
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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CELEBRATING OUR 30th SEASON!

20 Masters Medals – A Fitting Ending To A Great Season!

Welcome to our April edition of the Girraween Athlete and welcome to the start of the new winter season. It has been another fantastic month for our club. We finished with a grand total of 104 members which was the same amount of members we had at the corresponding time last year. Registrations opened 2 weeks ago for the new season and the response has been promising. Now that athletes can enter on-line, it is now easier than ever to register.

Our summer season at C.V. Kelly ended early in the month and it was probably our best ever and most enjoyable summer season that we've had in the history of the club. The culmination of this was the Girraween versus Blacktown Championship held at Francis Park. Thanks to our large numbers who turned up to compete, we won the inaugural championship. More importantly, it was a great day of competition and camaraderie with our friends from Blacktown. Being one of the larger clubs in the Greater West, it was a great advertisement for athletics in the western suburbs. Hopefully, we can have regular competition with Blacktown and perhaps Nepean and Parramatta in future seasons. Athletics will definitely be the winner!

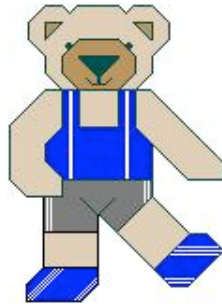
On the representative front, we probably had our most successful month in the history of the club. Our Masters athletes earned a huge total of 23 medals at the Masters Outdoor Pentathlon (1), Masters Weight Pentathlon (2) and State Championships (20). Add this to the medals we earned throughout the season at the State Relays in November (3), the State Steeplechase Championships (3) and the State Open Championships (5), we ended the season with a healthy total of 34 State Medals. That is a record that some of the more fancied clubs in Sydney would love to have!

The other great news is that Girraween Athletics Club Inc. is celebrating its 30th season in 2007/2008. This is a great achievement. While many things have changed in athletics over the last 30 years,

Girraween is still surviving and thriving and still providing competitive but friendly athletics for its members and supporters for 50 weeks of each year.

We now look forward to another West Metropolitan season as well as all the championships that are coming up within the next month. Until then, happy running and most of all, enjoy it! GARRY WOMSLEY.

Out & About With Our Athletes!



CELEBRATING OUR 30th SEASON!

I've been advised by a few long time members that we used to have a bear as a mascot. Thanks to Cheri Womsley and the marvels of computer technology, we have been able to revive the tradition. Does anyone have a name for him? If so, please send your suggestions to gwomsley@olex.com.au. The best entry will be rewarded with a small prize.

This bear is one of many that Cheri is selling as part of her new quilting business called "Hip2Bear Square". If anyone is interested in getting a catalogue, please contact Cheri on 0296366017.

3rd & 4th March

On the weekend of 3rd & 4th March, Lynette Smith contested the ACT Championships in preparation for the NSW State Championships in a couple of weeks.

Her results are as follows: -

Open Discus	33.14m	2nd
Open Javelin	34.69m	1st
Masters Discus	32.76m	1st
Masters Javelin	34.92m	1st
Masters Shot	11.10m	1st
Masters Hammer	28.25m	1st
Masters Weight	10.15m	1st
Masters 400m	65.22s	1st

That's a fantastic haul of 7 gold & 1 silver medal for the weekend.

18th March

Results from the latest race of the SMC Road Race Series held today are as follows: -

<u>5km</u>	<u>Time</u>
1) BRAD MILOSEVIC	16:57
2) NICK HANNA	18:56
3) GARRY WOMSLEY	19:37

4) TERRY ROSE	22:17
5) MICHAEL HEHIR	23:35
6) MICHAEL CHRISTIE	26:44

<u>10km</u>	<u>Time</u>
1) ADAM SINCLAIR	41:16
2) ROGER MAR	54:10

1st April

Garry Womsley contested the Fitness Five Fun Run (5km) in Wollongong and finished in a time of 19:29 which was a season best.

Furnace Like Conditions At All-Comers!

ANSW All-Comers – Saturday, 3rd March, 2007 at Homebush.

Despite the change of seasons, the hot temperatures continued at Homebush today. Held in conjunction with the State Masters Outdoor Pentathlon, good numbers turned out for all of the events on the programme.

New member Yen Tran had a busy day with second placings in each of the T54 100m (20.23sec), 200m (37.59sec) and 400m (1:15.7) races.

Brad Milosevic braved the hot conditions to contest the Open 3000m and placed 8th in a respectable time of 10:35. He then backed up in the Open 2000m Steeplechase and placed 1st in a good time of 7:01.96.

Nick Hanna continued his good form in the Open 3000m placing 10th overall in a time of 11:01. He then backed up in the Open 2000m Steeplechase and placed 3rd in a time of 8:47.57.

Vince Adams, making a comeback after injury, ran well in both the 35+ 100m (13.87sec) and 200m (28.38sec). He placed 5th in both races.

Lajos Joni also continued his good form in the throws. He placed 1st in both the Shot Put (11.14m) and Discus (34.95m). He placed 1st in both events.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Placing/Age</u>
YEN TRAN	T54 100m	20.23sec	2 nd (Open)
	T54 200m	37.59sec	2 nd (Open)
	T54 400m	1:15.7	2 nd (Open)
BRAD MILOSEVIC	3000m	10:35	8 th (Open)
	2000m Steeplechase	7:01.96	1 st (Open)
NICK HANNA	3000m	11:01	10 th (Open)
	2000m Steeplechase	8:47.57	3 rd (Open)
VINCE ADAMS	100m	13.87sec	5 th (35+)
	200m	28.38sec	5 th (35+)
LAJOS JONI	Shot Put	11.14m	1 st (35+)
	Discus	34.95m	1 st (35+)

Garry Defends His Pentathlon Title!

ANSW State Masters Outdoor Pentathlon, Saturday, 3rd March, 2007 at Homebush.

A grand total of 9 men and 4 women contested this year's State Masters Outdoor Pentathlon over the full compliment of age categories from 30-34 upwards. This is probably the smallest field in the history of this event and one wonders how ANSW can make it more popular. It is a pity as this event is a great day of friendly competition. Held in furnace like conditions in conjunction with the All-Comers meet, all competitors had a great day and performed well. Garry Womsley was our only representative this year and he again won the state title in the 40-44 age category. The men's event includes Long Jump, Javelin, 200m, Discus and 1500m. While Garry struggled in the Javelin and Long Jump (as usual), he was happy with his Long Jump (4.07m), 200m (28.42sec) and especially his 1500m (5:17) where he won the race outright after a great tussle with former member Kevin Fisher. His 200m and 1500m times were season bests. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>
GARRY WOMSLEY	Long Jump	4.07m
	Javelin	18.25m
	200m	28.42sec
	Discus	15.65m
	1500m	5:17.62

Total Points: - 1721

Overall Position: - 1st

Age Category: - 40-44

We Are The Inaugural Winners Of The Girraween Vs Blacktown Championship!

Saturday, 10th March, 2007 at Francis Park, Blacktown.

Girraween Athletics Club travelled to Francis Park, Blacktown today for the inaugural Girraween versus Blacktown Championship. We have built friendly ties with Blacktown City Athletics Club over the years and it was decided recently that we would have a fun day of athletics between the two clubs. While we competed for points, the day was mainly designed to promote athletics in the far Western Suburbs. It was one of the last events to be conducted at Francis Park as the old sporting ground has been rezoned for development in the very near future.

The events contested were: - 1500m walk, 100m, 400m, 200m, 1500m, Long Jump, Shot Put, High Jump, Discus and Javelin

There were two divisions: - U/20 Men & Women and O/20 Men & Women and the scores were close in all divisions but it was Girraween who were victorious on the day. After the events were concluded, members of both clubs stayed for a barbecue. This event was a great success and we hope to conduct it each track season for many years to come.

A big thank you goes to all our members who competed on the day. You did our club and its colours proud!

A Good Start To The Winter!- Girraween Pre-Season Cross Country Series, Saturday, 17th March, 2007 – C.V. Kelly Park & Surrounds.

We had an enjoyable start to the Cross Country season. Approximately, 40 members / visitors attended for registrations followed by 2km / 4km / 8km events. The afternoon was quite humid and became even more so with the afternoon rain. Nevertheless, the afternoon provided a good opportunity to practise for the winter competition.

STEVE WILLIAMS

Our Stars Of The Future Perform Well At Homebush!- Little Athletics State Championships, Saturday & Sunday, 17th & 18th March, 2007 – Homebush.

A few athletes from Girraween Little Athletics did exceptionally well at the State Championships over the weekend.

Gold: Jye Perrott U9 Boys - 400 metres
Silver: Kacee Cubis U13 Girls - 200 metre hurdles
Bronze: Luke Jobson U10 Boys - 1500 metre walk
Bronze: Jye Perrott U9 Boys - 800 metres

Additionally, Gary Micallef was the winner of the LAANSW/ATFCA Coach of the Year Award which was presented at Homebush yesterday.

WAYNE THURLOW

Andrew Blunden, who competes for Greystanes Little A's, also competed at the State Championships placing 5th in the 1500m in a time of 4:29 and 4th in the 3000m in a personal best time of 9:57.

GARRY WOMSLEY

A Very Wet All-Comers!- ANSW All-Comers, Saturday, 17th March, 2007 – Campbelltown.

Our athletes had to deal with rainy conditions today ranging from drizzle to torrential throughout the afternoon. Despite the uncomfortable conditions, our athletes performed well particularly our Masters athletes who had a good final hit-out before next weekend's State Championships at the same venue.

Natalie Pellizzari placed 5th in the U/18 100m in a time of 14.59sec.

Ernie Leseberg placed 6th in the Open 100m (12.00sec) and 3rd in the 200m (22.5sec)

Jamie Sherson tried to break the 9:00 barrier in the Open 3000m and almost got there with a time of 9:06.6. He placed 4th.

Nick Hanna continued his good form in the Open 3000m and placed 11th in a great time of 10:37.9.

Vince Adams had the worst of the conditions during his events but still did well. He placed 6th in the 35+ 100m in a time of 14.24sec and 4th in the 200m in a time of 27.9sec.

Roger Mar placed 3rd in the 35+ 800m (3:17.0) and 8th in the 3000m (15:15.8) after a long absence at this level.

Garry Womsley did a season best in the 35+ 3000m (11:13.2).

Full results as follows: -

	<u>Event</u>	<u>Time</u>	<u>Placing/Category</u>
NATALIE PELLIZZARI	100m	14.59sec	5 th (U/18)
ERNIE LESEBERG	100m	12.00sec	6 th (Open)
	200m	22.5sec	3 rd (Open)
JAMIE SHERSON	3000m	9:06.6	4 th (Open)
NICK HANNA	3000m	10:37.9	11 th (Open)
VINCE ADAMS	100m	14.24sec	6 th (O/35)
	200m	27.9sec	4 th (O/35)
ROGER MAR	800m	3:17.0	3 rd (O/35)
	3000m	15:15.8	8 th (O/35)
GARRY WOMSLEY	3000m	11:13.2	5 th (O/35)

Yet Another Two State Placegetters! – ANSW

State Masters Pentathlon – Saturday, 17th March, 2007 – Campbelltown.

We had two representatives in this competition today. Held in very windy and wet conditions, they both deserved a medal for braving the elements as well as the delays due to the large numbers who turned out. Unlike the Outdoor Pentathlon held two weeks ago, this championship proved very popular with athletes. So much so, that the competition concluded at 8.00pm. The event which consists of Hammer, Shot Put, Discus, Javelin and Weight Throw is not for the faint hearted.

Lynette Smith as she has done in previous years, dominated her age group and finished with a grand total of 2859 points to take out the 35-39 age category. She threw the Hammer 30.00m, the Shot 9.70m, the Discus 32.21m, the Javelin 33.63m and the Weight 10.02m.

Lajos Joni who competes in the 50-54 age category, was in a hot field and finished a narrow 87 points behind the winner to claim the silver medal. He threw the Hammer 38.83m, the Shot 11.35m, the Discus 30.37m, the Javelin 25.17m and the Weight 13.54m to finish with a total of 2806 points.

Full results as follows: -

	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>	<u>Total</u>	<u>Place (Age)</u>
LYNETTE SMITH	30.00m (583)	9.70m (545)	32.21m (522)	33.63m (546)	10.02m (663)	2859	1 st (35-39)
LAJOS JONI	38.83m (598)	11.35m (668)	30.37m (472)	25.17m (330)	13.54m (738)	2806	2 nd (50-54)

20 Medals At The State Masters! – ANSW State Masters Championships, Saturday & Sunday, 24th & 25th March, 2007.

The weather may have been hot and cold over the weekend but the performances of our athletes were far from hot and cold. They earned a grand total of 20 medals made up of 9 gold, 6 silver and 5 bronze. Our State Champions were Lynette Smith (High Jump, Shot Put, Discus & Javelin), Ernie Leseberg (100, 200m & 400m), Lajos Joni (Hammer) and Garry Womsley (3000m Steeplechase). Cheri Womsley was thrilled to earn her first State medals and achieved 3 personal bests in the process. Vince Adams came up against hot opposition in his events in the 50-54 age category. He still managed a season best in the 100m. Conditions were unbearably hot on day 1 (36 degrees) and windy and cold on day 2 (16 degrees). Congratulations to all of our competitors. The dark blue and white braces really stood out from the crowd!

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing/Category</u>
CHERI WOMSLEY	Long Jump	2.27m	3 rd (30-34)
	60m	14.12sec	3 rd (30-34)
	Javelin	9.14m	2 nd (30-34)
LYNETTE SMITH	High Jump	1.57m	1 st (35-39)
	400m	1:07.23	3 rd (35-39)
	Shot Put	10.40m	1 st (35-39)
	Discus	36.24m	1 st (35-39)
	Hammer	27.24m	3 rd (35-39)
	Javelin	36.18m	1 st (35-39)
	Weight	10.30m	2 nd (35-39)
VINCE ADAMS	60m	8.96sec	4 th (50-54)
	100m	13.74sec	4 th (50-54)
	200m	29.72sec	6 th (50-54)
GARRY WOMSLEY	400m Hurdles	1:21.34	2 nd (40-44)
	Long Jump	4.08m	4 th (40-44)
	Discus	15.26m	4 th (40-44)
	Javelin	20.10m	3 rd (40-44)
	3000m Steeple	12:39.19	1 st (40-44)
ERNIE LESEBERG	60m	7.64sec	2 nd (35-39)
	100m	11.20sec	1 st (35-39)
	200m	23.43sec	1 st (35-39)
	400m	51.70sec	1 st (35-39)
	Long Jump	5.67m	2 nd (35-39)
LAJOS JONI	Hammer	43.87m	1 st (50-54)
	Javelin	28.75m	4 th (50-54)
	Shot Put	11.21m	2 nd (50-54)
	Discus	33.99m	4 th (50-54)

You Can Now Do Your Own Registration On-Line!

We are pleased to advise that on-line registrations are now available.

You can now register and pay using your credit card.

If you would like to register this way, go to the ANSW website (www.nswathletics.org.au).

Click on: - "Members Section", then click on: - "New Registrations" and follow the prompts.

Happy Birthday!

We would like to wish all of our members who are celebrating a birthday this month, a very happy birthday: -

1st – Natalie Hendley

4th – Michael Free

10th – Robert Rose

13th – Robert Giesler

19th – Stacey Argent

29th – Suresh Raju

Upcoming Events!

Club Events

April 7 (Sat) - West Mets no. 2 - Queen Elizabeth Park, Concord

April 14 (Sat) - West Mets no. 3 - Northern Bank of Parramatta River, Rydalmere

April 21 (Sat) - West Mets no. 4 - Rossford Street Reserve, Smithfield

ANSW Events

April 28 (Sat) - ANSW NOVICE CHAMPIONSHIPS - RAMSGATE

AA Events

6-8 Apr (Fri-Sun) - Australian Masters Championships (Hobart)

Fun Runs & Other Events of Interest

April 1 (Sun) Kembla Joggers Fitness Five (5km) – Crown St, Wollongong (8.30am)

April 7 (Sat) Striders 10k Race – Check website for further details

April 15 (Sun) Asics Canberra Marathon & Ultra (42.2 & 50km) – Telopea Park High School, ACT

April 22 (Sun) SMC Road Race Series (5km, 10km & Long) – Rossford Reserve (from 7.00am)

April 29 (Sun) Macarthur Run For Health (10km run/5km walk) – check website for further details

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 & Publicity Officer</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Registrar & 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 & 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>Carly Eager</i>	<i>Junior Committee</i>	<i>9675-2167</i>
<i>Vacancies</i>	<i>Summer Competition</i>	
	<i>Fundraising</i>	
	<i>General Committee</i>	

Next Meeting: - Thursday, 26th April, 2007.

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 – Contact Garry Womsley (Phone: - 9636-6017) or Gary Micallef (9631-2658) – Road and Cross Country training for beginners with Gary Micallef (from 5.30pm) and for experienced runners with Garry Womsley (from 6.30pm)

Tuesdays – (6.30-8.00pm) – Middle Distance training at Homebush (Our successful Steeplechase training will resume later in the year)

Training Form!

28th February – 2 x 300m & 2 x 200m – track
 Garry Womsley – 1:10, 1:05 (300m), 0:34, 0:32 (200m)
 Adam Sinclair – untimed (All)
 Stacey Argent – 1:04, 1:05 (300m), 0:38, 0:37 (200m)
 Steve Parkins – 1:00, 1:02 (300m), 0:32, 0:32 (200m)
 Andrew Blunden – untimed (2 x 300m, 1 x 200m)
 Lauren Sinclair – untimed (2 x 200m)

5th March – 2 x 800m – road
 Garry Womsley – 2:46, 2:47
 Brad Milosevic – 2:25, 2:15
 Andrew Blunden – 2:25, 2:12
 Stacey Argent – 2:46, 2:49

7th March – 1 x 400m & 3 x 200m – track

Robert Eager – 1:59 (400m), 0:42, 0:51, 0:50 (200m)
Michelle Manion – 1:30 (400m), 0:33, 0:36, 0:33 (200m)
Stacey Argent – 1:23 (400m), 0:32, 0:36, 0:36 (200m)
Adam Sinclair – 1:24 (400m), 0:32, 0:35, 0:32 (200m)
Andrew Blunden – 1:07 (400m), 0:27, 0:28, untimed (200m)
Brad Milosevic – 1:10 (400m), 0:28, 0:31, 0:30 (200m)
Lauren Sinclair – 2:10 (400m), 0:55, untimed, 0:52 (200m)
Garry Womsley – 1:25 (400m), 0:33, 0:36, 0:33 (200m)

21st March – 3 x 400m uphill (3 x 400m recovery) – (Girraween Road)

Wayne Thurlow – untimed (All)
Adam Sinclair – 1:19, 1:10, 1:03
Brad Milosevic – 1:02, 0:58, 0:55
Roger Mar – 1:37, 1:31, 1:30
Andrew Blunden – untimed (2 x 400m), 0:54
Garry Womsley – 1:19, 1:17, 1:08

26th March – 3 x 150m (3 x 150m recovery) – (Premier Street)

Adam Sinclair – 0:22, 0:22, 0:20
Andrew Blunden – untimed (2 x 150m), 0:18 (150m)
Steve Blunden – untimed (All)
Peter Matthews – 0:21, 0:23, 0:22
Brad Milosevic – 0:22, 0:21, 0:20
Vince Adams – 0:30, 0:30, 0:27
Wayne Thurlow – 0:19, untimed, 0:20
Garry Womsley – 0:26, 0:22, 0:21

28th March – Girraween Time Trial (4.2km, 5.1km & 6.8km)

4.2km

- 1) Garry Womsley – 20:39
- 1) Wayne Thurlow – 20:39
- 3) Michelle Manion – 23:20
- 4) Robert Eager – 23:40

5.1km

- 1) Steve Blunden – 26:43

6.8km

- 1) Brad Milosevic – 27:25
- 2) Nick Hanna – 27:27
- 3) Andrew Blunden – 28:00
- 4) Roger Mar – 38:05

Are You Interested In Becoming A Coach? It Is A Rewarding Experience!

From the dawn of time, mankind has shown his athletic abilities in many ways. For example: - hunting for food, running away from dangerous predators, travelling between towns, dodging spears and arrows and conveying messages. Nowadays, with all our creature comforts and technology, we need a little more help to stay athletic and that's where coaching comes in. All human beings have athletic ability of some kind. Some are fast over short distances others are fast over long distances, while others can run incredible distances and not tire. Others can throw well and still others can jump. Whatever your event, coaching can bring out the best in all athletes. However, there is always room for more coaches. Therefore, if you think you have an interest in bringing the best out of others and even staying fit yourself give Roger Green a call at the Australian Track & Field Coaches Association on 9520-9324. The Level One Basic Course is the first step in becoming a coach. It is a two day course over one weekend. On completion of this course, you can then attempt a Level Two Event Specific Course. This

is also a two day course where you get to specialise in your selected event or events. All of this year's courses are listed at the bottom of this story. As a coach since July 2004, I can tell you that it has been a thoroughly enjoyable and fulfilling experience bringing the best out of the athletes I have coached and see them go on and do personal bests, win medals, win championships and also just generally improve and get more confident. That is what coaching is all about. However, you must be personally motivated, enthusiastic, prepared to get your hands dirty as well as being prepared to take the odd setback or two. I never said that it is always easy but it is definitely fulfilling. If you feel that you have what it takes, give Roger a call or drop him an email on ragreen@digisurf.net.au. It is also worth noting that on successful completion of your course, Girraween will pay for your course fees. (Providing you are a member and are willing to join our coaching team).

Happy Coaching! GARRY WOMSLEY (Level 1 Basic, Beginning Coaching General Principles, Level 2 – Distance & Walks, Sprints & Hurdles, Jumps, Throws, Coaching AWD's, General Principles of Coaching)

LEVEL ONE COURSES

JUNE 23-24 – WESTFIELD SPORTS HIGH (Closes: - JUNE 11)

JULY 28-29 – WANGI WANGI (Closes: - JULY 16)

AUG 11-12 – WESTFIELD SPORTS HIGH (Closes: - JULY 30)

LEVEL TWO COURSES

MAY 12-13 – WESTFIELD SPORTS HIGH (Closes: - APRIL 30)

JULY 14-15 – WESTFIELD SPORTS HIGH (Closes: - JULY 2)

AUG 4 –5 – WANGI WANGI (Closes: - JULY 23)

SEPT 1-2 – WESTFIELD SPORTS HIGH (Closes: - AUG 20)

The Australian Sports Commission is also offering a free course for beginner coaches as follows: -

The Australian Sports Commission is pleased to announce the launch of a new online course for coaches.

The Beginning Coaching General Principles online course has been developed to assist new coaches improve their basic coaching skills, in particular, those coaches working with children.

Coaches can complete the course in their own time, from the comfort of their own home. It is initially being made available free of charge to Australian coaches by the Australian Sports Commission.

About the course: -

The course contains five modules, covering a range of general coaching topics, including the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group management and inclusive coaching practices when working with people with a disability or special population groups.

The course takes approximately 6 hours to complete with assessment included at the end of each module.

How to access the course: -

The Beginning Coaching General Principles course is available from the Australian Sports Commission's new online learning portal. Go to: <https://learning.ausport.gov.au> <<https://learning.ausport.gov.au/>> for more information on the course, and to enrol.

I have just completed this on-line course and can recommend it to everybody, both coaches and non-coaches. It teaches about all aspects

of sports coaching, how a coach should conduct himself and how to properly coach sports people of all ages - GW

Sunday Morning Training Group!

On Sunday, 28th January, we got 4 runners to our inaugural Sunday morning training run and hope to have more joining us in the future. A lot of distance runners enjoy a long run on a Sunday and hills around our local area are ideal to get the heart pumping and the legs working. Why not join us? We meet at 7.00am for a 7.15am start most Sundays. For more information, please call Garry Womsley on 0405586961.

This month's programme is as follows: -

Sunday, 1st April (7.00am for 7.15am start)

Start at C.V. Kelly and run along the Great Western Highway. Turn left at the Cumberland Highway and return through Pendle Hill.

Sunday, 8th April (7.00am for 7.15am start)

Start at C.V. Kelly and run to the top of the hill at Nelson's Ridge via Great Western Highway & Greystanes Road. Return the same way.

Sunday, 15th April

No training today as most of us are working as marshals at the BRW Corporate Triathlon in Sydney

Sunday, 22nd April (from 7.00am) – Rossford Street Reserve

Participate in the Sydney Marathon Clinic Road Race Series. Choose between 5km, 10km or 21.1km races.

Sunday, 29th April (7.00am for 7.15am start) – Gipps Road (start near Scout Hall)

1 hour & 10 minute run along the cycle path (old canal) heading west past Prospect Reservoir. Turn around after 35 minutes and head back the same way. (Try to negative split)

Health Warning: - Don't Drink Out Of The Bubbler At C.V. Kelly!

It would be advisable for all athletes who compete and train at C.V. Kelly to refrain from drinking out of the bubbler near the equipment shed. It appears that it is being used by local dog owners as a drink stop for their dogs. A number of dog owners were observed recently lifting up his dog to the spout of the bubbler for a drink which it subsequently licked. Drink from this bubbler at your own risk!

GARRY WOMSLEY

From The Athlete's Kitchen!

Scalloped Potatoes With Cheese

Ingredients

1 garlic clove, halved
6 medium peeled red potatoes, cut into 1/8 inch thick slices
2 tablespoons margarine, melted
½ teaspoon salt
1/8 teaspoon pepper
2 oz. Shredded Gruyere cheese
1 cup skim milk

Preheat oven to 425 deg f.

Method

Rub an 11 x 7 inch baking dish with cut sides of garlic halves, coat dish with cooking spray.

Arrange half of potato slices in dish, drizzle with 1 tablespoon margarine.

Sprinkle with ¼ teaspoon salt and half of pepper, top with ¼ cup cheese. Repeat layers with remaining ingredients.

Bring milk to a boil over low heat in a small saucepan, pour over potato mixture. Bake uncovered at 425 deg f for 40 minutes or until potatoes are tender.

Note: - This recipe is very flexible, it tastes great with non-fat healthy choice cheese, any kind of potatoes, and even reducing the margarine, or using a reduced fat brand.

Girraween Athletic Club

Athlete Profile!

By Michael Christie

Last month one of our member's, Gary Micallef was named 2006 Australian Track & Field Coaches Association (NSW Branch) Little Athletics Coach of the Year.

This is a tremendous achievement. Some of the comments in the nomination are as follows:

"A grass roots coach who has had significant impact"

"A natural charismatic style of leadership inspiring children to achieve their best"

"He strongly believes that all Little Athletes who want help should receive it"

"Gary is at the centre of almost everything that occurs at Girraween"

Gary was kind enough to spare a few moments for the following interview.

1) Gary, you started with Girraween Little Athletics in 1995. What type of club was it then in regards to numbers, parental support, coaching?

The club was obviously smaller approx 300 members. LA's parental support was somewhat similar and coaching was nearly non existent, about 4 coaches when available.

2) What were the factors that started you in coaching?

I liked to help out and I felt that I could help my own kids somehow, it also gave me an excuse to leave work early and spend more time with my kids.

3) What did your daughters and wife think when "dad" decided he wanted to coach?

Jo said, good you can take the kids to training and spend more time with them, which has been fantastic, and the kids thought it was great so they could learn more.

4) Was it easy for you to start coaching? What processes did you need to follow?

It was fairly easy. After helping an age manager, I learnt a lot about the rules which made it easier to understand, then during winter July 1996 I became accredited as an "O" Level coach.

5) Can you outline the steps you have taken in reaching your present position?

In 96/97 I filled in as Coaching Co-ordinator. At the AGM I joined LA's Committee as a Coaching Co-ordinator. In Aug 1997 I did Level 1 Accreditation for Jumps (High, Long, Triple Jumps & Pole Vault). In 2000 I obtained Level 1 Accreditation in Throws (Discus, Shot Put, Javelin & Hammer). I continued coaching to present day making changes along the way to keep training interesting, different warm ups, drills, starting blocks etc, also started winter cross country training for LA's and Seniors.

6) What has been your biggest thrill from coaching over the last 12 years?

Lots of different things, many children achieving their own little goals. Liam Corey-Yorke making Nationals in the U/13's and winning a Gold medal for Long Jump. Ashley Micallef winning Bronze at the State Road Walks at Leeton and many more. The list goes on and on. On my personal side, being nominated 3 times for Coach of the Year award and winning it over so many other very good coaches.

7) What advice can you give our readers & prospective coaches about taking coaching up?

Yeah, come on, give it a go but don't get caught up in the tall poppy syndrome (meaning don't concentrate only on your best athletes leaving the rest feeling left out), always try to look at the better or good side of a situation not the down side and give constructive criticism not destructive criticism. Not all athletes are equal and we all need different levels of attention. If you want to become a coach, speak to me, I'll gladly give out advice.

8) What are your future plans when your last daughter finished Little Athletics? Will you continue coaching or retire?

It's very hard to make a decision right now. We have already started winter training, while I am feeling good I'll continue, perhaps a decision will be made later.

9) What has been the general reaction to you being named (NSW Branch) Little Athletics Coach of the Year?

I have been congratulated by many people who have known me for a long time. They have all said that I deserve it. Thank you!

10) What did your family think?

Jo and the kids were very surprised, they always said I deserved to win but never thought I would.

Gary in closing I would just like to thank you for your time. You are a credit to the sport and Athletics in general needs people like you. Thank you.

I would like to take this opportunity to thank all of the other coaches Tony Ward, Viv Manwaring, Brad Weyland, Matt Dunn, Jo Micallef, Lisa Grant, Garry Womsley, Wayne Thurlow, Mel & Matt Dunn & Nicole Purdie, all the parents and athletes for their support and a special thank you to my family Jo, Ashley, Kelly & Brenda for sticking with it as I have.

Great Athletes of the Past!

By Michael Christie

Lillian Board [Great Britain] (1948-1970)

Lillian Board was born on December 13, 1948 in Durban, South Africa. Her family had recently emigrated from Great Britain, but moved back to Manchester early in 1950. In the mid 1950's the family moved to London. As a schoolgirl, Board started to show promise and joined the London Olympiads all-female athletic club. In her early teens, Board started off with sprints before moving up to the 440 and 880 yards. It was in 1966 that she was named in the English team to compete at the 1966 Commonwealth Games at Kingston, Jamaica. Board made the final of the 400m and finished 5th in a time of 54.7, just outside her personal best. It was still a credible effort, given that she was only seventeen.

It was 1967 that saw her burst into international prominence. In the 400m race at the USA vs Commonwealth meet in Los Angeles she beat a top-class field in a time of 52.8, beating Australia's 440y world record holder, Judy Pollock in the process. She was eighteen. In 1968 after a string of quality performances, she was named in the British Olympic team to compete over 400m in the 1968 Mexico City Olympic Games. Board was considered one of the favourites. In an exciting 400m final, Board finished second by 9/100ths of a second behind Frenchwoman, Colette Basson in a time of 52.12. Despite the initial disappointment, it was a marvellous achievement, at only nineteen and with her whole career stretching out in front of her.

In 1969 Board continued running over the shorter distances and was considering staying at the 400m for the upcoming European Championships in Athens. However, back trouble in the middle of the year forced her to give up racing for five weeks. She did recover and took her place in the British team. She ran the final of the 800m in the European championships and won in a time of 2:01.50, a wonderful effort given her lack of experience over this distance on the big stage. As anchor of the British 4x400m relay team, she won a second gold medal, coming from nearly eight metres down near the last bend behind Basson and running her down in the last stride. The British team had set a new world record in a time of 3:30.8. It was one of her greatest performances.

Early in 1970, Lillian was awarded an MBE in the New Years Honours List, an appropriate recognition of her athletic achievements over the last two years. She reduced her training regime as a precaution against additional back injuries. She also began to suffer from stomach trouble which was affecting her performances. She ran some races in May and in June ran the Women's 800m AAA in a time of 2:05.1, finishing third. It was to be her last competitive race. Her health did not improve and she missed the 1970 Commonwealth Games. Throughout the remainder of the year, her condition deteriorated. Lillian was diagnosed with cancer. As a last resort, she went to have treatment at a clinic in Munich, West Germany. But sadly, despite a brave fight, she died on December 26, 1970, thirteen days after turning twenty-two. The effect on her family, friends and British athletics was devastating. As Mel Watman, the leading British athletic historian noted as part of his tribute: 'Lillian's fame will endure as a result of her wonderful athletics career and her incredibly courageous fight against the illness that was to cut her life so tragically short. Certainly, I shall always treasure such magic moments as her thrilling triumphs in Athens and ponder on the bravery of this young woman as she struggled against the unimaginable pain and debilitating effects of her illness. Most of all I shall remember with gratitude Lillian, the friendly and vivacious 'girl next door'. (Watman 2006, p.106)

Lillian Board has not been forgotten in British athletics, as instanced by Britain's Rebecca Lyne's moving gesture in dedicating her bronze medal she won in the 800m at the 2006 European Championships to Lillian. Her impact during her brief career was amazing. It is truly fitting that she is still remembered today with such fondness by those who knew her and athletes who continue to be inspired by her.

Sources and Further Reading

Emery, D 1971 *Lillian*, Hodder and Stoughton, London.

<http://www.sporting-heroes.net/athletics-heroes/displayhero.asp>, viewed 18 February 2007.

Watman, M 2006 *All Time Greats of British Athletics*, SportsBooks, Cheltenham, UK.

http://en.wikipedia.org/wiki/Lillian_Board, viewed 18 February 2007.

Athletics Trivia!

It's interesting how many Australian representatives in other sports tried their hands at athletics before moving on to another sport: -

Reg "Snowy" Baker who represented Australia at Boxing and Swimming at London in 1908 was an All-Schools athletics champion in 1898.

Peter Macken who represented Australia at Modern Pentathlon in Rome (1960), Tokyo (1964), Mexico City (1968), Munich (1972) and Montreal (1976) was an accomplished Cross Country runner who had never ridden a horse, fenced or used a pistol when he decided to try his hand at this event for the first time in 1958.

Cycling champion Kathy Watt (Barcelona 1992, Atlanta 1996 & Athens 2004) won a junior 3000m title in 1986 before an achilles injury changed her sporting focus.

National Netball representative Natalie Avelino did athletics as a youngster at Girraween and still holds some junior records with the club.

Footballers Ken Irvine (Rugby League) and Michael Cleary (Rugby League & Union) had success at sprinting before representing Australia in the football codes.

Australian Schoolboys Rugby Union representative Ryan Cross was a champion Shot Putter before choosing the football codes. (Rugby League & now Rugby Union).

Kayaking Bronze medallist (Los Angeles 1984) Grant Kenny was a beach runner before getting involved in Ironman, Surf Life Saving and Paddling events.

This goes to prove that Athletics provides a good grounding in both the physical and mental strength required to excel in a number of different sports. The fitness and endurance aspects would also be beneficial.

The most interesting case of all is Nova Peris who started in Hockey and won Olympic Gold before turning her talents to sprinting where she won Commonwealth Gold. A truly amazing feat which will probably never be matched.

More interesting trivia next month!

For Sale!

Janome 300E Embroidery Machine

Comes with 2 hoops, 5,500 embroidery files plus 100 built-in designs

Also comes with software

\$1,100.00 o.n.o.

For further information, please call Cheri Womsley on 0404722806

Fundraising Opportunity!

We are trying to raise more funds for our club with Tesselar Bulbs. They range in price from \$5.00 - \$30.00.

They are great for Birthday & Christmas presents. The great thing is that if we get more than \$160.00 worth of orders, the club gets 45% profit.

If you are interested, please grab a form from Cheri Womsley on race days. This is a reputable company who Cheri has dealt with on a number of occasions in the past.

Forms need to be back by 17th April.

Another Fundraising Opportunity!

I would like to take this opportunity to offer your club this fantastic opportunity to help raise some easy money for your club. With growing running costs and greater competition for sponsorship dollars between clubs, finding new and simple ways of raising much needed funds is so important.

Super Sprint are the event organisers for many triathlons, fun runs and other events held mostly around Melbourne, but also in Sydney, during the late spring, summer and early autumn months. We are currently seeking expressions of interest from clubs and sporting groups that may be interested in providing us with event marshals for our forthcoming 06/07 season.

For each marshal that you are able to provide for our events, we will remunerate your club \$45 per marshal. Each marshal shall be provided with an event top as well as a show bag containing food & drink refreshments....

Typically, marshals are required at events from approximately 6.00am until 12.00am and may work as course marshals, transition area, pedestrian crossings, drink stations, timing or at the finish line.

Some of our regular groups supply around 10 marshals per event and by the end of the season have raised in excess of \$4000 for their club. Other groups that have targeted one event, get up to 50 people along and have raised over \$2000 from the one day. So you can see it is very easy way making some good money for you club.

Below is a copy of the event calendar for the forthcoming season.

*	BP Ultimate / BRW
Corporate Triathlon	Sydney Mrs Macquaries Point
Sunday 15th April 2007	

If you are interested in being involved, please contact GARRY WOMSLEY.

Those who have committed to this event so far are: -

ANDREA HENDLEY, NATALIE HENDLEY, ERIKA HENDLEY, GEORGE MILOSEVIC, BRAD MILOSEVIC, GARRY WOMSLEY, CHERI WOMSLEY, WAYNE THURLOW, ADAM SINCLAIR, NICK HANNA, STEVE WILLIAMS, STEVE BLUNDEN, ANDREW BLUNDEN

World News!

12th March

Sally McLellan broke a 35 year old Australian record when she won the 100m Hurdle at the National Championships held in Brisbane. Her time was 12.92sec which beat Pam Ryan's 1972 record of 12.93sec.

Joshua Ross (100m & 200m) and Tamsyn Lewis (400m & 800m) both secured double National titles. It was the 1st 200m title and his 4th straight 100m title. Lewis secured her 10th 800m title and her 2nd 400m title. Ross mentioned that he may try his hand at Long jump as well.

The 3000m Steeplechase was a torrid affair with Peter Nowill taking out the National title but making no friends when he jostled with Yucef Abdi with 380m to go. This caused Abdi to fall badly and take no further part in the race. Martin Dent placed 2nd.

29th March

South Korean town Daegu has won the right to stage the 2011 World Championships. Brisbane was favoured to get this prestigious event after staging the 1992 Commonwealth Games and 2001 World Masters Games but they lost out to the battling town which is expected to be a real boost to their economy.

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.

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

AND SOMETHING NEW TO ADD TO YOUR GIRRAWEEEN COLLECTION.....

I'm pleased to announce that we will have special Girraween T-Shirts for sale from this Saturday (7/4/07).

They are \$25.00 each.

I'm sure everyone will love to add this t-shirt to your Girraween clothing collection!

Our Lightning Policy!

Please be advised, that in the event of lightning close to where we are training, all athletes are to stop training and proceed to a sheltered area as directed by the person in charge of the training session.

The conditions will then be assessed over the next 10-20 minutes. If conditions have cleared, training can resume, if not, training will discontinue.

I thought it was useful to remind everyone as we had an instance recently where I stopped training due to lightning coming from a number of parts of the sky close by.

I deemed it too dangerous to continue and all athletes were directed to a sheltered area until further notice. However, an athlete continued to train despite repeated calls from me and another committee member to stop.

The reality is that if this athlete had been struck by lightning both myself and the club would have been liable to have legal action taken against us due to negligence.

Therefore, it is very important that if someone directs you to stop training due to the danger of lightning, you STOP!

GARRY WOMSLEY

Media Watch!

7th March

We get a small mention in this week's Parramatta Advertiser in the sports section. Along with two Parramatta athletes who won their age groups in the State Masters Outdoor Pentathlon last Saturday, Garry Womsley is also mentioned for winning his age group.

14th March

Andrew Blunden along with his Greystanes club mates who made the State Little Athletics Championships this weekend, feature in a photo and a small article in this week's edition of the Parramatta Sun.

21st March

There is another small article in this week's edition of the Parramatta Advertiser. It mentions Lynette Smith's win at the State Masters Weight Pentathlon and Lajos Joni's 2nd placing in the same competition.

28th March

We've got another small story in the Parramatta Advertiser this week. It talks about our 19 medal haul at last weekend's State Masters Championships. It also lists all of our medallists.

The 2007 Winter Programme!

May 5 (Sat) - ANSW ROAD CHAMPIONSHIPS - HOLSWORTHY

May 12 (Sat) - West Mets no. 5 - Southern Bank of Parramatta River, Silverwater

May 19 (Sat) - West Mets no. 6 - Col Sutton Park, Winston Hills

May 20 (Sun) - ANSW HALF MARATHON CHAMPIONSHIPS - SYDNEY

May 26 (Sat) - West Mets no. 7 - Upjohn Park, Dundas

June 2 (Sat) - ANSW CROSS COUNTRY RELAYS - MIRANDA

June 9 (Sat) - West Mets no. 8 - North Ryde Common, Macquarie Hospital

June 16 (Sat) - West Mets no. 9 - Crestwood Reserve, Baulkham Hills

June 23 (Sat) - ANSW LONG COURSE CROSS COUNTRY CHAMPIONSHIPS - WILLANDRA

June 30 (Sat) - West Mets no. 10 - Prospect Reservoir

July 7 (Sat) - West Mets no. 11 - River Road Reserve, Emu Plains

July 14 (Sat) - ANSW SHORT COURSE CROSS COUNTRY CHAMPIONSHIPS - ABBOTSBURY

July 21 (Sat) - West Mets no. 13 - Cowell's Lane Reserve, Ermington

July 28 (Sat) - West Mets no. 12 - Gipps Road Sporting Complex, Greystanes

August 4 (Sat) - ANSW ROAD RELAYS - WOLLONGONG

August 11 (Sat) - No Competition

August 12 (Sun) - SUN-HERALD CITY2SURF

August 18 (Sat) - West Mets no. 14 - Northern Bank of Parramatta River, Rydalmere

August 25 (Sat) - West Mets (Non-Pointscore) - Trevor Lonard Handicap, Prospect Reservoir

September 1 (Sat) - West Mets (Non-Pointscore, Presentation) - Concrete Path on Eastern Side of Duck Creek, West Auburn

Notes: -

1) \$2.00 per week or \$20.00 for the season

2) Athletes must nominate by the second week which event (Short, Medium or Long) is to be their point scoring event

3) Athletes are scored on their best 10 completed races, with a minimum of 8 completed races to be eligible for awards

Please note: - There has been two changes to the original programme released in January. West Mets no. 5 on May 12 will not be held at Meadowbank as previously advised. It will now be held at the Southern Bank of Parramatta River near Silverwater Bridge. Also the NSW Short Course Cross Country Championships will be held at Abbotsbury not The Crest at Bankstown as previously advised. Details are in the West Mets Handbook which is available from Garry Womsley or on race day at each venue.

For Those Over 30 – A Date For Your Diary!

We are pleased to advise that next year's National Masters Championships will be held at Blacktown over Easter 2008. All athletes are eligible to compete who are over the age of 30. All track & field events are covered as well as cross-country. If you want to be part of this event, all you have to do is join the NSW Masters Club. The membership fee is only \$35.00 per year. If you would like further information or would like to join, please contact me by phone or e-mail.

GARRY WOMSLEY – NSW Masters Club Registrar & Member of the 2008 Steering Committee.

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!
