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# THE GIRRAWEEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



**INCORPORATED**

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## ***The Big Wet Replaced By Summer!***

Welcome to the October edition of the Girraween Athlete. This month has been an eventful one. The West Metropolitan season finished, we had rain wash out our first summer meet and then we had blistering temperatures for the next two weeks. This month also saw the start of the representative season with our sprinters and steeplechasers in good early season form. There has never been so much interest in the club with 26 new registrations in the first two weeks which again sees us getting closer to the magical 100 mark for the third year in a row. We also have exciting news from new ANSW sponsor Resi who are offering to donate \$300.00 to the club when our name is mentioned by any members on any approved home loans (see below for further details). So if you are in the market for a home loan, please call Resi. This edition is full of the usual features but we are on the lookout for more athlete profiles so please keep them rolling in. Until next month, happy running and most of all enjoy it! Garry Womsley.

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### ***West Metropolitan Series Presentation Day – West Auburn – Saturday, 2<sup>nd</sup> September, 2006.***

A great day was had at West Auburn today to cap off a great winter season. While the focus was mainly on the presentation of awards today, an innovative mixed teams race was held. It proved very popular on the day with 16 teams taking part. The race was over 6km and the teams were made up of 6 members. It was then up to each team to decide what distances each member did. Most went for the conventional 6 x 1km but there were some variations here and there and it was great to see some great organisational skills coming to the fore. Andrew Blunden (3:02) was our fastest on the day while Lisa Grant (3:32), Richard Frost (3:34) and Garry Womsley (3:37) also went well. Nick Hanna ran the furthest (1.5km) and finished in a good time of 5:49. Andrew Blunden and Stacey Argent received prizes as part of the winning team. After the racing was completed, everybody partook in the free drinks and sausage sizzle provided by the Hills club. Our club was thanked personally for their great efforts during the season in officiating each week. George Milosevic was singled out for special

mention but the following people also deserve special mention for helping out: - Rob Eager, Michael Christie, Vince Adams, Viv Manwaring, Cheryl Argent, Wayne Thurlow and Cheri Womsley.

Full list of award winners as follows: -

2km: -

30+ Women - Jill Woodruff - 3rd\*

40+ Men - Steve O'Donnell - 3rd\*

50+ Men - Roger Mar - 3rd

4km: -

U/20 Women - Carly Eager - 1st

50+ Women - Katrina Russell - 1st

U/12 Men - Jonas Williams - 2nd\*

U/16 Men - Andrew Blunden - 1st

30+ Men - David Wallis - 3rd\*

40+ Men - Wayne Thurlow - 3rd

8km: -

U/20 Men - Brad Milosevic - 1st

U/20 Men - Adam Sinclair - 2nd\*

Open Men - Geoff Sheargold - 2nd

40+ Men - Garry Womsley - 3rd

60+ Men - Keith Mayhew - 1st

\*For those that weren't present on the day, Steve Williams has your trophies and will have them on Saturdays at C.V. Kelly.

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## **A record Number Of Little A's Step Out!** – *Little A's Opening Competition Night – Friday, 8<sup>th</sup> September, 2006 – C.V. Kelly.*

It just goes to show how many kids are interested in athletics when a record amount turned out tonight at C.V. Kelly for the opening competition night of the Little A's. All athletes appeared to have a great time. The weather was kind and the full programme was completed at 9.50pm when the lights went out during the last event. Congratulations to the junior club who are doing a great job in promoting junior athletics!

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## **Another Fantastic Effort From Jamie At CHS!** – *Saturday, 9<sup>th</sup> September, 2006 – Homebush.*

A big congratulations goes to Jamie Sherson who placed 1st in the Boys 17yrs+ 2000m Steeplechase at the CHS Championships at Homebush on Saturday.

In terrible conditions, Jamie led from start to finish and clocked a respectable time of 6:24. To cap off a great day, he also placed 3rd in Boys 17+yrs 1500m (4:13.62).

Well done Jamie on your great achievements!

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# **It's A Wash-Out!** – *Girraween All-Comers,*

*Saturday, 9<sup>th</sup> September, 2006 – C.V. Kelly.*

For the first time in many years our Saturday summer series was washed out today. After 111mm fell in the Toongabbie area on Wednesday and Thursday and then another torrential downpour throughout this morning, the committee had no alternative but to call the day off. Despite the huge amount of rain, the track held up pretty well except for the home straight where an excessive amount of water was lying. It was deemed as being too dangerous to compete today. This didn't stop Roger Mar who did many laps in the treacherous conditions. It also didn't stop registrations being taken and we picked up a number of new members on the day who are looking forward to competing with us in coming weeks.

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## ***Summer Gets Underway.....Finally! –***

*Girraween All-Comers, Saturday, 16<sup>th</sup> September, 2006 – C.V. Kelly.*

A large number of athletes turned out for today's official debut of our summer series at C.V. Kelly. The weather was almost perfect with blue skies and only a slight breeze. Our summer specialists looked glad to be out there doing their stuff again and our winter cross country athletes also enjoyed the change of environment. Another pleasing aspect was the amount of new registrations that were taken. We have had 26 new registrations in the last two weeks, which brings our membership number to a more respectable 84. We also had some visitors from other clubs which shows that word is getting around about our competition. The stand out performance of the day was Jamie Sherson's new under 18 record in the 800m. There were an amazing 9 heats in the 200m and 3 races in the 800m as well as a huge turn out for the 3000m. It was a great start to the season and one we hope to build on in the future. Some results as follows: -

### 200m – Male (Top Ten)

1) JACK JONES	24.4s
2) JAMIE SHERSON	26.04s
3) BRAD MILOSEVIC	27.19s
4) STEVE O'DONNELL	29.18s
5) MATT DUNN (JNR)	29.39s
5) ANDREW BLUNDEN	29.39s
7) VINCE ADAMS	29.58s
8) STEVE BLUNDEN	29.59s
9) ROBERT ROSE	29.92s
10) GARRY WOMSLEY	30.29s

### 200m – Female (Top Ten)

1) DANIELLE GOODIN	29.57s
2) LYNETTE SMITH	31.97s
3) SAM WARMAN	32.17s
4) JAIMEE MOYLE	32.18s
5) KACEE CUBIS	32.36s
6) AMANDA GIESLER	32.52s
7) KAITLIN DUNN	33.41s
8) MEL DUNN	35.28s
9) BRENDA MICALLEF	37.18s
10) VIV HERBERT	37.68s

### High Jump – Male

1) JAMIE SHERSON	1.55m
2) SCOTT MORTIMER	1.47m
3) BRAD MILOSEVIC	1.37m
3) STEVE O'DONNELL	1.37m
5) STEVE BLUNDEN	1.32m

### High Jump – Female

1) SAM WARMAN	1.37m
2) JAIMEE MOYLE	1.27m

### 3000m Walk

6) GARRY WOMSLEY	1.27m
7) WAYNE THURLOW	1.17m
7) ANDREW BLUNDEN	1.17m

1) LISA GRANT	14:07.25
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#### Long Jump – Male (Top Four)

1) JACK JONES	5.15m
2) MATT DUNN (JNR)	3.88m
3) JOHN TOSH	3.45m
4) VIV MANWARING	3.39m

#### Long Jump – Female (Top Four)

1) DANIELLE GOODIN	4.23m
2) KACEE CUBIS	3.77m
3) MEL DUNN	3.44m
4) STEFFANY DUNN	3.30m

#### Triple Jump – Male (Top Four)

1) MATT DUNN (SNR)	7.66m
2) VIV MANWARING	7.62m
3) MATT DUNN (JNR)	6.88m
4) ANDREW DUNN	6.59m

#### Triple Jump – Female (Top Four)

1) DANIELLE GOODIN	8.90m
2) KACEE CUBIS	8.83m
3) STEFFANY DUNN	7.34m
4) BRENDA MICALLEF	7.02m

#### 1500m Walk

1) STEFFANY DUNN	12:11.74
2) CAITLIN DUNN	12:31.54

#### 800m – Female (Top Ten)

1) LYNETTE SMITH	2:49.75
2) MELISSA HAYES	3:25.08
3) CACEE CUBIS	3:30.20
4) JEAN DAVIS	3:33.98
5) MEL DUNN	3:38.43
6) LISA GRANT	3:43.08
7) KRISTY WEBB	3:48.40
8) BRENDA MICALLEF	3:49.01
9) VIV HERBERT	3:49.27
10) AMANDA GIESLER	3:56.57

#### 800m – Male (Top Ten)

1) JAMIE SHERSON	2:03.54
2) MATT MODINI	2:25.74
3) PETER BYRNE	2:28.14
4) ANDREW BLUNDEN	2:37.37
5) GARRY WOMSLEY	2:38.10
6) JONAS WILLIAMS	2:44.28
7) WAYNE THURLOW	2:48.37
8) CHRIS PATON	2:49.08
9) STEVE O'DONNELL	2:50.16
10) STEVE WILLIAMS	2:50.56

#### Discus – Top Four

1) ANDREW BLUNDEN	30.92m
2) LAJOS JONI	30.19m
3) MATT MODINI	28.77m
4) JAMIE SHERSON	28.48m

#### Shot Put (Top Four)

1) LYNETTE SMITH	9.03m
2) MEL DUNN	7.99m
3) KELLY MICALLEF	7.70m
4) STEFFANY DUNN	7.46m

#### 3000m - Female

1) MELISSA HAYES	12:25.08
2) LISA GRANT	12:54.09
3) KAITLIN DUNN	15:42.61
4) VIV HERBERT	18:00.88
5) PENNY VANDENBELT	21:41.11

#### 3000m – Male (Top Ten)

1) JAMIE SHERSON	10:22.03
2) BRAD MILOSEVIC	11:14.07
3) MATT MODINI	11:26.33

6) WAYNE THURLOW	12:53.03
7) CHRIS PATON	13:05.00
8) STEVE WILLIAMS	13:28.55

4) GARRY WOMSLEY	11:45.33	9) STEVE O'DONNELL	13:30.07
5) DENIS ANDREW	12:47.93	10) TERRY ROSE	13:47.86

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# Heaps Of Success At Homebush Today! – *ANSW Introduction to Athletics & All – Comers – Saturday, 23<sup>rd</sup> September, 2006.*

The first day of the senior representative season was a real success story for the club today. Doubling as an introduction to club athletics and all-comers, a number of our members took the opportunity to get some early season top level competition in and even won their respective categories. As has been the case in recent years, our steeplechasers led the way with some great results which again proved that our coaching programme is second to none in this event. The weather was warm and humid with a slight breeze.

Natalie Pellizzari, who has trained hard all winter performed well in both of her races today. She placed 4<sup>th</sup> in her heat of the U/18 200m in a good time of 28.01sec and backed up well to be 3<sup>rd</sup> in her heat of the 400m (1:03.71). The 400m in particular was a pleasing effort as she was under immense pressure at the top of the home straight but fought back well to hold on to 3<sup>rd</sup>.

Kelly Micallef placed 5<sup>th</sup> in both of her events today. Her best distance in the U/18 Hammer was 17.95m and in the Discus her best was 24.08m.

Andrew Blunden continued his great form from last Saturday in the U/18 Discus and placed 4<sup>th</sup> with a best of 30.88m. He then backed up in the 2000m Steeplechase (76.2cm height) and won the race overall in a great time of 7:09.44.

Brad Milosevic contested the U/18 2000m Steeplechase (91.4cm height) and placed 1<sup>st</sup> in a time of 6:59.74.

Ernie Leseberg contested the Open 100m and won his heat in a time of 11.75sec.

Jamie Sherson contested the Open 2000m Steeplechase and won the race overall in a great time of 6:25.23.

Nick Hanna also contested the Open 2000m Steeplechase and placed 3<sup>rd</sup> in a personal best time of 9:19.32.

Garry Womsley contested the 35+ 2000m Steeplechase and placed 1<sup>st</sup> in a time of 8:02.40.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Heat Placing</u>	<u>O/All placing</u>	<u>Cat</u>
NATALIE PELLIZZARI	200m	28.01sec	4 <sup>th</sup>	19 <sup>th</sup>	U18
	400m	1:03.71	3 <sup>rd</sup>	10 <sup>th</sup>	U18
KELLY MICALLEF	Hammer	17.95m	N/A	5 <sup>th</sup>	U18
	Discus	24.08m	N/A	5 <sup>th</sup>	U18
ANDREW BLUNDEN	Discus	30.88	N/A	4 <sup>th</sup>	U18
	2000m Steeple (76.2cm)	7:09.44	N/A	1 <sup>st</sup>	U18

BRAD MILOSEVIC

	2000m Steeple (91.4cm)	6:59.74	N/A	1 <sup>st</sup>	U18
ERNIE LESEBERG	100m	11.75sec	1 <sup>st</sup>	9 <sup>th</sup>	Open
JAMIE SHERSON	2000m Steeple	6:25.23	N/A	1 <sup>st</sup>	Open
NICK HANNA	2000m Steeple	9:19.32	N/A	3 <sup>rd</sup>	Open
GARRY WOMSLEY	2000m Steeple	8:02.40	N/A	1 <sup>st</sup>	O35

## Happy Birthday!

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

2<sup>nd</sup>: - Kelly Micallef  
 12<sup>th</sup>: - Michael Evans  
 25<sup>th</sup>: - Katrina Russell  
 26<sup>th</sup>: - Wayne Thurlow

## Upcoming Events!

### Club Events

<b>Sat</b>	<b>7 Oct</b>	<b>Week A with distance event 1500m (C.V. Kelly)</b>
<b>Sat</b>	<b>14 Oct</b>	<b>Week B with distance event 5000m (C.V. Kelly)</b>
<b>Sat</b>	<b>21 Oct</b>	<b>Week A with distance event 1500m (C.V. Kelly)</b>
<b>Sat</b>	<b>28 Oct</b>	<b>Week B with distance event 3000m (C.V. Kelly)</b>

### ANSW Events

Sat	7 Oct	Introduction to Club Athletics & All-Comers – (Campbelltown)
Sat-Sun	14-15 Oct	NSW All-Schools (Junior) – Homebush
Sat	21 Oct	ANSW Club Premiership Round 1 (Illawong/Narrabeen)
Sat	21 Oct	ANSW Club Premiership Round 1 (Illawong/Narrabeen)
Sat	28 Oct	ANSW Club Premiership Round 2 (Campbelltown/ Bankstown)
Sat	28 Oct	ANSW State 10000m Track Championships (Bankstown)

### Fun Runs & Other Events Of Interest

Sun	1 Oct	Berowra Bush Runners 10km Handicap	Warrina St. Oval (7.15am)
Wed	4 Oct	Blair Zone Track & Field Series 1	Blair Oval, St. Marys (6.30pm)
Sat	7 Oct	Sydney Striders 10km Series	P5 Homebush (7.00am)
Wed	11 Oct	Summer Series #1 (Orienteering)	Lavender Bay (From 4.00pm)
Wed	11 Oct	Blair Zone Track & Field Series 2	Blair Oval, St. Marys (6.30pm)
Sat	14 Oct	Kembla Joggers 6km	Mount Burelli (8.00am)
Sat	14 Oct	Fitzroy Falls Marathon & Trail Runs	(5, 10 & 42.2km) Fitzroy Falls (From 8.00am)
Sun	15 Oct	Sydney Marathon Clinic Road Series	(5, 10km & Long Race) Rossford Res. (From 7.00am)
Tues	17 Oct	"One Hour Race"	The Crest, Bankstown (From 6.30pm)
Wed	18 Oct	Summer Series #2 (Orienteering)	Upjohn Park (From 4.00pm)
Wed	18 Oct	Blair Zone Track & Field Series 1	Blair Oval, St. Marys (6.30pm)

Sun	22 Oct	Maroubra Fun Run (4km & 8km)	Arthur Byrne Res. (9.30am)
Sun	22 Oct	Sydney Adventist Hospital Run for Life (5 & 10km)	Wahroonga (8.00am)
Wed	25 Oct	Summer Series #3 (Orienteering)	Rodd Point (From 4.00pm)
Wed	25 Oct	Blair Zone Track & Field Series 2	Blair Oval, St. Marys (6.30pm)
Sat	28 Oct	Sandon Point to Brokers Nose (22km)	Sandon Pt, Bulli (8.00am)
Sun	29 Oct	St. Marys Community Fun Run (8km)	St. Marys Sth PS (9.00am)

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## **Our Club Committee For 2006-2007!**

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>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary, Coaching Co-ordinator &amp; Publicity Officer</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Registrar &amp; Public Officer</i>	<i>9631-8887</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Ernie Leseberg</i>	<i>Records Officer</i>	<i>9715-5675</i>
<i>Lynette Smith</i>	<i>ANSW Delegate</i>	<i>0419420393</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>George Milosevic</i>	<i>Canteen Manager &amp; Park Trust Delegate</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Canteen Manager</i>	<i>9896-4654</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Cheri Womsley</i>	<i>General Committee</i>	<i>9636-6017</i>
<i>Brad Milosevic</i>	<i>Junior Committee</i>	<i>9626-8586</i>
<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>
<i>Vacancies</i>	<i>Summer Competition</i>	
	<i>Fundraising</i>	
	<i>General Committee</i>	

**Next Meeting:** - Thursday, 19<sup>th</sup> October, 2006 at Toongabbie Bowling Club starting at 7.30pm.

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## **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) – Track, Field, Throws, Hurdle & Steeplechase training at C.V. Kelly (Now Little A's & Seniors combined). We now have a number of additional accredited coaches who can offer more training options. Contact Garry Womsley (Phone: - 9636-6017) or Gary Micallef (9631-2658)

Tuesdays – Steeplechase & Hurdle training at 6.30pm at Homebush with Garry Womsley. (Phone: - 9636-6017).

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# *Training Form!*

Time Trial – Wednesday, 30<sup>th</sup> August, 2006 – C.V. Kelly & surrounds

4.2km

- 1) Garry Womsley – 17:20
- 2) Stacey Argent – 18:37
- 3) Vince Adams – 18:42

5.1km

- 1) Brad Milosevic – 19:00

5.9km

- 1) Steve Blunden – 26:20

6.8km

- 1) Andrew Blunden – 28:30
- 2) Lisa Grant – 32:38
- 3) Roger Mar – 39:44

Middle Distance – Monday, 4<sup>th</sup> September, 2006 – C.V. Kelly (2 x 800m & 2 x 600m)

Lynette Smith – 3:11, 3:14 (800m), 2:18, 2:18 (600m)

Lisa Grant – 3:11, 3:11 (800m), 2:14, 2:16 (600m)

Roger Mar – 3:33, 3:28 (800m), 2:25, 2:28 (600m)

Steve Blunden – 3:15, 3:10 (800m), 2:08, 2:10 (600m)

Garry Womsley – 3:02, 3:03 (800m), 2:13, 2:13 (600m)

Wayne Thurlow – 2 x 800m & 2 x 600m – untimed

Adam Sinclair – 2:55 (800m), 1 x 800m & 2 x 600m – untimed

Carly Eager – 2 x 800m & 2 x 600m – untimed

Brad Milosevic – 2:45, 2:53 (800m) & 2 x 600m – untimed

Robert Eager – 2 x 800m & 2 x 600m – untimed

Jessica Baitieri – 3:21 (800m), 1 x 800m & 2 x 600m – untimed

Middle Distance – Wednesday, 6<sup>th</sup> September, 2006 – C.V. Kelly (2 x 600m & 2 x 400m)

Garry Womsley – 2:12, 2:06 (600m), 1:15, 1:24 (400m)

Steve Blunden – 2:16, 2:08 (600m), 1:13, 1:14 (400m)

Roger Mar – 2:52, 2:46 (600m), 1:36, 1:30 (400m)

Lisa Grant – 1:36 (400m)

Brad Milosevic – 2 x 600m & 2 x 400m – untimed

Matthew Barlow – 1 x 600m & 2 x 400m – untimed

Middle Distance – Wednesday, 13<sup>th</sup> September, 2006 – C.V. Kelly (1 x 800m, 1 x 600m & 2 x 400m)

Garry Womsley – 2:59 (800m), 2:13 (600m), 1:18, 1:17 (400m)

Andrew Blunden – untimed (800m), 1:59 (600m), 1:16, 1:10 (400m)

Stacey Argent – 3:08 (800m), 2:12 (600m), 1:23, 1:25 (400m)

Steve Blunden – 3:08 (800m), 2:12 (600m), 1:19, 1:18 (400m)

Roger Mar – 3:38 (800m), 2:33 (600m), 1:39, 1:41 (400m)

Katrina Russell – untimed (800m & 600m), 1:39, 1:40 (400m)

Doug Perrott – 3:11 (800m), 2:21 (600m), 1:29, 1:29 (400m)

Alyssa Perrott – 3:11 (800m), 2:21 (600m), 1:29, 1:29 (400m)

Lauren Sinclair – untimed (600m), 3:20 (600m), 2:00 & untimed (400m)

Jessica Baitieri – untimed (800m, 600m, 2 x 400m)

Robert Eager – untimed (800m, 600m, 2 x 400m)

Carly Eager – untimed (800m, 600m, 2 x 400m)

Middle Distance – Monday, 18<sup>th</sup> September, 2006 – C.V. Kelly (2 x 1000m & 1 x 600m)

Garry Womsley – 3:53, 3:52 (1000m), 2:11 (600m)

Steve Parkins – 4:14, 4:17 (1000m), 2:23 (600m)

Lisa Grant – 4:04, 4:00 (1000m), 2:16 (600m)

Stacey Argent – 4:05, untimed (1000m), 2:15 (600m)

Jessica Baitieri – 2 x 1000m & 1 x 600m – untimed

Viv Herbert – 2 x 1000m & 1 x 600m – untimed

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Middle Distance – Wednesday, 20<sup>th</sup> September, 2006 – C.V. Kelly (800m, 600m, 500m, 400m)

Garry Womsley – 3:04 (800m), 2:11 (600m), 1:53 (500m), 1:26 (400m)  
Stacey Argent – 3:09 (800m), 2:12 (600m), 1:52 (500m), 1:27 (400m)  
Steve Blunden – 3:09 (800m), 2:11 (600m), 1:43 (500m), 1:15 (400m)  
Doug Perrott – untimed (800m, 600m, 500m & 400m)  
Brad Milosevic – 2:30 (800m), untimed (600m, 500m & 400m)  
Reece Diaz – 2:30 (800m), untimed (600m), 1:40 (500m), 1:11 (400m)  
Andrew Blunden – 2:30 (800m), untimed (600m, 500m & 400m)  
Jessica Baitieri – untimed (800m, 600m, 500m & 400m)  
Carly Eager – 2:45 (600m), 2:18 (500m), 1:27 (400m)  
Robert Eager – untimed (600m), 2:30 (500m), 1:57 (400m)

Middle Distance – Monday, 25<sup>th</sup> September, 2006 – C.V. Kelly (2 x 1000m & 1 x 800m)

Robert Rose – untimed (2 x 1000m)  
Doug Perrott – untimed (All)  
Steve Williams – 4:53, 5:05 (1000m), 3:51 (800m)  
Teresa Truman – 4:53, 5:01 (1000m), 3:51 (800m)  
Steve Blunden – 4:09, 3:59 (1000m), 3:03 (800m)

Middle Distance – Wednesday, 27<sup>th</sup> September, 2006 – C.V. Kelly (1 x 800m, 2 x 600m, 1 x 500m & 1 x 400m)

Garry Womsley – 3:08 (800m), 2:14, 2:04 (600m), 1:54 (500m), 1:16 (400m)  
Reece Diaz – 2:37 (800m), 1:56, 1:54 (600m), 1:37 (500m), untimed (400m)  
Matthew Barlow – 2:37 (800m), 1:58, 2:01 (600m), 1:46 (500m), 1:19 (400m)  
Steve Parkins – 3:20 (800m), 2:20, 2:19 (600m), 1:56 (500m), 1:25 (400m)  
Doug Perrott – untimed (800m), 2:13, 2:05 (600m), 2:17 (500m), untimed (400m)  
Steve Blunden – 3:08 (800m), 2:08, 2:04 (600m), 1:47 (500m), 1:17 (400m)  
Chris Flower – 2:37 (800m), 1:56, untimed (600m), 1:37 (500m), untimed (400m)  
Robert Eager – untimed (800m), 2:58, 2:58 (600m), 2:26 (500m), 1:56 (400m)  
Robert Rose – untimed (800m & 1 x 600m)  
Stacey Argent – 3:27 (800m), 2:34, 2:35 (600m), 2:11 (500m), 1:36 (400m)  
Roger Mar – 3:50 (800m), 2:41, 2:31 (600m), 2:11 (500m), 1:42 (400m)  
Jessica Baitieri – untimed (800m & 2 x 600m)  
Vince Adams – untimed (800m & 2 x 600m), 2:32 (500m), 1:39 (400m)  
Andrew Blunden – 2:00 (600m), untimed (500m)

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# **From The Athlete's Kitchen!**

Saffron Chicken Paella

Ingredients: -

Olive or canola oil spray  
500g chicken breast fillets – cubed  
2 tsp minced garlic  
1 red onion – seeded  
1 each red & green capsicum, deseeded & chopped  
1 1/3 – 2 cups short grain rice  
3 ripe tomatoes – chopped  
200g green beans – chopped  
2 tsp sweet paprika  
3-4 cups of MAGGI Real Chicken Stock  
½ tsp saffron threads  
400g can chickpeas – rinsed & drained  
1 cup frozen peas

Method: -

Spray a non stick fry pan or paella pan with oil and cook over medium heat until browned. Add garlic, onion and capsicums and cook for 3 minutes until softened. Add rice, tomatoes, beans and paprika and cook for 2 minutes. Add stock and saffron, bring to boil, then reduce heat to low and simmer, without stirring for 15 minutes. Shake pan a couple of times during cooking to stop rice from sticking. Stir in chickpeas and peas and cook for 3 minutes or until heated through.

Serves 4-6

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# **Girraween Athletic Club**

## **Athlete Profile!**

**FULL NAME:** - Gary Mark Micallef

**AGE:** - 43

**NICKNAME(S):** - Gary

**WHAT SUBURB DO YOU LIVE IN?** : - Constitution Hill

**WHAT YEAR DID YOU JOIN GIRRAWEEEN?** : - '98 - '99

**WHEN DID YOU START ATHLETICS?** : - '98 - '99 (seniors),  
1995 with Little A's

**WHICH CLUB MATE MAKES YOU LAUGH THE MOST?** : - Roger Mar,  
Robert Eager

**WHICH CLUB MATE INSPIRES YOU THE MOST?** : - Lynette Smith  
& Lisa Grant

**WHAT DO YOU DO FOR A LIVING?** : - Motor vehicle body  
trimmer

**HOW MUCH TRAINING DO YOU DO A WEEK?** : - Not enough, too  
busy coaching others. In winter, around 8 hours, in  
summer, around 5 hours

**WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING?** : - 3<sup>rd</sup>  
placing in father/daughter team in 2004 City2Surf

**WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT?** :-  
Spinning out when leading while racing go-carts, 23 years  
ago. I had a flat tyre

**WHAT IS YOUR FAVOURITE FOOD?** : - Anything good and  
healthy

**WHAT IS YOUR FAVOURITE TV SHOW?** : - Most sports, especially motor racing

**WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU?** : - Share and share alike!

**WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU?** : - Peter Brock, Alan Jones, Michael Jordan, David Campese, Michael Doohan, Rob De Castella

**DO YOU PLAY ANY OTHER SPORTS?** : - Not any more

**DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS?** : - Motor racing, bike riding, restoring cars, fishing and coaching (since 1996)

**WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING OUT IN THE SPORT?** : - Take it easy. Don't try to do too much until you are fit. Increase gradually and go to training.

**DO YOU HAVE A COACH?** : - Me, myself and I!

**WHAT ARE YOUR GOALS IN ATHLETICS?** : - Go faster and do City2Surf under 1 hour. Try to stay fit.

**WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME?** : - Driving my sports car and going fishing

**IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU FIX FIRST?** : - Greed. Too many people try to take advantage of too many others.

**OTHER COMMENTS?** : - Give it a go, try your best! Think about what you're doing and set yourself a goal.

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# **Great Athletes of the Past!**

By Michael Christie

## **Ivo Van Damme - Belgium (1954-1976)**

Ivo Van Damme was born on 21 February 1954, in Brussels, Belgium. Football was his early sport and he was hoping to play this professionally, after showing early promise. However, he suffered a fractured arm. The family also moved to Veltem at around this time. These two events put a stop to a possible football career. Shortly after this he took up athletics when he turned seventeen. He showed early promise particularly in the 1500m and 3000m. However, it was the 800m where he made his

first breakthrough. As (Clark, 2005) notes 'The first time he ran the distance, he clocked 2:07.20, a few months later he bettered this by five seconds'. An emerging talent was developing. He competed in the 800m at the 1973 European Junior Championships at Duisburg, West Germany, finishing fourth behind Steve Ovett in a respectable time of 1:48.16. Unfortunately, 1974 was a lost year for him athletically speaking, as he was injured and did not compete.

In 1975, he returned to the track and continued to develop particularly in the 800m. He gained a championship medal, coming second in a time of 1:50.1 behind Stolle of East Germany in the 800m at the European Indoor Championships at Katowice, Poland. By the end of the year he had posted a time of 1:45.31 for the 800m and lifted his ranking to 5<sup>th</sup> in the world standings. When one remembers he was only twenty-one, it was a fine achievement.

Early in 1976 Van Damme won the 800m in a time of 1:49.2 at the European Indoor Championships in Munich, West Germany. He also had some fine runs against the South African, Danie Malan in South Africa winning an 800m and narrowly finishing second behind him in a 1500m a week later in Capetown. Prior to the Montreal Olympics he continued to run well in lead-up events in Europe at both the 800m and 1500m distances. At a height of 6'3 ¼ inches and with a beard and scraggly hair he cut an imposing figure on the track. His first event at the 1976 Montreal Olympics was the 800m. In the final he came up against the great Cuban Alberto Juantorena. He gave a tenacious performance in finishing second and gaining silver in a time of 1:43.86, just behind Juantorena's new world record of 1:43.50 - a wonderful achievement. A week later, Van Damme was in the final of the 1500m, competing against the likes of Walker from New Zealand, Wellmann from West Germany and Coghlan from Ireland; it was a competitive field despite missing the African runners due to the boycott. The race began with a slow early pace which did not improve greatly throughout. It was only with about 300m to go that it picked up and then it proceeded to be a mad sprint to the finish. The first five finishers completed the distance with less than a second between them. Van Damme finished second in a time of 3:29.27 narrowly behind John Walker in 3:29.17 and just in front of Wellmann from West Germany in a time of 3:39.33 - one of the closest 1500m championship finals in history. Nevertheless, Ivo Van Damme had collected his second Olympic silver medal in the space of a week. Given that he was only twenty-two the athletic world lay at his feet. After the Olympics he ran some further races, including a win in the 1500m at the Belgian Championships in a time of 3:38.0. He also ran some shorter races at 800m and 1000m in Europe and did run against Mike Boit, whom could not compete at Montreal due to the boycott.

Sadly, on 29 December 1976 he was killed in a traffic accident on his way home from training between Marseille and Lyon in France. He was twenty-two years old. A great career was over before it hardly begun. A tragedy, not only for Belgian athletics, but middle distance running in general. The mouth watered at the prospect of his battles with Ovett and Coe in the late 1970's and early 1980's, but it was not to be.

The Memorial Van Damme athletic meeting is held in Brussels around August each year in his honour. It was first held in 1977. There have always been world class athletes in attendance, including over the years Carl Lewis, John Walker, Steve Ovett, Sebastien Coe, Edwin Moses and Sergei Bubka to name a few. Earlier this year, to

mark the 30<sup>th</sup> anniversary of this athletic meeting, a series of stamps portraying Van Damme, Juantorena, Walker, Coe and Ovett was released by the Belgian Post Office as a tribute to the meeting and Van Damme himself. This was a first for Belgium, as no sporting figure or event had ever been portrayed by Belgium Post before. This says a great deal about the place that Ivo Van Damme still holds in the hearts and minds of all Belgian sports lovers to this very day.

### **Sources and Further Reading**

<http://www.belgium.be/eportal/> viewed June 18 2006.

Clark, N 2005 'Heroes and Villains:Ivo Van Damme',  
<http://observer.guardian.co.uk/print>  
viewed June 18 2006.

<http://www.iaaf.org/news/newsId>, viewed 18 June 2006

[http://users.skynet.be/osga%20d5\\_memorial\\_van\\_damme.html](http://users.skynet.be/osga%20d5_memorial_van_damme.html), viewed June 18 2006

Nelson, C & Quercetani, R 1985 *The Milers*, Tafnews press, Los Altos, California.

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## **Athletics Trivia!**

An interesting response from Lisa Grant to the 100m World Record trivia I mentioned last month: -

'Trivia: It has taken 93 years to knock 0.83sec off the 100m World record. If improvement continues at this rate, expect someone to break the nine second barrier in the year 2093!'

I was interested when I read this bit of trivia in the newsletter. It reminded me of something we had learnt at uni recently about the assumptions made by linear regression statistical analysis of historical data (i.e., looking at the path of the improvements of the 100m world record over time on a graph and drawing a straight line to predict that this will be the same path the world record will take in the future). While it is an interesting piece of trivia, it is unlikely that the 100m world record will continue to follow this same rate of improvement indefinitely in future years. This kind of prediction involves other assumptions such as the prediction made in a scientific journal 'Nature' by the authors Tatum et al in 2004. They predicted a 'Momentous sprint at the 2156 Olympics' where the female 100m sprinters would, in fact, out run the males! In response to this article being published, another author, Kenneth Rice, responded by rejecting the credibility of this data by highlighting an even more incredible milestone which would occur, according to this published data. In 2636, a most interesting race would occur when times of less than zero seconds would be recorded!

He suggests to Tatum et al that 'in the intervening 600 years, they may wish to address the challenges faced by time keepers and the teaching of basic statistics.' I think we have to take into account that there is a physical limitation of the human body when it comes

to athletic performance and eventually there will come a time when the fastest 100m sprint time is recorded.

Not trying to have a go at the trivia, just trying to remember something I learnt at uni. And it's something interesting to think about too!

More interesting trivia next month!

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## **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. 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.

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## **World News!**

### **30<sup>th</sup> August**

Craig Mottram will attempt to become the first Australian to successfully defend a world cup title after making a late decision to run the 3000m in Athens next month. Mottram initially decided to skip the September 16-17 meet after finishing 17<sup>th</sup> in the 1500m at the Brussels Grand Prix last week. However, he changed his mind and Oceania selectors jumped at the opportunity to pick him in his favoured 3000m.

### **4<sup>th</sup> September**

Former St. George and Illawong Athlete Kimberlee Green has been selected in the Australian Netball team after a fantastic season with the victorious Sydney Swifts. She gave up a promising athletics career in 2004 to concentrate on netball fulltime. She appears to have made the right decision.

### **8<sup>th</sup> September**

Marion Jones has set her sights on next year's World Championships and the Beijing Olympics in 2008 after being cleared of taking EPO after being tested at the US Championships. Her B sample proved to be negative.

### **9<sup>th</sup> September**

The Aussie contingent did well on day 1 of the World Athletics Final in Athens: -

Paul Burgess won the Pole Vault with a huge leap of 5.82m. Steve Hooker placed 5<sup>th</sup> (5.75m)

Scott Martin placed 5<sup>th</sup> in the Shot Put with a best throw of 20.38m.

Sarah Jamieson placed 4<sup>th</sup> in the 1500m in a time of 4:04.32.

Victoria Mitchell placed 8<sup>th</sup> in the 3000m Steeplechase in a time of 9:47.63.

### **11<sup>th</sup> September**

Eloise Wellings broke the State Record today in the 3000m at the World Athletics Final in Athens. She finished 8<sup>th</sup> in a great time of 8:46.17. She has also beaten the 5000m record this season whilst overseas.

### **17<sup>th</sup> September**

Results from the World Cup in Athens: -

Stuart Rendell placed 8<sup>th</sup> in the Hammer throw with a best throw of 71.99m

Scott Martin placed 4<sup>th</sup> in the Shot Put with a best of 20.25m

Fabrice Lapierre placed 8<sup>th</sup> in the Long Jump with a best distance of 7.58m

Patrick Johnson placed 8<sup>th</sup> in the 100m in a time of 10.28sec

Clinton Hill placed 8<sup>th</sup> in the 400m in a time of 46.41sec. He was also part of the 8<sup>th</sup> placed 4 x 400m relay team (3:05.54)

Eloise Wellings placed 4<sup>th</sup> in the 3000m in a time of 8:41.78 (Wellings again broke the State Record she achieved on 11<sup>th</sup> September)

Sally McLellan placed 8<sup>th</sup> in the 100m in a time of 11.44sec

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Rosemary Hayward placed 9<sup>th</sup> in the 400m in a time of 54.01sec. She was also part of the 8<sup>th</sup> placed 4 x 400m relay team (3:36.36)

Youcef Abdi placed 5<sup>th</sup> in the 3000m Steeplechase in a time of 8:36.13

Daniel Batman was part of the 6<sup>th</sup> placed 4 x 100m relay team (39.48sec) & the 8<sup>th</sup> placed 4 x 400m relay team (3:05.54).

Ambrose Ezenwa was also part of the 6<sup>th</sup> placed 4 x 100m relay team (39.48sec)

Preya Carey was part of the 5<sup>th</sup> placed 4 x 100m relay team (44.26sec)

Dani Samuels placed 6<sup>th</sup> in the Discus with a best throw of 59.68m

Rebecca Irwin was part of the 8<sup>th</sup> placed 4 x 400m relay team (3:36.36)

### **18th September**

Craig Mottram clinched the World Cup 3000m title after defeating the great Kenenisa Bekele of Ethiopia in a personal best time of 7:32.19. He became the first athlete from Oceania to defend a World Cup title.

Fellow Australian Steven Hooker also won gold after clearing 5.80m in the Pole Vault. Hooker's win should put him at no. 1 when the next IAAF world rankings are released and push compatriot Paul Burgess down to no. 2.

### **26th September**

Track and field line judge Lia Mara Lourenco was hit on the foot with a javelin during a track and field meet in Sao Paulo, Brazil. A number of Australian media outlets carried the picture of Lourenco lying in agony with the offending javelin protruding from the bottom of her foot after entering from the top.

It was a good lesson to us all: - When officiating, always keep your concentration during a throwing event and make sure you get out of harms way if it is heading towards you. Also, if you are heading to a track event on the far side of the track, never cross the field when a throwing event is on.

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## **More Publicity!**

### **30th August**

There is an article in today's Parramatta Advertiser on Andrew Blunden. It talks about all his great achievements this year. He was this week's nomination for the Junior Sports Star award. Well done Andrew!

### **1st September**

Garry Womsley resplendent in his Girraween singlet was seen on the Channel 9 News for about 10 seconds during a feature story on the Sydney Tower Run-up.

### **13th September**

Garry Womsley & Lynette Smith's athlete profiles in the latest edition of the Waratah magazine. (This is the official newsletter of NSW Masters Athletics Club). They appear on page 14. Their profiles can be viewed by going to [www.nswmastersathletics.org.au](http://www.nswmastersathletics.org.au) and clicking on "News".

### **22nd September**

Brad Milosevic features in an article about our Little A's coaching programme. It mentions his great recent achievements during the cross country season and in the SMH Half Marathon and the City2Surf. It also mentions seniors coach Garry Womsley in the article.

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

### **1st September**

Garry Womsley placed 2<sup>nd</sup> overall in the Sydney Tower Run-up over 40's race. A veteran of two previous Tower Run-ups he was only beaten by a tower racing specialist from Melbourne. He was happy with his performance on the day. Please refer results below: -

#### **MALE 40+**

<b>1</b>	401	Steve	Bentley	<b>0:09:58</b>
<b>2</b>	407	Garry	Womsley	<b>0:10:39</b>
<b>3</b>	405	Nute	Shore	<b>0:10:51</b>
<b>4</b>	409	James	Blumenthal	<b>0:11:15</b>

<b>5</b>	403	Duncan	Minto	<b>0:11:32</b>
<b>6</b>	410	Andrew	Mevissen	<b>0:12:20</b>
<b>7</b>	406	Philip	Graus	<b>0:12:30</b>
<b>8</b>	404	Greg	Barlow	<b>0:12:31</b>
<b>9</b>	408	Ian	Sargent	<b>0:12:59</b>
<b>10</b>	402	Bernie	Robinson	<b>0:13:00</b>
<b>11</b>	411	Richard	Sutton	<b>0:16:14</b>

### **3<sup>rd</sup> September**

Jamie Sherson placed 5<sup>th</sup> overall and 1<sup>st</sup> in his age category in the Fathers Day Fun Run (5km) held at Homebush today. He did an outstanding time of 17:01.

### **7<sup>th</sup> – 9<sup>th</sup> September**

Our talented youngsters did well on the first day of the Combined High Schools athletics meet at Homebush: -

Reece Diaz was the 6<sup>th</sup> fastest in the heats of the Boys 15 years 800m with a time of 2:16.29. He qualified for the final. He placed 9th in the final (2:19.93).

Blake Johnson was 9<sup>th</sup> fastest (2:17.01) and also qualified for the final. He placed 5th in the final (2:05.15). He also placed 3rd in Boys 15yrs 1500m (4:31.82).

Andrew Blunden was 10<sup>th</sup> fastest in the Boys 14 years 800m with a time of 2:19.33. He narrowly missed out on the final. He also placed 11th in Boys 14yrs 1500m (4:53.72)

Stacey Argent - 8th in Girls 16yrs 800m final (2:47.70) after placing 6th in the heat (2:42.98) & 8th in Girls 16yrs 1500m (5:33.63).

Well done to all our talented juniors!

### **15<sup>th</sup> September**

Proud mum Lucy Pellizzari advises that daughter Natalie competed at the CCC State Championships at Homebush today and achieved the following results: -

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Hurdles 4th in Final time 18.39sec  
 200m - 3rd in heat - overall 9th time 28.18sec  
 100m - 4th in heat - 13th overall (4heats) time 13.84sec  
 400m - 3rd in heat - overall 6th time 1.03

She was very pleased with the overall results especially with the hurdles.

She has entered the All Schools competition. She has entered the 400 hurdles as well as 400m.

### **17th September**

Garry Womsley and Roger Mar competed in the Spring Beach Classic (8km) today at Wanda Beach. Garry placed 8<sup>th</sup> overall in a time of 34:15 while Roger improved his time by over 2 minutes from 2005 and finished in a time of 42:46.

Terry Rose contested the Orange Blossom Festival Fun Run (4km) at Baulkham Hills and finished in a time of 19:38.

Greg Sargeant contested the 9km Blackmores Bridge Run and finished in a time of 45:59.

Richard Frost (3:33.09), Graham Sheargold (3:56.23) and Geoff Sheargold (3:56.28) contested the Blackmores Sydney Marathon. It was Richard's and Geoff's first ever Marathon.

Nick Hanna (1:36.52) contested the Blackmores Sydney Half Marathon and achieved a huge personal best time.



### 19<sup>th</sup> September

Brad Milosevic, stricken with the flu, placed 3<sup>rd</sup> in the CIS 3000m in a time of 10:38.

### 24<sup>th</sup> September

Brad Milosevic won the 2000m Steeplechase event held today at Blacktown Olympic Park as part of the Blacktown City Games. Another Girraween member, Reece Diaz, also participated in this race and placed 2<sup>nd</sup>. The competitors had to brave strong gale-force winds and a water jump that was not filled to capacity but came through with flying colours.

Our younger members participated in the Holroyd Shield at Gipps Road Reserve today. The fun event contested by Holroyd, Greystanes and Girraween Little A's clubs, was marred by both strong winds and blistering temperatures and was eventually called off at 1.30pm. The Holroyd club won the shield this year from Girraween with Greystanes finishing third.

Eight of our members contested the Sydney Marathon Clinic Road Races at Rossford Street Reserve today. Results and times as follows: -

#### 5km: -

- |                       |       |
|-----------------------|-------|
| 1) GARRY WOMSLEY –    | 19:40 |
| 2) MATTHEW BARLOW –   | 19:42 |
| 3) TERRY ROSE –       | 22:51 |
| 4) JOHN TOSH –        | 23:01 |
| 5) MICHAEL CHRISTIE – | 26:54 |

#### 10km: -

- |                |       |
|----------------|-------|
| 1) ROGER MAR – | 52:59 |
|----------------|-------|

#### 21.1km: -

- |                       |         |
|-----------------------|---------|
| 1) MICHAEL KAMMERER – | 1:18:51 |
| 2) GRAHAM SHEARGOLD – | 1:38:33 |

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## *Relay For Life Update!*

Some members of the Girraween club have expressed interest in participating in the 'relay for life' a charity event held to raise funds for cancer research. So we would like to enter this event as a club and support this worthy cause.

### About the Event

The 'Relay for Life' is run by the cancer council and raises much needed funds for cancer research as well as other vital work that the cancer council does. From what I know it is a very community spirited event, not only raising funds but also celebrating cancer survival. The event is held on an athletics track, in our case the track at Blacktown Olympic park, near the softball stadium. The idea is that we have a team of between 10 and 15 people and one person from the team has to be on the track for a full twenty four hour period. 10 to 15 people is the recommended number however I realise it may be difficult as this would mean each person would have to be on the track for over an hour. As a result the exact team number will depend on interest and how long people are willing to walk for. The relay will be held on 28<sup>th</sup> October this year, which is a Saturday, and it begins at 10am. I am told that breakfast is provided the following morning which should be very popular among the athletes! We can of course have more than one team entered in the event so I need as many people as possible to get involved. It's not a race and there isn't a minimum number of laps so it is by no means

restricted to members of the club, family and friends are more than welcome as well. I realise its still a while off but there is a lot to organise, lots of funds to raise and the team does have to be registered so I would appreciate it if anyone who is interested could register on-line as soon as possible (see below).

### **Fundraising**

The main purpose of the event is of course fundraising. It doesn't work like a walk-a-thon where you are sponsored per km but rather you ask people to donate a certain amount of money for going in the event regardless of how far you go. We can also have fundraising events as a group that can also contribute to our total. Particularly on the day of the event there is an opportunity to raise money by having a stall, doing face painting, things like that. Any ideas anyone has, I would be happy to hear them, as I haven't thought of much as of yet. There is an \$11 entry fee for those who want to participate and it is recommended that each person raises \$150. This may not be possible for all team members, which is why we need to have some group fundraising events, so everyone get thinking!

### **On The Day**

The relay begins at 10am but there is an opening ceremony, to remember those who have died of cancer as well as celebrating the lives of those who have survived. I'm not sure if this takes part before 10am but I will find out. There is also a candle light ceremony to remember those who have died of cancer, where you can light a candle in memory of someone who has died. Then the walking begins. We are supposed to pitch a tent, where those who aren't walking can relax before and after their turn on the track. The cabana could be used here, and we could then put up our Girraween banner. Any other ideas please let me know. I think that's it, any questions, don't hesitate to ask and don't forget to tell me if you're interested.

### **Update**

We have a web page for our relay for life team. The idea is that everyone logs on and joins our team. Below is the link to our site: -

[http://www.relay.cancercouncil.com.au/?2006/blacktown/girraween\\_athletics\\_club/](http://www.relay.cancercouncil.com.au/?2006/blacktown/girraween_athletics_club/)

Regards Carly Eager

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## ***Lots Of Girraween Gear At Discounted Prices!***

We have around 40 of the old cotton singlets left in various sizes. They would make great training singlets. These singlets are now at the bargain basement price of \$10.00 each.

Also, we still have 54 pairs of our Girraween Athletics signature socks in stock at a great price of \$6.50/pair.

We also have the following items on sale: -

3 Blue & White Girraween Jackets, one each of size Small, Medium and 2XL @ \$65.00 each.

As we don't foresee getting any more jackets made in the near future, these could become collector's items! So be quick!

If you are interested in purchasing any of these items, please contact Garry Womsley or Steve Williams.

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## ***ANSW Have Moved!***

From Monday 4th September, Athletics New South Wales will be based at Sydney Olympic Park Athletics Centre. Our new contact details are:

Location - Sydney Olympic Park Athletics Centre - Edwin Flack Drive, Homebush

The office is located at the rear of the grandstand within SOPAC. Please note that the entrance is via the stairs at the rear of the grandstand and that there will be no access to the office via the tunnel.

Postal Address - PO Box 595, Sydney Markets NSW 2129

Phone Number - (02) 9746 1122

Fax Number - To be confirmed

Yours in Athletics,  
eATHLETE  
[www.nswathletics.org.au](http://www.nswathletics.org.au)

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## ***Help The Club By Selling Raffle Tickets!***

As part of our fundraising efforts to update our equipment and facilities, we are handing out books of raffle tickets on race days at C.V. Kelly. Each book contains ten tickets (at \$2.00 each) and it would be great if you could take one and sell these among your friends, families and work mates.

The prizes are as follows: -

1st Prize - Toyota Corolla (Value: - \$22,000)

2nd Prize - Jewellery (Value: - \$3000)

It will be drawn on 17th January, 2007.

If you are interested in getting a book, please see Cheri Womsley on race days.

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## ***Resi Mortgage Special Offer!***

Athletics NSW are proud to welcome Resi Mortgage as the naming rights sponsor of both the Summer Club Premiership Series and the Sydney Track Classic.

The Resi Club Premiership will see clubs compete over six rounds of competition to determine the premier track and field club within New South Wales. Commencing on 21st October, the series will run through until 2<sup>nd</sup> December, with athletes both young and old competing to

score valuable points for their clubs. The winners of the male and female divisions earn the right to compete at the Australian Club Championships.

The Resi Sydney Track Classic will be one of the highlights of the domestic season, providing New South Wales and Australia's best athletes fierce competition and the opportunity to record personal bests in the lead up to the State and National Championships. The meet, which has been given National Series status by Athletics Australia, will be held under lights at Sydney Olympic Park on Saturday, 13th January 2007.

As part of their commitment to Athletics NSW, Resi is pleased to advise members of Athletics NSW and their families the following offer:

**Special Resi Home Loan Offer\* to NSW Athletics members: -**

To celebrate Resi's sponsorship of NSW Athletics, we're offering with our award winning range of home loans: -

- FREE Application
- FREE Valuation
- \$300 club donation

**Terms and Conditions**

\*conditions apply. Valid to 1/4/2007. Minimum loan \$120,000. Valuation fee up to \$250 refunded on settlement. New home loans only. Excludes Great Rate. \$300 donated to applicant's club on settlement. Open to Athletics NSW members and their families.

**Our nearest branch is at: - 2/27 Hunter Street, Parramatta, NSW, 2150. Phone: - 02 9891-6944. So if you are in the market for a home loan, don't forget to mention our club!**

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## **Blair Zone Athletics - every Wednesday at Blair Oval starting at 6.30pm!**

I have just received notification that this competition is on every Wednesday throughout summer (it actually commenced on 7th Sept and will continue until 14th March, 2007).

Most track & field events are covered over a two week roster.

All ages and standards welcome!

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### **THIS SPACE IS FOR HIRE!**

**If you would like to advertise your business in our newsletter or know someone who could be interested, please let Garry Womsley or Steve Williams know.**

**Our newsletter is distributed electronically to over 100 people and is available for perusal on our website, so the exposure for a potential advertiser would be quite large at a fairly low cost!**

