
The Girraween Athlete

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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“The Girraween Athlete” Celebrates Its 1st Birthday!

Our club newsletter celebrates its 1st birthday this month. The time has gone so fast! Both the newsletter and the club have come a long way in that time. After only two weeks of the new season, our Registrar Viv Manwaring advises that we have 60 registrations already and we are hopeful of reaching the record breaking heights of last year once again. Our members are really getting noticed. At the Lest We Forget Fun Run held at Blacktown on the 24th April, we had 13 members compete in this event resplendent in their blue and white uniforms. That was almost 10% of the total number of competitors. As a result of showing our colours, we actually got two enquiries from runners about joining us. In fact, people have also noticed us training during the week as we also had an enquiry on the run from a person who saw us out and about. So things continue to look good for us. We have had good numbers at the first two West Metropolitan races and we are expecting equally good numbers for the first two State Championships events at Ramsgate on 30th April and at Holsworthy on 7th May. All of our registered members are welcome to compete in these events. We have again run short of athlete profiles so if anyone would like to feature in this column, please give me a call. We would also like to remind everybody of our Special General Meeting and AGM on Tuesday, 17th May at The Kings Langley Public School Library. All are welcome to attend. Until next month, happy running! Garry Womsley.

Inner – City Running At It's Best!

Sydney Striders 10km Road Race Series – Saturday, 2nd April, 2005 – The Domain, Sydney.

There's nothing like an early morning run in The Domain and surrounds. The air is crisp and fresh, the scenery is breathtaking and there are not too many places in the

city where the sunrise can be witnessed unhindered. It is also a very historical area with the library, art gallery, Catholic Cathedral and the beautiful Royal Botanical Gardens. It's little wonder that the Sydney Striders have conducted their successful road race series here for many years. It is a pleasant but challenging course and you really have to earn your time.

Today's race attracted 311 athletes including 6 from Girraween. Our first competitor home was young Geoff Sheargold who not only beat the 40 minute barrier but smashed right through it with a great time of 39:12. The legend himself, Keith Mayhew was next in with a good time of 44:31. Graham Sheargold has improved throughout the year so far and seems better for his Six Foot Track experience. He was our 3rd runner across the line in a time of 45:44. Michael Free's times continue to come down with each race in his preparation for the upcoming cross country season. His time of 47:25 was outstanding on the difficult course. Not far behind was Terry Rose who continued his good form with a time of 48:06. Being a former Strider, he also got the opportunity to catch up with some old mates. In 6th place was "Mr. Muscles" Roger Mar who ran a good race finishing in a time of 53:37. Congratulations to all our runners. Full results as follows: -

1) GEOFF SHEARGOLD	time: - 39:12	55 th Overall
2) KEITH MAYHEW	time: - 44:31	139 th Overall
3) GRAHAM SHEARGOLD	time: - 45:44	154 th Overall
4) MICHAEL FREE	time: - 47:25	190 th Overall
5) TERRY ROSE	time: - 48:06	203 rd Overall
6) ROGER MAR	time: - 53:37	265 th Overall

The Sydney Summer Track Season

Comes To An End! – ANSW All-Comers, Saturday, 2nd April, 2005 – The Crest, Bankstown.

The very last NSW All-Comers meet for the summer was a low key affair as far as numbers were concerned. However, our Girraween members didn't see it that way as we were again out in force. (In fact, we had four representatives in the 1500m). Some athletes were using it as a good hit out for the upcoming Trans-Tasman Masters while others were just happy to have one last run on the track before the winter cross country season begins in two weeks. The weather was warm and overcast.

ANSW have really done a great job this season in providing athletes with plenty of opportunities to have a run, jump or throw in a happy and friendly but competitive environment. The meets were also well placed on the calendar to provide good practice for those contesting championships etc. Most athletes really appreciated the time and effort put in to make it all possible. Hopefully, these types of competitions can continue to encourage more and more athletes to compete at this level.

Lajos Joni got some great practice in for his throwing events at The Trans-Tasman Masters next weekend. He won both the Shot Put and Hammer events and was happy with his performance in both events. Barry Mayo came 2nd in the 400m and then

backed up less than 10 minutes later to win the 1500m comfortably. The in-form Bill Flanagan also performed well in this race to finish 2nd. Roger Mar had his usual running battle with Brian Hamilton of UTS Norths in the sprints with Brian just prevailing yet again. He also backed up in the 4km cross country event and performed well. Distance runner Garry Womsley contested a mixture of sprints and middle distance events to sharpen him up for the Trans-Tasman Masters. He was happy with his performances on the day.

Full results as follows: -

ROGER MAR	100m	time: - 17.22 sec	5 th in 35+ Age
	200m	time: - 34.53 sec	7 th in 35+ Age
	1500m	time: - 7:14.88	6 th in 35+ Age
	4km Cross Country	time: - 22:51	3 rd in 35+ Age
GARRY WOMSLEY	200m	time: - 28.47 sec	4 th in 35+ Age
	400m	time: - 1:06.59	3 rd in 35+ Age
	1500m	time: - 5:38.15	5 th in 35+ Age
BARRY MAYO	400m	time: - 1:00.34	2 nd in 35+ Age
	1500m	time: - 4:34.36	1 st in 35+ Age
BILL FLANAGAN	1500m	time: - 4:46.56	2 nd in 35+ Age
LAJOS JONI	Shot Put	distance: - 11.17m	1 st in 35+ Age
	Hammer	distance: - 39.64m	1 st in 35+ Age

A Good Roll-Up At C.V. Kelly As Our Members Get Into Cross Country Mode!

Girraween Pre-Season Cross Country Series – Saturday, 2nd April, 2005 at C.V. Kelly & Surrounds.

Since the summer track series ended in early March, a number of our members have continued to compete in cross country races organised for the “in between” period between the summer season and the resumption of the West Metropolitan series on April 16th. The races have been hotly contested and thoroughly enjoyed by all those that have competed. It was also an opportunity to get all of our existing members registered for 2005-06 and also pick up new members. Our president Steve Williams reports that we already have around 40 registrations made up of both existing members and new members. Judging by the early enquiries we have received, we are looking at a healthy membership once again.

Like the West Metropolitan competition, three distances were on offer. The 2km race was one lap of the course which was held on grass, bitumen and gravel surrounding C.V. Kelly. The 4km was two loops and the 8km a mind boggling four.

2km: - Young Jonas Williams was able to hold off athletes much older than him to win this race outright in a time of 8:20 from the ever improving Wayne Thurlow in second place and Brad Milosevic in third place. An injury free Garry Page (9:17) took the honours in the over 40's from Suresh Raju and Michael Christie. Andrea Hendley (10:12) ran well to be first female home.

4km: - Brad Milosevic backed up well from the 2km race to win in a time of 15:32. Local legend Keith Mayhew was 2nd with the much improved Terry Rose in 3rd place. Steve Williams (20:01) took the honours in the over 40's from Gary Micallef. Graham Sheargold ran well to take out the over 45's in a time of 22:12 with Steve Halverson in 2nd place. Stacey Argent (18:17) ran a fantastic race to be first female home.

8km: - Wayne Thurlow showed how well he is going at the moment when he took out this race in a good time of 34:15. He was followed by a determined Richard Frost with Clive Kidson in 3rd place. Mark Attwood (38:30) took out the over 35's from Steve O'Donnell. Darren Gould (39:22) was first home in the over 40's followed by M. Hehir and Vince Adams. D. Andrews (39:07) was the over 45's winner from Garry Page and Robert Eager.

Congratulations to all those that participated on the day.

A Swag Of Medals For Garry & Lajos At The Trans-Tasman! – Trans-Tasman Masters, 9th-16th April, 2005 (various venues in & around Newcastle).

The Trans-Tasman Masters Games was held for the first time in 2003. It proved to be a very popular event and a welcome addition to the programme. Every second year it is held in Newcastle and every other year it is held in Auckland, New Zealand. 2005 was Newcastle's turn to again hold the event and it proved to be an enjoyable experience for all concerned. The warm and sunny weather made it hard to believe that we are now well into the autumn season. While these games were open to both Australians and New Zealanders, there were not a lot of visitors from "The Shaky Isles" on this occasion.

Throws specialist Lajos Joni participated in the Discus, Shot Put, Hammer and the Weight Pentathlon. We are pleased to report that he earned gold in the Hammer with a great throw of 38.92m which was a Games Record. Lajos also grabbed silver medals in the Shot Put and Weight Pentathlon and bronze in the Discus which was an outstanding effort.

Distance runner Garry Womsley not only participated in the Athletics events, he also had a go at the Aquathon (500m swim & 5km run) and even some Swimming events. He earned gold in the 3000m Steeplechase. His time of 12:21 was a new games record for the 40-44 age group. He also secured silver medals in both the 5000m and the Aquathon where his 5km run leg was timed at 18:59. However, he wasn't finished yet. In his swim events, Garry placed 3rd in his 200m Freestyle heat and 1st in the 100m Freestyle heat to cap off a fantastic two weeks of competition.

Congratulations to both our athletes who again did the colours proud! Full results as follows: -

LAJOS JONI	Discus	distance: - 29.86m	3 rd in 45-49 age
	Shot Put	distance: - 10.55m	2 nd in 45-49 age
	Hammer	distance: - 38.92m	1 st in 45-49 age (Games Record)
	Weight Pentathlon		2 nd in 45-49 age
GARRY WOMSLEY	3000m Steeple	time: - 12:21	1 st in 40-44 age (Age Record)
	5000m	time: - 19:59	2 nd in 40-44 age
	Aquathon	time: - 33:59	2 nd in 40-44 age
	200m Freestyle (swim)	time: - 4:48.72	6 th in 40-44 age
	100m Freestyle (swim)	time: - 1:59.7	5 th in 40-44 age

Our Marathoners Just Can't Get

Enough! – Canberra Marathon (42.2km), Sunday 10th April, 2005 – Canberra City & Surrounds.

They say that once you do a long race, you get hooked and want to do more and more. And that appears to be true of some of our members. Bill Flanagan and Graham Sheargold had no sooner finished the Six Foot Track when they started to set their sights on the Canberra Marathon. This Marathon has a good reputation of being a relatively easy race (as far as Marathons go!) for those having a go at the distance for the first time. It is relatively flat and there are always plenty of spectators and runners around you to encourage and keep you going when you most need it.

The race was won by Magnus Michelsson in a time of 2:21:01 while the first female across the line was Billinda Schipp who finished in a time of 2:43:52. Not far behind was our very own Bill Flanagan. Bill has been in good form this year so far and again went well in this race to finish in a time of 3:07:56. He was placed 81st overall. Mark Nicholl also put in an outstanding effort and he crossed the line in 100th place in a time of 3:11:30. Graham Sheargold is getting better with every long run. He is certainly hooked now. He finished this race in a time of 4:09:22. He was 510th overall.

There were 785 finishers in this race and featured both males and females from the age of 20 and upwards. Rad Leovic of the ACT was the oldest competitor at 77. He finished in a time of 6:31:30. This race also featured Grahame "Mountain Man" Kerruish who holds the Australian record for the most Marathons (currently 299). Great celebrations are planned for his 300th in Kempsey later on in the year.

Congratulations to our members and all the finishers on their great efforts! Full results as follows: -

1) BILL FLANAGAN	time: - 3:07:56	81 st Overall
2) MARK NICHOLL	time: - 3:11:30	100 th Overall

West Mets Up & Running In 2005! – West Metropolitan Series – Day 1 – Richard Murden Reserve, Haberfield – Saturday, 16th April, 2005.

Today marked the resumption of the winter West Mets competition and as usual, our members were out in force. The course proved to be quite fast on the day with the grass sections having been cut recently. The summer-like conditions continued and were appreciated by all.

2km: - “Mr Enthusiastic” Roger Mar had a go at the shorter race and was rewarded with 1st in the open section with a good time of 9:01. He was closely followed by the improving Michael Christie and Eddie Makki. In the U/14’s section Jonas Williams kept up his good early season form to finish 1st in a time of 9:49. He was followed by Breaden Perrott and Dylan Williams. Jye Perrott (8:53) also ran well to finish 1st in the U/10 section. Alyssa Perrott continued her good form to be first female across the line in a time of 8:02 she was followed by Samantha Cubis.

3km: - Viv Manwaring started the season well to win the open section in a time of 13:22. Gary Micallef, who is really working on his fitness was next in, while Roger Mar was right there nipping at his heels. In the O/40’s Terry Rose continued his good form in 2005 to finish 1st in an outstanding time of 11:52. Steve Halverson and Michael Christie placed 2nd and 3rd respectively. In the U/14’s Blake Johnson was first in a time of 11:33. Lynette Smith back after all her medal winning all around our great nation this year gave the boys a real lesson to not only be the 1st female in, but the 1st in from our whole club! Her time of 10:46 showed that she means business this season and will be very hard to beat. She was followed by Stacey Argent and Cath Germech.

8km: - Geoff Sheargold really showed the others the way when he finished 1st in a fantastic time of 29:31. The two Waynes: - Thurlow and Jeff were next in. Richard Frost won the O/30’s section with a time of 30:47. The O/35’s was taken out by Steve Parkins (37:30) with Roger Mar and Vince Adams following closely behind. Doug Perrott (32:39) took out the O/40’s from Ed Salinas and Darren Gould. Steve Williams (34:03) went well in the O/45’s with Graham Sheargold 2nd and Mark Attwood 3rd. The legend Keith Mayhew went well in the O/50’s to win in a time of 31:52 followed by D. Andrew and Ken Scalley. Adam Sinclair is starting to get some good kilometres in the legs after his touch football season ended. He showed that he was on the way back with a good time of 31:36 to take out the U/20’s from Chris Mackey and N. Hanna. Linda Balinski was our only female representative and finished in a time of 46:41.

Congratulations to all our runners for their great start to the season!

SMC Is The Place To Be! – *Sydney Marathon Clinic* *Road Race Series – Rossford Street Reserve & Surrounds – Sunday, 17th April,* *2005. (5km, 10km & 21.1km).*

There was another good roll up of Girraween members for race eight in the nine race series today. The Indian summer continued with warm and still weather affecting especially those in the longer race. All of our members were happy with their performances and we hope to have a few more with us next month.

5km: - Garry Womsley was the first of our runners home. Having recovered from the virus that struck him down last month, he was able to improve his time by 34 seconds on last month. He finished 8th overall (3rd in the 35-49 age category) in a time of 19:20. Terry Rose battling a bout of the flu was next home in a great time of 20:54. He was also 2nd in the over 50 age category. After three races yesterday, Roger Mar still can't get enough! He was next in with a season best time of 25:15. Michael Christie continued his consistent form to finish in 27:16. Full results as follows: -

1) GARRY WOMSLEY	time: - 19:20
2) TERRY ROSE	time: - 20:54
3) ROGER MAR	time: - 25:15
4) MICHAEL CHRISTIE	time: - 27:16

10km: - Adam Sinclair was our only representative in the 10km race. He was looking at just getting some kilometres under his belt and ran at a comfortable pace to finish in a time of 44:42. He was placed 2nd in the U/20's category.

21.1km: - Wayne Thurlow who is just going from strength to strength lately, got some good practice in for the Sydney Morning Herald Half Marathon next month in today's race. His time of 1:35:35 was excellent. The father and son team of Geoff and Graham Sheargold ran side by side throughout the race but Geoff was kind and let his old man finish just 1 second in front of him in another good effort from both runners. Full results as follows: -

1) WAYNE THURLOW	time: - 1:35:45
2) GRAHAM SHEARGOLD	time: - 1:48:43
3) GEOFF SHEARGOLD	time: - 1:48:44

Another Good Roll-Up Down By The ***River!*** – *2nd West Metropolitan Series (2km, 5km & 10km) – Saturday 23rd* *April, 2005 at Ermington – Rydalmere cycle tracks.*

Beautiful summer-like weather continued today during the 2nd race in the West Metropolitan series. Held on the bike tracks beside the river at Ermington – Rydalmere, our members were again out in force over the three races. Unlike 2004, there was no wind to speak of.

2km: - Jonas Williams (7:39) continued his good form to be our first runner over the line. Alyssa Perrott (8:22) kept her composure despite some bad sportsmanship from a fellow competitor who kept veering in front of her, to be the next runner in. Her brother Breaden (8:32) also ran well. Roger Mar ran the race of his life to finish in a time of 9:02. He was followed by Samantha Cubis who finished in a time of 9:07. Andrea Hendley was pleased with her time of 9:34 just ahead of Michael Christie (9:35) and little Jye Perrott (9:37) who flew home. Adam Sinclair (9:42) and Garry Womsley (9:43) yacked the whole way in a relaxing warm up for the long race later on. Ashleigh Thurlow (9:49) ran her first senior race to finish just in front of her dad Wayne (9:50). Distance specialist Eddie Makki (10:29) also took the opportunity to warm up with a good run to finish ahead of Dylan Williams (10:52) and Jill Woodruff (12:19). Top ten finishers as follows: -

1) JONAS WILLIAMS	7:39	6) ANDREA HENDLEY	9:34
2) ALYSSA PERROTT	8:22	7) MICHAEL CHRISTIE	9:35
3) BREADEN PERROTT	8:32	8) JYE PERROTT	9:37
4) ROGER MAR	9:02	9) ADAM SINCLAIR	9:42
5) SAMANTHA CUBIS	9:07	10) GARRY WOMSLEY	9:43

5km: - Bill Flanagan (18:35) was again on fire to be our first runner home. Lynette Smith (19:38) looked relaxed and continued her great early season form to finish 2nd. Blake Johnson has trained well recently and was rewarded with a good time of 20:22. Terry Rose was again in good form (21:47) to finish in front of Stacey Argent (23:25) and Viv Manwaring (23:46). Gary Micallef got under the 5min/km barrier with a good time of 24:30. Bruce Harrison (25:32), Roger Mar (25:52) and Carly Eager (26:22) hung in there well on the challenging course while Steve Halverson (29:12) got another race under his belt. Top ten finishers as follows: -

1) BILL FLANAGAN	18:35	6) VIV MANWARING	23:46
2) LYNETTE SMITH	19:38	7) GARY MICALLEF	24:30
3) BLAKE JOHNSON	20:22	8) BRUCE HARRISON	25:32
4) TERRY ROSE	21:47	9) ROGER MAR	25:52
5) STACEY ARGENT	23:25	10) CARLY EAGER	26:22

10km: - Gary Howard (37:42) ran a fantastic race on the challenging two loop course to be first home. Mark Nicholl (38:34) fresh from the Canberra Marathon continued his good form to finish just in front of Geoff Sheargold (38:36). Brad Milosevic (39:14) overcame a slow start to be next in front of Wayne Thurlow (39:42) and Wayne Jeff (40:18). Richard Frost (41:16) and Garry Womsley (41:47) had their usual battle. Adam Sinclair put in a gutsy effort after being physically sick to be next in (42:16) ahead of the legend Keith Mayhew (43:15). Doug Perrott was happy with his time of 44:18 as was Graham Sheargold (44:41). Ed Salinas (46:29), Mark Attwood (47:35) and Chris Mackey (48:54) continued their winter comebacks with good performances. Steve Parkins (49:26), Darren Gould (49:40) and Michael Free (50:28) had a good battle. Vince Adams (52:45) improved his endurance after a summer of sprinting and was followed by Eddie Makki (55:11) who looked relaxed with his headphones on. Robert Eager (1:00:22) and Roger Mar (1:00:53) found the going tough while 78 year old Phil Bowden continues to be an inspiration in finishing in a time of 1:05:52. Top ten finishers as follows: -

1) GARY HOWARD	37:42	6) WAYNE JEFF	40:18
2) MARK NICHOLL	38:34	7) RICHARD FROST	41:16
3) GEOFF SHEARGOLD	38:36	8) GARRY WOMSLEY	41:47
4) BRAD MILOSEVIC	39:14	9) ADAM SINCLAIR	42:16
5) WAYNE THURLOW	39:42	10) KEITH MAYHEW	43:15

13 Of Our Members Commemorate The Anzac Spirit! – Lest We Forget Fun Run (8km) – Sunday, 24th April, 2005 – Blacktown Olympic Centre & Surrounds.

133 runners turned up for the 4th running of this fantastic event. The course in previous years had been found to be a little short of the 8km distance advertised. However, with some fine tuning of the course, the 2005 race proved to be totally accurate. The weather was fine, sunny and very humid.

Commemorating the original journey of the Anzacs from Anzac Cove to the battlefields of Gallipoli (5 miles) on 25th April, 1915, this year's version of the race started on the Blacktown Olympic Centre athletics track before heading out along the bike track that winds around the two baseball stadiums. The competitors then left the concrete for a winding circuit of the grass playing fields outside the complex. Once this part of the course was completed, they joined a fire trail which took them under the railway bridge and into the Nurrunging Nature Reserve to the halfway turnaround point. The competitors then returned the same way.

With 13 Girraween members competing in this year's race, they made up almost 10% of the total field which was an outstanding effort. They looked resplendent in their blue and white uniforms and really showed what club spirit is all about.

Girraween also had the distinction of having two athletes in the top ten (Brad Milosevic – 5th, Garry Womsley – 10th) and five age group placegetters (Brad Milosevic, Garry Womsley, Doug Perrott, Lisa Grant and Stacey Argent).

Brad Milosevic was our first runner over the line in a great time of 30:30. His coach Garry Womsley had the distinction of leading the field out of the athletics stadium and hung on well for a top ten finish in a good time of 32:19. Doug Perrott (34:20) continued to put his good training form into practice and will only get better in the lead up to the Half Marathon next month. Lisa Grant was next in and showed that she is an above average runner as well as a champion walker by finishing in a time of 34:50. Terry Rose (36:10) continued his good form of late and Stacey Argent (38:49) was the first of her age group over the line. Gary Micallef (39:51) backed up well after Saturday as did Vince Adams (40:47). After 3 races on Saturday, you would think that Roger Mar would be a little weary but he showed no signs of this with his time of 42:34. Carly Eager felt a little ill but was still able to finish in a time of 45:31 just in front of Michael Christie (45:36). Our youngest competitor Brenda Micallef beat the hour to finish in a good time of 58:43.

Special thanks go to the Micallef, Argent and Milosevic families as well as Wayne Thurlow (who interrupted his long training run down the M7!) for their great cheering and support for each of our competitors. We also thank George Milosevic and Cheryl Argent for recording the moment on film.

Congratulations to all who took part on the day. Full results as follows: -

1) BRAD MILOSEVIC	time: - 30:30	1 st in 16 & Under Age
2) GARRY WOMSLEY	time: - 32:19	2 nd in 41-50 Age
3) DOUG PERROTT	time: - 34:20	3 rd in 41-50 Age
4) LISA GRANT	time: - 34:50	2 nd in 17-25 Age
5) TERRY ROSE	time: - 36:10	4 th in 51 & Above Age
6) STACEY ARGENT	time: - 38:49	1 st in 16 & Under Age
7) GARY MICALLEF	time: - 39:51	11 th in 41-50 Age
8) VINCE ADAMS	time: - 40:47	13 th in 41-50 Age
9) ROGER MAR	time: - 42:34	18 th in 41-50 Age
10) CARLY EAGER	time: - 45:31	9 th in 17-25 Age
11) MICHAEL CHRISTIE	time: - 45:36	21 st in 41-50 Age
12) ROBERT EAGER	time: - 47:52	8 th in 51 & Above Age
13) BRENDA MICALLEF	time: - 58:43	5 th in 16 & Under Age

Note: - We also had three competitors in the Lest We Forget race held in Parramatta. We can report that Richard Frost placed 8th overall and Adam Sinclair placed 3rd in his age category. However, at the time of writing the official results were not available. We hope to bring a full report on this race in the June edition of The Girraween Athlete.

Have Legs Will Travel!

Eddie & Roger Don't Stop Even When The Race Is Over!

Most of us travel to our race on a Saturday, do a bit of a warm up, stretch a little, complete our race, do a bit of a warm down, go home and relax. This is not so with ultra distance specialists Eddie Makki and Roger Mar.

After completing the long race at Haberfield in week one of Wests Mets, Eddie decided to run home. Eddie, who lives in Winston Hills, got home about three hours later and covered approximately 25km up and down hills to get there. In week two at Rydalmere, Eddie travelled to the race on his bike. He did the 2km race as a warm-up, then did a nice 10km race at a relaxed pace with his headphones on. He then rode home again. We can only imagine how he's going to get to Ramsgate!

So far this season, we have had two weeks of the West Metropolitan Series and Roger has the distinction of completing every race held so far. That means he's done 2 x 2km, 1 x 3km, 1 x 5km, 1 x 8km and 1 x 10km races over the two Saturdays. He's definitely a running machine! But that's not all. He ran to Rydalmere from West Ryde, did the 3 races then ran from Rydalmere back to West Ryde. However, that wasn't enough for Roger. He then backed up on Sunday and did another 8km in the

Lest We Forget Fun Run at Blacktown. After the race, he made mention that he had ran a total of 130km for the week.

Well done Eddie and Roger on your big efforts. We think that you both should feature in the next Nutri-Grain promo because you really are IRON MEN!

Happy Birthday!

We wish a very happy birthday to all those celebrating a birthday during May: -

5th – James Barr
6th – Tracey Southern & Steve Williams
10th – Jean Davis
18th – Lajos Joni
19th – Wayne Jeff
23rd – Jamie Drew & Graham Sheargold
26th – Danielle Goodin & Brad Milosevic
28th – Alanna White

Upcoming Events!

Club Events

Sat	14 th May	3rd WEST METROPOLITAN - Queen Elizabeth Park (Concord)
Sat	21st May	4th WEST METROPOLITAN - Rossford Street Reserve (Smithfield)
Sat	28 th May	5th WEST METROPOLITAN - River Road Reserve (Emu Plains)
		(All from 2.00pm)

ANSW Events

Sat	May 7 th	ANSW State Road Championships – Holsworthy Army Barracks (Various age group races & fun runs from 11.00am)
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Fun Runs & Other Events Of Interest

Sun	1 st May	Heart Of The Lake Fun Run (3km or 10km) – Lake Gillawarna (Starts 8.00am)
Sat	7 th May	Sydney Striders 10km Series – North Head (7.00am)
Sun	8 th May	Mothers Day Classic For Breast Cancer (4km or 8km) The Domain – Sydney (From 7.30am)
Sun	15 th May	Sydney Marathon Clinic (5km, 10km or 25km) – Rossford St. Reserve, Wetherill Park (From 7.00am)
Sun	22 nd May	Sydney Morning Herald Half Marathon (21.1km) (7.30am)

GIRRAWEEEN ATHLETIC CLUB

ATHLETE PROFILE!

Unfortunately, I was unable to catch anyone this month for their profile. As a result, I had to interview myself. However, I've led a very interesting life in running so hopefully you'll find it interesting. Please contact me if you would like to appear in this section. Garry Womsley.

FULL NAME: - Garry John Womsley

AGE: - 41

NICKNAME(S):- Gazza, Long Legs.

WHAT SUBURB DO YOU LIVE IN? : - Toongabbie

WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2004

WHEN DID YOU START ATHLETICS? : - 1998

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Brad Milosevic, Adam Sinclair, Roger Mar.

WHICH CLUB MATE INSPIRES YOU THE MOST? : - Jamie Sherson, Richard Frost, Terry Rose.

WHAT DO YOU DO FOR A LIVING? : - Customer Service Rep working in a call centre for Olex Cables.

HOW MUCH TRAINING DO YOU DO A WEEK? : - Between 80 & 90km.

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - (1) National Champion 2001 (35-39 age) & 2005 (40-44 age) (3000m Steeplechase), (2) Trans-Tasman Masters Champion 2003 (35-39 age) (5000m) & 2005 (40-44 age) (3000m Steeplechase), (3) State Champion 2002 (35-39 age) (Pentathlon, 110m Hurdles), 2003 (35-39 age) (110m Hurdles, 1500m & 3000m Steeplechase), 2004 (40-44 age) (3000m Steeplechase, Javelin), (4) Lake Macquarie Masters 5km Champion 2002 (Both overall & 35-39 age), (5) 3rd in O/40's Australian Mountain Running Championships 2003, (6) 3rd in Open State 3000m Steeplechase 2004, (7) 6th in 2004 Sydney Tower Run-Up.

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - I was competing in the 2001 Six Foot Track Ultra-Marathon. I

had completed about 10km and a lady that I was keen on at that time was cheering me on near a fence that we had to climb. As I gave her a wave, I suddenly tripped over my own feet and crashed into the fence, I got up and climbed the fence and fell on the other side as well. I think she lost interest in me immediately!

WHAT IS YOUR FAVOURITE FOOD? :- (1) Caramel Slices, (2) Potato Salad, (3) Weet Bix, (4) Grilled Fish, (5) Crumbed Cutlets.

WHAT IS YOUR FAVOURITE TV SHOW? :- (1) The Bill, (2) Monarch Of The Glen, (3) Rage, (4) Law & Order, (5) Queer Eye For The Straight Guy (American version).

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? :- (1) Always tell the truth, (2) Always try hard, (3) Don't burn your bridges, (4) Be kind to animals.

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? :- Paula Radcliffe, Jana Pittman, Cathy Freeman, Nova Peris, Tani Ruckle, Craig Mottram, Peter Nowill, any Kenyan steeplechasers, Graeme Langlands, Billy Smith, Ted Goodwin, Noel Goldthorpe, Wally Lewis, Shane Gould, Jennifer Capriati, Elena Dementieva.

DO YOU PLAY ANY OTHER SPORTS? : - I have competed at swimming, cycling, duathlons and aquathons in recent years and hope to get enough experience to be competitive at triathlons. Up until March 2004, I played ten pin bowling at Inter-District level but I had to choose between that and athletics. When I was younger I also played basketball, rugby league, soccer, cricket, squash and table tennis.

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - (1) Writing short stories and poems, (2) Listening to Music, (3) Bushwalking, (4) Watching Rugby League, especially St. George, (5) Watching English & Scottish Soccer on TV, (6) Going to rock concerts.

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Athletics is a great sport for everyone. You can choose the level you want to compete at and how far you want to go. My advice would be to set an ultimate goal with some smaller goals along the way to help you achieve it. No matter what, don't forget to enjoy it.

DO YOU HAVE A COACH? : - Yes, Max Wilkinson. He started off coaching me for Steeplechase. Everything I have

achieved in the event is because of Max's coaching, patience and perseverance. After I expressed interest in becoming a coach myself, he has also been my coaching mentor and he has helped me whenever I've had questions or concerns. I owe a lot to Max as there's no way I would be where I am in both athletics and life today without him.

WHAT ARE YOUR GOALS IN ATHLETICS? : - (1) To keep competing at the level that I'm currently competing at for as long as possible, (2) To become a better coach and be a good example and really have an impact on the athletes I coach, (3) To get my level 2 coaching certificate (hopefully by the end of 2006).

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - Hopefully still competing and coaching and also still fit and healthy.

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? : - The huge gulf between the rich and the poor. There are enough resources in the world for everyone to be fully clothed, fully nourished and fully housed.

OTHER COMMENTS? : - Runners are a great breed of people. There are not too many bad ones. It was fortunate that I became a runner as I have made some really great friends for life. Also, after spending 4 years at the one club (Illawong), I was very homesick for a while early on. However, while Illawong will always have a special place in my heart, after our great success over the last 12 months, I'm looking forward to a long future with Girraween Athletics Club.

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>0425233690</i>
<i>Garry Womsley</i>	<i>Secretary & Coaching Co-ordinator</i>	<i>9636-6017</i>

Next Meeting: -

SPECIAL GENERAL MEETING: 17 MAY 2005, TUESDAY, AT 7.00 PM.

AGM AND REPORT: 17 MAY 2005 AT 7.30 PM.

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 Courses

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. These courses are run over two weekends and will be held on the following dates: -

First Course: - Saturday, April 30th - Sunday, May 1st & Saturday, May 14th – Sunday, May 15th.

Second Course: - Saturday, July 23rd – Sunday, July 24th & Saturday, August 6th – Sunday, August 7th.

Both courses will be held at Westfield Sports High, Hamilton Road, Fairfield West.

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

Level One – Event Specific Courses

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". These courses are run over one day and will be held on the following dates: -

First Course: - Saturday, May 28th.

Second Course: - Saturday, August 20th.

Both courses 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)

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 1st September.

Mondays (6.30pm) – Hammer & Weight Throws Training at Gipps Road Sporting Complex, Greystanes with Lajos Joni (Phone: - 9676-4590).

TRAINING PROGRAMME **FOR PERIOD 2nd May – 1st June.**

MONDAY

2nd May
C.V. Kelly
(6.30pm)

- 1) 1.7km – W/U Road**
- 2) Drills**
- 3) Time Trial (Short, medium or long course)**
- 4) 0.8km – W/D Road**

9th May
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)**

WEDNESDAY

4th May
C.V. Kelly
(6.30pm)

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

11th May
C.V. Kelly
(6.30pm)

- 1) 2km – W/U Road**
 - 2) Drills**
 - 3) 7 x 400m up hill at Girraween Road & easy run down hill**
 - 4) 2km – W/D Road**
-

16 th May C.V. Kelly (6.30pm) <p> 1) 1.7km W/U Road 2) Drills 3) Time Trial (Short, medium or long course) 4) 0.8km W/D Road </p>	18 th May C.V. Kelly (6.30pm) <p> 1) Stretching 2) 1 hour run via Targo Rd. Follow cycle track under railway, run along Station Road, go over footbridge, run along side streets before returning to C.V. Kelly </p>
23 rd May C.V. Kelly (6.30pm) <p> 1) Stretching 2) Slow jog to Mississippi. Run to top of hill return the same way to C.V. Kelly (Easy pace. Good recovery for Half Marathon) </p>	25 th May C.V. Kelly (6.30pm) <p> 1) 2km – W/U Road 2) Drills 3) 7 x 100m up hill at Wiltona Place, easy run down hill 4) 2km – W/D Road </p>
30 th May C.V. Kelly (6.30pm) <p> 1) 1.7km – W/U Road 2) Drills 3) Time trial (Short, medium or long course) 4) 0.8km – W/D Road </p>	2 nd June C.V. Kelly (6.30pm) <p> 1) Stretching 2) Short jog to Cornelia Road near creek 3) 4 x 600m up hill near Kwix. Easy run down hill. 4) Warm down jog back to C.V. Kelly </p>

Great Athletes of the Past!

Michael Christie again brings us his very popular column on “Great Athletes Of The Past”. This month he brings us the story of champion Polish steeplechaser Bronislaw Malinowski. This should be of great interest to all our budding steeplechasers in our club.

Bronislaw Malinowski (1951-1981 Poland)

Bronislaw Malinowski was born in Nowe, Poland in 1951 not far from Gdansk. He was inspired by his brother to take up running and his early training was for the 1000m and 1500m distances. Interestingly, as he says in an interview with British track and field historian, Alistair Aitken, one of his earliest heroes was the great Australian runner, Ron Clarke. To quote him:

“When I began in the sixties, the first cuttings that I kept were of Ron Clarke”.
(Aitken, 2002 p.22)

His earliest success in a major meet was in the 1970 European Junior Championships held in Paris where he won gold in the 2000m steeplechase, in a time of 5:44:00. This was a significant moment in Malinowski's career, as it was this result that encouraged him to concentrate on the steeplechase in future.

His first Olympic Games was at Munich in 1972. He was to finish fourth in the final of the 3000m steeplechase behind the legendary Kenyan, Kip Keino, a wonderful achievement, considering his youth and lack of big meet experience. It was apparent that a major new talent was on the scene. Over the years leading into Montreal, he built up a great rivalry with the Swedish steeplechaser, Anders Garderud. He was able to beat Garderud narrowly, winning his first European Championship at Rome in 1974 in a time of 8:15:04. Illustrating his versatility, he finished fourth in the 10,000m at these same championships. In 1975 he was placed third behind the West German Michael Karst in the European Cup at Nice. The same year he won gold at the World University Championship in Athletics. The stage was set for the 1976 Olympic Games at Montreal.

However, at the Montreal Olympics it was the Swede who was to have the better of Malinowski in setting a new world record of 8:08:02 in the final. Despite this, Malinowski came away with a silver medal. He missed most of 1977 through injury. He had recovered by 1978 to claim his second European title in Prague in a time of 8:15:08. During the year, Henry Rono had set a new world record of 8:05.4, but despite this, Malinowski was able to beat him in a meet at Koblenz. Illustrating his versatility, Malinowski competed in the long race (12 km) in the 1979 World Cross Country championships at Limerick, Ireland, coming second to Ireland's John Treacy in a time of 37:29. Thus the stage was set for the 1980 Moscow Olympics.

Sadly, Kenya's Henry Rono was missing due to Kenya's boycott, but there was another great African to contend with in Tanzania's Filbert Bayi. The 3000m steeplechase at Moscow remains one of the great races. Bayi set an unbelievable early pace going out under the world record whilst front running with Tura of Ethiopia. Malinowski did not panic and bided his time even though at the 2000m mark Bayi led by up to 35m. However, Malinowski banked on the Tanzanian slowing down and as Bayi tired, Malinowski closed the gap. He went past Tura and then remarkably caught and passed Bayi at the last water jump with about 150m to go. He went on to win the gold medal in a time of 8:09.7. It was his greatest moment in Athletics. This performance was a tribute to his remarkable calm and self-belief. He did not panic and it paid off. This race was one of the great races of the 1980 Moscow Olympic Games.

Moscow was always going to be a hard act to follow. He did win the Pacific Conference Games 3000m steeplechase at Christchurch in February 1981 in a time of 8:24.02. However, sadly in September of 1981 he was killed in a car accident at only 30 years of age. His career in this event remains one of the great ones, showing great consistency.

Interestingly, at the time of writing he is the last non-Kenyan to date to win an Olympic Gold Medal in this event at the Olympic Games. From 1984 through to 2004, the Kenyans have won every Olympic Gold medal. He was also the first man since the great Finn, Volmari Iso-Hollo in the 1930's to win two Olympic medals in this event. No one since Malinowski has achieved this. It is a tough event. His place however, is secure amongst the best of all time. He remains until this day one of Poland's great sporting heroes.

Sources and further reading

Aitken, A 2002 *Athletic Enigmas*, The Books Guild Ltd, Sussex, England.

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

Nelson, C 1986 *Track's Great Champions*, Tafnews Press, Los Altos, California

<http://www.sporting-heroes.net/athletics-heroes/>

Watman, M 2004 *Olympic Track and Field History*, Athletics International Ltd

World News

16/4/05

Marion Jones in her comeback race will clash with Australian golden girl Jana Pittman in a 400m flat race at San Antonio College, Los Angeles.

Our women's distance running stocks may improve in the near future with the news that Irish distance champion Sonia O'Sullivan has expressed interest in becoming an Australian citizen. Her partner and coach is Australian Nick Bideau.

17/4/05

Paula Radcliffe won her 3rd London Marathon. After her struggles in Athens, she had no such problems here to finish in a time of 2:17:45. However, the biggest talking point was her "toilet stop" which was witnessed by millions of television viewers around the world. (When you've got to go, you've got to go!) Australian Benita Johnson (2:26:31) ran her best Marathon to date to be 6th

female across the line. More than 35,000 people completed the race.

Triathlete Emma Snowsill showed that she could have a future as a 10km runner if she so desires after clocking 34:01 on her way to winning the Hawaii World Cup Triathlon (1.5km swim, 40km cycle, 10km run) in a time of 2:04:39.

18/4/05

Marion Jones was a dismal last in her comeback race in California. Her time of 55.03 sec was well short of her personal best. Australia's Jana Pittman ran a race full of merit to finish 3rd in a good time of 52.33 sec. The race was won by Novlene Williams (51.49 sec) of Jamaica.

19/4/05

Organisers of the five big city Marathons are planning to launch a grand slam format with a special bonus for any athlete who wins the London, New York City, Boston, Chicago and Berlin races.

20/4/05

US based Australian and 2002 Commonwealth Games bronze medalist Andrew Letherby put in a fantastic effort to place 8th overall in the Boston Marathon in a time of 2:16:38. He was not far behind winner Hallu Negussie of Ethiopia who finished in a time of 2:11:45. The first female was Catherine Ndereba of Kenya (2:25:13).

23/4/05

Olympic medalist and champion Australian race walker Nathan Deakes won the 20km event at the IAAF Race Walk Challenge in Cixi City, China. His time of 1:17:34 was a huge PB and only 13 seconds outside the World Record. His previous best was 1:18:14.

25/4/05

Despite a blossoming television career, Matt Shirvington says that he is still serious about his running career. He points out that despite the emergence of Joshua Ross recently, he still holds 2nd place on the list of the fastest 100m times by an Australian and sees no reason why he cannot reach those heights again if he stays fully fit. For the record, the five fastest Aussies are as follows: -

PATRICK JOHNSON	9.93 sec	Japan 2003
MATT SHIRVINGTON	10.03 sec	Malaysia 1998
JOSHUA ROSS	10.12 sec	Perth 2005
DAMIEN MARSH	10.13 sec	Monaco 1995
ROD MAPSTONE	10.17 sec	Perth 1996