
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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Welcome To The New Season!

1st April marks the official start of the winter season, welcome! Well, for some of us anyway. Of course, the Masters still have their State Championships at Bankstown on 1st & 2nd April as well as the Nationals over Easter in Canberra. We wish our athletes who are involved in those competitions the best of luck. We will bring you the results of these Championships in our May issue of The Girraween Athlete. It has been another busy month for our club members. Our local summer season came to an end on 4th March and a magnificent barbeque was held after competition on that day. Since then, we have been holding our pre-season cross country meets at C.V. Kelly and the numbers have been encouraging. Quite a few members have already rejoined for the new season and we have had a few new memberships as well. Our last pre-season meet at C.V. Kelly will be on 1st April. The West Metropolitan competition starts on 8th April (the full programme is listed in this issue).

On the representative front, we had a huge day at the ANSW State Club Championships with both our men's and women's teams finishing in 10th place which was a best ever performance for our club. Our members have also continued to do well at ANSW All-Comers and in fun runs (particularly Striders and SMC). Our colours are prominent at every meet now and we are well respected by all the other clubs for our friendliness, sportsmanship and our increased competitiveness. We have really come a long way during the summer and built on the strong and challenging foundation we set last year. We finished with over 100 members for the second year in a row and there is no reason why this trend can't continue in the coming years.

We have also had quite a bit of publicity in the local newspapers recently and hopefully there will be more in the near future. However, our biggest publicity resource is you, our members. Tell your friends, tell your family tell your school and work mates how great it is to run at Girraween and encourage them to come along. They will be glad they did!

This issue includes all of our usual features as well as coverage of the recently completed Commonwealth Games. We have also covered the recent Little A's Championships and bring you the outstanding results of our athletes of the future. We are still after Athlete Profiles so please if you would like to appear in this section, please contact me. Until next month, all the best and happy running, Garry Womsley.

Best Ever Performance!

ANSW State Club Championships, Saturday, 4th March, 2006 at Homebush.

This is only the second year that our club has contested the State Club Championships. In 2005, we fielded a small men's team only but in 2006 we were able to have both an Open Men's and Women's team competing. All team members performed well during the day and as a result, both of our teams finished in 10th place in their respective competitions. This is an outstanding result for our club as we continue our development into a real force to be reckoned with. Other clubs no longer look at us as easy beats. They now respect us and know that we will be competitive and trying right to the end. To finish ahead of such clubs as Hills, Sydney Pacific, Randwick Botany, Sydney University and Athletics East in the men's competition and Randwick Botany, Hills and Sydney University in the women's competition was a fantastic achievement.

Fine weather was the order of the day for this event today. It was sunny and warm with very little wind. A little cloud drifted over later on in the afternoon. The event was better organised this year with clubs having to nominate their start lists at the time of entry rather than on the day. This made it a lot smoother for the on-ground officials and athletes who knew exactly which race they were in. The only real negative in an otherwise enjoyable day was the necessity to have four separate 3000m races. This delayed the events after the 3000m races by almost an hour. Perhaps the 3000m can be the very last race in 2007.

Women's A Division

100m – Katrina Russell battled away strongly to finish 10th in a time of 16.99sec.

400m – Natalie Pellizzari ran a strong race and came home well to finish 8th in a time of 1:04.90

800m – Despite feeling ill, Stacey Argent tried hard and finished 9th in a time of 2:41.22.

200m Hurdle – Natalie Pellizzari showed great technique over the hurdles in finishing 6th overall in a good time of 36.17sec.

Medley Relay – Stacey Argent (800m), Natalie Pellizzari (400m), Katrina Russell (200m) and Lynette Smith (200m) combined well in this event and finished 10th in a great time of 4:56.46.

Shot Put – Lynette Smith continued her good form from New Zealand with a best throw of 9.79m. She placed 7th overall.

Javelin – Lynette Smith placed 6th overall with a best throw of 28.11m.

Women's B Division

800m – Natalie Pellizzari showed that her distance training during the week was beneficial with her 6th placing in a good time of 2:33.49.

FINAL POINTS TABLE

1) BANKSTOWN SPORTS	260	8) GOSFORD	149
2) UTS NORTHS	254	9) BLACKTOWN	109
3) ILLAWONG	241	10) GIRRAWEE	85
4) NSW MASTERS	213	11) RANDWICK BOTANY	79
5) ASICS WESTS	192	12) HILLS	72
6) SYDNEY PACIFIC	182	13) SYDNEY UNIVERSITY	15
7) MINGARA	166		

Men's A Division

200m – Ernie Leseberg ran a strong race to finish 9th overall in a good time of 23.67sec.

800m – Unfortunately, Gary Howard felt soreness in his hamstring and had to pull out of the race after about 200m. He was unable to take his place in the 400m.

3000m – Jamie Sherson produced a personal best performance in the 3000m. He finished 10th overall in a great time of 9:12.74.

200m Hurdle – Adam Sinclair ran a huge race to finish 3rd in his heat in a time of 31.70sec. He placed 9th overall.

4 x 100m Relay – Brad Milosevic, Vince Adams, Reece Diaz and Ernie Leseberg combined for a 12th placing in a very good time of 50.26sec.

Medley Relay – Brad Milosevic (800m), Reece Diaz (400m), Vince Adams (200m) and Ernie Leseberg (200m) again combined well and placed 9th overall in a great time of 4:09.39.

High Jump – Brad Milosevic was just short of his season best with a good jump of 1.50m. He placed 10th overall.

Triple Jump – Steve O'Donnell was up against jumpers who were a lot younger than him but he acquitted himself well to finish with a best jump of 9.21m and a final placing of 11th.

Shot Put – Lajos Joni threw strongly in this event to achieve a best throw of 9.59m. He placed 11th overall.

Discus – Lajos Joni backed up well in the Discus to finish with a best throw of 29.25m. He placed 8th overall.

Men's B Division

200m – Vince Adams was just outside his season best in finishing 14th overall in a time of 28.76sec.

400m – Garry Womsley improved on his time from the week before in finishing 9th overall. He finished in a time of 1:04.26.

800m – Reece Diaz ran a steady race to finish 9th overall in a time of 2:22.32.

3000m – Brad Milosevic ran an outstanding race to achieve yet another PB. He placed 5th overall in great time of 9:33.76.

200m Hurdle – Garry Womsley achieved a season best in finishing 9th overall in a time of 34.35sec.

High Jump – Steve O'Donnell continued his good form with a best jump of 1.45m. He placed 6th overall.

Triple Jump – Adam Sinclair jumped well to finish with a best jump of 10.22m He placed 9th overall.

Shot Put – Steve O'Donnell did well in the Shot Put. He placed 9th overall with a best throw of 7.29m.

Discus - Vince Adams had to revert to the 2kg Discus but still threw well to finish with a best of 16.46m. He placed 9th overall.

FINAL POINTS TABLE

1) UTS NORTHS	267	10) GIRRAWEE	127
2) ASICS WESTS	239	11) SYDNEY PACIFIC	122.5
3) BANKSTOWN SPORTS	230	12) HILLS	107
4) ILLAWONG	220.5	13) NSW MASTERS	83.5
5) ST.GEORGE	193.5	14) RANDWICK BOTANY	79
6) MINGARA	182	15) RYDE ATHLETIC CLUB	76.5
7) BLUE MOUNTAINS	179	16) SYDNEY UNIVERSITY	49
8) BLACKTOWN CITY	163.5	17) ATHLETICS EAST	29
9) GOSFORD	143.5		

Seven Contest The Striders Race!

– Sydney Striders Road Race Series (10km) – Saturday, 4th March, 2006 at Wentworth Common, Homebush.

Seven of our members contested the second race in the Sydney Striders series. Held in the Homebush wetlands area, competitors had to put up with fine but humid conditions. The organisers think that this could be the last race held here as there are concerns the habitat of the Golden Bell Frog is being damaged and threatened with the continued use of this area.

Bill Flanagan was our first runner across the line. He placed 69th overall in a time 39:32. He just shaded Geoff Sheargold who was the next to finish in a time of 39:45. He placed 71st overall. Graham Sheargold was not far behind his son and he finished in a time of 39:55 and was 78th overall. Michael Free improved significantly on last month's race to finish 88th overall in a great time of 40:47. Richard Frost also improved to finish just behind him in a time of 40:50, placing 90th overall. Keith Mayhew was next in with a time of 43:47. He placed 132nd overall. Our 7th and final runner was the ever reliable Roger Mar who finished 261st overall in a time of 53:24. Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) BILL FLANAGAN	39:32	69 th
2) GEOFF SHEARGOLD	39:45	71 st
3) GRAHAM SHEARGOLD	39:55	78 th
4) MICHAEL FREE	40:47	88 th
5) RICHARD FROST	40:50	90 th
6) KEITH MAYHEW	43:47	132 nd
7) ROGER MAR	53:24	261 st

Our Promising Juniors Travel To Cessnock For The Multis!

NSWLAA State Multi-Event Championships – Saturday, 4th March, 2006 at Cessnock.

Eight of our younger athletes travelled to Cessnock to compete at the State Multi-Event Championships. Most age groups had healthy numbers which means that the sport of athletics is really developing at the grass roots level. This is certainly a great sign for the future. Congratulations to all those who participated in this event. Full results as follows: -

ANDREW BLUNDEN (U/14)

Shot Put: - 6.56m (605 points)
Long Jump: - 4.39m (772 points)
Discus: - 26.52m (663 points)
High Jump: - 1.30m (656 points)
Hurdles: - 18.40sec (522 points)
200m: - 28.50sec (788 points)
800m: - 2:22.3 (987 points)
Total Points: - 4993 points
Overall Position: - 12th

STEFFANY DUNN (U/13)

Shot Put: - 6.77m (763 points)
Long Jump: - 3.25m (544 points)
Discus: - 18.93m (473 points)
High Jump: - 1.10m (522 points)
Hurdles: - 19.80sec (402 points)
200m: - 33.30sec (525 points)
800m: - 3:18.7 (460 points)
Total Points: - 3689 points
Overall Position: - 27th

CAITLIN DUNN (U/11)

Shot Put: - 6.11m (781 points)
Long Jump: - 3.14m (628 points)
Discus: - 11.12m (403 points)
Hurdles: - 12.40sec (790 points)
200m: - 35.20sec (655 points)
800m: - 3:14.0 (576 points)
Total Points: - 3833 points
Overall Position: - 38th

ANDREW DUNN (U/11)

Shot Put: - 6.65m (808 points)
Long Jump: - 2.85m (570 points)
Discus: - 17.79m (569 points)
Hurdles: - 13.20sec (718 points)
200m: - 37.20sec (555 points)
800m: - 3:18.0 (536 points)
Total Points: - 3756 points
Overall Position: - 38th

JYE PERROTT (U/8)

Shot Put: - 5.09m (799 points)
Long Jump: - 3.36m (822 points)
Discus: - 12.33m (558 points)
70m: - 12.3sec (764 points)
200m: - 35.20sec (764 points)
Pack Start: - 2:19.20 (1116 points)
Total Points: - 4823 points
Overall Position: - 4th

CAITLIN THURLOW (U/7)

Shot Put: - 4.44m (674 points)

Long Jump: - 2.77m (704 points)
Discus: - 9.88m (647 points)
50m: - 9.20sec (802 points)
100m: - 19.90sec (490 points)
Pack Start: - 1:51.5 (1010 points)
Total Points: - 4327 points
Overall Position: - 2nd

JESSICA DUNN (U/7)

Shot Put: - 2.71m (501 points)
Long Jump: - 1.95m (540 points)
Discus: - 5.93m (548 points)
50m: - 11.00sec (554 points)
100m: - 22.00sec (308 points)
Pack Start: - 2:46.4 (278 points)
Total Points: - 2729 points
Overall Position: - 32nd

ASHLEIGH THURLOW (U/9)

Shot Put: - 3.44m (545 points)
Long Jump: - Foul (0 points)
Discus: - 10.07m (501 points)
Hurdles: - 14.00sec (646 points)
200m: - 40.30sec (490 points)
800m: - 3:37.9 (467 points)
Total Points: - 2649 points
Overall Position: - 53rd

Blacktown All-Comers **Prove Popular With Our** **Members!**

Full marks go to the Blacktown City Athletics Club who conducted All-Comers meets at the Blacktown Athletics Track (Rooty Hill) once a month since January. These meets have proven popular with our members particularly our Masters athletes. Some Little A's have also competed there. They hope to make it a regular thing throughout the summer track season which is great for the development of athletics in the outer Western Suburbs.

On Wednesday, 8th March, Steeplechase was introduced to the programme. Despite some initial problems with adjusting the Steeples, two races were conducted eventually at the two heights. Reece Diaz and Nick Hanna achieved PB's, while Andrew Blunden and Garry Womsley performed well. Young Erin Handley had her first taste of Steeplechase and enjoyed it. Other athletes who performed well were Robert Giesler, Steve Parkins, Vince Adams, Steve Williams, Roger Mar and Steve Blunden. Bill Flanagan and Brad Milosevic have also competed at the previous meets.

ANSW All-Comers Moves To **The Suburbs!** – *ANSW All-Comers, Saturday, 11th* *March, 2006 – Campelltown.*

A small contingent of members made the longer trip out to Campbelltown today. The weather was fine and warm and there was no wind. It was another opportunity for our Masters athletes to get some more races in before the State Championships in three weeks time and they all acquitted themselves well.

Gary Howard contested the Open 800m and continues to improve with every race. He placed 6th in a fantastic time of 1:58.94.

Nick Hanna contested the Open 3000m and placed 14th in a good time of 12:32.26.

Vince Adams contested the O/35 100m and placed 2nd in an outstanding time of 13.22sec. He then backed up in the 200m and placed 2nd in a good time of 27.92sec. He completed his commitments with a 2nd placing in the 400m. His time was 1:09.09.

Garry Womsley contested the O/35 100m and placed 3rd in a time of 13.56sec. It was his fastest time at this distance for 5 years. He backed up in the 400m and won the race in a good time of 1:03.93. He then contested the 3000m in a time of 11:28.12. He placed 3rd overall.

Roger Mar contested the O/35 100m and placed 4th in a time of 16.28sec. He then backed up in the 200m and placed 5th in a time of 33.04sec. He finished his day in the 800m where he placed 5th in a near personal best time of 3:01.81.

Lajos Joni had a big day in the field events. He won the 35+ Shot Put with a best throw of 11.11m. He backed up in the Discus and placed 2nd with a best throw of 32.75m. He finished with another win in the Hammer with a great throw of 42.00m.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Position/Age Category</u>
GARY HOWARD	800m	1:59.94	6 th (Open)
NICK HANNA	3000m	12:32.26	14 th (Open)
VINCE ADAMS	100m	13.22sec	2 nd (35+)
	200m	27.92sec	2 nd (35+)
	400m	1:09.09	2 nd (35+)
GARRY WOMSLEY	100m	13.56sec	3 rd (35+)
	400m	1:03.93	1 st (35+)
	3000m	11:28.12	3 rd (35+)
ROGER MAR	100m	16.28sec	4 th (35+)
	200m	33.04sec	5 th (35+)
	800m	3:01.81	5 th (35+)
LAJOS JONI	Shot Put	11.11m	1 st (35+)
	Discus	32.75m	2 nd (35+)
	Hammer	42.00m	1 st (35+)

Two Of Our Members

Tackle The Six Foot Track

Six Foot Track Ultra-Marathon (45.5km)- (Katoomba to Jenolan Caves) – Saturday, 11th March, 2006.

Both Graham Sheargold and Keith Mayhew enjoyed their Six Foot Track experience so much last year that they came back for more this year. This race is not for the faint hearted with its rugged hills, sheer down hills and creeks to cross or wade (depending on the rainfall at the time!) A lot of athletes do it once and don't go back. It takes a special type to come back again and Graham and Keith have the right stuff!

Graham was our first runner across the line. He finished in a time of 5:14:33 and placed 193rd overall. Keith was on his feet for a lot longer and finished in a time of 7:39:29. He placed 717th overall.

This race is certainly popular and getting more so with every passing year. There were 718 finishers this year. Congratulations to all who competed this year! Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) GRAHAM SHEARGOLD	5:14:33	193 rd
2) KEITH MAYHEW	7:39:29	717 th

Wayne Arrests 16 Medals At The Police Games! – NSW Police Games, Saturday & Sunday, 11th & 12th March, 2006 at Blacktown Olympic Park (Rooty Hill).

Wayne Thurlow had a ball at the Police Games. He competed in all 17 events and came up with 16 medals which is a great achievement. He did every running event from 100m to 10000m and even had a go at Hammer as well as all the Jumps. Well done Wayne on your great achievement!

Garry Womsley as a member of the NSW Masters Club, also competed in the 400m and 4 x 100m relay and was presented with a gold Police Games medal for his participation.

...And Garry & Cheri Take A Walk! – Mount Annan Challenge Walk, Sunday, 12th March, 2006 at Mount Annan Botanical Gardens (6km).

Earlier in the day, Garry and his fiancé Cheri, who is a new member of our club, did the Mount Annan Challenge Walk (6km) in Sydney's South West and both finished in a time of 1:02:22. The weather was cool and a bit drizzly but these proved to be great conditions for a walk on this hilly but scenic course.

All-Comers Moves To Bankstown! – ANSW All-Comers, Saturday, 18th March, 2006 – The Crest, Bankstown (Bass Hill).

Cooler conditions prevailed at Bankstown today which was appreciated by all the athletes who competed. While the sky was cloudy, there was never a chance of rain. There was a slight tail wind down the home straight and this was welcomed by the sprinters among us.

Ernie Leseberg contested the Open 100m and placed 8th overall in a time of 11.50sec. He also contested the 200m and again placed 8th overall in a time of 22.80sec.

Nick Hanna contested the Open 1500m and placed 14th overall in a time of 5:49.10.

Steve Parkins had his first taste of representative athletics this season and showed that he is certainly up to this level. He placed 2nd in the 35+ 100m in a time of 13.10sec. He then backed up in the 200m and again placed 2nd in a time of 27.20sec.

Vince Adams contested the 35+ 100m and placed 3rd in a time of 13.50sec.

Roger Mar contested the 35+ 100m and placed 5th in a time of 16.00sec. He then backed up in the 200m and placed 4th in a time of 33.60sec. He finished his day with the 1500m and placed 8th in a time of 6:26.

Garry Womsley contested the 35+ 1500m and placed 6th in a time of 5:13.20.

Lajos Joni contested the 35+ Shot Put and placed 1st with a best distance of 11.21m. He then backed up in the Discus and again placed 1st with a best of 35.72m.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall/Age</u>
ERNIE LESEBERG	100m	11.50sec	8 th (Open)
	200m	22.80sec	8 th (Open)
NICK HANNA	1500m	5:49.10	14 th (Open)
STEVE PARKINS	100m	13.10sec	2 nd (35+)
	200m	27.20sec	2 nd (35+)
VINCE ADAMS	100m	13.50sec	3 rd (35+)
ROGER MAR	100m	16.00sec	5 th (35+)
	200m	33.60sec	4 th (35+)
	1500m	6:26.00	8 th (35+)
GARRY WOMSLEY	1500m	5:13.20	6 th (35+)
LAJOS JONI	Shot Put	11.21m	1 st (35+)
	Discus	35.72m	1 st (35+)

Our Little A's Do Well At State!

LAANSW State Championships – Homebush – Saturday 18th & Sunday 19th March, 2006.

Our talented Little A's took another huge step in their athletic development with their performances at Homebush this weekend. Hot and muggy conditions prevailed for most of the weekend making it a little uncomfortable for the athletes. However, everybody performed well and enjoyed themselves at the same time. Congratulations to all those that competed, especially Melissa Hayes who won her event, we are very proud of you! Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall/Age</u>
AJAY MOHAN	Long Jump	4.08m	15 th (U/10)
KIRBY McINTOSH	Triple Jump	9.91m	10 th (U/13)
JAKE FERGUSON	Triple Jump	8.82m	14 th (U/13)
ANDREW BLUNDEN	3000m	10:33.8	10 th (U/14)
REECE DIAZ	800m	2:10.8	7 th (U/15)
REBECCA GAY	Shot Put	6.71m	13 th (U/10)
ALYSSA PERROTT	100m Walk	5:58.1	7 th (U/11)
EMMA TREADWELL	3000m	11:11.9	7 th (U/14)
MELISSA HAYES	1500m Walk	6:52.9	1 st (U/15)

Our Members Shine In The Gloom At SMC! – Sydney Marathon Clinic Road Race Series (5km Run, 10km, 30km & 5km Walk), Sunday, 19th March, 2006 – Rossford Street Reserve, Wetherill Park.

Eight of our members competed in the gloom at SMC this morning. With the end of daylight saving near, the competitors in the long race started with the street lights still aglow. It wasn't much better a half an hour later for the competitors in the shorter races with cloudy and drizzly conditions continuing throughout. While it was still a little humid, it was a lot cooler than it has been so it wasn't too uncomfortable to run today.

5km: - We had four competitors in this race today. Michael Kammerer was our first runner home in a time of 17:22. He placed 1st overall in the race for the second month in a row. Garry Womsley was our next runner home in a time of 19:45. After concentrating on the shorter distances lately, he appreciated the extra distance in preparation for the big races ahead. Terry Rose came in next in a good time 22:20. Our final runner to finish was Michael Christie who did a season best time of 25:35. Full results as follows: -

1) MICHAEL KAMMERER	<u>Time</u> : - 17:22
2) GARRY WOMSLEY	<u>Time</u> : - 19:45
3) TERRY ROSE	<u>Time</u> : - 22:20
4) MICHAEL CHRISTIE	<u>Time</u> : - 25:35

10km: - Our only runner in this race today was Roger Mar. He finished in a season best time of 51:35.

30km: - Graham Sheargold proved that he is made of the right stuff by contesting this race just 1 week after the Six Foot Track. He was our only runner in this race and finished in a time of 2:23:56.

5km Walk: - New members Ethan and Cheri Womsley contested their first ever race at SMC and enjoyed themselves immensely. Ethan was first to finish in a time of 48:12 just ahead of Cheri (48:16). Full results as follows: -

1) ETHAN WOMSLEY	<u>Time</u> : - 48:12
2) CHERI WOMSLEY	<u>Time</u> : - 48:16

The Last All-comers For The Season! – *ANSW All-Comers – Saturday, 25th March, 2006 at Campbelltown.*

A thoroughly enjoyable representative season came to an end today (for all except the Masters!) Good numbers attended the final All-Comers at Campbelltown. The weather was cool and windy and it appears that the cooler weather is not too far away now. Our Masters got a final preparation in before next weekend's State titles while our Open and U/18 athletes got one last run in before they turn their attention to the upcoming Cross Country season. ANSW have conducted a good programme this season and deserve hearty congratulations. In most cases, things ran pretty smoothly and everybody was catered for. We had a total of nine athletes compete here today and they all did well and wore the colours proudly.

Stacey Argent contested the U/18 2000m Steeplechase and placed 1st in a good time of 9:09.98.

Ernie Leseberg contested the Open 100m and placed 11th overall in a time of 12.03sec.

Gary Howard contested the Open 800m and placed 3rd overall in a time of 2:02.72.

Jamie Sherson contested the Open 3000m Steeplechase and placed 1st in a good time of 10:10.02.

Garry Womsley also contested the Open 3000m Steeplechase and placed 3rd in a time of 12:07.69.

Vince Adams contested the 35+ 100m and placed 4th in a time of 13.57sec.

Roger Mar got his money's worth today. He contested the 35+ 100m and placed 6th in a time of 17.63sec. He then backed up in the 400m and placed 2nd in a time of 1:20.04. In the 800m he placed 4th in a time of 3:11.67. He completed his day with a 3rd placing in the 3000m in a good time of 12:25.71.

Lajos Joni contested the 35+ Hammer and placed 2nd with a best of 41.75m. He then backed up in the Javelin and placed 5th with a best of 26.40m.

Nick Hanna contested the 3000m Steeplechase at the 76.2cm height and finished in a time of 13:58.00.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall/Age</u>
STACEY ARGENT	2000m Steeple	9:09.98	1 st (U/18)
ERNIE LESEBERG	100m	12.03sec	11 th (Open)
GARY HOWARD	800m	2:02.72	3 rd (Open)
JAMIE SHERSON	3000m Steeple	10:10.02	1 st (Open)

GARRY WOMSLEY	3000m Steeple	12:07.69	3 rd (Open)
VINCE ADAMS	100m	13.57sec	4 th (35+)
ROGER MAR	100m	17.63sec	6 th (35+)
	400m	1:20.04	2 nd (35+)
	800m	3:11.67	4 th (35+)
	3000m	12:25.71	3 rd (35+)
LAJOS JONI	Hammer	41.75m	2 nd (35+)
	Javelin	26.40m	5 th (35+)
NICK HANNA	3000m Steeple (76.2cm)	13:58.00	No Placing

Happy Birthday!

Happy Birthday to all our members celebrating their Birthday during the month of April: -

1 st	Natalie Hendley
2 nd	Ashley Micallef
4 th	Michael Free
10 th	Karen Harris
13 th	Robert Giesler
19 th	Stacey Argent
22 nd	Bill Flanagan
29 th	Suresh Raju
30 th	George Milosevic

Upcoming Events!

Club Events

Sat	April 1 – Pre-Season Cross Country Series	C.V. Kelly (Starts 3.00pm)
Sat	April 8 - West Mets 1	Richard Murden Reserve, Haberfield
Sat	April 15 - West Mets 2	Path alongside Cooks River, Enfield
Sat	April 22 - West Mets 3	Queen Elizabeth Park, Concord

ANSW Events

Sat &	April 1 -	
Sun	April 2 NSW State Masters Championships	The Crest (Bankstown)
Sat	April 29 NSW Novice Cross Country Champs.	Scarborough Park, Ramsgate

AA Events

Fri -	April 14 -	
Mon	April 17 Australian Masters Athletics Champs.	AIS Track, Bruce, ACT
Sat	April 29 Australian Mountain Running Champs.	Mount Tennent, ACT

Fun Runs & Other Events Of Interest

Sat	April 1	Mount Kembla (3.2km & 6km)	Kembla Lookout (8.00am)
Sat	April 1	Sydney Striders 10km Series	The Domain (7.00am)
Sun	April 2	Kembla Joggers Fitness Five Fun Run	Wollongong (8.30am)
Sun	April 9	Asics Canberra Marathon & Ultra	Telopea Park High (7.00am)

Sun April 23 SMC Road Race Series (5, 10, 21.1km) Rossford St. Reserve (From 7.00am)
Sun April 30 Bondi Barefoot (70m, 4km, 10km, 16km) North Bondi Beach (8.30am)

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.

<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Kathy Austin</i>	<i>Fundraising & Club Records</i>	<i>9688-2390</i>
<i>Jean Davis</i>	<i>General Committee</i>	<i>9896-1136</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>Greg Sargeant</i>	<i>Fundraising</i>	<i>9626-6633</i>
<i>Lisa Grant</i>	<i>General Committee</i>	<i>9631-1236</i>
<i>Viv Manwaring</i>	<i>Registrar & Public Officer</i>	<i>9631-8887</i>
<i>George Milosevic</i>	<i>Canteen Manager & Park Trust Delegate</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Canteen Manager</i>	<i>9896-4654</i>
<i>Lynette Smith</i>	<i>ANSW Delegate & Blair Zone Delegate</i>	<i>9631-0651</i>
<i>Steve Williams</i>	<i>President</i>	<i>04252227669</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, 6th April, 2006. (Proposed date for AGM: - Tuesday, 9th May, 2006).

Girraween Club Training Days & Times

Do you want to get, fit, faster and do personal bests? Why not come down and train with us? We offer an extensive training programme as follows: -

Mondays & Wednesdays (6.30-8.00pm) – Cross-Country & Road Training at C.V. Kelly with Garry Womsley. (Phone: - 9636-6017)

Mondays & Wednesdays (5.30-6.30pm) – Cross-Country training for beginners, juniors and Little A's with Gary Micallef (Phone: - 9631-2658)

Tuesdays – Advanced Steeplechase and hurdle training (including hurdling technique) at 6.30pm at Homebush with Garry Womsley. (Phone: - 9636-6017). Our current squad members have won a combined total of 7 State Medals so far this season. So why not come along and try a new event? You may uncover a hidden talent you never knew you had! (Now extended until mid April due to popular demand!)

From The Athlete's Kitchen!

Rocky Crunch Cakes

Ingredients: -

110g butter (room temperature)
½ cup sugar
1 ¾ cups sifted plain flour
½ cup sultanas
1 ½ cups Kellogg's Crunchy Nut Corn Flakes
2 tsp baking powder
¼ cup milk

Method: -

Pre-heat oven to 180 deg C. Cream butter & sugar, add remaining ingredients. Mix well until mixture resembles a stiff dough. Place heaped teaspoons of mixture on greased baking tray, forming rocky shapes. Bake in a pre-heated oven at 180 deg C. for approximately 15 minutes, until golden. Allow to cool, store in air tight container. Makes 14 (Approx.)

Girraween Athletic Club Athlete Profile!

FULL NAME: - Matthew Modini

AGE: - 16 (I'm now legal)

NICKNAME(S): - Moe

WHAT SUBURB DO YOU LIVE IN? : - Winston Hills

WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2005

WHEN DID YOU START ATHLETICS? : - U/11's at Winston Hills

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Definitely Richard - he remembers my times of races that I could have sworn I'd never run.

WHICH CLUB MATE INSPIRES YOU THE MOST? : - I'll have to say Wayne Thurlow for his attitude. I heard him once say "I don't care if you're laughing at me or with me as long as you're laughing."

WHAT DO YOU DO FOR A LIVING? : - Lie on the couch and promise myself that tomorrow I'll get a casual job.

HOW MUCH TRAINING DO YOU DO A WEEK? : - About twice for athletics and three times for football.

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING?:- Getting under an hour in the City 2 Surf and having a better 400m time than a female 400m runner from a country I never heard of who competed at the 2000 Olympic Games.

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - Falling over twice in the first 200m of a 3km race (needless to say I came last).

WHAT IS YOUR FAVOURITE FOOD? : - Anything's that's cooked on the Barbie

WHAT IS YOUR FAVOURITE TV SHOW? : - The Simpson's and anything that doesn't have to do with people locked up in a house full of cameras.

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Never be locked up in a house full of cameras, it will come back to haunt you.

WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? : - Lance Armstrong and Alan Minter. Don't ask me who Alan Minter is but he once said "Sure there have been injuries and deaths in boxing - but none of them serious"

DO YOU PLAY ANY OTHER SPORTS? : - Rugby League and I once tried cricket. Yes, the rumours are true, it is more interesting to watch paint dry than play cricket.

DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? : - I go through heaps of phases but they always end when I find something better on TV to watch.

WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT? : - Don't do the 5km on Saturday afternoons.

DO YOU HAVE A COACH? : - Garry Womsley and the voice inside my head that tells me that I'm tired and dares me to give up. Garry is obviously a much better coach.

WHAT ARE YOUR GOALS IN ATHLETICS?: - hmmm, I never thought about this, I guess it's to break The 4 minute mile or win the New York Marathon. Either one will do fine.

WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME?:- Lying on the couch and promising myself that tomorrow I'll get a permanent job.

IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST? : - the dirt patch on the corner on the track at CV Kelly park, surely that counts as a world problem? - oh, and if I have time after solving that I might get around to solving world peace.

OTHER COMMENTS? : - Ill finish with a quote which I firmly believe in. "If at first you don't succeed- don't try sky diving."

Great Athletes of the Past!

Michael Christie brings us his usual feature on Great Athletes of the Past. This month he looks at Derek Clayton, the great Australian Marathon runner and former World Record holder: -

Derek Clayton Australia (1942-)

Derek Clayton was born on the 17th of November 1942 in Barrow-in-Furness, Lancashire, UK. His family moved to Northern Ireland when he was a youngster, then they migrated to Australia in 1963, living in Melbourne. He started running at the age of nineteen, and in the early years ran at the middle and long distance. He realised relatively early that he lacked the basic speed for these distances to be competitive at the highest level.

It was in late 1965 that he made an important breakthrough, winning the Victorian Marathon Club's championship marathon. He ran it in a time of 2:22:12 which at the time was a new Australian record. His decision was made for him by this effort, he would now concentrate on the marathon and as a consequence his training was aimed with this in mind.

Clayton was a big man for a world class marathoner, at 6ft 2 in the old measurements, and his training methodology was to become legendary. He experimented with his training, at times pushing up to 250 miles a week, then cutting it back to 200 miles, but as he notes below:

'...the ideal mileage for me, and I would do it all over again, was 160 miles per week. That figure meant that quality wasn't compromised provided of course you got ample rest. If I could have got away with less, I would have done it, I wasn't stupid. I just found though, that 100 miles wasn't making me move quite the same way.' (Lenton 1997, p27)

Whilst this was an extraordinary work rate and it suited him, it was also to impact on him as well, given that he picked up injuries at different stages of his career that affected his performance in races.

By 1967 he had improved his personal best to 2:18:28. This was the year of his first international race at Fukuoka, Japan. He went into the race an unknown, he came out of it with a new world record

of 2:09:36.4, breaking the old mark of 2:12:00 held by Morio Shigematsu of Japan by almost two and a half minutes. By any measure it was and still is one of the great performances in Marathon history. It certainly ranks in the top three or four by an Australian. He went into the 1968 Mexico Olympics, hopeful, but he finished a distant seventh behind Ethiopia's Mamo Wolde, affected by a knee injury, which was to be operated on.

He recovered from this injury, aiming to run in a major marathon at Antwerp, Belgium in May 1969, where he was aiming for a fast time. Extraordinarily, less than two weeks before Antwerp, as a warm up he ran and won a marathon in Ankara, Turkey in a time of 2:17:26. Antwerp, saw another amazing performance. He ran from the front and by himself for the great majority of the race, pushing himself to the limit, finishing in a new world record time of 2:08:33.8, a time that was to stand for twelve long years, despite the skepticism of some US track experts. He had run himself into the ground,

‘as he was urinating blood, vomiting black mucus and passing black diarrhoea’ (De Castella 1984,p22)

It was to take him over six months to recover, and it can be argued that he was never quite the same athlete again. Nevertheless, this achievement still remains one of the most courageous in Marathon history, almost forty years later.

He sadly did not reach further great heights. He had a DNF in the 1970 Commonwealth Games marathon, with injury forcing his withdrawal. He finished 13th in the 1972 Munich Olympic Games marathon well behind the US's Frank Shorter. He retired in 1974 after having to pull out of the 1974 Christchurch Commonwealth Games marathon with a further injury. He had suffered many injuries throughout his career, undergoing:

‘ nine major operations - four on the Achilles tendons, two each on the knees and nose and one on his heel’ (Clayton 1980,p xv)

Despite these numerous setbacks no one could ever doubt his commitment or courage to his cause. That he did not achieve his ultimate goal of an Olympic gold medal was not from want of trying.

After his running career was over, Clayton worked in different fields, including a number of years during the 1980's for the US magazine, *Runners World* in the United States. In recent times he was the managing director of a Melbourne glass merchant/import company as well as being the chairman of Ausfit (Lenton 1997, p25). Currently, he is also on the board of the Victorian Institute of Sport. He remains one of the top two or three Australian marathoners of all time. His efforts at Fukuoka and Antwerp still sit in the highest echelon of great marathon performances in history. There is no doubt he suffered for and earned his success. One wonders how further he may have progressed in the sport without the effect of his many injuries. With the variable training methods available to today's athletes, he would have remained amongst the elite, that one can be certain of.

Sources and Further Reading

Benyo, R & Henderson, J 2002 *Running Encyclopedia*, Human Kinetics, Champaign, IL.

Clayton, D 1980 *Running to the Top*, Anderson World Inc, Mountain View, California

De Castella with Jenkinson, M 1984 *Deek: The Making of Australia's World Marathon Champion*, Collins, Sydney.

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

Lenton, B 1997 *Interviews*, Brian Lenton Publications, Duffy, ACT.

<http://www.time-to-run.com/marathon/athletes/clayton.htm>, accessed 26-12-2005.

Athletics Trivia!

World Records are often broken in Commonwealth Games meets. When making a comparison of World Records with Commonwealth Games records, it must be taken into account that the Games are only on every four years. As a result, performances continue to improve in between Games at other meets and Championships around the world. This means that sometimes the Commonwealth records get “left behind” during this period. A great example is the men’s and women’s 100m records. There is quite a difference between the World and Commonwealth records as shown:-

Men’s 100m

Commonwealth Record: - 1998 Ato Boldon (Trinidad) – 9.88sec

World Record: - 2005 Asafa Powell (Jamaica) – 9.77sec

Women’s 100m

Commonwealth Record: - 2002 Debbie Ferguson (Bahamas) – 10.91sec

World Record: - 1988 Florence Griffith-Joyner (USA) – 10.49sec

More interesting trivia next month.

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 have terminated his employment recently. As a result, Roger would like to find regular 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 9723-6905.

2006 Winter Season Programme!

APRIL 1 & 2 - ANSW STATE MASTERS CHAMPIONSHIPS - BANKSTOWN

April 8 - West Mets 1 - Richard Murden Reserve, Haberfield

April 15 (Easter) - West Mets 2 - Path alongside Cooks River (Ford Park), Enfield

April 22 - West Mets 3 - Queen Elizabeth Park, Concord

APRIL 29 - NSW NOVICE CROSS COUNTRY CHAMPIONSHIPS - SCARBOROUGH PARK, RAMSGATE

MAY 6 - NSW ROAD CHAMPIONSHIPS - HOLSWORTHY

May 13 - West Mets 4 - Meadowbank Park

May 20 - West Mets 5 - Upjohn Park, Dundas

MAY 21 - NSW (SMH) HALF MARATHON CHAMPIONSHIPS - SYDNEY

May 27 - West Mets 6 - North Ryde Common (Macquarie Hospital)

JUNE 3 - NSW CROSS COUNTRY RELAY CHAMPIONSHIPS (Venue TBA)

June 10 (Queen's Birthday) - West Mets 7 - Rossford Street Reserve, Smithfield

JUNE 17 - NSW (LONG COURSE) CROSS COUNTRY CHAMPIONSHIPS ("WILLANDRA", NOWRA)

June 24 - West Mets 8 - Prospect Reservoir

July 1 - West Mets 9 - Cowell's Lane Reserve, Ermington

July 8 - West Mets 10 - Northern Bank of Parramatta River (Rydalmere to Ermington)

JULY 15 - NSW (SHORT COURSE) CROSS COUNTRY CHAMPIONSHIPS (Venue TBA)

July 22 - West Mets 11 - River Road Reserve, Emu Plains

July 29 - West Mets 12 - Gipps Road Sporting Complex, Greystanes

AUGUST 5 - NSW ROAD RELAY CHAMPIONSHIPS - MARINE DRIVE, WOLLONGONG

August 12 - NO COMPETITION ON THIS DAY

AUGUST 13 - SUN HERALD CITY TO SURF

August 19 - West Mets 13 - Prospect Reservoir (Handicaps)

August 26 - West Mets 14 - Crestwood Reserve, Baulkham Hills

September 2 - West Mets - West Auburn along the east bank of Duck Creek (Non pointscore, Presentation Day)

SEPTEMBER 10 - NSW MARATHON CHAMPIONSHIPS (Blackmores) - SYDNEY

Notes: -

- 1) There are 14 point scoring events
 - 2) Point score based on best 10 races
 - 3) A minimum of 7 races need to be completed to be eligible for awards
 - 4) \$2.00 per entrant each afternoon or \$20.00 for the season (great value!)
-

You Too Can Be A Coach!

The NSW branch of the Australian Track & Field Coaching Association (ATFCA) is offering the following coaching courses during 2006: -

Level 1 Basic Coaching Certificate

Date: - 22nd & 23rd April

Location: - The Ridge Athletics Track, Lucas Heights

Closing Date: - 10th April

Contact: - Roger Green

Phone: - 0295209324

Date: - 27th & 28th May

Location: - Westfield Sports High

Closing Date: - 15th May

Contact details as above

Date: - 15th & 16th July

Location: - Westfield Sports High

Closing Date: - 3rd July

Contact details as above

Date: - 19th & 20th August

Location: - Westfield Sports High

Closing Date: - 7th August
Contact details as above

Level 2 Coaching Certificate (Previously Level 1 Event Specific)

Date: - 29th & 30th April
Location: - Westfield Sports High
Closing Date: - 21st April
Contact details as above

Date: - 18th & 19th June
Location: - Westfield Sports High
Closing Date: - 6th June
Contact details as above

Date: - 29th & 30th July
Location: - Westfield Sports High
Closing Date: - 22nd July
Contact details as above

Date: - 2nd & 3rd September
Location: - Westfield Sports High
Closing Date: - 26th August
Contact details as above

Please visit : - www.atfc.com.au if you require any further information.

World News!

9th March

Nigerian sprint sensation Gloria Kemasuode will not compete at the Commonwealth Games after being refused a visa by the Australian Government. It appears that a visa indiscretion in the past went against her. She is currently Nigerian Champion in the 100m (11.23sec) and won the 2004 Australian title in the same event after toying with the idea of representing Australia at one stage. She will certainly be missed by the Nigerian 4 x 100m Relay team who were regarded as real medal contenders.

English distance phenomenon Paula Radcliffe has withdrawn from the Commonwealth Games due to a foot injury. At home over the 5000m, 10000m and Marathon distances, she will be sorely missed. However, it does give some prominent Australians like Benita Johnson and Kerryn McCann a chance to shine in her absence.

World 100m Record holder Asafa Powell makes his Australian debut tonight at Olympic Park, Melbourne in a Grand Prix event. He will take his place alongside Josh Ross (Aust), Ambrose Ezenwa (Aust), Michael Frater (Jamaica), Jason Gardener (England), Pierre Browne (Canada) and Marc Burns (Trinidad). Australia, Canada, Ghana, Jamaica, Nigeria, New Zealand and South Africa have entered teams in the 4 x 100m relay. Benita Johnson, Sarah Jamieson and Eloise Wellings will contest the 3000m along with Jo Pavey of England.

10th March

Asafa Powell and Craig Mottram sent ominous warnings to their Commonwealth Games rivals last night with two of the most brilliant performances seen at Olympic Park in Melbourne. Powell, the world's fastest man, virtually jogged the final 40m of the race to stop the clock at 10.29sec into a 1.2m head wind but it could've been anything if the Jamaican superstar hadn't switched off. In his first race for 7 months following a serious groin injury, Powell wasn't going to take any risks at the World Athletics Series meeting with the Games just a week away. Trinidad's Darrel Brown finished 2nd in 10.34sec with Australia's Joshua Ross surging late for 3rd in 10.41sec. Later, Australia's middle

distance star Craig Mottram obliterated yet another National Record. Mottram came to Olympic Park determined to break Simon Doyle's 1992 2km Australian record and he didn't just get it, he smashed it by more than 10 seconds, stopping the clock at 4:50.76. He now owns the Australian records for the Mile, 2km, 3km and 5km. Mottram now goes into the Games full of confidence for his 5000m showdown with Kenya's World Champion Benjamin Limo.

Benita Johnson faded badly at the end of the 3000m race to finish 7th. Former World Champion Jana Pittman withdrew from the 400m Hurdle race due to a "tight hamstring".

21st March

Two veteran law enforcement officers suffered fatal heart attacks in today's Los Angeles Marathon. They were only the 2nd and 3rd contestants in the 21 year history of the race to die during the 42km race. A third man had a heart attack about seven blocks into the race but was revived by paramedics at the scene.

Commonwealth Games

Notes!

19th March

Scott Westcott (2:16:32) placed 4th, Andrew Leatherby (2:17:11) placed 5th and Shane Nankervis (2:19:15) placed 7th in the Marathon.

Joshua Ross placed 2nd in his 1st round heat of the 100m in a time of 10.36sec. He placed 3rd in his 2nd round heat in a faster time of 10.23sec.

Patrick Johnson won his 1st round heat of the 100m in a time of 10.50sec. He placed 2nd in his 2nd round heat in a faster time of 10.33sec.

Ambrose Ezenwa placed 3rd in his 1st round heat of the 100m in a time of 10.53sec. He placed 3rd in his 2nd round heat in a faster time of 10.47sec.

Scott Martin (19.64m) and Clay Cross (17.84m) both qualified for the final of the Shot Put.

Kerryn McCann won the closest Marathon in the history of the Commonwealth Games. Her time of 2:30:54 was just two seconds in front of Hellen Koskei of Kenya (2:30:56). Kate Smythe (2:38:30) placed 7th and Lauren Shelley (2:39:13) placed 8th. While she says that it could be the end of her career, it is thought that she may compete in at least one more Marathon in the future. Hopefully ANSW or AA will secure her in a coaching or mentoring role similar to Steve Monaghetti's, as the young athletes of the future can learn a lot from her.

Kimberley Mickle (58.18m) placed 4th, Kathryn Mitchell (55.22m) placed 6th and Rosie Hooper (52.46m) placed 8th in the Javelin.

Sally McLellan won her heat of the 100m in a time of 11.51sec.

Jaimee Hoebergin (53.12) placed 4th in her heat of the 400m.

Rosemary Hayward (52.90) placed 3rd in her heat of the 400m.

Tamsyn Lewis (53.21sec) placed 2nd in her heat of the 400m.

20th March

Australia achieved a Walks medal trifecta in the Women's 20km. Jane Saville won the race in a time of 1:32.46. It was her 3rd consecutive Commonwealth Games gold medal. Sister Natalie placed 2nd in a

time of 1:33.33 and Cheryl Webb placed 3rd in a time of 1:36.03. Australia also secured a medal trifecta in the Men's event. Nathan Deakes won in a time of 1:19:55, Luke Adams was second in 1:21:38 and Jared Tallent was next home in a time of 1:23:32.

Patrick Johnson placed 6th in the 100m final. He finished in a time of 10.26sec. Earlier, he placed 3rd in his Semi-Final in an identical time of 10.26sec.

Craig Mottram placed 2nd in the 5000m in a time of 12:58.19. He was out sprinted over the last 300m by Kenya's Augustine Choge (12:56.41). Louis Rowan placed 18th in a time of 14:40.07.

Men's Decathlon:-

Jason Dudley – 400m – 49.86sec (1st – heat 1), High Jump – 2.02m (2nd), 100m – 11.40sec (1st – heat 2), Long Jump – 7.27m (3rd), Shot Put – 14.73m (3rd)

Matthew McEwen – 400m – 51.08sec (2nd – heat 1), High Jump – 1.90m (6th), 100m – 11.18sec (6th – heat 1), Long Jump – 6.67m (8th), Shot Put – 14.42m (4th)

Richard Allan – 400m – 49.98sec (4th – heat 2), High Jump – 1.90m (4th), 100m – 11.03sec (3rd – heat 1), Long Jump – 7.09m (4th), Shot Put – 12.63m (8th)

Scott Martin placed 3rd in the final of the Shot Put (19.48m). Clay Cross placed 6th with a distance of 18.44m.

Nicholas Moroney placed 4th in Group B in the High Jump qualifiers with a best of 2.15m. Kane Brigg placed 8th in the same group with a best of 2.05m.

Clinton Hill placed 2nd in his heat of the 400m in a time of 46.18sec. John Steffensen won his heat in a time of 45.87sec while Sean Wroe placed 4th in his heat in a time of 46.17sec.

Sally McLellan placed 2nd in her 100m semi final in a time of 11.36sec and placed 7th in the final in a time of 11.50sec.

Brooke Krueger won gold in the Hammer with a throw of 67.90m. Karyne DiMarco placed 4th (62.23m) and Gabrielle Neighbour placed 7th (61.55m).

Rosemary Hayward placed 3rd in her 400m semi final in a time of 52.47sec and made the final. Jaimee Hoebergen placed 7th in her semi final in a time of 53.26sec. Tamsyn Lewis placed 4th in her semi final in a time of 52.88sec.

Suzy Walsham placed 4th in her heat of the 1500m in a time of 4:10.38. Lisa Corrigan placed 2nd in her heat in a time of 4:11.21.

21st March

Sean Wroe placed 8th in his 400m semi final in a time of 46.47sec. John Steffensen won his 400m semi final in a personal best time of 45.05sec. Clinton Hill placed 5th in his 400m semi final in a time of 45.86sec.

Sarah Jamieson finished 2nd in the 1500m final in a time of 4:06.64. She was boxed in for most of the race and only got clear over the last 100m. Suzy Walsham placed 5th in a time of 4:08.42 and early leader Lisa Corrigan finished 12th in a time of 4:15.05.

Jeanette Bowles (13.23m) placed 5th in the Triple Jump.

Benita Johnson placed 4th in the 10000m after being run ragged by the Kenyans to finish in a time of 31:58.08.

Kylie Wheeler placed 5th in her heat of the Heptathlon 200m in a time of 24.46sec. Jane Jamieson placed 5th in her heat in a time of 26.63sec.

Teen sensation Dani Samuels placed 3rd in the Discus final with a great throw of 59.44m.

Rosemary Hayward placed 8th in the final of the 400m in a time of 52.81sec.

Tamsyn Lewis apologised through the media for her performance in the 400m semi finals two nights ago. She said that she will concentrate on the 800m in the run up to Beijing in 2008. Being a nine times National Champion, she needs to step up to the next level. She certainly has the talent to do so.

22nd March

Erica Sigmont placed 3rd in her heat of the 800m stopping the clock in a time of 2:05.37. Elizabeth Allan placed 4th in her 800m heat in a time of 2:04.97. Suzy Walsham placed 3rd in her 800m heat in a time of 2:04.00.

Lisa Morrison placed 5th in her group in the Long Jump qualifier. Her best jump was 6.31m. Bronwyn Thompson placed 1st in her group and overall with a best of 6.71m.

Kylie Wheeler placed 1st in the Heptathlon Long Jump with a best of 6.52m. Jane Jamieson placed 10th with a best jump of 5.75m. Jane Jamieson placed 2nd in the Heptathlon Javelin with a best throw of 45.98m. Kylie Wheeler placed 8th with a best of 37.88m. Kylie Wheeler placed 2nd in her heat of the Heptathlon 800m finishing in a time of 2:10.62. Jane Jamieson did not start. Kylie Wheeler secured the Silver medal in a great performance.

Tristan Thomas placed 5th in his 400m hurdles semi final in a time of 50.56sec.

Jana Pittman won her heat of the 400m hurdles in a time of 55.06sec.

Ambrose Ezenwa placed 4th in his heat of the 200m in a time of 20.87sec. Daniel Batman placed 2nd in his heat in a time of 20.74sec. Patrick Johnson won his heat in a time of 20.64sec.

Crystal Attenborough placed 5th in her 200m heat in a time of 23.88sec.

Melissa Rollison placed 2nd in the 3000m Steeplechase in a time of 9:24.29. Donna MacFarlane placed 3rd in a time of 9:25.05 and Victoria Mitchell placed 4th in a time of 9:34.24. Dorcus Inzikuru of Uganda won the race in a time of 9:19.51. She became Uganda's first ever gold medallist on the track.

Nicholas Moroney placed 5th in the final of the High Jump with a best of 2.20m.

Fabrice Lapierre placed 3rd in the Long Jump with a best of 8.10m. John Thornell placed 5th with a best of 7.98m and Timothy Parravicini placed 8th with a best of 7.91m.

Dani Samuels placed 14th in the Shot Put with a best of 14.91m.

Nick Bromley placed 2nd in his heat of the 800m with a great time of 1:47.74.

John Steffensen won Gold in the 400m with a personal best time of 44.73sec. He became Australia's most successful male at the distance since Darren Clark in 1990. Having lived and trained regularly with the likes of Ato Boldon in the USA, he feels he is now ready to take the next step to Olympic Glory.

23rd March

Heath Francis won the 200m EAD T46 final in a great time of 22.96sec. Tim Matthews placed 6th in a time of 24.24sec.

Kym Howe (4.20m), Vicky Parnov (4.10m) and Tatiana Grigorieva (4.10m) all qualified for the Pole Vault final.

Sally McLellan placed 3rd in her heat of the 100m hurdles in a time of 13.02sec. Fiona Cullen also placed 3rd in her heat in a time of 13.35sec.

Patrick Johnson placed 3rd in his semi final of the 200m in a time of 20.63sec. Daniel Batman placed 6th in the same race in a time of 20.90sec. Ambrose Ezenwa placed 7th in his semi final in a time of 20.97sec. Johnson qualified for the final and ran the race of his life to finish 4th in a time of 20.59sec.

Elizabeth Allen placed 8th in her 800m semi final in a time of 2:05.43. Suzy Walsham placed 6th in her semi final in a time of 2:04.02.

Nick Bromley placed 6th in the 800m final in a time of 1:50.45.

Jana Pittman returned to form just at the right time to win gold in the 400m hurdles. Her time of 53.82sec was a Games record. She joins the likes of Debbie Flintoff-King who have successfully defended their Commonwealth title in this event.

Scott Martin came from behind to take gold in the Discus final. His very last throw of 63.48m was enough to snatch 1st. Benn Harradine placed 8th with a best of 58.87m and Aaron Neighbour placed 11th with a best of 49.61m.

Claire Mallett placed 6th in the High Jump final with a best height of 1.83m. Ellen Pettitt also placed 6th with the same height while Petrina Price placed 9th with a best height of 1.78m.

24th March

Nathan Deakes won the 50km Walk in a time of 3:42:53 which was a new Games record. Chris Erickson placed 3rd in a time of 3:58:22. Duane Cousins was disqualified.

Eliza Stankovic placed 2nd in the 800m EAD T54 final in a time of 1:49.62. Christie Dawes (1:58.50) placed 5th and Angela Ballard (1:58.78) placed 6th.

Fiona Cullen placed 5th in the 100m hurdles final in a good time of 13.31sec. Sally McLellan was disqualified after crashing and falling out of her lane.

Stuart Rendell won gold in the Hammer with a best throw of 77.53m which was a new Games record.

Australia (Daniel Batman, Joshua Ross, Adam Miller & Ambrose Ezenwa) placed 2nd in its heat of the 4 x 100m relay with a time of 38.57sec.

Kenya continued their domination of the 3000m Steeplechase with a trifecta in the final. Ezekiel Kemboi Yano (8:18.17) placed 1st followed by Wesley Kipritich Koech (8:19.38) and Reuben Kosgei Seroney (8:18.82). Martin Dent placed 4th in a time of 8:28.98 to be the best of the Australians with Peter Nowill 6th (8:30.59) and Youcef Abdi 11th (9:02.22) after taking a nasty fall.

Bronwyn Thompson secured gold in the Long Jump with a best jump of 6.97m which was a Games record. Kerrie Taurima placed 2nd with a best of 6.57m and Lisa Morrison placed 12th with a best of 6.12m.

Craig Mottram won his heat of the 1500m in a great time of 3:38.02. Mark Fountain placed 2nd in the same heat in a time of 3:38.31. Jeremy Roff placed 6th in his heat in a time of 3:42.04.

Australia (Christopher Troode, Sean Wroe, Mark Ormrod & Clinton Hill) placed 1st in its heat of the 4 x 400m relay with a time of 3:03.04.

Steve Hooker took gold in the Pole Vault. His performance would have earned him gold at the last World Championships.

25th March

Kym Howe won the Pole Vault final with a best leap of 4.62m. She had an epic struggle with Tatiana Grigorieva who placed 2nd with a best of 4.35m. 15 year old Vicky Parnov placed 6th with a best of

4.25m. Howe is in desperate need of a sponsor to continue in the sport. Otherwise, she could retire at the age of 25.

Australia (Jana Pittman, Caitlin Willis, Tamsyn Lewis & Rosemary Hayward) placed 2nd over the line in the final of the 4 x 400m relay with a time of 3:28.66 but were awarded the gold after a protest against the England team was successful.

Australia (John Steffensen, Christopher Troode, Mark Ormrod & Clinton Hill) won the gold medal comfortably in the 4 x 400m relay final with a time of 3:00.93.

Alwyn Jones placed 3rd in the Triple Jump with a best of 16.75m. Veteran Andrew Murphy placed 4th with a best of 16.70m. Michael Perry placed 9th with a best of 16.24m.

William Hamlyn-Harris placed 2nd in the Javelin with a best throw of 79.89m. Oliver Dziubak placed 3rd with a best of 79.89m (on a count back). Jarrod Bannister placed 6th with a best of 78.06m.

Mark Fountain placed 3rd in the 1500m final in a time of 3:39.33. Jeremy Roff placed 8th in a time of 3:41.50. Craig Mottram looked a certain winner until he fell with about 500m to go. He recovered but lost too much time to place 9th in a time of 3:44.37.

Australia (Daniel Batman, Patrick Johnson, Adam Miller & Matt Shirvington) failed to finish the 4 x 100m relay final after a mishap on the final change between Miller and Shirvington meant that they over ran the changeover area. They were in the lead at the time.

Australia (Sally McLellan, Melanie Kleeberg, Lauren Hewitt & Crystal Attenborough) placed 3rd in the 4 x 100m relay final after a mishap in the final change also cruelled their chances of winning. Their time was 44.25sec.

Jamaica totally dominated the Commonwealth Games sprinting events which is a great feat for such a tiny island. They claimed the men's and women's 100m & 200m, the men's and women's 4 x 100m relay, the men's 110m hurdles and women's 100m hurdles, a record that will probably never be beaten.

Australia won 16 athletics gold medals at the Commonwealth Games. The most successful return ever!

Massage To Improve Performance!

One of our members, Gary Howard, has just started a massage practice. Details as follows: -

Hi all,

I have just commenced my massage practice at my location in the Sydney CBD. If you are interested in massage aimed to improve performance, feel free to give me a call. Please find below, my location: -

Darling Park
Shop 3/201 Sussex St
Ph: (02) 92674081
(Mon, Wed & Fri – 7.00am – 7.00pm, Tue & Thur 7.00am – 5.00pm, Sat – 9.00am – 12 noon)

GaryHoward
Easy Tiger
Sports Performance Massage
0408313502

More Publicity!

8th March

Reece Diaz was mentioned in a small article in this week's edition of the Blacktown Advocate. It talks about his great performances on the soccer field and his win in the 2000m Steeplechase at last month's U/16 ANSW State Championships. He was also nominated for their sports star of the year award. We hope to get more articles in the Blacktown Advocate in the near future. (Many thanks to Paul Bibby of the Blacktown Advocate).

Also, in this week's Parramatta Advertiser there was a photo of Jye Perrott with his medals from the Regionals (also in his Girraween uniform). There was also a small article mentioning our promising Little A's who are contesting the State Titles at Homebush this weekend.

15th March

In this week's Blacktown Advocate, there is a good story on Stacey Argent about her recent Silver medal winning Steeplechase race at the U/20 State Championships and other previous achievements. There is also a nice photo of Stacey resplendent in her Girraween uniform. She received a nomination in the Junior Sports Star of the Year award they are conducting.

NSWIS Distance Seminar!

The NSW Institute of Sport Track & Field programme would like to make an open invitation to NSW Distance Coaches and Athletes to spend some time with Rueben Kosgei (3000m Steeplechase Sydney 2000 Gold Medallist and 2001 World Champion).

Rueben will talk about some of his experiences as an elite distance runner, the Kenyan way of distance running, training, living in Kenya, diet etc. This will be a unique opportunity to learn from one of the champions of the sport. Also attending will be Johnathon Komen and Haron Keitany who will be representing Kenya at the Commonwealth Games in the 1500m.

DATE: - Monday, 10th April, 2006.

TIME: - 5.00pm - Wentworth Common, Homebush Bay (off Marjorie Jackson Pathway) - light jog with the Kenyans. 6.30pm - VIP Room, Grandstand, Sydney Olympic Park Athletic Centre - presentation and discussion with Rueben Kosgei.

COST: - Nil

RSVP: - robert.medlicott@nswis.com.au by Wednesday 5th April, 2006 (to ensure appropriate seating available) - please advise whether you will be at the training session, discussion session or both.
