
The Girraween Athlete

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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Another Month Brings More Giant Strides For Our Great Club!

Welcome to our September 2005 edition of the Girraween Athlete. So much has happened in the last month or so and our club continues to make giant strides. We are now incorporated (see story below), we had a record number of representatives in the City2Surf, our runners are appearing in fun runs in increased numbers, our juniors are doing well and coming through the ranks, our runners won many awards in the West Mets Series, we were competitive in the Winter Championships and most of all, we showed pride in our colours and always showed great sportsmanship towards each other and those from other clubs. Our membership for 2005/06 currently stands at 73 members and we expect that to increase substantially with the start of the new season on September 10. To catch up on some of our race reports, we have left out a couple of our regular features. We hope to bring them to you again next month. We are always on the lookout for new members. So spread the word. Tell all your friends what a great time you have with Girraween Athletics Club Inc. Lets get the whole area thinking about athletics! Lastly we are always on the lookout for more member profiles, so if you would like people to know your story, please let me know. Until next month, stay well, keep smiling and don't forget to enjoy your athletics! Garry Womsley.

It's Official! We Are Now Known As "Girraween Athletics Club Incorporated"

We are pleased to report that on the 15th August, 2005, our athletics club became incorporated. This has now been approved by Dept of Fair Trading and NSW are aware of it. This is a big moment in the history of our club. Our Registrar and Public Officer Viv Manwaring has done a fantastic job over the last three years to make this all possible. Well done Viv on all your efforts! As a result, we are now known as: - Girraween Athletics Club Incorporated.

Lisa Selected To Represent Australia!

As we reported last month, Lisa Grant recently achieved a Commonwealth Games “B” qualifier in the 20km Walk. As a result of this, she was selected along with Natalie Saville to represent Australia at the World Uni Games in Turkey. She departed our shores on 6th August and competed on the 15th August. Congratulations Lisa on your fine achievement!

...And Performs Well In Turkey!

Our correspondent in Turkey advises that Lisa performed well in the 20km Walk at the World Uni Games. She placed 12th in a great time of 1:43:39. Team mate Natalie Saville placed 5th in a time of 1:36:42. The outright winner was Qiuyan Jiang of China in a time of 1:33:13. Congratulations again go to Lisa on her fine effort!

Another Record Achieved: - 39 Members Represent Girraween In The City2Surf! - **Sun Herald City2Surf (14km) – Sunday, 14th August, 2005.**

Our members were out in force today for the most popular race in Australia. A record 39 members represented our great club. The weather was perfect and our members had a great time. The members that travelled by train almost filled up one complete carriage and did the same on the way home. It was such a great atmosphere particularly for those in the “A” group who passed the time by talking football and running as well as being entertained by Suresh Raju who enjoyed throwing the old clothes that people discarded at other poor unsuspecting souls walking past and then looking as innocent as a choir boy. Wayne Thurlow thought he’d get in on the act too. Good harmless fun and a lot of laughs too!

We had first timers, we had a legend (Keith Mayhew) who has done every race, we had those that have done a few and we had those that have done a lot. No matter how many our members have done, they all had their personal goals and challenges. Some achieved them, some didn’t but they all did the club and the colours proud.

We are pleased to report that 5 of our runners got under the magical 55:00 which means they all get a preferred start next year. A further three of our members got under the hour. Most of our members were pleased with their performances. The standouts were Jamie Sherson (50:43), Gary Howard (52:54), Bill Flanagan (53:21), Mark Nicholl (54:05), Wayne Jeff (54:25), Garry Womsley (55:56) (there is no truth in the rumour that Garry has deliberately missed out getting under 55:00 the last two years because he really loves standing around for three hours!), Wayne Thurlow (57:57), Richard Frost (59:53), Michael Free (62:20), Alexandra Tams (63:06) (our first female), Clive Kidson (64:34), Chris Mackey (67:02) (who came from the “blue” group), Stacey Argent (72:14) (her first City2Surf), Alyssa Perrott (79:59), Greg Sargeant (83:53) and Meredith Jeff (115:32). Unfortunately Mark Attwood collapsed as he crossed the line but wasn’t given a time. More importantly, he was well looked after by the St. John’s Ambulance people and he is now back to full health and running well again. Congratulations to all our runners on your fantastic efforts!

Our honour roll is as follows: -

	<u>Time</u>
1) Jamie Sherson	50:43
2) Gary Howard	52:54
3) Bill Flanagan	53:21
4) Mark Nicholl	54:05

5) Wayne Jeff	54:25
6) Garry Womsley	55:56
7) Wayne Thurlow	57:57
8) Richard Frost	59:53
9) Steve Williams	61:06
10) Adam Sinclair	61:52
11) Michael Free	62:20
12) Keith Mayhew	62:35
13) Brad Milosevic	62:52
14) Alexandra Tams	63:06
15) Clive Kidson	64:34
16) Chris Mackey	67:02
17) Steve Parkins	67:04
18) Terry Rose	68:40
19) Garry Page	70:20
20) Peter Henry	71:18
21) Eddie Makki	71:21
22) Gary Micallef	71:59
23) Stacey Argent	72:14
24) Vince Adams	72:17
25) Nick Hanna	72:30
26) Steve O'Donnell	72:48
27) Teresa Truman	75:20
28) Robert Eager	77:52
29) Roger Mar	78:29
30) Jean Davis	79:19
31) Alyssa Perrott	79:56
32) Suresh Raju	80:52
33) Greg Sargeant	83:53
34) Braeden Perrott	89:16
35) Joe Butler	90:16
36) Doug Perrott	106:25
37) Meredith Jeff	115:32
38) Graham Sheargold	161:56
39) Mark Attwood	DNF

Congratulations also go to former members Tim Molesworth, Bruce Hogg, Shane Ferguson, Lonnie and Linda Balinski on their great efforts as well.

Steve O'Donnell kindly worked out for us that the average time was 73:00.28. So that means 26 of our runners were above average on the day!

... And Steve Parkins Makes The Papers!

Improving distance runner Steve Parkins made the back page of the 24th August edition of the Parramatta Sun. He was a competition winner in the New Balance Race Day Hero promotion run in conjunction with the City2Surf. There is a nice big photo as well as the following story: -

“Wentworthville’s Stephen Parkins finished last week’s Sun Herald City to Surf in a time of 67 minutes and 4 seconds. Not bad by any standards. But Parkins had already been named a hero before the race even began. Parkins was one of 10 competitors awarded a New Balance Race Day Hero prize because of his motivation and dedication to the City to Surf. Parkins always wanted to complete the City to Surf but always found an excuse not to start training. Five years ago at the age of 39, Parkins decided it was now or never and took up the challenge. His goal for that first race was to run without stopping, even on the hills. He achieved that goal and now he is hooked. Parkins was pleased with his

performance this year – beating his 2004 time by 10 seconds – and is already counting down the days until next year's race.”

Congratulations Steve on your great performance in the City2Surf and for making the papers!

It is so encouraging to see so many of our younger athletes doing well in their school events. Here are some articles that we're sure you will enjoy: -

Stacey Qualifies For Combined High Schools!

Young up and coming distance runner Stacey Argent contested a number of events at the Regionals held recently at Homebush. We are pleased to report that she qualified for the Combined High Schools meet (to be held at Homebush in early September) with her 5:27 in the 1500m. Showing her versatility and all round talent, Stacey also contested the 200m, 400m, 800m and 3000m, just missing out on qualifying in these events as well. Congratulations Stacey on your fantastic effort!

.... And So Does Michael!

Michael Chaffen who quite often does the middle distance race at West Mets on a Saturday, contested the 4 x 100m relay at the Regionals and his team won. As a result, Michael will be competing at the Combined High Schools in early September as well. He also competed in the 800m at Regionals which goes to show that we have some very good and versatile young athletes coming through. Congratulations Michael on your fine achievement!

.... And Reece Stole The Show!

Another of our up and coming runners Reece Diaz also did well and has written us a nice summary on his events and results as follows: -

Just to let you know about my results at region. On the first day I contested the 200m in a time of 26.16(PB) and was 4th in heat, 11th overall. My next event was the 800m and ran a 2.11.91(PB) and came 1st. My last event of the day was the 4x100 relay. I ran third and our relay came 2nd in 48.99.

On Day 2 my first event was the 1500m, I came 2nd by a whisker in 4.31.57(10sec PB). My next event was the 400m which I won in 56.35(PB). My final event of the carnival was the 4x400m which we came 2nd in 3.49.

Congratulations Reece on your outstanding results!

.... And Jamie Qualifies Too!

Jamie Sherson contested the 1500m and won. He did a great time of 4:24. He also contested the 800m placing 3rd. He has qualified in both events for the Combined High Schools in early September.

And wait! There's more: -

He has also been notified that he has qualified for the 3000m Steeplechase after his great performances in the event last summer season.

If that wasn't enough, he also won the 4.2km event at the recent Woodstock Fun Run so he's in great form. Congratulations Jamie on your fine efforts!

.... And The Micallef Girls Do Well In The Throws & Jumps!

Proud mum Jo Micallef has kindly sent me a report on her daughters' great achievements at their Regional Carnival held recently. As follows: -

I just thought I'd let you know how Ashley, Kelly & Brenda went at the regionals. Ashley came 6th in Triple Jump, 7th in Discus and 8th in Javelin. Kelly placed 5th in discus and 7th in shot put. Brenda came 5th in Javelin with a distance of 19.04.

Great results girls, keep it up!

Thanks so much to all those who have contributed to this article on our up and coming athletes at the Regionals. This is what this magazine is all about: - keeping everybody up to date with what our athletes are doing. So if there is something that one or more of our athletes have achieved that perhaps we don't know about, please give me a call or send me an e-mail.

Garry Womsley.

Our Young Guns Shine At Gosford!

On Friday 22nd July, two of our club members Brad Milosevic and Jamie Sherson, represented their respective schools at the State All-Schools Cross Country held at Gosford Racecourse. Both Jamie and Brad ran strongly over the 6km mostly sand course with Jamie finishing 6th and Brad finishing 9th. We are pleased to report that Brad's team won the event earning him a trip to Adelaide for the National All-Schools in September. Jamie as a result of his individual placing has been selected as a reserve for the event. Great work guys, keep it up!

...And Brad Grabs A Silver Medal In Adelaide!

Lisa Grant has kindly provided us with a report on Brad and his school team's efforts at the Nationals in Adelaide. The race was held on Saturday, 27th August: -

A big congratulations should go to Brad for his performance in the National Cross Country Championships in Adelaide on Saturday. His school team, William Clarke College, won the silver medal narrowly missing out on first which gets to go to the world schools cross country. But it was a great run by Brad (individual place was 50th) and his team mates.

Great work Brad!

Our Little A's Do Well At Campbelltown!

Some of our very talented Little A's who also compete for the senior club, competed at the Little A's Winter Cross Country & Road Walks at Campbelltown on 3rd July. Jye Perrott was placed 4th in the U/7 800m (3:42), Alyssa Perrott was placed 16th in the U/10 1500m (7:06) and 6th in the 1200m walk

(6:48), Emma Treadwell was placed 9th in the U/13 2000m (8:06) and 13th in the 1500m walk (11:56), Stacey Argent was placed 3rd in the U/15 3000m (14:08) and 7th in the 2000m walk (13:22). Congratulations on your fine efforts!

Strong Winds & Heavy Rain – Survival Of The Fittest! – The Great Nosh Footrace (15km) – Lindfield to Seaforth – Sunday, 10th July, 2005.

Mother Nature always seems to turn on the extreme weather conditions for this very popular event. Athletes not only had to contend with freezing winds, they also had to put up with heavy rain coming in at right angles, fallen trees, slippery rocks and areas where mud was at least 30cm deep. It certainly wasn't a race where you would try out your brand new racing shoes!

However, despite all of that, we still managed four representatives on the day. It wasn't a day for PB's or heroics of any kind. It was a day for self preservation, survival of the fittest and living to fight another day! Thankfully, all our runners got through unscathed and performed remarkably well under the conditions.

Garry Womsley was our first runner home. After breaking a toe early in last year's race, he really made sure of his footing this year. He stayed with a good pack for most of the race and finished strongly over the last few km's to finish in a time of 1:20:13. He placed 12th in the 40-49 age category. Michael Free is a big fan of orienteering and other extreme sports so he felt right at home under the conditions. He was our next runner home and finished in a great time of 1:29:22. He placed 51st in the 30-39 age category. Peter Henry tried hard in the conditions and was content with his time of 1:31:02. He placed 55th in the 30-39 age category. Roger Mar was our fourth and final runner home. His goal was to beat the two hours and he did that with 32 seconds to spare. His finishing time was 1:59:28. He placed 47th in the 40-49 age category. Full results as follows: -

1) GARRY WOMSLEY	time: - 1:20:13	12 th in 40-49 age category
2) MICHAEL FREE	time: - 1:29:22	51 st in 30-39 age category
3) PETER HENRY	time: - 1:31:02	55 th in 30-39 age category
4) ROGER MAR	time: - 1:59:28	47 th in 40-49 age category

There's Nothing Like A Run In The Park! – Red Cross Fun Run (4km & 8km) – Sunday, 17th July, 2005 at Parramatta Park.

Beautiful weather greeted our runners today as they contested the Red Cross Fun Run at Parramatta Park. We had six representatives (three in each race) and they all did very well. This was the third running of this race (2003 was held in Centennial Park & 2004 was held in the Homebush precinct) and it is growing every year with a total of 232 competitors turning out this year.

Another feature of the event was the amount of freebies they gave out. There was free breakfast (as much as you wanted), show bags and an alarm clock for everyone. Also, each of the age group winners were given different gifts such as heart rate monitors, drink bottles, socks and caps. The prizes were presented by Parramatta Councillor David Borger who not only encourages people in the Parramatta area to get out and lead a healthier lifestyle, he also competed himself.

4km Race

Reece Diaz ran a strong race from start to finish and was our first runner home in a time of 13:26.7. He placed 3rd overall and 1st in the u/18 age category. He had to withstand a late challenge from Garry Womsley who finished a close 4th overall and 1st in the 40-49 age category. He was given the same time as Reece. Terry Rose also contested this race and made it a Girraween trifecta of top ten finishers in this race. He placed 9th overall and 2nd in the 50-59 age category in a time of 16:01.

Full results as follows: -

1) REECE DIAZ	time: - 13:26.7	(3 rd overall & 1 st u/18 age category)
2) GARRY WOMSLEY	time: - 13:26.7	(4 th overall & 1 st 40-49 age category)
3) TERRY ROSE	time: - 16:01.0	(9 th overall & 2 nd 50-59 age category)

8km Race

Richard Frost continued his good form in today's race. He was the first of our runners home in a good time of 30:49.4. He was placed 14th overall and 9th in the 30-39 age category. Young Stacey Argent enjoyed her run and was next home in a time of 35:45.8. She was placed 45th overall and we are pleased to advise that she won the u/18 age category. The tireless Roger Mar was our final runner home in a time of 40:09.4. He was placed 81st overall and 9th in the 40-49 age category.

Full results as follows: -

1) RICHARD FROST	time: - 30:49.4	(14 th overall & 9 th 30-39 age category)
2) STACEY ARGENT	time: - 35:45.8	(45 th overall & 1 st u/18 age category)
3) ROGER MAR	time: - 40:09.4	(81 st overall & 9 th 40-49 age category)

Perfect Conditions For Running! – West Metropolitan Series, Ford Park, South Strathfield – Saturday, 23rd July, 2005.

The weather was absolutely fantastic today as we contested the runs along the cycle path beside the famous Cooks River. It was sunny and warm with very little breeze, ideal conditions for running at this time of the year. This course is regarded as an extremely fast course so all of our runners were rubbing their hands in anticipation of doing a PB if possible. While our numbers were a bit small today, we still had quite a large presence compared to the other clubs.

2km: - A flu stricken Garry Womsley found it hard to perform at his optimum. However, he was still able to hang in there pretty well to be our first runner home in a time of 7:30. Young Jonas Williams (7:42) kept him honest throughout. Steve O'Donnell (8:16) kept his good form going and secured third place. Michael Christie surprised even himself with his strong showing today. He finished in a great time of 9:13. Jye Perrott (9:20) and Roger Mar (9:21) battled it out as normal with the youngster again prevailing. Jill Woodruff (11:10) made a steady comeback to finish ahead of Braeden Perrott (12:39).

Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>
1) GARRY WOMSLEY	7:30	4 th
2) JONAS WILLIAMS	7:42	5 th
3) STEVE O'DONNELL	8:16	8 th
4) MICHAEL CHRISTIE	9:13	15 th
5) JYE PERROTT	9:20	16 th
6) ROGER MAR	9:21	17 th
7) JILL WOODRUFF	11:10	25 th
8) BRAEDEN PERROTT	12:39	29 th

4km: - Jamie Sherson, a resident of Homebush, didn't have far to travel today and was pretty fresh for his race. He blitzed the field to be our first runner home in a great time of 13:35. Bill Flanagan (14:28)

continued his outstanding form to be next in. Lynette Smith was our first female home. She ran a steady race in a time of 16:12 ahead of the promising Michael Chaffin (16:55). Terry Rose (17:16) just shaded Stacey Argent (17:28) and Viv Manwaring (17:32). Darren Gould (18:15) ran a good race and Steve O'Donnell showed good stamina to finish his second race of the day in a time of 19:07. Roger Mar (20:03) got the better of Michael Christie (21:20) while Andrea Hendley (22:56) and Steve Halverson (23:30) had their usual battle.

Top ten finishers as follows: -

	<u>Time</u>	<u>Overall Placing</u>
1) JAMIE SHERSON	13:35	2 nd
2) BILL FLANAGAN	14:28	5 th
3) LYNETTE SMITH	16:12	10 th
4) MICHAEL CHAFFIN	16:55	12 th
5) TERRY ROSE	17:16	14 th
6) STACEY ARGENT	17:28	17 th
7) VIV MANWARING	17:32	18 th
8) DARREN GOULD	18:15	20 th
9) STEVE O'DONNELL	19:07	26 th
10) ROGER MAR	20:03	31 st

8km: - Felipe Blemith (28:34) again ran strongly to be our first runner home. Wayne Thurlow (30:54) was an early leader in the race and hung on pretty well to claim second. Graham Sheargold (31:44) surprised even himself with the race of his life to outpace Alexandra Tams (31:54) and Garry Womsley (32:21). Steve Williams also ran a strong race to finish in a time of 32:58. Michael Free (33:41) continues to improve. Peter Henry (34:35) again tried hard. Mark Attwood (35:11) and Ken Scalley (35:50) continue to show gradual improvement. Clive Kidson (36:18) had a good battle with Denis Andrew (36:26) while Steve O'Donnell (38:39) and Viv Manwaring (38:48) ran strong races despite racing earlier to just shade Robert Eager (38:56). Richard Lamas (42:15) ran a steady race while Roger Mar (44:14) and Joe Butler (46:17) enjoyed their races as normal.

Top ten finishers as follows: -

	<u>Time</u>	<u>Overall Placing</u>
1) FELIPPE BLEMITH	28:34	3 rd
2) WAYNE THURLOW	30:54	10 th
3) GRAHAM SHEARGOLD	31:44	14 th
4) ALEXANDRA TAMS	31:54	15 th
5) GARRY WOMSLEY	32:21	16 th
6) STEVE WILLIAMS	32:58	18 th
7) MICHAEL FREE	33:41	23 rd
8) PETER HENRY	34:35	24 th
9) MARK ATTWOOD	35:11	25 th
10) KEN SCALLEY	35:50	26 th

A Great Dress Rehearsal For The City2Surf! – Sutherland to Surf (11km) – Sunday, 24th July, 2005.

The weather was again fantastic today for this very popular run on the calendar. While it was cold early, the temperature soared fairly quickly. There was very little wind to speak of.

This year's race which starts in Sutherland behind the community centre and heads through side streets before joining The Kingsway near Kirrawee and then heading to Wanda surf Club in the northern reaches of Cronulla was started by Parramatta legend Eric "The Guru" Grothe. There were 1446 finishers this year which shows how popular the event has become.

While there are not a lot of age category awards handed out, the organisers have tried to give back something to the runners who pay their hard earned money to participate. Each competitor received a bag of goodies, free water, fruit and salads which was much appreciated. To finish a race in such a beautiful part of Sydney is worth the admission price. The water was so blue and clean and was a great advertisement for our great city.

We had six members (all male) contest this year's race. Bill Flanagan who has hit a real purple patch of form was our first runner home in a great time of 40:04. He was placed 75th overall. Richard Frost who did not run yesterday in preparation for today's race reaped the rewards with a huge PB of 42:44. He was placed 144th overall. Garry Womsley, still troubled by the flu, finished strongly to do a personal best time of 45:06. He was placed 259th overall. Keith Mayhew (47:08) did not run as fast as he would have liked but still placed 389th in the large field. Terry Rose (51:16) ran a steady race and finished in 728th place. Roger Mar was our 6th and final runner home in a time of 57:58 to finish 1392nd overall. Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) BILL FLANAGAN	40:04	75 th
2) RICHARD FROST	42:44	144 th
3) GARRY WOMSLEY	45:06	259 th
4) KEITH MAYHEW	47:08	389 th
5) TERRY ROSE	51:16	728 th
6) ROGER MAR	57:58	1392 nd

No Medals But A Whole Heap Of Fun! – ***ANSW Road Relays – Flagstaff Point, Wollongong – Saturday, 30th July, 2005.***

The weather was again perfect for the last championship event of the winter season. Our small contingent of seven teams had a great time down by one of the most picturesque parts of the NSW south coast. The sky was a dark blue, the ocean was pristine and the sand was white and clean. The sun was quite warm for this time of year and unlike last year, there was hardly any wind.

The course (a 2km loop) starts up hill near the lighthouse at Flagstaff Point before veering left and heading down hill beside the lagoon. The course then flattens out and heads towards the entertainment precinct of Wollongong (WIN Entertainment Centre, home of the Wollongong Hawks and WIN Stadium, home of the mighty St. George-Illawarra Dragons!) Once there, the course heads back the same way. Those that had to do 4km did the same loop twice which made for a very challenging relay leg for all concerned.

The older age groups (over 45 & upwards) as well as the open women's teams got to run early which made it difficult for our over 35, open and u/18 men's teams as they had to warm up while the others were chomping into their tasty fish & chips that they had purchased at the seaside kiosk close by. While we had some last minute hiccups with our teams, things all came together pretty well on the day. Special mention should be made of Robert Eager who showed a lot of patience and composure throughout. We also thank the tireless Roger Mar who was able to back up for the over 35 team after doing his leg in the open team. Congratulations to all those who participated on the day.

Under 18 Male (4 x 4km)

Brad Milosevic (13:06) ran the fastest time of the day. He sizzled over the challenging course. Adam Sinclair (14:56) surprised himself after his leg. Feeling a little underdone he thought he was battling to get under 16:00. As it turned out, he did it comfortably. Stacey Argent became a boy for the day and was given a boy's name (Stanley). She did her part with a good time of 17:16. Jamie Sherson ran the anchor leg and brought it home well with a great time of 13:18. We were pleased with our final placing of 5th overall.

Full details as follows: -

1) Brad Milosevic	time: - 13:06	
2) Adam Sinclair	time: - 14:56	combined time: - 58:36
3) Stacey "Stanley" Argent	time: - 17:16	final position: - 5 th
4) Jamie Sherson	time: - 13:18	

Open Male (4 x 4km)

Roger Mar got the team off to a good start with a gutsy 19:28 and Richard Frost (15:16) kept the momentum going pretty well with his usual wholehearted effort. Steve O'Donnell (17:42) continued his good recent form while Joe Butler (22:33) thoroughly enjoyed his run as usual. Our open men's team (in the most popular and competitive category of the meet) finished in a creditable 22nd place.

Full details as follows: -

1) Roger Mar	time: - 19:28	
2) Richard Frost	time: - 15:16	combined time: - 1:14:59
3) Steve O'Donnell	time: - 17:42	final position: - 22 nd
4) Joe Butler	time: - 22:33	

Open Women (4 x 4km)

Young Natalie Pellizzari ran a very good first leg. She finished in a time of 18:36. Carly Eager, currently doing the HSC, put the books aside for a little while to run the second leg. She put in a great effort to finish in a time of 21:55. Teresa Truman (20:17) also ran a good third leg. Lynette Smith brought it home well with a fantastic 15:51. Unfortunately, at the time of writing, this team was excluded from the official results. We are still trying to get a response from ANSW as to why. On times this team finished in 14th place. Full details as follows: -

1) Natalie Pellizzari	time: - 18:36	
2) Carly Eager	time: - 21:55	combined time: - 1:16:39
3) Teresa Truman	time: - 20:17	final position: - 14 th (prov)
4) Lynette Smith	time: - 15:51	

35+ Male (4 x 4km)

Michael Free ran the best 4km of his life. He put so much effort in that he was almost heaving by the time he got to the change over area. Wayne Jeff, the next runner, was looking a bit worried as he got closer but fortunately nothing happened and the change over was faultless. Michael's time was an outstanding 15:49. Wayne, now over his injury problems and the flu, ran the third fastest time of his leg and was happy with his time of 14:38. Garry Womsley still slightly affected by the flu also ran a great leg to finish in a time of 14:59. That was exactly the same time he did last year so he was very pleased. Roger Mar, after already running a leg in the open men's team, helped out after Doug Perrott's withdrawal and finished in a good time of 20:10. This team finished in 12th place.

1) Michael Free	time: - 15:49	
2) Wayne Jeff	time: - 14:38	combined time: - 1:05:36
3) Garry Womsley	time: - 14:59	final position: - 12 th
4) Roger Mar	time: - 20:10	

45+ Male (4 x 4km)

Our 45+ men really put their hands up today. So much so, that we were able to field two teams in this category. Bill Flanagan was our first runner in the "A" team and continued his outstanding form with a speedy 14:26. Steve Williams kept the momentum going and finished in a time of 15:58. The in-form Graham Sheargold was again outstanding with a good time of 15:37. Mark Attwood brought it home strongly to finish in a time of 16:44. Our "A" team finished in 7th position. This was a great result. Suresh Raju, who has worked hard on his fitness recently, gave the "B" team a good start with a time of 18:47. Clive Kidson, now over his jet lag finished his leg in a time of 17:34. Robert Eager, who worked so hard to put the day together, had a strong run to finish in a time of 19:12. Terry Rose ran the anchor leg and did his job well to record the fastest time in his team (17:03). Our "B" team finished in a very creditable 11th position.

The "A" Team

1) Bill Flanagan	time: - 14:26
2) Steve Williams	time: - 15:58
3) Graham Sheargold	time: - 15:37
4) Mark Attwood	time: - 16:44

combined time: - 1:02:45
final position: - 7th

The "B" Team

1) Suresh Raju	time: - 18:47
2) Clive Kidson	time: - 17:34
3) Robert Eager	time: - 19:12
4) Terry Rose	time: - 17:03

combined time: - 1:12:36
final position: - 11th

55+ Male (4 x 4km)

There are still a lot of fast runners around in this age group and the enthusiasm and competitiveness are still strong. Today was no different with a massive 14 teams competing in this relay. Our team acquitted itself well against strong opposition. The speedy Ken Scalley continued his good form and completed the opening leg in a good time 17:10. "The Legend" Keith Mayhew put in a great second leg and was the 3rd fastest overall in this leg. He finished in a time of 16:01. Denis Andrew (17:16) continued his consistent form and Viv Manwaring (17:44) brought it home well. The overall position of this team was 7th but they were only 2 seconds behind 6th. That gives you an indication of how closely this relay was fought.

1) Ken Scalley	time: - 17:10	
2) Keith Mayhew	time: - 16:01	combined time: - 1:08:11
3) Denis Andrew	time: - 17:16	final position: - 7 th
4) Viv Manwaring	time: - 17:44	

Fun Run (4km)

Geoff Sheargold made a welcome return from injury. He finished the fun run in 15:21 and was placed 4th overall.

Congratulations to everybody who made this a great day!

Racing Returns To The Bay! – The Bay Run (7km) – Sunday, 31st July, 2005 – Start & finish – the foreshore near Leichhardt Rowing Club.

It is always a pleasant experience to run around the bay at Leichhardt. The full circuit is exactly 7km and is used by a number of running clubs and individuals as a challenging training run. The local residents use the circuit to walk their dogs, roller blade, power-walk or just for a leisurely stroll on the now fully sealed paths.

Competitive racing used to be a regular feature around this area when the Sri Chinmoy organisation were prominent in the area but in recent years it has been confined to The Bay Run which is now in it's third year. This year it attracted a huge crowd with separate races held for males, females and schools. There was also a separate race for athletes running with their dogs on a leash. (This was a very interesting innovation!)

Everybody was issued with a nice bag of goodies after they crossed the line and there was plenty of fruit and water. The race was well organised and all the officials were cheerful and encouraging. It was a fantastic winter's day. It was fine and sunny with no breeze at all. It was a little cold early but it didn't take long to warm up.

We had four members compete in this race today and they all enjoyed the race and were all pleased with their performances. Garry Womsley was our first runner home and did a huge PB by 3:15 to finish in a time of 26:34. He was 24th overall and 6th in the 40+ age category. Michael Free after his great effort at yesterday's relays backed it up well to be our next runner home in a good time of 29:43. He

was 105th overall and 50th in the 30-39 age category. Terry Rose also backed up well after yesterday and finished in a time of 31:15. He was 147th overall and 32nd in the 40+ age category. Roger Mar after his two runs yesterday was still enthusiastic today and again did well. He finished in a time of 34:58. He was 240th overall and 72nd in the 40+ age category. Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>	<u>Age Category Placing</u>
1) GARRY WOMSLEY	26:34	24 th	6 th (40+)
2) MICHAEL FREE	29:43	105 th	50 th (30-39)
3) TERRY ROSE	31:15	147 th	32 nd (40+)
4) ROGER MAR	34:58	240 th	72 nd (40+)

The Striders Provide Good Practice For Our Runners! - Sydney Striders Road Race Series (10km) – Saturday, 6th August, 2005 – Lane Cove River National Park, West Chatswood.

There's nothing like a brisk 10km run first thing in the morning in the middle of winter! At this venue it is always cold with pockets of mist throughout this beautiful bush course. The first 5km is either flat or up hill but the last 5km is pretty quick as it is all down hill. Most athletes save themselves for the second half and power home.

We had 3 representatives in this very popular race today. Bill Flanagan kept his good form going with a very good time of 38:20. He placed 53rd overall. Keith Mayhew continues to show the way in his age group. He was our next runner home in a great time of 41:28. He was 109th overall. Michael Free continues to improve and get fitter with each race he contests. Today was no exception as he powered home in a time of 42:17. He was 122nd overall.

Congratulations guys on your fantastic efforts!

Full results as follows: -

	<u>Time</u>	<u>Overall Placing</u>
1) BILL FLANAGAN	38:20	53 rd
2) KEITH MAYHEW	41:28	109 th
3) MICHAEL FREE	42:17	122 nd

Our Athletes In Hot Form At The Hills! – West Metropolitan Series – Saturday, 6th August, 2005 At Crestwood Reserve, Baulkham Hills.

Our runners were greeted with unusually hot weather today at Crestwood Reserve in the heart of the Hills District. The undulating course was challenging to all runners and most of them rose to the occasion. There were a number of outstanding performances in all distances.

2km: - Brad Milosevic contested this race to test out a new pair of shoes. Well, he must have had wings on his heels as he was not only the first athlete over the line he also achieved a PB of 6:42. He was followed by Garry Womsley who continued his good form with a good time of 7:24. Wayne Thurlow (7:38) was thinking of sneaking up on him at one stage but decided against it with the 8km race still to come. Steve O'Donnell (8:17) continued his improvement and was able to keep the promising Jonas Williams (8:24) at bay. Little Jye Perrott (8:43) was able to stay in front of older siblings Alyssa (8:45) and Braeden (9:09). Michael Christie (9:57) continued his steady improvement while Katrina Russell

(10:42) got another race under her belt in preparation for the Hospital Games in November. Richard Lamas (11:17) again tried hard.

Top ten finishers as follows: -

	<u>Time</u>	<u>West Mets Placing</u>
1) BRAD MILOSEVIC	6:42	1 st
2) GARRY WOMSLEY	7:24	6 th
3) WAYNE THURLOW	7:38	8 th
4) STEVE O'DONNELL	8:17	13 th
5) JONAS WILLIAMS	8:24	15 th
6) JYE PERROTT	8:43	18 th
7) ALYSSA PERROTT	8:45	19 th
8) BRAEDEN PERROTT	9:09	21 st
9) MICHAEL CHRISTIE	9:57	28 th
10) KATRINA RUSSELL	10:42	29 th

4km: - Geoff Sheargold continued his comeback to be our first runner home in a time of 16:21. He was pushed all the way by the ultra consistent Lynette Smith (16:40). Terry Rose (17:20) now over his injury scare returned to form to claim 3rd. Stacey Argent (17:46) again ran consistently as did Viv Manwaring (18:13). Steve O'Donnell (19:34) backed up well after his 2km race and was able to keep Gary Micallef (19:40) at bay. Roger Mar who missed his first West Mets race of the year in the 2km when his bus didn't turn up, ran a steady race to finish in a time of 21:02. Michael Christie (22:43) again backed up well. Steve Halverson (23:54) recorded his best time of the winter to stay in front of Andrea Hendley (24:04) and Richard Lamas (24:12). Phil Bowden (25:10) continues to show that age will not weary him. Michael Free (26:01) got in a thorough warm up before his 8km race.

Top ten finishers as follows: -

	<u>Time</u>	<u>West Mets Placing</u>
1) GEOFF SHEARGOLD	16:21	10 th
2) LYNETTE SMITH	16:40	11 th
3) TERRY ROSE	17:20	13 th
4) STACEY ARGENT	17:46	17 th
5) VIV MANWARING	18:13	19 th
6) STEVE O'DONNELL	19:34	25 th
7) GARY MICALLEF	19:40	26 th
8) ROGER MAR	21:02	32 nd
9) MICHAEL CHRISTIE	22:43	34 th
10) STEVE HALVERSON	23:54	35 th

8km: - Felipe Blemith again ran strongly today. He flew over the challenging course to be our first runner home in a time of 29:25. Young Brad Milosevic seemed a little weary after his big effort in the 2km. However, he was still next home in a time of 31:53 just keeping the fast finishing Wayne Thurlow (31:57) at bay. A huge battle ensued between Graham Sheargold (32:33), Garry Womsley (32:48) and Richard Frost (32:58) throughout the race with Graham taking the honours this time. Steve Williams (35:15) had to pull out all stops to beat the in-form Michael Free (35:16) leaving Keith Mayhew (35:59) in their wake. Mark Attwood (36:41) ran well as did Denis Andrew (37:00) and Clive Kidson (37:21). Steve Parkins (38:18) tried hard and Vince Adams (41:03) found the going tough. Steve O'Donnell (41:41) ran his third race for the day and is happy with his fitness. Newcomer Michael Hehir (42:31) was next in while Roger Mar (45:32) and Joe Butler (50:45) battled hard.

Top ten finishers as follows: -

	<u>Time</u>	<u>West Mets Placing</u>
1) FELIPPE BLEMITH	29:25	4 th
2) BRAD MILOSEVIC	31:53	9 th
3) WAYNE THURLOW	31:57	10 th
4) GRAHAM SHEARGOLD	32:33	12 th
5) GARRY WOMSLEY	32:48	14 th

6) RICHARD FROST	32:58	15 th
7) STEVE WILLIAMS	35:15	21 st
8) MICHAEL FREE	35:16	22 nd
9) KEITH MAYHEW	35:59	24 th
10) MARK ATTWOOD	36:41	28 th

Jamie Wins The 4.2km Race At Woodstock, Other Girra. Members Pull In The Medals! - Woodstock Fun Run (4.2km & 7.75km) – Sunday, 7th August, 2005 – Woodstock Community Centre & Surrounds.

The Woodstock Fun Run has become a real “must do” run for all runners. It is a fun run organised by runners so they have a real insight of what people are looking for in a fun run. The organisers and marshals are friendly and really know what the competitors are going through. There are plenty of lucky draws, plenty of awards, certificates, commemorative mugs and free coffee and cake for all finishers.

Unfortunately, it is expected that this will be the final running of this great event. Due to the public liability situation, police, the RTA and Council are making increasing demands on race organisers and it appears that it will lead to another great event going by the wayside. The run which starts at Burwood Road just up from Burwood station and winds its way through Croydon before heading back again attracted a big field this year. The weather was perfect with sunny skies and virtually no wind.

4.2km: - We had two representatives in this race and they both did very well. In fact Jamie Sherson and Gary Howard were battling for the lead right from the start and virtually stayed fairly close to each other for the entire race. In the end Jamie (14:29) was the outright victor making it two in a row for this race. This is an extraordinary achievement from one so young. Gary hung in there pretty well and took outright 3rd in a great time of 14:52 to go with his 2nd place from 2004. Congratulations guys on your fantastic efforts!

Full details as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) JAMIE SHERSON	14:29	1 st
2) GARY HOWARD	14:52	3 rd

7.75km: - We had six representatives in this race and they all performed well and enjoyed the race. Garry Womsley kept up his good recent form and was our first runner home in a time of 29:59. He was 25th overall and 2nd in the 41-50 age category. He was followed by the very consistent Richard Frost who finished 30th overall and 15th in the 31-40 age category in a good time of 30:25. Michael Free continues to show improvement and was again impressive in being our third runner home in a time of 33:33. He was 61st overall and 21st in the 31-40 age category. Terry Rose again ran strongly and finished in a time of 34:38. He was 79th overall and 11th in the 51-60age category. Ken Scalley wasn't too far behind him with a very good time of 35:09. He was 82nd overall and 13th in the 51-60 age category. Roger Mar continues to impress with the amount of kilometres he does each week. He can run all day when others have to stop. He was again full of running today and finished in a time of 39:09. He was 133rd overall and 23rd in the 41-50 age category.

Full details as follows: -

	<u>Time</u>	<u>Overall Position</u>	<u>Age Position</u>
1) GARRY WOMSLEY	29:59	25 th	2 nd (41-50)
2) RICHARD FROST	30:25	30 th	15 th (31-40)
3) MICHAEL FREE	33:33	61 st	21 st (31-40)
4) TERRY ROSE	34:38	79 th	11 th (51-60)
5) KEN SCALLEY	35:09	82 nd	13 th (51-60)
6) ROGER MAR	39:09	133 rd	23 rd (41-50)

A Low Key Day At Greystanes! – West Metropolitan Series (Non-Pointscore) – Gipps Road Reserve – Saturday, 13th August, 2005.

As it was the day before the City2Surf, not many athletes turned out for a run today. With no points at stake today, the events were low key but enjoyable all the same. The weather was sunny and warm. The distances offered today were 2km and 4km. We had a total of four athletes compete and everything was wrapped up by 3.00pm with a minimum of fuss.

2km: - Garry Womsley was our first runner home and had to fight back from 5th place at one stage to finish 2nd overall in a time of 7:05. Young Michael Chaffen ran strongly as normal to be next home in a time of 7:26. Gary Micallef ran strongly to finish in a time of 8:53. He was followed by the ever consistent Michael Christie who finished in a time of 9:31.

Full details as follows: -

	<u>Time</u>	<u>West Mets Placing</u>
1) GARRY WOMSLEY	7:05	2 nd
2) MICHAEL CHAFFEN	7:26	7 th
3) GARY MICALLEF	8:53	11 th
4) MICHAEL CHRISTIE	9:31	13 th

4km: - Garry Womsley was again our first runner home. He continued his improved recent form with a very good 15:22. Gary Micallef also backed up well with a good time of 19:10. Michael Christie was our third and final runner home in a time of 21:52.

Full details as follows: -

	<u>Time</u>	<u>West Mets Placing</u>
1) GARRY WOMSLEY	15:22	5 th
2) GARY MICALLEF	19:10	8 th
3) MICHAEL CHRISTIE	21:52	11 th

Girraween Photo Sales: - Get A Great Keepsake & Help Raise Funds For Our Club!

As most of our winter athletes would know, George Milosevic has taken a number of photos of us all during both our West Mets events and at the championships. In fact, he has about 2000 images of all of our athletes and he can produce a CD for you with all your photos on it. This would be a perfect keepsake for any runner and something that you can look back on for many years to come.

We are now taking orders from our members who are interested in purchasing a CD of your photos. The price is \$10.00 per CD which is great value. If you would like to place an order, please let Garry Womsley know by e-mail as soon as possible and he will pass it on to George. The proceeds from the sale of these CD's will go towards the club and its fundraising initiatives.

Girraween Winter Awards Presentation!

Due to a number of requests from our members, the committee has decided to have the Girraween presentation of winter awards at the conclusion of one of our competition days at C.V. Kelly rather than at next year's AGM. The expected date for our presentation is Saturday, 12th November. We plan to have a free sausage sizzle during the presentation. So put this date in your diaries.

Happy Birthday!

Happy Birthday and many happy returns for all those celebrating a birthday in September: -

2nd – Greg Sargeant
3rd – Brenda Micallef
14th – Ken Scalley
18th – Ivan Craddy
19th – Terry Hoffman
19th – Robert Eager
21st – Adam Sinclair
22nd – Viv Manwaring
23rd – Scott Mortimer
28th – Peter Henry
30th – Richard Camilleri

Upcoming Events!

Club Events

Sat	10 Sept	Week A Grading with distance event 1500m (C.V. Kelly)
Sat	17 Sept	Week B Grading with distance event 3000m (C.V. Kelly)
Sat	24 Sept	Week A with distance event 1500m (C.V. Kelly)

Fun Runs & Other Events Of Interest

Sun	11 Sept	Blackmores Running Festival (9km, 21.1km, 42.2km) (starting at Milson's Point at Various times)
Sun	11 Sept	Spring Beach Classic (8km) (Wanda to Boat Harbour & back) (9.00am)
Sun	18 Sept	Mardi Harris Memorial Mile (North Cronulla Beach) (8.00am-12.00noon)
Sun	18 Sept	Bridge to Bridge (5km & 10km) (Start & finish at Putney Park) (9.00am)
Sun	25 Sept	St.Marys Spring Festival Run (6.2km) (Blair Oval, St.Marys) (9.00am)
Sun	25 Sept	Sydney Marathon Clinic Road Race Series (5km, 10km & Long Race) (Rossford Street Reserve, Wetherill Park) (from 7.00am)

Spring Into Summer At C.V. Kelly!

Grand Opening Saturday, 10th September, 2005 starting at 2.00pm.

Our summer season gets under way at C.V. Kelly on Saturday, 10th September starting 2.00pm. All athletes welcome. Bring your friends! Our full summer programme as follows: -

OFFICIAL GIRRAWEEEN 2005/2006 SUMMER SEASON CALENDAR OF EVENTS

Sat	10 Sept	Week A	Grading with distance event 1500m (C.V. Kelly)
Sat	17 Sept	Week B	Grading with distance event 3000m (C.V. Kelly)
Sat	24 Sept	Week A	with distance event 1500m (C.V. Kelly)
Sat	1 Oct		Week B with distance event 3000m (C.V. Kelly)
Sat	8 Oct		Week A with distance event 1500m (C.V. Kelly)
Sat	15 Oct		Week B with distance event 5000m (C.V. Kelly)
Sat	22 Oct		Week A with distance event 1500m (C.V. Kelly)
Sat	29 Oct		Week B with distance event 3000m (C.V. Kelly)
Sat	5 Nov		Week A with distance event 1500m (C.V. Kelly)
Sat	12 Nov		Week B with distance event 5000m (C.V. Kelly)
Sat	26 Nov		Week A with distance event 1500m (C.V. Kelly)
Sat	3 Dec		Week B with distance event 3000m (C.V. Kelly)
Sat	10 Dec		Week A with distance event 1500m (C.V. Kelly)
Sat	17 Dec		Week B with distance event 5000m (C.V. Kelly)
Sat	7 Jan		Modified Programme with distance event 1 Mile (C.V. Kelly)
Sat	14 Jan		Week A with distance event 1500m (C.V. Kelly)
Sat	21 Jan		Week B with distance event 3000m (C.V. Kelly)
Sat	28 Jan		Modified Programme with distance event 2000m (C.V. Kelly)
Sat	4 Feb		Week A with distance event 1500m (C.V. Kelly)
Sat	11 Feb		Week B with distance event 5000m (C.V. Kelly)
Sat	18 Feb		Modified Programme with distance event 1 Mile
Sat	25 Feb		Week A with distance event 1500m (C.V. Kelly)
Sat	4 Mar		Week B with distance event 3000m (C.V. Kelly)
Sat	11 Mar		Girraween Pre-Season Cross Country Series (C.V. Kelly)
Sat	18 Mar		To be confirmed after West Mets meeting in January 2006
Sat	25 Mar		To be confirmed after West Mets meeting in January 2006

OUR COMPETITION PROGRAMMES IN DETAIL: -

WEEK A PROGRAMME: - 100m, Long/Triple Jumps (A), High Jump (B), 400m, 1500m/3000m Walk, Discus (F), Shot Put (M), 1500m, Javelin

Note: - High Jump (B) is up to and including 1.20m (similar applies to the Long/Triple Jumps)

WEEK B PROGRAMME: - 200m, Long/Triple Jumps (B), High Jump (A), 800m, 1500m/3000m Walk, Discus (M), Shot Put (F), Distance Event as listed

Note: - High Jump (A) is above 1.20m (similar applies to the Long/Triple Jumps)

MODIFIED PROGRAMME: - 60m, 300m, 1000m, Scissors High Jump, Standing Long Jump, Shot Put throw (2.7kg), relays & specified distance event

Our Club Committee For 2005-2006!

Our club committee is here to help you. If you have any enquiries or problems, please do not hesitate to get in contact with any of the committee members listed below. Please note, we still have two vacancies: - Publicity Officer and Summer Competition Manager. If you are interested in either of these positions, please contact Garry Womsley or Steve Williams: -

***Vince Adams
Cheryl Argent***

***Treasurer & Winter Competition
Fundraising***

***9863-2731
9636-3879***

<i>Kathy Austin</i>	<i>Fundraising & Club Records</i>	<i>9688-2390</i>
<i>Jean Davis</i>	<i>General Committee</i>	<i>9896-1136</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>Greg Sargeant</i>	<i>Fundraising</i>	<i>9626-6633</i>
<i>Lisa Grant</i>	<i>General Committee</i>	<i>9631-1236</i>
<i>Viv Manwaring</i>	<i>Registrar & Public Officer</i>	<i>9631-8887</i>
<i>George Milosevic</i>	<i>Canteen Manager & Park Trust Delegate</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Canteen Manager</i>	<i>9896-4654</i>
<i>Lynette Smith</i>	<i>ANSW Delegate & Blair Zone Delegate</i>	<i>9631-0651</i>
<i>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary & Coaching Co-ordinator</i>	<i>9636-6017</i>
<i>Vacancies</i>	<i>Publicity Officer</i>	
	<i>Summer Competition</i>	

Next Meeting: - Thursday, 3rd November at C.V. Kelly starting at 7.30pm.

Positions Vacant On Our Committee!

Please be advised that we still have two vacant positions on our committee:-

Publicity Officer
Summer Competition Manager

With the summer season almost upon us, the Summer Competition Manager is an important part of our operations at this time of year. If any of you are interested in either of these positions, please contact either Garry Womsley or Steve Williams. Steve will be sending an e-mail out soon with the duties involved (i.e. job description) for the above positions.

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 Garry Micallef (Phone: - 9631-2658)
 Tuesdays – Steeplechase training at 6.30pm at Homebush (August-March) with Garry Womsley (Phone: - 9636-6017).
 Tuesdays & Thursdays (6.00pm) – Hammer & Weight Throws Training at Gipps Road Sporting Complex, Greystanes with Lajos Joni (Phone: - 9676-4590).

Coaching Tip Of The Month!

Fuelling up and hydrating before a race is very important for all competitive athletes if they are to perform at their optimum. However, we sometimes neglect what our bodies need immediately after our event has been run and won. The fact is our bodies keep burning off our energy reserves even after we stop so it is very important that we refuel with carbohydrates almost immediately after our warm down. The best source of carbohydrate is bread. So put a couple of sandwiches with healthy fillings in your bag to munch on after your race and warm down. Along with good hydration, if you refuel immediately, your body will be on the right road to recovery.

World News

World Championship Notes!

- Tironesh Dibaba (Ethiopia) won the women's 10,000m in a time of 30:24.02. Ethiopia made it 1, 2, 3 in this event and it was a real family affair for the winner with her older sister placing 3rd. Australian Benita Johnson was disappointed with her 19th placing. Marathon hopeful Paula Radcliffe (Great Britain) got a good hit out for her main event and was pleased with her 9th placing.
 - Australian sprinter Patrick Johnson ran a very good 100m heat in a time of 10.20 sec. He made the quarter finals and placed 4th in his heat at a slightly slower 10.48 sec. He missed out on the semi finals by a whisker.
 - In the women's 20km walk, the winner Olympiada Ivanova finished in a new world record time of 1:25:41. Jane Saville (20th) finished more than 8 minutes behind in a time of 1:33:44. Fellow Australian Cheryl Webb finished 21st (1:33:58).
 - Heptathlete Kylie Wheeler placed 15th overall at the end of two days of competition. She scored a total of 5919 points. (In the 800m, she placed 1st in her heat in a time of 2:12:33. In the Long Jump, she placed 7th in her pool with a best jump of 6.18m. In the Javelin, she placed 11th in her pool with a best throw of 37.53m).
 - Pole vaulting glamour girl Tatiana Grygorieva, who had to fight AA to be included in the Australian team after achieving an "A" qualifier after the deadline, had a relatively successful return to international competition. She qualified for the final after achieving a height of 4.40m. Unfortunately, in the final after a successful clearance of 4.00m, she was unable to achieve any more successful clearances and had to settle for 12th position.
 - Up and coming Australian sprinter Joshua Ross became only the fourth Australian in World Championship history to make the semi finals of the 100m. He is now in the illustrious company of Paul Narracott (1983), Damien Marsh (1995) and Matt Shirvington (1999-2001). He placed 7th in the semi final in a time of 10.27 sec.
 - Former Kenyan Saif Saaeed Shaheen now of Qatar, had the ultimate revenge over the Kenyans who treated him with contempt in last year's Olympic 3000m Steeplechase (where he placed 4th). He led the final two laps for a great victory in a time of 8:13:31. Kenyans Ezekiel Kemboi and Brimin Kipruto had to settle for 2nd and 3rd this time.
 - Olympic silver medalist John Steffensen made the final of the 400m after finishing 3rd in his quarter final in a time 46.06 sec. He is the first Australian finalist in this event since Mark Garner at Tokyo in 1991.
 - Fellow Australian sprinter Patrick Johnson made the final of the 200m after finishing 4th in the semi final in a time of 20.65 sec. (He placed 3rd in the quarter final in a time of 20.94 sec.) In the final, he placed 6th in a great time of 20.58 sec. The USA placed 1, 2, 3 & 4 in the final with Justin Gatlin winning in a time of 20.04 sec. Daniel Batman qualified for the semi finals with his 4th in the quarter finals (20.95 sec) but could only manage 6th in the semi final (20.98 sec).
 - Distance star on the rise Craig Mottram placed 2nd in his heat of the 5000m in a good time of 13:12.93. He then became our only medalist of the World Championships when he placed a fast finishing 3rd in the 5000m final. In a slowly run race he flew home late in a time of 13:32:96 to deny the Africans a 1, 2, 3 finish. The race was won by Benjamin Limo of Kenya in a time of 13:32.55 just in front of Sileshi Sihine of Ethiopia (13:32.81).
 - Dmitri Markov qualified for the final of the Pole Vault but fouled out after being unsuccessful three times at the starting height.
 - Australia's Men's 4 x 100m Relay team of Daniel Batman, Patrick Johnson, Matt Shirvington and Joshua Ross finished 4th in their heat in a combined time of 38.65 sec. As a result, they qualified for the final. In the final, Matt Shirvington was replaced by Kris Neofytou who ran the 3rd leg after Batman and Ross. Johnson flew home in the anchor leg to have Australia just 0.05 sec outside the bronze medal. Their combined time of 38.32 sec is the 3rd fastest time ever for an Australian team.
-

- Champion British distance runner Paula Radcliffe put some demons to rest after winning the Marathon. She won comfortably in a time of 2:20:57 which was a new Commonwealth record. Catherine Ndereba of Kenya (2:22:01) was 2nd with Constantina Tomescu of Romania (2:23:19) 3rd.
-

Michael Christie has written a report on his thoughts of the World Championships as follows: -

The 10th World Championships-Helsinki 2005

Well the latest world championships have concluded. I thought I should share my views on the highlights in the men's and women's events.

Undoubtedly Justin Gatlin's (USA) 100m/200m double on the track was a wonderful achievement, one that is very infrequent. He was the dominant sprinter. The question remains, how far can he go in the sport? Rashid Ramzi's (Bahrain) 800m/1500m double was another standout, given the fact that he had to run several heats/semi-finals to make it through. Despite the field's lacking one or two stars, you can only beat who starts and Ramzi did just that. Another achievement worth noting was Jeremy Wariner's (USA) 400m win. He is a remarkable athlete. The depth in this event in the US is extraordinary, yet he not only made it through his national trials, he won the world championship, in a great time. He is still young. It will be interesting to watch his progression in the future. Jaouad Gharib's (Morocco) marathon title defence was a fine achievement. This is a difficult event to defend, yet he was always in a good position to win and completed a rare double.

However, despite the above efforts, the standout efforts for this writer were to be found in the women's program. I've named three athletes worthy of mention in no particular order. Carolina Klüft's (Sweden) defence of her heptathlon title was a remarkable effort. Pushed all the way by France's Eunice Barber, this title was up for grabs until the final event the 800m. Klüft had an epic struggle but pulled away to win from Barber in this last event despite carrying an injury. A truly remarkable athlete! Yelena Isinbayeva's (Russia) pole vault victory and new world record confirmed her greatness. Her dominance of the event is extraordinary. She is one of the world's great athletes'. Period! The third standout was Tirunesh Dibaba (Ethiopia). Her 5,000m/10,000m double is one of the greatest achievements to date in women's long distance history. Both finals were very competitive yet she found that little extra that separates the greats of a sport from the rest. Tirunesh is still very young. The fascinating question remains to be answered. How good is she? An honorable mention must go to Paula Radcliffe in winning the marathon. It was nice to see her at last rewarded with a major championship gold medal.

To the Australians: - first of all the selectors did the right thing by selecting a small team. They were also unlucky with injuries. Real medal chances such as Deakes (20km & 50km walk), Pittman (400m Hurdles) and Thompson (Long Jump) were unavailable. The standout Australian performance was Craig Mottram's gutsy bronze medal in the 5000m final. A great example to aspiring distance runners not only in Australia but in non-African countries of what can be achieved if you are prepared to work. One of the great Australian track performances in the last twenty years, given the nature of the event he competes in. Patrick Johnson's 6th in the 200m final was a wonderful effort. John Steffensen's effort in making the 400m final was a big breakthrough for him, despite his 8th place. Joshua Ross also showed more potential by making the 100m semi-final as well as playing a role in the men's 4x100m 5th place. Daniel Batman made the semi-final of the 200m, a creditable effort too. Dimitry Markov did well to make the pole vault final, but sadly made no impression. Not much can be said for the women sadly. Kylie Wheeler's 15th in the heptathlon was creditable. Tatiana Grigorieva made the final of the pole vault but remains a long way off the pace of the top jumpers. It's best not to comment on the rest, suffice to say they tried. Lauren Hewitt needs to re evaluate her future, as her effort in not progressing out of the heats in the 200m was a major disappointment to all her supporters in Australia.

The fact remains there are still serious problems with Australian athletics. To only have women good enough to compete in approximately 22% of the events and men in approximately 38% of the events held, indicates the challenges that face Australian Athletics at all levels, particularly in retaining and nurturing our young athletes once they finish Little Athletics and progress into the senior levels. These figures are just not up to scratch. Our administrators have stated that they are looking forward to the 2006 Commonwealth Games in Melbourne and have stated we will be competitive there. That's nice. We will all have a warm fuzzy feeling. However, until we can put more athletes out on the track and in the field at World Championship and Olympic level with realistic chances of medals, the sport in this

country will continue to struggle, which is sad for those who have a love of the sport. Let's all hope that the performances of our juniors at their recently completed World Championships at Makarrech will bode well for the future. Our administrators have stated we must be patient and wait till London in 2012 for greater success. Well, I'm sorry the fans don't want to wait. We want to be competitive at the next World Championships at Osaka in 2007 and the next Olympic Game's at Beijing in 2008. Is that not too much to ask?

Michael Christie

World University Games Notes!

- As reported earlier, Australians Natalie Saville (5th – 1:36:42) and Lisa Grant (12th – 1:43:39) did Australia proud in the 20km Walk. The race was won by Qiuyan Jiang of China in a time of 1:33:13.
 - Australia's sole medal came in the women's 3000m Steeplechase. This event is relatively new on the international stage. It has been included at the last two World Championships and will be included at the next Olympics. Victoria Mitchell based in the USA but originally from Melbourne, placed 2nd in a great time of 9:47.54. The winner was Livia Toth of Hungary who finished in a time of 9:40.37. Mitchell has a background in Cross Country and Steeplechase and won the AA National Steeplechase title in 2002/2003. She attends Butler College in the USA and won the 3000m NCAA Steeplechase title earlier this year in a time of 9:54.32 after finishing 8th last year. This result is a great boost for Steeplechase in this country. It is Australia's fastest growing event at junior level and this type of result will spur the next generation of athletes on to keep going and reach new heights. (Our club is one of the few clubs that coaches this event. So if you're interested, come down to Homebush on Tuesday nights starting at 6.30pm. Who knows? You may uncover a hidden talent you didn't know you had!)
 - Unfortunately, Richard Jeremiah, our sole male representative in the 3000m Steeplechase failed to finish his event.
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Other World News!

22nd August

Things just keep getting better for Craig Mottram. After winning bronze at the Helsinki World Championships, he finished 3rd in the 3000m at Zurich last week. Today he clocked 8:11.27 in the 2 mile race to beat Kenyan Boniface Kiprotich by half a second at the British Grand Prix in Sheffield, England. It was a new national record.

World bronze medalist Kim Collins won the 100m in a time of 10.0 sec. World sprint double champion Justin Gatlin did the 200m only and won narrowly in an impressive time of 20.04 sec.

From The Athlete's Kitchen!

Banana Muffins

Muffins are a good choice for athletes. They are quick, easy and nutritious and really hit the spot when a snack is needed between meals (or workouts). Combined with bananas, they are another good source of carbohydrates (the runner's best friend!)

This recipe makes 12 muffins and will be one of your favourites: -

Dry Ingredients: -

1 cup white self-raising flour (sifted)
1 cup wholemeal self-raising flour (sifted)
¾ cup sultanas
½ cup sugar
1 teaspoon cinnamon

Wet Ingredients: -

2 eggs (lightly beaten)
1¼ cups low fat milk
4 medium sized bananas
1 tablespoon margarine (melted)

Method: -

- 1) Preheat oven to 190 deg C.
 - 2) Mix all dry ingredients in a bowl
 - 3) Mix all wet ingredients in a bowl
 - 4) Mix wet ingredients into dry ingredients – do not over stir
 - 5) Spoon mixture into muffin tray sprayed with canola oil
 - 6) Cook for 25 minutes at 190 deg C.
-

Out & About With Our Athletes!

6th August!

- Lisa Grant contested the 10km Walk at Chipping Norton and placed 1st in a time of 49:26.
- Melissa Hayes contested the 3km Walk and placed 2nd.
- Roger Mar contested the 5000m at Homebush in the Waratah Series and placed 1st in a time of 25:07.

13th August!

- Lynette Smith contested the Waratah Series at Homebush this morning. Her results were outstanding. She contested the 200m and placed 1st in a great time of 29.4 sec. She also placed 1st in the 400m in a time of 1:03.7. She also contested the Discus and you guessed it, she placed 1st again with a best throw of 34.5m. To cap off a great morning, she contested the Javelin and had a best throw of 32.72m and again placed 1st. Congratulations Lynette on another fantastic effort.

28th August!

- Roger Mar was the first runner across the line in the Campbelltown 10km Handicap series held at Bradbury Oval and surrounds today. Regulars were heard to call him “Jolly Roger the Pirate” after they thought he was not given enough of a handicap. (Oh well, they can always get him next time!) His time on the very hilly course was just over 55:00.
- Garry Womsley contested the same race and finished in a time of 39:19 which was his best 10km time for 2005 by 40 seconds. He was placed 20th overall after having to wait for 50:15 after the gun to get started. Hopefully they’ll go easier on him next time!

3rd September!

- Gary Howard contested the Illawong Track Series at The Ridge today. He placed 1st in the 600m (1:29.13) and 1st in the 1000m in a time of 2:50.97.
 - Lynette Smith contested the North Zone Track Series at Chatswood today. She placed 2nd in the 200m, 1st in the 800m (2:37.8), 2nd in the Hammer and 2nd in the Javelin.
 - Garry Womsley contested the Illawong Cross Country Series at Wanda Beach today. He placed 2nd in the 2km in a time of 7:39 and 4th in the 6km in a time of 23:32. Roger Mar also contested these races and did well.
 - Three of our members ran with the Sydney Striders at North Head today in their 10km road race series. Graham Sheargold was placed 72nd in a time of 39:22, Keith Mayhew placed 97th in a time of 41:13 and Michael Free placed 101st in a great time of 41:24.
 - As you can see, our athletes really got out and about today!
-

Girraween Athletic Club Athlete Profile!

This month we profile one of the big improvers in our club, Wayne Thurlow. He also happens to be one of the biggest jokers with his dry wit. Besides all of that, he works hard on both the Little A’s and senior committees. Would you like to appear in this section? If so, please let me know. Otherwise, I will choose people at random. It could be you! Garry Womsley.

FULL NAME: - Wayne Stephen Thurlow

AGE: - 38

WHAT SUBURB DO YOU LIVE IN? : - Kings Langley

WHAT YEAR DID YOU JOIN GIRRAWEE? : - 2004

WHEN DID YOU START ATHLETICS? : - 2004

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Gary Micallef. Our humour is so warped that we end up laughing at each other.

WHICH CLUB MATES INSPIRE YOU THE MOST? : - Doug Perrott and Graham Sheargold (my Sunday running partners), Keith (the living legend) Mayhew, Roger Mar, Richard Frost and so many others. I am inspired by those who run from the heart.

WHAT DO YOU DO FOR A LIVING? : - Senior Projects Officer, NSW Professional Standards Command.

HOW MUCH TRAINING DO YOU DO A WEEK? : - About 50-60km on average.

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - Getting 86:25 in the SMH Half Marathon. I knocked about 13 minutes off last year's effort.

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - Competing in an over 35's 100m at Homebush in 2004 was both my most embarrassing and gutsiest run ever. I overbalanced in the start and spent ten metres trying not to plant my face in the track. When I finally regained my balance the field was well in front. Somehow I recovered and finished second well outside of my PB. It inspired a PB of 25.49 in the 200.

WHAT IS YOUR FAVOURITE FOOD? : - Pizza, laksa, Thai food and just about anything cooked by my wife or mother-in-law.

WHAT IS YOUR FAVOURITE TV SHOW? : - Crossing Jordan, Alias, 24, Lost.

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Be good.

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - I am not really inspired by elite athletes. My inspiration comes from my friends at Girrawee and other competitors that I have met through athletics like Alan Carey and Peter Byrne from the Hills Club.

DO YOU PLAY ANY OTHER SPORTS? : - Not competitively.

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - Trying to keep up with my children, web development, computers and I am starting to look at athletics officiating and coaching.

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Train regularly, warm up, know your limitations and push your boundaries (a little at a time). If you overdo it you'll spend more time on the sideline.

DO YOU HAVE A COACH? : - Garry Womsley and Gary Micallef.

WHAT ARE YOUR GOALS IN ATHLETICS? : - I want to keep having fun and pushing my boundaries. I want to run the Sydney Marathon in September.

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? : - Hopefully, I will still be running with my friends at Girraween.

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? : - Terrorism; we all deserve to feel safe.

OTHER COMMENTS? : - I really enjoy being a member of Girraween Athletics Club. I am inspired by our members who genuinely support each other and provide continual encouragement.

Great Athletes of the Past

Bill Rodgers United States (1947-)

Bill Rodgers was born in Hartford, Connecticut on December 23 1947. He attended Newington High School in Newington where he first showed his potential in races ranging from 880 yards up to 2 miles. After leaving school, he attended Wesleyan University from 1966 where he graduated in 1970 with a degree in sociology. Yet during this period he lost interest in running. In 1972 when he was unemployed he regained enthusiasm for the sport and he decided to run in the 1973 Boston Marathon. He did compete, but dropped out at the 21-mile mark. It was the wakeup call he needed. He redoubled his efforts in learning about the marathon and the requirements needed to compete over such a long distance. In 1974 he completed the Boston Marathon in 14th place in a time of 2:19:34. The same year he also joined the Greater Boston Track Club, which was to play an important role in his athletic life into the future.

In 1975 he competed for the United States in the 12km race at the World Cross Country Championships in Morocco, finishing a creditable 3rd, which given US history till then in the event, was a wonderful achievement. His breakthrough came in the 1975 Boston Marathon. It was the result he was after. He ran away with the race in a time of 2:09:55, breaking Frank Shorter's American record in the process. A new star had arrived on the Marathon scene. In 1976 Rodgers finished second behind Shorter at the US Olympic Trials. He had made his first Olympic Team. However, the Montreal Games were a disappointment to him. After suffering from cramp, he finished 40th in a time of 2:25:14. He was determined to put this disappointment behind him. He ran the New York Marathon later on in the year in a time of 2:10:09 beating several world-class marathoners in the process. He also made an important decision the following year; he gave up teaching, as he decided he could not run and teach effectively. They were not compatible. He opened his Bill Rodgers Running Centre in Boston in late 1977.

Over the next three years he proved himself the greatest marathoner in the world. He won New York again in 1977, 1978 and 1979, making it a total of four consecutive wins. He also won at Fukuoka in 1977 in a time of 2:10:55 and by this time he was ranked number one in the world. Rodgers won Boston again in 1978, albeit narrowly in two seconds. In 1979, he backed up again in an attempt to win it a third time, which he duly did, breaking his own American record in a time of 2:09:27. It must also be noted that as well as racing in these major marathons in the late 1970's, he was also competing successfully on the road, not only across America, but overseas as well. He was looking forward to the 1980 Moscow Olympic Games, after being ranked number one in the world again at the end of 1979, after his 4th New York win. Sadly, for Rodgers, it was not to be, as the United States, at President Jimmy Carter's behest, boycotted these games. Rodgers was outspoken and courageous in his opposition to the boycott but he had little support from within his own country. As a result even though he won Boston for a 4th time in a time of 2:12:11 in 1980, he did not compete in the US Olympic Trials. He saw no point.

Over the ensuing years, he continued to run all over the world including Australia, where he won the Big M Melbourne Marathon in a time of 2:11:08 in 1982. He still had the dream of making another Olympic team. He competed in the US Olympic trials for the 1984 Los Angeles Olympics and at the age of 36, finished 8th. His Olympic dream was over. Nevertheless, up until the present he has continued to race on the road at varying distances all over the United States, where his presence is a tremendous draw card.

His various duels with Frank Shorter in the late 1970's and 1980's were a tremendous boon for road racing in the United States and helped draw great coverage to the sport. The fact that he has continued to compete well at Masters level has ensured that he is welcomed wherever and whenever he wishes to run. As Marc Bloom notes:

‘ No champion was ever more humble, more sincere, more genuine. Bill practically asked you for *your* autograph. Who could seem more average? (Bloom, 2001 p28)

One can understand why he had a great connection with the running public. He was so much like them in many ways, thus they could identify with him. He has also been recognized for his achievements at the highest levels, having been inducted into the Long Distance Running Hall of Fame in 1999 and the USA Track and Field Hall of Fame in 2000. His place in the pantheon of great American runners is secure for all time.

Sources and Further Reading

<http://www.billrogers.com>

Bloom, M 2001 *Run with Champions: Training Programs and Secrets of America's 50 Greatest Runners*, Rodale, np.

Moore, K 1982 *Best Efforts: World Class Runners and Races*, Cedarwinds Publishing Company, Tallahassee, Florida.

Rodgers, B with Concannon, J 1980 *Marathoning*, Simon and Schuster, New York.

Sandrock, M 1996 *Running With The Legends*, Human Kinetics, Champaign, Illinois.

Can You Help?

One of our members, Roger Mar is doing it tough at the moment with regard to employment. The company he has been employed with on a casual basis since early 2003 had not been giving him much work lately. As a result, Roger would like to find alternative employment. Is there anyone in our club who can provide Roger with employment or know someone who can? He is very experienced at all types of labouring jobs and is as strong as an ox. Like his running, he keeps going all day! If you can assist, please call Roger on 0405361172.

Athletics Trivia!

This month we look at men's World Championship results: -

Most World Championship Gold Medals

The World Championships were inaugurated in 1983 and held in Helsinki, Finland. The greatest number of World Championship men's gold medals won by an individual is nine, by Michael Johnson (USA), who won the 200m in 1991 & 1995, the 400m in 1993, 1995, 1997 & 1999 and the 4 x 400m relay in 1993, 1995 & 1999.

Most World Championship Wins In A Single Event

Sergei Bubka (Ukraine) won six World Championships in Pole Vault between 1983 & 1997.

We will have more for you trivia next month.

Stop Press!

We still have the following race reports to come in the October edition: -

21st August – West Mets (Prospect)

22nd August – Heart of the Lake Fun Run (Lake Gillawarna)

28th August – West Mets (West Auburn)

4th September – Willoughby Fun Run