MUCH TRAINING DO YOU DO A WEEK? : - As little as possible - I don't mean to sound discouraging to all the keen athletes in the club I have chronic knee problems.

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - the recent state relay medals.

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT ?:- whilst doing a fun run when I was 8 I was recognised by another runner as the kid (only 2) who used to come out and bite him on the ankle when he delivered our milk.

WHAT IS YOUR FAVOURITE FOOD? : - Beer - is that a food?

WHAT IS YOUR FAVOURITE TV SHOW? : - Law and Order

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Always wear clean undies

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - Dawn Fraser, Raelene Boyle, Shirley Strickland-Delahunty and of course any member of the Balmain Tigers oops Wests Tigers.

DO YOU PLAY ANY OTHER SPORTS? : - Touch Football but have tried most sports.

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - I like to crochet(don't laugh) when I get the time.

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Don't ever think you can't do something. Always have a go as you might just surprise yourself.

DO YOU HAVE A COACH? : - No - doesn't it show!!

WHAT ARE YOUR GOALS IN ATHLETICS ?:- Seasons goals are to get under 7mins in the 1500, under 15secs in the hundred and over 8m in shot put consistently. Extended goals are to just keep on having a go as long as my knees hold out.

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - hopefully still being involved in sport at some level.

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? : - It might sound corny but World Peace. I believe if all the nations were at peace then imagine the contribution they could all make towards solving other problems like poverty and global warming etc.

OTHER COMMENTS? : - I'm glad I'm a member of a great friendly club that encourages athletes of all abilities and ages!!

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

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

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

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

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

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

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

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

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

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

You'll be glad you did!

World News

6th February

Distance runner and cross country specialist Benita Johnson continues to rake in the cash on the lucrative circuit in Europe. Her 4 race wins recently have reaped her over \$80000 in prize money. Her only loss was a close 2nd in Edinburgh on January 15th.

Promising Marathoner Scott Westcott produced his best performance to date in the Beppu-Oita Marathon in Japan. Westcott placed 2nd in a personal best of 2:11:36 behind winner Satoshi Irifune (2:09:58). Fellow Australian Sisay Bezebeh placed 5th in a time of 2:13:14.

Long Jumper Tim Parravicini joined the immortals of the sport when his jump of 8.18m placed him 5th on the all-time best performances for an Australian at the Telstra A Series held in Canberra.

Olympic medalist Jane Saville won the 20,000m road walk in Canberra during the same meet in a time of 1:33:07. Our own Lisa Grant came in 6th in a great debut time of 1:42:52.

8th February

Benita Johnson has completed a perfect preparation for next month's defence of her World Cross Country crown by winning another race in Italy. The victory in the cross country classic Five Mills race near Milan was her 5th in 6 events in Europe this year.

Great Athletes of the Past!

Michael Christie brings us his usual feature on great athletes of the past. This month we bring you the story of Kenyan middle/long distance great Kip Keino. Thanks again to Michael for his efforts.

Hezekiah Kipchoge "Kip" Keino (1940- Kenya)

Kip Keino was born on 17 January 1940 in the village of Kipsamo, Kenya. As his mother died when he was very young, he was bought up for a time by his grandparents and uncle eventually returning to live with his father. As a member of the Nandi tribe, he also undertook the various ceremonies that members of his tribe took part in which accompanied his arrival from childhood into adulthood.

Even though he started running at 16, it was not until he joined the police force in 1958, that with the schedule of training available to him, it became apparent that he had potential as a

runner. He first represented Kenya in the early 1960s and he competed for them in the 1962 Perth Commonwealth Games with little success, but it was a learning experience. He competed for Kenya in the 1964 Tokyo Olympic Games where he was to finish fifth in the 5000m behind the surprise winner Bob Schul of the United States. He also competed in the 1500m, narrowly missing out on a place in the final. However, from his performances in Tokyo it was apparent that a major new talent was beginning to surface. 1965 was to be the breakthrough year as he set a new world record in the 3000m in Europe and later on in the year a new 5000m world record in New Zealand. 1966 was also to be another great year where he competed in the Commonwealth Games in Kingston, Jamaica, winning gold medals in the 1 mile and 3 mile events.

His next aim was to win an Olympic gold medal. As a result he competed only occasionally overseas leading into the 1968 Mexico Olympics, preferring to concentrate on his training programme at home in Kenya. He decided to compete in the 10,000m, 5000m and 1500m at Mexico, an extraordinary combination of events. Before the 10,000m final he suffered severe stomach pains, which he later discovered was a gall bladder infection. However, he went ahead, competing strongly in the final before having to slow down and stop with about 3 laps to go, however he jogged to the finish. Despite these problems he made it through to the 5000m final and managed a silver medal only narrowly beaten by the Tunisian, Mohamed Gammoudi. He made it through the heats of the 1500m making the final and having to come up against the legendary American, Jim Ryun who had not lost a mile or 1500m since 1965. Keino's performance remains to this day one of the greatest 1500m performances in Olympic history. After trailing his teammate Ben Jipcho early who had set a very fast pace, Keino took off and built up such a big lead, that despite a valiant effort by Ryun, he was not able to be reined back in. Keino won the gold medal in the then Olympic record time of 3:34.9. It had been an extraordinary campaign, and helped to cement Kenya's reputation as one of the new long distance running powerhouses.

Keino continued to run well over the next two years and was to win gold medals in both the 1500m and 5000m in the 1970 Edinburgh Commonwealth Games. He was aiming to defend his title at the Munich 1972 Olympic Games. He had wanted to run the 5000m at Munich but scheduling prevented this. He decided not to run the 10,000m, entering the 3000m steeplechase instead, a race he had very little experience in at international level. Despite this, he shocked everyone including himself by going on to win the gold medal from his countryman, Ben Jipcho. In the 1500m, he ran a tough race only to be beaten narrowly for the gold medal by Finland's Pekke Vasala, after an epic duel down the finishing strait. His Olympic career was over. He turned professional in 1973, ran a few more races and eventually retired in 1974.

He was the first of the great Kenyans and his 1500m performance at Mexico City still stands up today as one of the finest achievements in 1500m history. He has continued to give to his country and in his native Kenya has founded and run an orphanage at his farm which over many years has helped hundreds of children. He also coached Kenya's athletes at the 1996 Atlanta Olympic Games and is a member of the Laureus Sports Academy. Only last month, his son was presented with, on his behalf, the inaugural Millrose Games Humanitarian Award. The Millrose Games is the leading invitational indoor track and field event in the United States. Thus he continues to make his presence felt right down to the present day with his many humanitarian works. He has and continues to be not only a wonderful ambassador for his sport, but more importantly for his country and his people. His story remains an inspiration to everyone.

Sources and Further Reading

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Stop Press!

What a month! There has been so much happening we've run out of room.

We will bring you the results of The Sydney Marathon Clinic races held on Sunday, 20th February next month.

All the best to the following members who will be competing at the State Masters on 26th & 27th February: -

LYNETTE SMITH (800m, High Jump, Discus, 400m, Javelin)

LAJOS JONI (Hammer, Weight, Discus, Javelin, Shot Put)

KEITH MAYHEW (5000m, 800m, 2000m Steeplechase, 1500m)

RICHARD FROST (5000m)

BILL FLANAGAN (5000m)

GARY HOWARD (800m, 200m, 100m)

DAVID WALLIS (800m, 1500m)

BARRY MAYO (800m)

ERNIE LESEBERG (200m, 100m)

VINCE ADAMS (200m, 100m, Javelin)

GARRY WOMSLEY (3000m Steeplechase, Javelin, 400m Hurdles, 400m)

A full report will appear in the April newsletter on the State Masters. Hopefully we will have good news!

Until next month, happy running and stay well!