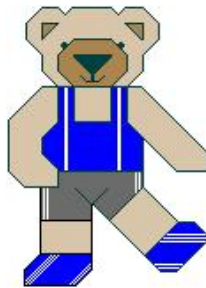

THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

This is "Girra" our very own mascot.



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CELEBRATING OUR 30th SEASON!

The Season Hots Up!

Welcome to our August edition of the Girraween Athlete. The big wet that plagued our athletics activities in June left us during July and we are now experiencing more winter-like weather: - dry and cold, which is very suitable for cross country running. We continue to do very well in the Championships with all our members who ventured to Nowra doing the club proud and of course we earned our first State medal for the season at Abbotsbury (35+ Men). We still look forward to the State Road Relays which will be held in a couple of weeks in Wollongong to continue showing our colours at the major events. Our West Metropolitan point scoring races will also wind up this month so if you need a few more races to qualify for an award, be quick! Our season winds up on August 25th with the non-scoring Trevor Lonard Handicap at Prospect and September 1st (Relay, BBQ & Presentation) at West Auburn. Our summer season will start on Saturday, 8th September at C.V. Kelly. Our full programme will be available towards the end of August. Our members continue to get out and about at either Fun Runs or Winter Track meets and continue to show our colours proudly. Our steeplechasers will get in on the act on Saturday, 18th August with a steeplechase race being included in the Winter All-Comers meet at Campbelltown. However, the real highlight of the month will of course be the City2Surf on Sunday, 12th August. Why not join us on the train that morning and travel to the event together as a club. We usually make a day of it and all are welcome. It's all happening at Girraween! Until next month, race hard, train hard and most of all, enjoy your athletics at Girraween!

GARRY WOMSLEY

RESULTS FROM ANSW LONG

COURSE CROSS COUNTRY

CHAMPIONSHIPS – Saturday, 23rd June, 2007 at Willandra Estate, Camberwarra.

12km (Men Open, 35-54 yrs)

- | | |
|-----------------------|-------------|
| 1) PETER MATTHEWS - | 52:33 (69) |
| 2) GEOFF SHEARGOLD - | 53:07 (73) |
| 3) RICHARD FROST - | 54:58 (79) |
| 4) GRAHAM SHEARGOLD - | 55:40 (81) |
| 5) ED SALINAS - | 57:29 (88) |
| 6) NICK HANNA - | 58:08 (92) |
| 7) CLIVE KIDSON - | 58:34 (94) |
| 8) STEVE PARKINS - | 61:31 (101) |
| 9) DARREN GOULD - | 64:53 (111) |
| 10) ROGER MAR - | 70:40 (120) |

8km (Men U/20)

- | | |
|---------------------|-----------|
| 1) BRAD MILOSEVIC - | 31:06 (9) |
|---------------------|-----------|

8km (Men 55+)

- | | |
|-----------------|------------|
| 1) KEITH MAYHEW | 39:06 (16) |
|-----------------|------------|

Our teams did very well with our Open team placing 2nd in the "B" grade category and our 45+ team placing 4th.

RESULTS FROM WEST

METROPOLITAN RACE No. 10 – Saturday, 30th June, 2007 – Prospect Reservoir.

2km

- | | |
|-----------------------|------------|
| 1) ANDREW BLUNDEN - | 6:23 (1) |
| 2) BRAD MILOSEVIC - | 6:48 (4) |
| 3) PETER MATTHEWS - | 7:05 (5) |
| 4) GARRY WOMSLEY - | 7:21 (7) |
| 5) JYE PERROTT - | 7:29 (9) |
| 6) DAVID PERRY - | 8:06 (15) |
| 7) ROGER MAR - | 9:46 (27) |
| 8) MICHAEL CHRISTIE - | 10:12 (28) |
| 9) ANDREA HENDLEY - | 11:32 (32) |
| 10) JILL WOODRUFF - | 11:49 (34) |
| 11) EDDIE MAKKI - | 13:54 (37) |

4km

- | | |
|---------------------|------------|
| 1) NICK HANNA - | 15:15 (12) |
| 2) WAYNE THURLOW - | 15:20 (14) |
| 3) PETER MATTHEWS - | 15:25 (17) |
| 4) ADAM SINCLAIR - | 16:10 (27) |

- 5) KEITH MAYHEW - 16:57 (33)
- 6) STEVE PARKINS - 17:06 (36)
- 7) TERRY ROSE - 17:29 (41)
- 8) DAVID PERRY - 17:36 (44)
- 9) STEVE BLUNDEN - 18:04 (47)
- 10) STACEY ARGENT - 18:48 (54)
- 11) EDDIE MAKKI - 18:59 (55)
- 12) GARY MICALLEF - 19:05 (56)
- 13) VIV MANWARING - 19:11 (57)
- 14) JEAN DAVIS - 20:34 (63)
- 15) ROGER MAR - 21:29 (65)
- 16) MICHAEL CHRISTIE - 22:44 (39)
- 17) BRENDA MICALLEF - 25:23 (71)

8km

- 1) TIM MOLESWORTH - 28:00 (6)
- 2) BRAD MILOSEVIC - 29:01 (11)
- 3) GARRY WOMSLEY - 32:22 (17)
- 4) RICHARD FROST - 32:27 (18)
- 5) PETER MATTHEWS - 33:36 (20)
- 6) MICHAEL FREE - 33:53 (21)
- 7) MICHAEL HEHIR - 35:02 (24)
- 8) DENIS ANDREW - 35:12 (25)
- 9) STEVE WILLIAMS - 36:29 (27)
- 10) STEVE PARKINS - 36:48 (28)
- 11) KEN SCALLEY - 37:25 (31)
- 12) DAVID PERRY - 38:00 (32)
- 13) RICHARD LAMAS - 39:22 (34)
- 14) KATRINA HUGHES - 41:19 (36)
- 15) ROBERT EAGER - 42:40 (38)
- 16) JOE BUTLER - 42:51 (39)
- 17) ROGER MAR - 48:36 (42)

RESULTS FROM WEST

METROPOLITAN RACE No. 11 – Saturday 7th July, 2007 at Emu Plains.

2km

- 1) PETER MATTHEWS - 7:34*
- 2) GARRY WOMSLEY - 7:48 (6)
- 3) JYE PERROTT - 7:56 (9)
- 4) DAVID PERRY - 8:19 (20)
- 5) ALYSSA PERROTT - 8:22 (21)
- 6) E. MANTLE - 8:26 (22)
- 7) STEVE O'DONNELL - 8:56 (26)
- 8) MARK ATTWOOD - 9:43 (33)
- 9) ROGER MAR - 10:16 (33)
- 10) JUSTIN SMYTHE - 10:31 (37)
- 11) MICHAEL CHRISTIE - 10:38 (40)
- 12) KYLIE ATTWOOD - 13:15 (47)

*Completed the 2km during the 5km event.

5km

- 1) WAYNE THURLOW - 20:09 (6)
- 2) JONAS WILLIAMS - 20:13 (8)
- 3) ANDREW BLUNDEN - 20:50 (11)
- 4) ANDREA LAMAS - 21:50 (23)
- 5) STEVE PARKINS - 22:26 (26)
- 6) TERRY ROSE - 22:46 (27)
- 7) DAVID PERRY - 23:00 (29)
- 8) STEVE BLUNDEN - 23:36 (33)
- 9) KEITH MAYHEW - 25:36 (40)
- 10) GARY MICALLEF - 25:37 (41)
- 11) JEAN DAVIS - 26:17 (43)
- 12) ROGER MAR - 27:12 (45)
- 13) MICHAEL CHRISTIE - 30:23 (51)
- 14) BRENDA MICALLEF - 33:05 (53)

10km

- 1) BRAD MILOSEVIC - 35:31 (2)
- 2) TIM MOLESWORTH - 36:38 (3)
- 3) PETER MATTHEWS - 42:38 (10)
- 4) RICHARD FROST - 42:48 (12)
- 5) GEOFF SHEARGOLD - 43:53 (15)
- 6) GRAHAM SHEARGOLD - 44:59 (18)
- 7) STEVE PARKINS - 48:09 (22)
- 8) STEVE WILLIAMS - 50:52 (24)
- 9) KEN SCALLEY - 50:54 (25)
- 10) RICHARD LAMAS - 54:08 (27)
- 11) LONNIE BALINSKI - 55:11 (28)
- 12) ROBERT EAGER - 57:24 (29)
- 13) JOE BUTLER - 58:37 (30)
- 14) ROGER MAR - 59:56 (31)
- 15) LINDA BALINSKI - 66:19 (32)

RESULTS FROM ANSW SHORT **COURSE CROSS COUNTRY** **CHAMPIONSHIPS! – Saturday, 14th July, 2007 – Western** **Sydney Regional Park, Abbotsbury.**

U/16 - Male (3km)

- 1) ANDREW BLUNDEN - 10:38 (5)

U/12 - Male (1.5km)

- 1) BRADLEY MATTHEWS - 6:48 (46)

55+ - Male (5km)

- 1) DENIS ANDREW - 23:21 (16)
- 2) KEITH MAYHEW - 23:24 (17)
- 3) JOE BUTLER - 30:09 (52)

Open, 35+ & 45+ - Male (8.5km)

- 1) PETER MATTHEWS - 35:50 (71)
- 2) GARRY WOMSLEY - 36:29 (76)
- 3) RICHARD FROST - 36:33 (78)
- 4) NICK HANNA - 38:01 (86)
- 5) GRAHAM SHEARGOLD - 38:53 (95)
- 6) MICHAEL FREE - 40:01 (101)
- 7) DAVID PERRY - 41:23 (107)
- 8) STEVE PARKINS - 41:40 (109)
- 9) STEVE BLUNDEN - 42:40 (114)
- 10) STEVE WILLIAMS - 43:18 (116)
- 11) GARY MICALLEF - 47:44 (128)

Congratulations to our 35+ team of Peter Matthews, Garry Womsley, Graham Sheargold & Michael Free who earned Bronze in the teams category. It is our first State medal of the season and our first ever in this category.

U/20 - Male (5km)

- 1) BRAD MILOSEVIC - 18:06 (7)

Fun Runs (2km & 4.25km)

Jye Perrott, Stacey Argent and Brenda Micallef contested the fun runs but they didn't match up the athlete against their time. As a result, I was unable to get details on the fun run.

RESULTS FROM WEST

METROPOLITAN RACE No. 12 – Saturday, 21st

July, 2007 – Cowell's Lane

2km

- 1) PETER MATTHEWS - 7:24 (3)
- 2) GARRY WOMSLEY - 7:46 (5)
- 3) DAVID PERRY - 8:18 (11)
- 4) STEVE O'DONNELL - 9:00 (18)
- 5) SURESH RAJU - 9:59 (27)
- 6) ROGER MAR - 10:15 (28)
- 7) MICHAEL CHRISTIE - 10:47 (32)
- 8) VINCE ADAMS - 10:51 (34)
- 9) A. FREE - 11:04 (37)
- 10) JANICE MAYHEW - 11:06 (39)
- 11) JILL WOODRUFF - 12:01 (44)
- 12) ANDREA HENDLEY - 12:11 (45)
- 13) LAUREN SINCLAIR - 14:36 (49)

3km

- 1) ANDREW BLUNDEN - 10:25 (2)
- 2) PETER MATTHEWS - 11:13 (4)
- 3) NICK HANNA - 11:29 (6)
- 4) STEVE PARKINS - 12:41 (18)
- 5) DAVID PERRY - 12:45 (20)
- 6) KEITH MAYHEW - 12:53 (24)

- 7) ANDREA LAMAS - 12:54 (25)
- 8) TERRY ROSE - 13:00 (26)
- 9) STEVE BLUNDEN - 13:20 (29)
- 10) GARY MICALLEF - 14:15 (39)
- 11) SURESH RAJU - 14:17 (40)
- 12) VIV MANWARING - 14:31 (43)
- 13) MARK ATTWOOD - 14:43 (46)
- 14) STEVE O'DONNELL - 14:55 (47)
- 15) ROGER MAR - 15:54 (48)
- 16) MICHAEL CHRISTIE - 17:12 (52)
- 17) BRENDA MICALLEF - 18:14 (53)
- 18) ANDREA HENDLEY - 18:57 (55)

9km

- 1) TIM MOLESWORTH - 32:59 (7)
- 2) BRAD MILOSEVIC - 35:14 (11)
- 3) PETER MATTHEWS - 36:32 (12)
- 4) MICHAEL FREE - 38:32 (17)
- 5) CLIVE KIDSON - 39:34 (19)
- 6) MICHAEL HEHIR - 39:53 (20)
- 7) DENIS ANDREW - 40:39 (23)
- 8) STEVE WILLIAMS - 41:34 (25)
- 9) STEVE PARKINS - 41:40 (26)
- 10) GRAHAM SHEARGOLD - 42:50 (29)
- 11) KATRINA HUGHES - 42:59 (30)
- 12) RICHARD LAMAS - 46:24 (31)
- 13) ROBERT EAGER - 49:45 (33)
- 14) JOE BUTLER - 49:53 (34)
- 15) ROGER MAR - 51:12 (35)
- 16) LONNIE BALINSKI - 57:06 (38)
- 17) LINDA BALINSKI - 59:51 (39)

Out & About With Our Athletes!

1st July

Andrew Blunden placed 3rd in the U/15 3km race at the Little Athletics State Cross Country Championships in a great time of 10:40. This was Andrew's last competition at Little A's level.

7th July

Michael Free contested the 10km race with the Sydney Striders at Homebush this morning and placed 132nd in a time of 43:59.

8th July

Three of our members contested the Woodford to Glenbrook Classic held today in the Blue Mountains National Park. The gruelling 25km race was held in fine conditions initially at Woodford but the weather deteriorated as the day went on and a lot of the competitors got caught in torrential rain by the time they finished. The event raised thousands of dollars for Care Flight. Full results as follows: -

- | | |
|------------------|---------|
| 1) GARRY WOMSLEY | 1:55:24 |
| 2) MICHAEL FREE | 2:01:54 |
| 3) ROGER MAR | 3:06:19 |

9th July

We would like to bid farewell to Ernie Leseberg who has decided to move on to greener pastures. Ernie, who is a very talented sprinter, won a number of State and National medals while wearing our

colours. He has also been in charge of our website and records over the last couple of years. Thanks for your contribution Ernie and all the best for the future!

14th July

Lynette Smith competed at the Illawong Track Series at The Ridge today. She placed 3rd in the 145m, 2nd in the 300m, 1st in the 100m Hurdle (20.09sec), 1st in the Javelin (31.06m), 1st in the Discus (31.49m) and 1st in the Shot Put (9.3m).

15th July

Three of our members attended our City2Surf Dress Rehearsal this morning. In cold but sunny conditions, David Wallis, Garry Womsley and Roger Mar took on the arduous run with a big emphasis on speed up Heartbreak Hill and over the last 4km into Bondi Beach. It was great to get a feel for the course again after 12 months. David deserves special mention as he drove his car to Bondi Beach, ran back to the start, before again running back to his car (about 27km in total). He is working hard towards his next Marathon at the Blackmore's event in September.

16th July

We would like to bid farewell to one of our newer members, Michelle Manion, who has decided to move to Manly on a permanent basis. All the best Michelle for the future!

20th July

We had some representatives at the State Schools Cross Country Championships held at Eastern Creek today: -

Jamie Sherson (4th), Katrina Lamas (11th), Andrea Lamas (11th) and Andrew Blunden (14th) ran strongly in their respective age groups while Stacey Argent (51st) deserves special mention as she twisted her ankle warming up but she still battled away showing great courage and commitment.

21st July

Three of our members competed at the ANSW Winter All-Comers held this morning at Narrabeen. Full results as follows: -

LYNETTE SMITH	300m	47.61sec	4th overall
	500m	1:26.98	1st overall
	Javelin	33.01m	1st overall
	Shot Put	9.20m	2nd overall
ROBERT GIESLER	60m	8.54sec	4th overall
	100m	13.42sec	3rd overall
	300m	45.52sec	4th overall
VINCE ADAMS	60m	8.71sec	5th overall
	100m	13.98sec	4th overall

22nd July

Three of our members contested the Sutherland to Surf Fun Run (11km) held today in fine conditions. The event which starts at Sutherland Entertainment Centre and finishes at Wanda Surf Club is now in its 36th year and was as well organised as normal. There were large crowds in both the run event and walk event showing that the number of health conscious people in Sydney continues to grow. Full results as follows: -

- 1) RICHARD FROST 44:02
 - 2) GARRY WOMSLEY 44:18
 - 3) ROGER MAR 57:50
-

Happy Birthday!

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

7th: - Richard Lamas
11th: - Bob Field
11th: - Linda Balinski
16th: - Clive Kidson
17th: - Teresa Truman
30th: - Penny Vandenbelt

Upcoming Events!

Club Events

August 11 (Sat) - No Competition
August 18 (Sat) - West Mets no. 14 - Northern Bank of Parramatta River, Rydalmere – 2.00pm
August 25 (Sat) - West Mets (Non-Point-score) - Trevor Lonard Handicap, Prospect Reservoir – 2.00pm

ANSW Events

August 4 (Sat) - ANSW ROAD RELAYS – WOLLONGONG (from 12 noon)
August 18 (Sat) – ANSW Winter All-Comers – Campbelltown – 10.00am
August 25 (Sat) – ANSW Winter All-Comers – The Ridge – 10.00am

Fun Runs & Other Events of Interest

August 4 (Sat) – Illawong Winter Track & Field Series – The Ridge – 10.00am
August 5 (Sun) – Narrabeen Winter Track Series – 10.00am – Narrabeen Athletics Track
August 5 (Sun) – Townsville Running Festival (Marathon, Half Marathon, 10.5km, 5km) – from 5.30am – Tobruk Pool, The Strand, Townsville, QLD
August 11 (Sat) – Illawong Winter Track & Field Series – The Ridge – 10.00am
August 12 (Sun) - SUN-HERALD CITY2SURF (14km) – 9.00am
August 12 (Sun) – Narrabeen Winter Track Series – 10.00am – Narrabeen Athletics Track
August 18 (Sat) – Illawong Winter Track & Field Series – The Ridge – 10.00am
August 19 (Sun) – Bankstown Hidden Half (5km & 21.1km) – 7.30am – Lake Gillawarna
August 19 (Sun) – Narrabeen Winter Track Series – 10.00am – Narrabeen Athletics Track
August 25 (Sat) – Illawong Winter Track & Field Series – The Ridge – 10.00am
August 25 (Sat) – Mount Wilson to Bilpin (35km) – 10.00am – Silva Plana Reserve, Mount Wilson
August 25 (Sat) – Sutherland Half Marathon (21.1km, 1, 2, 3, 5 & 10km) – from 11.45am – Lady Carrington Drive, Royal National Park, Loftus
August 26 (Sun) – 15th Annual Pub to Pub (13km) – 8.00am – Dee Why Beach – no entries on the day (on-line entry only) – visit the cool running website for further information
August 26 (Sun) – Narrabeen Winter Track Series – 10.00am – Narrabeen Athletics Track

SUMMER REPRESENTATIVE CALENDAR FOR 2007-2008

Sat - 29 Sept - Introduction to Club Athletics & All-Comers (Homebush)
Sat - 6 Oct - Introduction to Club Athletics & All-Comers (Homebush)
Sat-Sun - 13-14 Oct - NSW All-Schools - Senior (15-19yrs) (Homebush)
Sat-Sun - 20-21 Oct - NSW All-Schools - Junior (12-14yrs) (Homebush)
Wed - 24 Oct - NSW Schools State Knockout Final (Homebush)
Sat - 27 Oct - ANSW Club Premiership Round 1 (Campbelltown & Bankstown)
Sat - 3 Nov - ANSW Club Premiership Round 2 (Illawong & Mingara)
Sat - 10 Nov - ANSW Club Premiership Round 3 (Homebush)

Sat - 10 Nov - NSW State 3000m Track Championships (Homebush)
Sun - 11 Nov - All-Comers (Walks) - venue TBA
Sat-Sun - 17-18 Nov - NSW State Relay Championships (Homebush)
Sun - 18 Nov - Telstra Australian Men's 50km Road Walking Championship (Albert Park, Melbourne)
Sat - 24 Nov - NSW Club Premiership Round 4 (Bankstown & ES Marks)
Sat - 1 Dec - NSW Club Premiership Round 5 (Homebush)
Thur-Sun - 6-9 Dec - Telstra Australian All-Schools & Youth Athletics Championships (Homebush)
Mon - 10 Dec - Schools Knockout National Final (Homebush)
Thur - 13 Dec - Telstra Zatopek Classic & Australian Championships for Open & U/23 10,000m (Olympic Park, Melbourne)
Sat-Sun - Telstra Australian U/18 & U/16 Combined Events Championships (Canberra)
Sat - 15 Dec - NSW Club Premiership - Final (Homebush)
Sun - 16 Dec - All-Comers (Walks) - venue TBA
Sat - 22 Dec - Skins Meet (Bankstown)
Sat-Sun - 5-6 Jan - NSW Combined Event Championships (Campbelltown)
Sat - 5 Jan - NSW All-Comers (inc. Champions League Rd1) (Campbelltown)
Sat - 5 Jan - NSW 10,000m Track Walks & Underage Steeplechase Championships (Campbelltown)
Sun - 6 Jan - Masters Pentathlon (Campbelltown)
Sat - 12 Jan - NSW All-Comers (inc. Champions League Rd2) (Homebush)
Sat - 12 Jan - Sydney Track Classic (Homebush)
Sat - 19 Jan - NSW All-Comers (Homebush)
Sat - 19 Jan - Australian Club Championships (Hobart)
Sun - 20 Jan - Australian Relay Championships (Hobart)
Thur - 24 Jan - NSW All-Comers (inc. Champions League Rd3) (Homebush)
Sat-Sun - 26-27 Jan - NSW Country Championships (Glendale, Newcastle)
Sat - 26 Jan - Canberra "A" Series (Canberra)
Thur - 31 Jan - NSW State 5000m Track Championships & All-Comers (Homebush)
Sat - 2 Feb - NSW All-Comers (inc. Champions League Rd4) (Homebush)
Fri-Sun - 8-10 - NSW Open & U/18 State Championships inc. NSW 10,000m Track Championships (Homebush)
Sat - 16 Feb - Sydney "A" Series (Homebush)
Sun - 17 Feb - NSW All-Comers (Bankstown)
Fri - 22 Feb - Melbourne "A" Series (Olympic Park, Melbourne)
Sat - 23 Feb - Australian 20km Road Walking Championships (Albert Park, Melbourne)
Sat-Sun 23-24 Feb - NSW State U/16, U/20 & U/23 Championships (Homebush)
Fri-Sun 29 Feb - 2 Mar - National Athletics Championships (QSAC, Brisbane)
Sat 1 Mar - NSW All-Comers (Campbelltown)
Sat-Sun 8-9 Mar - NSW State Masters Championships (Homebush)
Sat 8 Mar - NSW State Club Championships (Homebush)
Fri-Sun 14-16 Mar - Australian U/20 All-Schools, U/20 & U/23 Athletics Championships (Melbourne or Adelaide)
Sat 15 Mar - NSW All-Comers (Blacktown)
Fri-Mon 21-24 - National Masters Championships inc. NSW State Weight Pentathlon (Blacktown)

Our Club Committee For 2007-2008!

We welcome our new committee who will serve you throughout 2007/2008. For the first time in the club's history, we have no vacancies.

<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>Steve Blunden</i>	<i>Summer Competition</i>	<i>9636-7357</i>
<i>Lynette Smith</i>	<i>ANSW Delegate, Assistant Registrar & Records Officer</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>Judy Milosevic</i>	<i>Canteen Manager</i>	<i>9626-8586</i>
<i>Cheri Womsley</i>	<i>Fundraising Officer</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>

Next Meeting: - Thursday, 30th August, 2007 at Toongabbie Sports & Bowling Club.

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)

Are You Interested In Becoming A Coach? It Is A Rewarding Experience! ***(Hurry Time Is Running Out If Want To Do A Course In 2007!)***

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

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

LEVEL TWO COURSES

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

Training Form!

Tuesday, 26th June, 2007 – Homebush – 3 x 600m

Nick Hanna – 2:05, 2:02, 1:56

Garry Womsley – 2:05, 2:02, 1:57

Wednesday, 27th June, 2007 – Girraween Time Trial

8.5km

Peter Matthews – 41:38

Garry Womsley – 41:38

5.1km

Roger Mar – untimed

3.4km

Brad Milosevic – 20:39

Adam Sinclair – 20:39

Wednesday, 4th July, 2007 – 3 x 600m (Footpath Near Mississippi Road Playing Fields)

Garry Womsley – 3:03, 3:07, 2:44

Wayne Thurlow – untimed, 2:22, 2:21 (record)

Gary Micallef – 3:29, 3:27, 3:35

Steve Blunden – 2:46, 2:39, 2:46

Brad Milosevic – untimed, 2:29, 2:21 (record)

Nick Hanna – untimed (2 x 600m), 2:46

Chris Mackey – 2:43, 2:48, 2:48

Wednesday, 11th July, 2007 – 7 x 150m (Premier Street, Toongabbie)

Steve Blunden – 0:25, 0:23, 0:23, 0:23, 0:23, 0:23, 0:23

Graham Sheargold – 0:29, 0:26, 0:26, 0:25, 0:27, 0:25, 0:25

Michael Christie – untimed (All)

Brad Milosevic – untimed (4 x 150m), 0:23, 0:24, 0:24

Andrew Blunden – untimed (4 x 150m), 0:22, 0:22, 0:22

Sunday, 15th July – City2Surf Dress Rehearsal – College Street, City to Bondi Beach (14km)

Garry Womsley – 1:22 (14km)

Roger Mar – 1:44 (14km)

David Wallis – 2:25 (27km from Bondi Beach to the City and back again)

Wednesday, 18th July – 4 x 600m uphill (4 x 600m recovery) – Kwix Hill, Toongabbie

Brad Milosevic – 1:51, 1:50, 1:49, 1:47

Garry Womsley – 2:12, 2:13, 2:09, 2:09

Steve Blunden – 1:58, 1:56, 1:49

Graham Sheargold – 2:01, 2:00, 1:58, 1:56

Steve Parkins – 2:06, 2:02, 2:01, 1:56

Andrew Blunden – untimed (2 x 600m)

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, 5th August (7.00am for 7.15am start) – Oakes Road (Near bridge over the creek)

Run east along Toongabbie Creek until Hammers Road. Cross road and follow side-street next to sub-station. Rejoin track beside creek and continue. Turn back and return the same way after 30 minutes.

Sunday, 12th August

No training today due to the City2Surf

Sunday, 19th August (7.00am for 7.15am start) – C.V. Kelly

Start at C.V. Kelly and run along the Great Western Highway until the Cumberland Highway is reached. Head along the Cumberland Highway then turn left at Dunmore Street. Return to C.V. Kelly via Pendle Hill.

Sunday, 26th August (7.00am for 7.15am start) – Gipps Road (start near Scout Hall)

1 hour run along the cycle path (old canal) heading west past Prospect Reservoir. Turn around after 30 minutes and head back the same way. (Try to negative split)

Mid- Week Training Programme For August!

WEEK ONE

MONDAY, 30th July, 2007 – (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Drills on grass
- 3) Easy run via Great Western Highway. Turn left at Cumberland Highway, then left at Dunmore Street. Return through Pendle Hill

TUESDAY, 31st July, 2007 - (HOMEBUSH) – 6.30pm

- 1) Warm up – road
- 2) Drills on grass
- 3) Middle Distance Training – track
- 4) Warm down – 2 laps – track

WEDNESDAY, 1st August, 2007 – (C.V. KELLY) – 6.30pm

- 1) Run to playing fields at Mississippi Road
 - 2) Drills on grass
 - 3) 4 Long Distance Sprints along footpath around perimeter of playing field
 - 4) Return to C.V. Kelly
-

WEEK TWO

MONDAY, 6th August, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Drills on grass
- 3) 1 hour run via Targo Road. Follow path to the centre of Seven Hills. Follow Best Road to playing fields then turn left and head for home

TUESDAY, 7th August, 2007 – (HOMEBUSH) – 6.30pm

- 5) Warm up – road
- 6) Drills on grass
- 7) Middle Distance Training – track
- 8) Warm down – 2 laps – track

WEDNESDAY, 8th August, 2007 (C.V. KELLY) – 6.30pm

Run to Dorothy Street via Targo Road, Wentworth Avenue & Binalong Road. Turn right at Darcy Road & left at Dorothy Street. Run up & down “Heartbreak Hill” three times. Return via Binalong Road & Wentworth Avenue

WEEK THREE

MONDAY, 13th August, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Drills on grass
- 3) Slow recovery run to the top of the hill at Mississippi Road & Return (8km)

TUESDAY, 14th August, 2007 (HOMEBUSH) – 6.30pm

- 1) Warm up – road
- 2) Drills on grass
- 3) Middle Distance Training – track
- 4) Warm down – 2 laps – track

WEDNESDAY, 15th August, 2007 (C.V. KELLY) – 6.30pm

- 1) Run to “Kwix Hill”
- 2) Drills on grass
- 3) 5 x 600m hill sprints – footpath
- 4) Return to C.V. Kelly

WEEK FOUR

MONDAY, 20th August, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
 - 2) Drills on grass
 - 3) Run to Dorothy Street via Wentworth Avenue & Binalong Road. Run up “Heartbreak Hill” and turn right at Bogalara Road. Turn left at Fitzwilliam Road then return to C.V. Kelly
-

TUESDAY, 21st August, 2007 (HOMEBUSH) – 6.30pm

- 1) Warm up – road
- 2) Drills on grass
- 3) Middle Distance Training – track
- 4) Warm down – track

WEDNESDAY, 22nd August, 2007 (C.V. KELLY) – 6.30pm

- 1) Warm up – road
- 2) Drills on grass
- 3) Girraween monthly time trial (6.8km, 4.2km or 2.1km)
- 4) Warm down – road

MONDAY, 27th AUGUST, 2007 (C.V. KELLY) – 6.30pm

- 1) Warm up – road
- 2) Drills on grass
- 3) Run to flat section of Oramzi Road
- 4) 8 x 100m sprints
- 5) Warm down – road

TUESDAY, 28th AUGUST, 2007 (HOMEBUSH) – 6.30pm

- 1) Warm up – road
- 2) Drills on grass
- 3) Middle Distance Training – track
- 4) Warm down – track

WEDNESDAY, 29th AUGUST, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Run to Premier Street, Toongabbie
- 3) Drills on grass
- 4) 8 x 150m Hill sprints – Premier Street
- 5) Return to C.V. Kelly

***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 their dogs to the spout of the bubbler for a drink which they subsequently licked. Drink from this bubbler at your own risk!

GARRY WOMSLEY

From The Athlete's Kitchen!

Pork Kebabs in Ginger & Soy Marinade

Serves: 4

Ingredients

800g pork fillets, trimmed
1 tbsp finely grated fresh ginger
2 cloves garlic, finely chopped
1 tbsp finely chopped preserved ginger in syrup
¼ cup green ginger wine (or white wine)
2 tbsp kecap manis
½ tsp sesame oil
1 tbsp sunflower oil
8 large spring onions, trimmed, quartered
1 tbsp olive oil
Sprigs of coriander

Method

1) Cut pork into 12cm x 2.5cm strips and place in a non-metallic bowl with the ginger, garlic, preserved ginger, green ginger wine, kecap manis, sesame oil and sunflower oil, turning meat to coat evenly. Cover and refrigerate at least 2 hours or overnight.
2) Soak 12 wooden skewers in cold water for 1 hour (this prevents them burning on the barbecue). Thread 4 pork strips into an S-shape onto each skewer. Cover skewers and refrigerate until ready to start cooking.
3) Preheat barbecue to medium heat. Toss spring onions with olive oil and season with salt and freshly ground black pepper. Cook on the flat plate for 10 minutes, or until softened and well browned. When nearly cooked, put kebabs on char-grill plate and grill 2 minutes each side, or until pork is just cooked through and has a glazed appearance. Serve pork skewers with spring onions. Garnish with coriander sprigs.

Girraween Athletic Club

Athlete Profile!

Unfortunately, we don't have an Athlete Profile to bring you this month. We are in desperate need of more profiles. If you would like to feature in this column, please contact me.

GARRY WOMSLEY

Great Athletes of the Past!

By Michael Christie

Dave Bedford - Great Britain (1949-)

Dave Bedford was born on 30 December 1949 in Hampstead, London. He started to show potential from the age of fifteen and it wasn't too long with coaching from Bob Parker and undertaking a rigorous training regime that he started to improve rapidly. While racking up impressive results as a junior, it was in 1969 when he made his big breakthrough. He won the International Junior Cross-Country championships and also set a UK 10,000m record with a time of 28:24.4. He had not turned twenty. He was

responsible for another extraordinary feat in 1970 when he won two titles in the one afternoon. He won the nine mile Southern Counties cross-country championship, then after a twenty minute rest, preceded to win the six mile junior title by a large margin. There was little doubt that a great talent was emerging. Towards the end of 1970, despite suffering injury over the summer, he won the first of his AAA 10,000m titles in a time of 28:06.2, setting a new British record. At the time it ranked as the 3rd best in history.

1971 was another season of ups and downs, by which time he was training up to 200 miles a week. However, by the time of the European Championships he had a mixed preparation. This affected him. He finished 6th behind Finland's Juha Vaatinen in a time of 28:04.4. Vaatinen had run 27:52.8 to win. Yet to prove his amazing versatility, he set a UK record of 8:28.6 in winning a steeplechase in a race at Crystal Palace near season's end, in an event which he had rarely run before.

Bedford was to attempt both the 10,000m and 5,000m at the 1972 Munich Olympic Games. With this in mind, he set himself an exhaustive program in the lead up. Nevertheless at the AAA championships, he was extraordinary. On a Friday night, he won the 5000m in a time of 13:17.2, a European record. The next day he won the 10,000m in 27:52.4 - at that time one of the fastest times in history. The scene was set for his audacious attempt at Munich. However, it was not to be. In the 10,000m final he finished 6th behind Lasse Viren. In the 5,000m final, he finished a disappointing 12th. He was still a young man for a distance runner. At Munich he was still only twenty two. 1973 promised much.

He continued his heavy workload through 1973, which was to culminate in one of his greatest achievements in athletics. In a race in July at Crystal Palace he set a new 10,000m world record in a time of 27:30.8, smashing Viren's old record by 7.6 seconds. Yet shortly after this his season was over as he suffered another hamstringing injury.

However, by the time the Commonwealth Games were held In Christchurch, New Zealand early in 1974, he felt he was back to full fitness. He suffered further disappointment in the 10,000m final finishing 4th in 28:14.8 well behind the winner Richard Taylor of New Zealand who won in a time of 27:46.4. He had been badly affected by the Kenyans' tactics at differing stages throughout the race, a fact he freely admitted afterwards. It was his last major championship appearance as recurring leg injuries had forced his retirement by the time he was twenty five.

Nevertheless, it had been a wonderful career. His appearance, charisma and the way he attacked his races made him a tremendously popular figure in British athletics in the early 1970's, ensuring huge crowds turning up to watch him compete. Very few athletes can say that about their career. As he said when asked if had any regrets about his career:

'The only regret is that injury ultimately forced me out of competition while I was still young and that never gave me the opportunity to learn from my mistakes and then go on to win championships. What I do remember is that my period as an athlete was full of happiness. What a great way to spend your youth...absolutely brilliant! I have

nothing but glowing feelings about the period of my life, in spite of some great disappointments' Watman (2006 p.114)

What a wonderful philosophy, one that younger athletes at all levels can learn from.

He is still making a contribution to his sport. He has been president of the International Athletes club, and has at various times held senior roles in British athletics. In recent times he has also been race director of the London marathon, responsible for making it one of the world's great marathons, with top class fields year after year. Long may he continue in this and other roles in British athletics, as he still has much to contribute.

Sources and Further Reading

Hubbard, A 2000 'The interview Dave Bedford: London Marathon-as tough as old Bootsie' The Independent, London, March 2000 on <http://findarticles.com>, viewed 17 June 2007.

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

Lawson, G 1997 *World Record Breakers in Track & Field Athletics*, Human Kinetics, Champaign, Illinois.

<http://www.sporting-heroes.net/athletics-heroes>, viewed 17 June 2007.

Watman, M 2006 *All Time Greats of British Athletics*. Sportsbooks Lt, Cheltenham.

Athletics Trivia!

Most of us would know the old song "I've Been Everywhere" written by Geoff Mack and made famous by Lucky Starr in 1962. Check out verse 4: -

Verse 4: Ettalong, Dandenong, Woodenbong, Ballarat, Canberra, Milperra, Unanderra, Captains Flat, Cloncurry, River Murray, Kurri Kurri, **Girraween**, Terrigal, Fingal, Stockinbingal, Collaroy, Narrabeen, Bendigo, Dorriggo, Bangalow, Indooroopilly, Kirribilli, Yeerongpilly, Wollondilly

I bet you didn't know that! More interesting trivia next month.

World News!

26th June

Tyson Gay ran the second fastest 200m of all time with his 19.62sec at the US Championships yesterday. Only fellow American Michael Johnson has gone faster with 19.32sec. Gay completed the 100/200m double at this meet.

Former golden girl Marion Jones has just over \$1000.00 to her name. The former champion who amassed millions in endorsements alone has blamed court appearances to clear her name against drug allegations and two failed marriages for her dramatic slide. She is trying to pick up the pieces in time for the next Olympics.

27th June

Asafa Powell won his 100m at the Jamaican National Championships yesterday but it may prove costly. He injured his groin and may have to rule himself out of the Golden League meets coming up in early July.

28th June

Craig Mottram out kicked a star studded field in the Emil Zatopek 5000m at the Golden Spike meeting in the Czech Republic today. He finished in a time of 13:04.97 to narrowly defeat Tariku Bekele and Abraham Feleke who are both former world junior medallists. Mottram was named athlete of the meet. Other Australians at the meet: - Tamsyn Lewis again came agonisingly close to the A qualifying for the World Championships. Needing to go under 2:00, she finished 6th in the 800m in a time of 2:00.65. Nick Bromley produced a PB of 1:47.28 for the 800m to finish 8th while Joshua Ross finished 4th in the 100m in a time of 10.34sec.

Two time Olympic 10,000m Champion Haile Gebrselassie broke the world 1 hour record at the Ostrava Grand Prix by running 21.28km. He surpassed Mexican Arturo Barrios who set the mark in 1991 with 21.101km. On the way to the new mark in the Czech Republic, the Ethiopian also broke the 20km world record by clocking 56:25.98.

56 year old Steve O'Brien a Triathlete from Cronulla completed the challenge of a lifetime last weekend. He contested the 89km Comrades Run from Pietermaritzburg to Durban in South Africa. He completed the event in a time of 10:54:12. Competitors get a maximum of 12 hours to complete the event.

1st July

Champion American Marathon runner Alberto Salazar collapsed at Nike World camp today and had to be hospitalised with a heart problem. He did not have a heart attack but needed a stent inserted to open up an artery. Now 48, he is still regarded as one of the best distance runners to come out of the USA.

Just over a year before it plays host to the Olympics, Beijing has reported its worst air pollution for June in 7 years. It had substandard air quality on 15 days in June. This is a real worry for the Games organisers.

It was a Japanese double at the Gold Coast Marathon today. Toyokazu Yoshimura (2:20:07) won the men's race while Ayumi Hayashi (2:33:22) won the women's race. Australian Lauren Shelley placed 3rd in a time of 2:41:21.

3rd July

Jana Rawlinson won the 400m Hurdles at the IAAF World Athletics Tour Meet in Athens today. Her time of 54.25sec was the 5th fastest for 2007 and has her right in the mix at the World Championships in Japan next month. Pole Vaulter Steve Hooker also placed 1st with a best height of 5.85m. Tamsyn Lewis appears to have booked herself a late call up to the World Championship squad after her "A" Qualifier of 1:59.45 in placing 5th in the 800m. It is believed that she is still very disappointed at missing out in the first place after gaining the National titles in both 400m and 800m earlier this year.

8th July

Frenchman Bouabdallah Tahri won the 3000m Steeplechase at the Golden League meet in Paris today. He finished in a time of 8:08.47. It was a fantastic effort from Tahri as he ran the race with a number of Kenyans who are the undisputed kings of the event. In this race Kenyans placed 2nd, 3rd, 4th, 5th, 6th, 8th and 9th.

Jana Rawlinson continues to struggle with technique problems despite again being competitive in the 400m Hurdles. She placed 2nd in a time of 54.93sec despite leading until the final hurdle. Arch rival Yevgeniya Isakova proved too good on the day. Sarah Jamieson placed 5th in the 1500m in a time of

4:03.71. Lisa Corrigan placed 14th in a time of 4:09.32. Kym Howe placed 10th in the Pole Vault with a height of 4.21m.

11th July

Sprinter John Steffensen warmed up for the World Championships with a 2nd placing at today's Grand Prix meet in Lausanne, Switzerland. His time of 45.54sec was a big improvement on his recent efforts. Pole vaulters Paul Burgess (2nd – 5.75m) and Steve Hooker (3rd – 5.70m) also showed good form. In the 1500m, Sarah Jamieson placed 6th in a time of 4:06.90.

12th July

Athletics Australia are expected to make a bid for the 2010 World Cup after Split, Croatia withdrew their nomination from holding the event due to a failed bid for the European Soccer Championship. The athletics bid depended on the upgraded facilities that would have occurred if the soccer bid was successful. The World Cup was last held in Australia in 1985 in Canberra.

Long Jumper Bronwyn Thompson is confident all of her injuries are now behind her and that she will be in great shape for next month's World Championships. After finishing 4th in the Olympics in Athens, she has had a succession of ailments which have hampered her progress. She will soon be travelling to Europe for some much needed competition before Japan.

13th July

It appears that the next Commonwealth Games in Delhi will not have the road walks included. This will diminish Australia's chances of a record medal haul as they earned 9 from a possible 10 in the walks at last year's event. A meeting next month will decide the fate of this event for Delhi and all future Commonwealth Games.

14th July

Jana Rawlinson made it four wins from five 400m Hurdle races since her return to the track this season with victory at the Golden League meet at Paris today. Her time was 54.91sec. She will race in Sheffield in England today which will round off her preparations for next month's World Championships. Tamsyn Lewis just missed her second "A" qualifier when 8th in 2:00.31 in the 800m, while Kym Howe cleared 4.50m for equal 6th in the Pole Vault.

15th July

French Long Jumper Salim Sdiri was speared by a javelin in an accident at the Rome Golden League meet yesterday. He was discharged from hospital after treatment after receiving 4cm wound to his side. He was hit by a javelin thrown by Finland's Tero Pitkamaki at the other side of the arena. He appeared to lose his footing and the javelin veered off course. Sdiri appears to be very fortunate not to have received more extensive injuries. IAAF officials moved very quickly to prevent a repeat of what happened in Paris. Javelin throwing will be kept away from the track during the Masters athletics World Championships in September which will include 90 year old competitors. Officials in Riccione, Italy are taking no chances with the 4-15 September meet.

16th July

Two impressive wins in three days have lifted Jana Rawlinson's confidence ahead of next month's World Championships. To replicate her Osaka schedule, the former world champ backed up her Rome Golden League success on Friday with another 400m Hurdles victory (54.59sec) at the British Grand Prix in Sheffield. Steve Hooker was also a winner in the Pole Vault with a best of 5.65m. Ethiopian Kenenisa Bekele beat Craig Mottram in the 3000m.

Other results: -

Patrick Johnson – 8th in the 100m in 10.50sec & 8th in the 200m in 21.05sec

John Steffensen – 2nd in the 400m in 45.64sec

Mark Fountain – 6th in the 1500m in 3:37.94

J. Riseley – 9th in the 1500m in 3:38.56

Collis Birmingham – 13th in the 1500m in 3:39.10

John Thornell – 4th in the Long Jump with a best jump of 7.82m

T. Parravicini – 7th in the Long Jump with a best jump of 7.41m

Paul Burgess – 4th in the Pole Vault with a best of 5.55m

18th July

Tamsyn Lewis and Matt Shirvington have forced their way into the Australian team for the upcoming World Championships. Lewis forced the selectors' hands by bettering the A-qualifying standard for the 800m with a run of 1:59.45sec in Athens last month. It was her fastest time in 4 years and placed her 13th on the world list for 2007. Shirvington, the 5 time National 100m Champion, grabbed the selectors' attention by running a time of 10.28sec, his quickest in 18 months at a meet in Spain. It was enough to see him added to the 4 x 100m relay squad yesterday. The World Championships in Osaka start on 25th August.

The prosthetic legs that double amputee sprinter Oscar Pistorius races with provide less air resistance than normal legs, the IAAF said yesterday. Pistorius has competed against elite able-bodied athletes recently at the British Grand Prix and wears curved carbon fibre prosthetic legs when he races. He is hoping to compete at the Beijing Olympics. He ran a "B" race in Rome on Friday and finished 2nd as well. The IAAF has been reviewing footage from two high definition cameras that filmed him in Rome. The other issue is that due to the absence of feet and calves, Pistorius has none of the problems with lactic acid that able-bodied runners have particularly in the 400m. In fact, during his 400m in the Grand Prix meet, his fastest 100m was his final 100m which is almost impossible normally. Pistorius has received support from a number of able-bodied athletes including John Steffensen who admire his courage.

In other news, talented Pole Vaulter and Commonwealth Games representative Vicky Parnov won Gold at the World Youth Championships.

23rd July

There were some outstanding results from Australians at the IAAF Grand Prix meet held in Madrid over the weekend with three athletes winning their respective events. Josh Ross won the 100m in a time of 10.39sec. John Steffensen won the 400m in a time of 45.05sec and Kym Howe won the Pole Vault with a best leap of 4.62m. These results were a great indication that our athletes will be very competitive at the upcoming World Championships. In other results: - Patrick Johnson placed 4th in the 100m (10.45sec), Scott Martin placed 4th in the Shot Put (20.52m) and Tamsyn Lewis placed 3rd in the 800m (1:59.80).

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 now have special Girraween T-Shirts for sale each Saturday.

They are \$25.00 each.

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

GARRY WOMSLEY

BUT WAIT, THERE'S MORE.....

Also, there has been some interest from our newer members about purchasing Girraween Tracksuit Tops.

As a result, we are willing to place an order with the manufacturer.

However, we would need at least 10 orders from our members to be able to place this order.

Therefore, if you would like a Girraween Tracksuit Top, please let me know as soon as possible so we can get an idea of numbers.

Note: - We probably won't order any tracksuit bottoms this time as they were not popular last time.

GARRY WOMSLEY

AND THERE'S STILL MORE.....

The reflective vests have now arrived and are on sale at \$4.00 each.

Wayne Thurlow tried one out recently at training and found that they were comfortable and light weight.

I will bring a few to our race days and also to training on Mondays and Wednesdays for those who would like to purchase them.

Please note: - it is now a requirement that all members of our training squads wear these vests during the months when we train away from C.V. Kelly so that we are visible to motorists at all times.

GARRY WOMSLEY

Media Watch!

25th June

Ethan Womsley got another mention in the Toongabbie West Newsletter for winning an encouragement award trophy at the SMC Presentation on Saturday, 23rd June.

23rd July

One of our members features in the promotional material sent out with the race numbers for the City2Surf. If you look closely, you will be able to see our very own Adam Sinclair complete with his Girraween singlet amongst the crowd in the main photo.

The 2007 Winter Programme!

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

Notes: -

1) \$2.00 per week

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

All 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. Club members Vince Adams and Roger Mar have already taken up the offer and will compete at the Nationals. 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.

Everything You Wanted To Know About Anna Thompson & More!

This month we bring you a special feature on champion distance runner Anna Thompson and the amount of travelling she does to stay on top.

Competitor or spectator, distance running requires a very special passion. For Anna Thompson, one of the country's most consistent distance athletes, it's one that has earned her satisfaction at home and abroad.

When Thompson crossed the line as the first Australian and 18th woman at March's World Cross Country Championships in Mombasa, it marked her sixth successive appearance at the annual IAAF meet and her fourth in the long course.

In some senses this venture to the Kenyan hotspot - an icon of distance running and home to many of its most revered athletes - was the polish on a successful campaign that had carried the 30 year-old to 10 corners of the globe in little more than 12 months.

Glamorous globe-trotting it isn't. In the case of a true professional like Thompson, it satisfies a burning desire to compete against the world's best in different climates, different countries. On different surfaces. Before different audiences.

It's an unorthodox and undoubtedly harrowing way to make a living, not so similar to the track and field athletes who descend on Europe, Asia and the United States to test their wares over Australia's winter months.

In fact, few outside of the tight-knit distance circles can appreciate first-hand the personal commitment and self-confidence that goes into preparing for these meets at the highest level; the toil on the body only justified by completion of a race and the impetus to consider the next one.

The accolades aren't as tangible as the sweat, tears and blisters nor do they carry the weight of fulfilment and love for the sport.

“Personally, it’s seeing what you can achieve,” Thompson revealed. “That’s the main goal - if you’re doing your best and achieving something.

“I enjoy running and having that time out to yourself and covering different terrains and different running in different places. You can go on a holiday and you can still run wherever you go. You don’t need to go to find a swimming pool to swim your laps. I enjoy the running because you can take it wherever you go.”

A seemingly simple philosophy though Thompson’s ‘enjoyment’ of her discipline is embraced every day of the week bar one and twice on three or four days.

In some ways the method is similar to the water code; just as a swimmer churns out laps for hours on end, a distance runner generates kilometres. Hundreds of them.

“At the moment I’m doing 120k a week, a couple of long runs a week with long being around two hours,” she noted. “Generally there’s quite a lot of fartleks I do and cross country courses I enjoy. I’ll do hill reps and I’ll do k-reps with usually a day off a week. I think it’s quite important, just to have a day for your body to catch up and rest and recover.

“I do quite a lot on my own. I find it’s convenient after work or whenever suits me. A long run, I always like to run with a group and often at Ferny Creek, there are a lot of runners up there.

“I run with Luke Hennessy, who’s really doing quite well this year, so I meet him occasionally,” she continued. “Each week I’ll see what people are doing and if it matches in, we can run.

“Obviously (preparing for) 3k you would need a bit of shorter stuff and a bit more speed work. When you get to like a half marathon and a marathon, you do make your long run that bit longer with a bit more mileage during the week. The general principle stays the same but there’s some finer tweaks to cover the different events.”

This year Thompson sacrificed the Australian summer and the opportunity to capture a national crown to focus on her preparations for the World Cross Country Championships, opting for four cross country races in Brussels, Spain and Scotland.

“That was a great experience over there, just different conditions, really wintry conditions,” she said. “And that set me up to come back and run world cross country. I would certainly like to go back and do those races again, regularly racing those top girls in the world.”

Come Kenya the Australian team was met with sweltering temperatures and a good dose of culture shock, though an accommodating, valuable experience was created.

“It was good,” Thompson said. “You go over there and have a few concerns, the temperature, the conditions, what it’s going to be like, but we had a good medical team with us and that really helped. The team got along well and I went over as prepared as I could.

“In terms of running, for me it was very light because you’ve got the travel and the conditions to cope with. Training was pretty light so just resting and trying to look after yourself.

“It was a little bit daunting as you didn’t know what you were going to face in those conditions and it was really quite hot. I was only there for the week before so (we were) just making sure in that week we were hydrated and were really careful with food and water so that we didn’t get sick over there.

“And Kenya’s such a fascinating country to see. The support was great, they just love their running obviously. I hadn’t been to an event with so many people watching and so enthusiastic so that added to the experience.”

Thompson’s European stint, where she finished fifth in Edinburgh and fourth in Zornotza, followed a journey of commitments across 2006 that included road racing, mountain running and track.

“When I look back it was quite a good year,” Thompson assessed when asked whether last year was a defining period for her.

“I’ve just been consistent over a number of years...every year I can look back and think ‘I did achieve something that year.’ But it was one of my better years.”

The Victorian’s international efforts were kick-started on home soil; a personal best of 32:27.74 in the 10,000m at the Melbourne 2006 Commonwealth Games earned her fifth place.

A week later and Fukuoka, Japan was the destination for the 34th edition of the World Cross, where Thompson finished 27th in the long course (26:54) and 25th in the short course (13:27).

Headed by 2004 world champion Benita Johnson’s fourth place in both courses, the women’s contingent was awarded bronze - the first Australian team in history to medal at the meet.

“It was a team event but you don’t get world championships medals every day. To get one of those medals was pretty good,” Thompson said, adding later that the medal is the highlight of her career to date.

International ekiden relays in Beijing preceded May’s Sydney Half Marathon, a return to domestic competition for Thompson and an inaugural lead in the women’s field in 75:44 - despite illness - in her fifth straight appearance at the prestigious event.

It was an effort she’d replicate in 2007, defending her win in a resounding 71:38.

“It was a lot quicker than last year and a good half marathon PB for me,” she noted. “I’ve started (this year) quite well, I’ve had a good six months so far so hopefully that’ll continue.”

This year’s campaign will also include Sydney’s City to Surf and the Australian Cross

Country Championships in Perth - the fruits of a comparable fortnight in August 2006 with impressive victories in both meets, the latter in the Apple Isle hub of Hobart.

But it was the 60,000-strong enormity of the City to Surf that heightened her satisfaction, particularly considering “it was actually the first time I ran it.”

A month later Thompson hit the skies again; this time to Bursa, Turkey for the World Mountain Running Trophy and Australia’s best in 15th place (51:08) in a field of 83 finishers, before moving on to Debrecen, Hungary for the inaugural IAAF World Road Running Championships.

Once more she was comfortably her country’s premier performer, finishing 18th in 57 finishers, and it was back to November’s ekiden relays in Chiba, Japan.

Rewind the clock and, much like the nation’s thousands of recreational runners and amateur, fledgling athletes, Thompson had a very modest baptism.

“I did do a couple of years of little aths when I was 12 and 13,” she said. “I had a little bit of success there and was OK at school. I didn’t do much running but the little bit that I did, I was able to represent the school. I just thought that one day when I was ready I could get back into it.

“I played a lot of basketball prior to running but gave that away around 20 and decided to ring up a club and see what I can make of this running. I’ve enjoyed it since then. I’ve improved, I’ve had the same coach, Dave Bullock, and been consistent. Each year I can see a real improvement and that keeps you in a sport and thinking what you can achieve next.

“I think running is one of those sports where if you really look after yourself, you can run for quite a number of years. I didn’t start until I was 20, a bit of late starter so I can go a bit longer. I can certainly see myself running for a fair time yet.”

(Just ask Kerryn McCann, who claimed Commonwealth Games marathon gold at the age of 38).

Box Hill took the call and after crossing to Glenhuntly, one of the nation’s biggest clubs and with key opportunities for female cross country runners, Thompson hasn’t looked back.

And it’s Bullock that she attributes a lot of her success to; the pair now 10 years into their coach-athlete relationship but with a companionship that extends beyond the track.

Not that his understudy needs any humble pie.

“My job is almost easy, I just follow the program,” Thompson said. “I’ve performed well at all the big international meets that I’ve done.

“I’ve thought maybe my luck will run out one day but I don’t think it’s actually luck. I think it’s good planning and good management. A lot of it I do owe to Dave.”

Originally a club-level athlete, Bullock's foray into coaching outside his successful guidance of Thompson has entered its 18th year and with a terrific foundation.

He has guided seven athletes to international and world championship level competitions in distance running, duathlon and triathlon plus 12 national titles.

And Hennessy, Thompson's training partner and a year 12 student at De La Salle College, has thrived in 18 months of Bullock's tutelage - highlighted by a silver medal at the this year's Australian Youth Olympic Festival in the 2000m steeple chase.

But determination and discipline is 100% Thompson, to the point that she will re-introduce the marathon to her repertoire in Berlin in September with the Olympic qualifying standard in her sights.

It will be her first venture since Rotterdam - where she finished fourth - and some time since she won the growing Gold Coast Marathon.

"It'll be two-and-a-half years since I did my last one," Thompson confirmed. "I did Rotterdam in 2005 and Gold Coast in 2004 so it's been a bit of a break. I'm looking forward to doing another one.

"My half marathon time's come down since then and I've been running well so I should be able to improve on what I have done.

"I've just had a couple of consistent years and I just enjoy road racing really. I like doing a variety of events as well. It's been a while since I tackled a marathon so I'm ready to do another one.

"The Beijing Olympics are next year and it would certainly be nice to run there."

The O word is an equally exciting prospect for Thompson's students at Orchard Grove Primary School, where she has been able to establish a handsome balance between her professions.

"I think it's having that balance, it's very important," she said. "You're not just solely focused on your running. It's great to come to school and as much as the kids follow my running and love talking about it, there are other important things going on here and I can forget about training for the day.

"When I'm home I just tell them I'm available to work and I come in. When I go away, I tell them that I'm going away for a month or whatever. It works out well, I don't get paid if I'm not at work but I've got that flexibility."

This week Thompson returned to the Australian Institute of Sport for altitude studies, a theme given due consideration in the intensive preparation of our athletes for competition against the world's elite distance runners.

"Philo Saunders and Eileen Robertson are doing the study," she said. "We've done one block and we're going back for another block. Essentially we just sleep at

simulated altitude and then train at sea level. They're trying to determine whether the live-high-train-low theory works for distance runners.

"It's also a great opportunity for a good training block. As much as I love coming to work and having that balance, sometimes it's nice to go away and get in three or four weeks of good training."

Truth is most of Thompson's good training is achieved in her home base of Melbourne, which certainly has its upsides.

"I think there's a great running culture here," she acknowledged. "There's always people to run with and plenty of races to choose from."

"I think Melbourne has a great climate to run in and has got some great places to run. We've got Ferny Creek, around the Tan (Melbourne Botanical Gardens), a lot of bike paths and over in Kew we've got Studley Park. And we've got the VIS which is a great support to me plus (national distance co-ordinator) Tim O'Shaughnessy as well so the support's here. Most distance runners at the moment tend to come from Melbourne or Victoria."

"Success breeds success don't they say."

If they do then Thompson has much more to look forward to.

By Steve Lavell

Athletics NSW Officials Seminar

C Grade Seminar – Sunday, 19th August – Birdwood Room, 10.00am Bankstown Sports Club (RSVP by 10th August)

This is a basic official's seminar and will provide officiating basics for both track and field. This would be a perfect opportunity for those that would like to extend their knowledge of athletics or have an interest in officiating at a club or NSW level.

Do You Know Anybody Who Would Like To Receive Our Newsletter?

Do you have a friend or a family member who you think may be interested in receiving our newsletter? If so, please let me know their postal or e-mail address and I will make sure they receive a copy each

month. Who knows? It may give them the incentive to take up athletics and join us! GARRY WOMSLEY

Lost Property- Are You The Long Lost Owner?

I have some lost property, as follows: -

A heart monitor strap was found at Upjohn Park. It appears to be for a child's or perhaps teenager's heart monitor.

If the above is yours please advise me and I will arrange to have it returned to you.

The pair of shoes left at C.V. Kelly towards the end of the summer season have been claimed and given back to their rightful owner.

GARRY WOMSLEY

Can Anybody Provide Work To One Of Our Members?

One of members, Roger Mar, lost his job recently due to lack of work at his company. Roger has had no luck over the last few years and has been made redundant on at least three occasions. He is a hard worker who is very experienced in all types of labouring work and would like to get another job as soon as possible. Can you help or do you know anyone who can? If so, please give me a call as soon as possible and I will pass your details on to Roger.

GARRY WOMSLEY

Can Anybody Help Us With Info. On The History Of Our Club?

Michael Christie and I have decided to write a book on the history of our club and we would like your help. We are currently at the information gathering stage and envisage that the project will take a couple of years to come together. Any information, photos or anecdotes on the club and C.V. Kelly Park (particularly how it got its name) would be much appreciated. You can contact myself by phone or see me on race days. We look forward to hearing from you.

GARRY WOMSLEY

Help Me To Raise Money For Charity During The City2Surf!

On Sunday, August 12, I am participating in The Sun-Herald City2Surf. I am trying to raise as much money as I can for a great cause by taking the 14km journey to Bondi. You can find out more about the charity I am raising money for, by clicking on the link below to visit my very own fundraising page. Please dig deep to sponsor me in this event, it only takes a few seconds.

You can also help my fundraising efforts, by sending this page on to as many people as possible.

Thank you very much.
GARRY WOMSLEY

The address of my fundraising page is -
http://city2surf.everydayhero.com.au/Garry_Womsley

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!

Until next month, it's goodbye from Girra the Girraween bear. Happy Running!

