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# THE GIRRAWEEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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## *The Season Hots Up!*

Welcome to the February edition of the Girraween Athlete. At the time of writing, the first of the year's State Championships have been completed with more to come. As usual, our up and coming Steeplechasers came to the fore at the Underage Championships in early January with 3 medals earned from only 3 starters. We also had 3 representatives in the 5000m State Championships and we will also have a good presence at the upcoming Open State Championships. Our members continued to travel far and wide to compete in an event and spread the word about our club with our members already competing at Dubbo, Penrith, Menai, Smithfield, Blacktown, and even in the USA in the first weeks of 2007! February will be an important month as we continue in our drive to attract and retain more teenage athletes. On Sunday, 11<sup>th</sup> February, our members will be competing at the Little A's Centre Championships in a Senior Pentathlon (Long Jump, Javelin, 200m, Discus & 1500/800m) to show both the kids and their parents what we can do. Who knows? Perhaps some of them will be interested in trying us. Another important date is Saturday, 17<sup>th</sup> February which is a Modified week. We have included some special races for Teen Athletes and hope to see as many there as possible. We are also hoping to get a Girraween versus Blacktown carnival off the ground in early March possibly at the Blacktown Olympic Centre track at Rooty Hill. We will pass on more details when they come to hand. As you can see, it's all happening at Girraween and there is more to come!

Until next month, happy running! GARRY WOMSLEY

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## *Out & About With Our Athletes!*

### *18<sup>th</sup> December*

Our resident walker Lisa Grant has graduated from her University course at Sydney University recently. She now holds a degree in Exercise Science. Well done Lisa on your fine achievement!

### *21<sup>st</sup> January*

We again had a good roll up at SMC today. In hot and steamy conditions, our athletes again performed well. Full results as follows: -

5KM (Run)

Time

1) NICK HANNA	19:27
2) GARRY WOMSLEY	20:39
3) TERRY ROSE	24:11
4) MICHAEL CHRISTIE	30:15

<u>5KM (Walk)</u>	<u>Time</u>
1) CHERI WOMSLEY	50:56
2) ETHAN WOMSLEY	51:48

<u>21.1KM</u>	<u>Time</u>
1) GEOFF SHEARGOLD	1:36.00
2) GRAHAM SHEARGOLD	1:36.40
3) MICHAEL KAMMERER	DNF

### **26<sup>th</sup> January**

Garry Womsley contested the 3.2km race at the Menai Marketplace Fun Run held today in humid conditions. He placed 12<sup>th</sup> overall and 3<sup>rd</sup> in the over 40 age category in a time of 13:01. He then backed up at The Ridge tonight at the Illawong Summer Competition. He contested the 1500m, placing 3<sup>rd</sup> in a time of 5:50. He then finished off a busy day with another 3<sup>rd</sup> placing in the 3000m in a time of 12:04.

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A number of our athletes also contested the Australia Day Fun Run at the Penrith Regatta Centre. In the 10km event, Brad Milosevic (36:11) was 1<sup>st</sup> home followed by Nick Hanna (38:40), Richard Frost (41:20), Denis Andrew (45:10), Michael Hehir (45:10) and Roger Mar (54:41). Clive Kidson also contested the 10km race. In the 5km race, Andrew Blunden (18:23) was 1<sup>st</sup> home followed by Steve Blunden (22:50), Robert Eager (27:58) and Carly Eager.

### **28<sup>th</sup> January**

Garry Womsley competed at the Australia Day Carnival held at Francis Park, Blacktown today. In the Masters category, he placed 3<sup>rd</sup> in the 100m (14.4sec), 2<sup>nd</sup> in the Long Jump (4.45m), 2<sup>nd</sup> in the 1500m (5:31), 3<sup>rd</sup> in the Shot Put (5.71m), 3<sup>rd</sup> in the 200m (28.8sec) and 4<sup>th</sup> in the Discus (19.19m, a personal best). Wayne Thurlow contested the Masters 100m (13.0sec) and 200m (26.1sec) and placed 1<sup>st</sup> in both events, while Steve Blunden placed 2<sup>nd</sup> in the Masters 100m.

## **3 Medals At The State Underage Steeple**

### **Championships! – ANSW State Underage Steeplechase**

#### **Championships – Saturday, 6<sup>th</sup> January, 2007 at Homebush.**

Athletics NSW appear to be on to a real winner with the inaugural State Underage Steeplechase Championships. Never before have so many Steeple races been held on the same day. It is a real shot in the arm for an event that sometimes gets “lost” in a larger athletics programme (usually programmed at the end of the day or night when everyone else has gone home!) There were good numbers in most races and the standard was quite high considering that it was the first major event after the Christmas break. The fact that State medals were up for grabs gave the athletes even more incentive to perform well.

Girraween had three representatives today and they all performed well. Andrew Blunden contested the U/16 race and placed 2<sup>nd</sup> in a time of 6:59. While he was not really happy with his time, he was happy with his 2<sup>nd</sup> placing on the day. Jamie Sherson contested the U/20 race and also placed 2<sup>nd</sup> in a time of 10:36. This was a great achievement considering that he did not feel well on the day. He has vowed to train even harder to get back his winning edge. (We are sure it won't be long!) Nick Hanna contested the U/23 race and not only did a personal best but also placed 3<sup>rd</sup>. Nick, who has been one of our big improvers so far this summer finished in a time of 12:42. Congratulations to all of our medal winners. You again did the club proud and proved that our Steeple programme continues to be successful. Full results as follows: -

<u>Event</u>	<u>Time</u>	<u>Age Category</u>	<u>Overall Placing</u>		
ANDREW BLUNDEN		2000m Steeple	6:59	U/16	2 <sup>nd</sup>
JAMIE SHERSON		3000m Steeple	10:36	U/20	2 <sup>nd</sup>
NICK HANNA		3000m Steeple	12:42	U/23	3 <sup>rd</sup>

## ***23 Medals At Dubbo Meant A Very Happy New Year For Our Members! – Dubbo New Year Carnival, Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> January, 2007 at Barden Park, Dubbo.***

Our members had a fantastic time at this year's Dubbo New Year Carnival. Held in sweltering conditions for most of the two days, our athletes earned a great total of 23 medals and really put our club on the map. Everybody wanted to know about Girraween and where we are located. Our dark blue and white colours really stood out from the rest. There were many cheers of "Go Girraween" from people in the crowd who don't really know us but loved our never say die attitude and our sportsmanship after each event.

Garry Womsley (40-49 age category) contested 10 events and earned a huge haul of 9 medals. He earned Gold in the 3000m and 400m, Silver in the 800m, Long Jump, 200m, 1500m, 100m and Javelin and his solitary Bronze came in the Shot Put. The only event where he didn't get a medal was in the Discus (his worst event!) where he placed 4<sup>th</sup>. He achieved personal bests in the Javelin and Shot Put and his highlight was his outright win in the 400m which was a combined race with the 50-59 age category where his tussle with club mate Vince Adams down the home straight proved very exciting for the spectators. Garry, who doesn't beat Vince much these days, just hung on to win.

Vince Adams (50-59 age category) contested 7 events and earned a perfect haul of 7 medals. He earned Gold in the 200m, 100m, Javelin and 400m, Silver in the Long Jump and 4 x 100m Relay and Bronze in the Discus. He achieved personal bests in the Discus and Javelin and his combined time in his relay event was believed to be a Masters 200+ record. Vince showed fine form throughout particularly in the sprints.

Cheri Womsley (30-39 age category) also contested 7 events and came up with a perfect total of 7 medals. She earned Gold in the 400m, Silver in the 200m and Bronze in the Long Jump, Discus, Shot Put, Javelin and 100m. Cheri, a newcomer to athletics, was pleased with her 200m and 400m where she achieved personal bests. She will be much better for the experience and will only improve in the future.

Ethan Womsley (U/10 age category) contested 9 events and although he did not pick up any medals, he produced several good performances. Unfortunately, he was disqualified in the 1100m Walk where he finished 2<sup>nd</sup> over the line. One wonders whether or not officials should be so harsh in enforcing the laws of Race Walking on athletes so young at a country carnival where participation is encouraged above everything else. (Particularly when blatant fouls were allowed in the Discus and Shot Put and a blatant illegal change was allowed in one of the 4 x 100m Relay races!) If the event was regarded as a major championship, this strict enforcement of the laws of walking would be more understandable and acceptable. All the ruling succeeded in doing was break a little boy's heart who tried so hard and has probably driven him away from contesting the event in the future! His best placings were in the 1500m and 400m where he placed 4<sup>th</sup>. Both were also personal bests.

Full results as follows: -

<u>Event</u>	<u>Time/Distance</u>	<u>Age Category</u>	<u>O/All Placing</u>
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GARRY WOMSLEY	800m	2:51	40-49	2 <sup>nd</sup>
	Discus	14.39m	40-49	4 <sup>th</sup>
	Long Jump	3.89m	40-49	2 <sup>nd</sup>
	200m	29.3 sec	40-49	2 <sup>nd</sup>
	3000m	12:17	40-49	1 <sup>st</sup>
	1500m	5:49	40-49	2 <sup>nd</sup>
	Shot Put	6.03m	40-49	3 <sup>rd</sup>
	100m	13.9 sec	40-49	2 <sup>nd</sup>
	Javelin	21.03m	40-49	2 <sup>nd</sup>
	400m	1:08	40-49	1 <sup>st</sup>
VINCE ADAMS	Long Jump	3.30m	50-59	2 <sup>nd</sup>
	200m	28.5 sec	50-59	1 <sup>st</sup>
	Discus	22.64m	50-59	3 <sup>rd</sup>
	4 x 100m	58.0 sec	200+	2 <sup>nd</sup>
	100m	13.2 sec	50-59	1 <sup>st</sup>
	Javelin	23.62m	50-59	1 <sup>st</sup>
	400m	1:09	50-59	1 <sup>st</sup>
CHERI WOMSLEY	Long Jump	1.76m	30-39	3 <sup>rd</sup>
	Discus	10.99m	30-39	3 <sup>rd</sup>
	200m	49.0 sec	30-39	2 <sup>nd</sup>
	Shot Put	4.59m	30-39	3 <sup>rd</sup>
	Javelin	6.15m	30-39	3 <sup>rd</sup>
	100m	22.1 sec	30-39	3 <sup>rd</sup>
	400m	2:19	30-39	1 <sup>st</sup>
ETHAN WOMSLEY	800m	4:04	U/10	6 <sup>th</sup>
	Discus	7.83m	U/10	11 <sup>th</sup>
	200m	54.3 sec	U/10	8 <sup>th</sup>
	1100m Walk	8:22	U/11	DQ
	Long Jump	1.84m	U/10	9 <sup>th</sup>
	1500m	7:51	U/10	4 <sup>th</sup>
	100m	22.0 sec	U/10	9 <sup>th</sup>
	Shot Put	3.63m	U/10	9 <sup>th</sup>
	400m	1:52	U/10	4 <sup>th</sup>

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## ***Four Members Contest The State 5km!-***

**ANSW State U/16, U/20, U/23 & Open 5000m State Championship – Saturday, 13<sup>th</sup> January, 2007 at Homebush.**

ANSW staged their second RESI Sydney Track Classic series of races at Homebush today. Run in conjunction with the ANSW U/16, U/20 & U/23 State Championships, there were again plenty of competitors and plenty of spectators. Since last year's Commonwealth Games, there has been a renewed interest in athletics which can only improve the growth and development of the sport. In the U/23 age category in particular, there are much larger numbers competing now than when it was first introduced in 2005. The weather was a lot cooler today than on previous days this week and this made it more comfortable for the competitors and spectators alike.

Our four representatives all competed in the "B" race of the 5000m State Championship. Brad Milosevic was our first runner home in a great time of 16:43. He was slightly disappointed with his time but at 17 he has many years of improvement left if he continues to work hard. The much improved Nick Hanna was our next runner home in a personal best time 19:12. He continues to go from strength to strength with each race. Garry Womsley was our next runner home in a very disappointing time of 20:33. Garry, who has not had a lot of races over this distance this season, really struggled and has

vowed to work even harder to be ready for the State and National Championships in March and April. Unfortunately, Jamie Sherson sustained a leg injury after only a few laps and had to pull out of the race. Full results as follows: -

	<u>Time</u>	<u>Overall Position</u>
1) BRAD MILOSEVIC	16:43.03	14 <sup>th</sup>
2) NICK HANNA	19:12.32	28 <sup>th</sup>
3) GARRY WOMSLEY	20:33.00	31 <sup>st</sup>
4) JAMIE SHERSON	DNF	No Placing

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## ***The Winter Presentation & The Snags Go Down Well At The End Of A Hot Day!-***

***Girraween Winter Presentation – Saturday, 20<sup>th</sup> January, 2007 – C.V. Kelly Park.***

The day was hot but everyone was able to rest and recharge at our winter presentation after today's events. As usual, our chef George Milosevic cooked up a storm. The sausages, eggs and bacon went in record time. It was a fantastic way for everyone to unwind. The award winners are as follows: -

### **SHORT**

#### **Male**

U10	Ethan-Corey Womsley	(327)
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### **MEDIUM**

#### **Male**

U12	Jonas Williams	(343)
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U15	Andrew Blunden	(358)
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U20	Nicholas Hanna	(255)
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Senior	David Wallis	(326)
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Master	Wayne Thurlow	(323)
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Master	Gary Micallef	(310)
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Master	Terry Rose	(266)
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#### **Female**

U15	Brenda Micallef	(284)
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### **LONG**

#### **Male**

U18	Brad Milosevic	(360)
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U18	Adam Sinclair	(280)
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Senior	Richard Frost	(340)
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Master	Gary Womsley	(350)
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Master	Graham Sheargold	(323)
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Master	Dennis Andrew	(316)
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Golden Oldie	Keith Mayhew	(269)
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## ***Too Hot For Some At Bankstown! - ANSW All-Comers, Saturday, 20<sup>th</sup> January, 2007 – The Crest, Bankstown.***

All of the athletes who competed today really struggled in the hot, sauna like conditions. The mercury rose to a scorching 42 degrees at Bankstown today and it was probably hotter at track level. The track was so hot that the sprinters were burning their hands just getting down in the “set” position. Others had the bottoms of their feet burnt through their shoes. It was certainly no place for the faint hearted.

We had four representatives compete today and they all tried their hardest in the conditions. Lynette Smith, who is on the comeback trail, placed 3<sup>rd</sup> in the 35+ 400m race in a time of 1:10.72. She also contested both the Shot Put (10.63m) and the Discus (29.83m), placing 1<sup>st</sup> in both events. Nick Hanna continued his good form with a 3<sup>rd</sup> placing in the Open 5000m in a time of 19:45.90. Garry Womsley contested the 35+ 5000m and was badly affected by the heat. He placed 3<sup>rd</sup> in a time of 22:01.64. The officials held grave concerns for him when he collapsed after crossing the finish line. However, after getting some much needed water back into his system, he was able to recover quickly. (Many thanks to the ANSW officials who came to his assistance!) Lajos Joni, now recovered from his knee and eye surgeries, is starting to find some form. He won the 35+ Shot Put with a best of 11.27m and placed 4<sup>th</sup> in the Discus with a best throw of 36.23m. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing</u>	<u>Age Category</u>
LYNETTE SMITH	400m	1:10.72	3 <sup>rd</sup>	35+
	Shot Put	10.63m	1 <sup>st</sup>	35+
	Discus	29.83m	1 <sup>st</sup>	35+
NICK HANNA	5000m	19:45.90	3 <sup>rd</sup>	Open
GARRY WOMSLEY	5000m	22:01.64	3 <sup>rd</sup>	35+
LAJOS JONI	Shot Put	11.27m	1 <sup>st</sup>	35+
	Discus	36.23m	4 <sup>th</sup>	35+

## ***Pleasing Results For Our Athletes At Mid-Week Allcomers! - ANSW All-Comers, Thursday, 25<sup>th</sup> January, 2007 – Homebush.***

In cool and comfortable conditions at Homebush tonight, our athletes performed well and got in some much needed practice for the various State Championships coming up.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing</u>	<u>Age Category</u>
LYNETTE SMITH	400m	1:07.12	1 <sup>st</sup>	35+
	Hammer	28.9m	2 <sup>nd</sup>	35+
BRAD MILOSEVIC	1500m	4:18.04	16 <sup>th</sup>	Open
NICK HANNA	1500m	5:09.46	23 <sup>rd</sup>	Open

JAMIE SHERSON	3000m Steeple	10:03.34	1 <sup>st</sup>	Open
GARRY WOMSLEY	3000m Steeple	12:30.70	1 <sup>st</sup>	35+
LAJOS JONI	Hammer	44.47m	1 <sup>st</sup>	35+

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## ***Windy & Wild At C.V. Kelly! - Girraween All-Comers, Saturday, 27<sup>th</sup> January, 2007 – C.V. Kelly Park.***

Wind, wind and more wind at C.V. Kelly had all the 100m runners rubbing their hands with glee but no one else as a small gathering contested our events today. However, everybody got through the events the best they could and still had an enjoyable day. Some of our representative runners made a rare appearance in preparation for the big events ahead and got a good hit out. Full results as follows: -

### 100m – Men (Top Ten)

	<u>Time</u>
1) ERNIE LESEBERG	11.01sec
2) PETER KIMPTON	12.03sec
3) WAYNE THURLOW	12.04sec
4) SCOTT MORTIMER	12.27sec
5) STEVE BLUNDEN	12.51sec
6) BRAD MILOSEVIC	12.68sec
7) STEVE PARKINS	12.71sec
8) VINCE ADAMS	12.90sec
9) ANDREW BLUNDEN	13.42sec
10) MATT STENNING	13.53sec

### 100m - Women

	<u>Time</u>
1) CHELSEA AUSTIN	15.29sec
2) STEFFANY DUNN	15.53sec
3) BRENDA MICALLEF	15.96sec
4) KELLY MICALLEF	20.39sec
5) LAUREN SINCLAIR	22.72sec

### High Jump – Men (Top Three)

	<u>Height</u>
1) PETER MATTHEWS	1.31m
2) MATT STENNING	1.18m
3) MATT DUNN (Senior)	1.15m

### High Jump – Women

	<u>Height</u>
1) BRENDA MICALLEF	1.10m
1) STEFFANY DUNN	1.10m
3) KELLY MICALLEF	0.95m

### Long Jump (Women)

	<u>Distance</u>
1) CHELSEA AUSTIN	3.57m

### Long Jump – Men

	<u>Distance</u>
1) BRAD MILOSEVIC	4.61m
2) WAYNE THURLOW	4.57m
2) STEVE BLUNDEN	4.57m

### Triple Jump (Women)

	<u>Distance</u>
1) CHELSEA AUSTIN	8.07m

### Triple Jump – Men (Top Three)

	<u>Distance</u>
1) BRAD MILOSEVIC	10.32m
2) SCOTT MORTIMER	10.03m
3) WAYNE THURLOW	9.76m

### 400m – Women

	<u>Time</u>
1) CHELSEA AUSTIN	1:20.54
2) LAUREN SINCLAIR	1:55.09

### 400m – Men (Top Ten)

	<u>Time</u>
1) WAYNE THURLOW	1:00.83
2) ANDREW BLUNDEN	1:01.13
3) BRAD MILOSEVIC	1:06.48
4) STEVE PARKINS	1:06.71
5) VINCE ADAMS	1:08.29
6) PETER MATTHEWS	1:11.58
7) GARRY WOMSLEY	1:13.48
8) DON MATTHEWSON	1:14.21
9) MATT STENNING	1:15.52
10) GREG SARGEANT	1:18.95

### 1500m Walk – Women

	<u>Time</u>
1) CHELSEA AUSTIN	8:57.16

### Discus – Women

	<u>Distance</u>
1) KELLY MICALLEF	23.33m
2) BRENDA MICALLEF	19.23m
3) CHELSEA AUSTIN	18.93m

### Javelin – Men

	<u>Distance</u>
1) MATT STENNING	24.67m
2) VINCE ADAMS	24.60m
3) MATT DUNN (Senior)	22.43m

### 1500m – Men (Top Ten)

	<u>Time</u>
1) BRAD MILOSEVIC	4:59.29
2) NICK HANNA	5:20.75

### Javelin – Women

	<u>Distance</u>
1) BRENDA MICALLEF	16.55m
2) CHELSEA AUSTIN	16.18m

3) DON MATTHEWSON	5:37.84	3) STEFFANY DUNN	15.81m
4) PETER MATTHEWS	5:44.80		
5) GARRY WOMSLEY	5:45.64	<u>1500m – Men (Contd)</u>	<u>Time</u>
6) STEVE PARKINS	5:54.03	9) KEITH MAYHEW	6:02.54
7) RICHARD FROST	5:55.80	10) DAVID PERRY	6:07.86
8) DENIS ANDREW	6:01.19		

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## *Happy Birthday!*

We would like to wish all of our members a very Happy Birthday who celebrate their Birthday in February. We hope it is very special day. As follows: -

5<sup>th</sup> – Michael Kammerer  
15<sup>th</sup> – Jill Woodruff  
16<sup>th</sup> – Carly Eager  
23<sup>rd</sup> – Amanda Giesler  
26<sup>th</sup> – Andrew Blunden

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## **Upcoming Events!**

### *Club Events*

<b>Sat</b>	<b>3 Feb</b>	<b>Week A with distance event 1500m (C.V. Kelly)</b>
<b>Sat</b>	<b>10 Feb</b>	<b>Week B with distance event 5000m (C.V. Kelly)</b>
<b>Sun</b>	<b>11 Feb</b>	<b>Girraween Little A's Centre Championships (C.V. Kelly)</b> (See Separate Story in this Newsletter)
<b>Sat</b>	<b>17 Feb</b>	<b>Modified Programme with distance event 1 Mile</b> (See Separate Story in this Newsletter)
<b>Sat</b>	<b>24 Feb</b>	<b>Week A with distance event 1500m (C.V. Kelly)</b>

### *ANSW Events*

<b>Fri-Sun</b>	<b>2-4 Feb</b>	<b>ANSW State Open &amp; U/18 Championships (Homebush)</b> (Including the State 10,000m Championships)
<b>Fri-Sun</b>	<b>9-11 Feb</b>	<b>Telstra U/20 &amp; U/23 National Championships (Hobart)</b>
<b>Sat</b>	<b>10 Feb</b>	<b>ANSW All-Comers (Homebush)</b>
<b>Sat</b>	<b>17 Feb</b>	<b>ANSW All-Comers (Homebush)</b>
<b>Sat</b>	<b>24 Feb</b>	<b>Sydney "A" Series (Homebush)</b>
<b>Sun</b>	<b>25 Feb</b>	<b>NSW Mountain Running Championships – Wollongong (Mt. Burelli)</b>

### *Fun Runs & Other Events of Interest*

<b>Fri-Sun</b>	<b>2-4 Feb</b>	<b>Little A's MWM Zone Championships</b>
<b>Sat</b>	<b>3 Feb</b>	<b>Sydney Striders 10km Race (Check website for details)</b>
<b>Wed</b>	<b>7 Feb</b>	<b>Sydney Summer Series – Morrison Bay – contact 9476-6530</b>
<b>Wed</b>	<b>7 Feb</b>	<b>Blair Zone Competition Series 1 – Blair Oval – 6.30pm</b>
<b>Sat</b>	<b>10 Feb</b>	<b>Kembla Joggers Mt. Burelli Classic (8km) – 8.00am – Kembla Lookout</b>
<b>Wed</b>	<b>14 Feb</b>	<b>Sydney Summer Series – Explosives Reserve – contact 9476-6530</b>
<b>Wed</b>	<b>14 Feb</b>	<b>Blair Zone Competition Series 2 – Blair Oval – 6.30pm</b>
<b>Sat-Sun</b>	<b>17-18 Feb</b>	<b>Little A's Regional Carnival (To be confirmed)</b>
<b>Sun</b>	<b>18 Feb</b>	<b>Sydney Marathon Clinic Road Series – 7.00am – Rossford Reserve</b>
<b>Wed</b>	<b>21 Feb</b>	<b>Sydney Summer Series – Whale Rock – contact 9476-6530</b>
<b>Wed</b>	<b>21 Feb</b>	<b>Blair Zone Competition Series 1 – Blair Oval – 6.30pm</b>
<b>Wed</b>	<b>28 Feb</b>	<b>Sydney Summer Series – Pottery Green – contact 9476-6530</b>
<b>Wed</b>	<b>28 Feb</b>	<b>Blair Zone Competition Series 2 – Blair Oval – 6.30pm</b>

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

Our club committee is here to help you. If you have any enquiries or problems, please do not hesitate to get in contact with any of the committee members listed below.

<i>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary, Coaching Co-ordinator &amp; Publicity Officer</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Registrar &amp; Public Officer</i>	<i>9631-8887</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Ernie Leseberg</i>	<i>Records Officer</i>	<i>9715-5675</i>
<i>Lynette Smith</i>	<i>ANSW Delegate</i>	<i>0419420393</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>George Milosevic</i>	<i>Canteen Manager &amp; Park Trust Delegate</i>	<i>9626-8586</i>
<i>Doug Perrott</i>	<i>Canteen Manager</i>	<i>9896-4654</i>
<i>Cheryl Argent</i>	<i>Fundraising</i>	<i>9636-3879</i>
<i>Cheri Womsley</i>	<i>General Committee</i>	<i>9636-6017</i>
<i>Brad Milosevic</i>	<i>Junior Committee</i>	<i>9626-8586</i>
<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>
<i>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, 8<sup>th</sup> March

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## **Girraween Club Training** **Days & Times**

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

Mondays & Wednesdays (6.30-8.00pm) – Track, Field, Throws, Hurdle & Steeplechase training at C.V. Kelly (Now Little A's & Seniors combined). We now have a number of additional accredited coaches who can offer more training options. Contact Garry Womsley (Phone: - 9636-6017) or Gary Micallef (9631-2658)

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

### **Training Form!**

18<sup>th</sup> December – (3 x 600m & 3 x 400m)

Garry Womsley – 2:30, 2:29, 2:23 (600m), 1:33, 1:32, 1:35 (400m)

Andrew Blunden – 1:57, 1:46, 1:51 (600m), 1:11, 1:10 (400m)

Alyssa Perrott – untimed (All)

Jim – untimed (All)

Adam Sinclair – 2:00, 1:48, 1:52 (600m), 1:08, 1:05, 1:05 (400m)

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Patrick Mackey – untimed (All)  
Kerry Taylor – untimed (All)  
Lisa Grant – 2:23, 2:21, 2:21 (600m), 1:36, 1:36, 1:28 (400m)  
Josh – untimed (All)  
Sami – untimed (All)  
Louise – untimed (3 x 600m & 2 x 400m)  
Michael Christie – untimed (All)  
Robert Eager – 3:18, 3:14 (600m), 2:02, 2:02, 2:05 (400m)  
Carly Eager – untimed (2 x 600m & 3 x 400m)  
Brad Milosevic – 2:00, 1:54, 1:57 (600m), 1:15, 1:12, 1:10 (400m)  
Jye Perrott – untimed (2 x 600m)  
Kaitlin Dunn – untimed (2 x 600m & 2 x 400m)

20<sup>th</sup> December – (4 x 400m & 2 x 200m)

Note: - 1 x 400m was replaced by two circuits of the Little A's obstacle course

Garry Womsley – 1:34, 1:35, 1:22 (400m), 0:36, 0:33 (200m)  
Stacey Argent – 1:28, 1:29, 1:23 (400m), 0:41, 0:41 (200m)  
Adam Sinclair – 1:10, 1:11, 1:09 (400m), 0:29, untimed (200m)  
Brad Milosevic – 1:10, 1:08, 1:07 (400m), 0:31, 0:28 (200m)  
Andrew Blunden – 1:10, 1:08, 1:05 (400m), 0:30 (200m)  
Kerry Taylor – untimed (All)  
Steve Blunden – 1:26, 1:24, 1:21 (400m), 0:32, 0:31 (200m)  
Roger Mar – 1:46, 1:44, 1:40 (400m), 0:39, 0:41 (200m)  
Jessica Baitieri – untimed (All)  
Lauren Sinclair – untimed (2 x 400m & 2 x 200m)  
Kaitlin Dunn – untimed (1 x 400m & 2 x 200m)  
Alyssa Perrott – untimed (1 x 400m & 2 x 200m)

27<sup>th</sup> December – (1 x 1500m & 1 x 1000m)

Steve Parkins – 6:30 (1500m), 4:10 (1000m)  
Garry Womsley – 6:22 (1500m), 4:09 (1000m)  
Andrew Blunden – 5:45 (1500m), 3:29 (1000m)  
Nick Hanna – 5:43 (1500m), 3:31 (1000m)  
Brad Milosevic – 5:14 (1500m), 3:17 (1000m)  
Michael Christie – untimed (All)  
Doug Perrott – untimed (All)  
Jye Perrott – untimed (All)  
Braeden Perrott – untimed (All)  
Alyssa Perrott – untimed (All)  
Steve Blunden – 6:44 (1500m), 3:57 (1000m)  
Jessica Baitieri – untimed (All)  
Roger Mar – 8:30 (1500m), 5:51 (1000m)  
Wayne Thurlow – untimed (All)  
Kaitlyn Thurlow – untimed (All)  
Ashleigh Thurlow – untimed (All)

3<sup>rd</sup> January (1 x 2000m & 1 x 1000m)

Lauren Sinclair – 10:30 (1500m), 3:08 (600m)  
Nick Hanna – 7:28 (2000m), 3:32 (1000m)  
Steve Blunden – 9:00 (2000m), 3:57 (1000m)  
Adam Sinclair – 7:15 (2000m), 3:15 (1000m)  
Andrew Blunden – 7:02 (2000m), 3:10 (1000m)  
Roger Mar – 10:26 (2000m), 4:45 (1000m)  
Garry Womsley – 8:43 (2000m), 3:59 (1000m)

8<sup>th</sup> January (3 x 600m & 1 x 500m)

Steve Blunden – 2:23, 2:16, 2:13 (600m), 1:43 (500m)  
Andrew Blunden – 1:55, 1:51, 1:53 (600m), 1:29 (500m)  
Michael Christe – untimed (All)  
Brad Milosevic – 1:58, 1:54, 1:53 (600m), 1:43 (500m)

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Adam Sinclair – 1:58, 1:57, 1:53 (600m), 1:45 (500m)  
Jessica Baitieri – untimed (All)  
Lauren Sinclair – untimed (All)  
Jye Perrott – untimed (All)  
Doug Perrott – untimed (All)  
Alyssa Perrott – untimed (All)  
Ashleigh Thurlow – untimed (All)  
Matt Modini – 2:30 (600m), untimed (2 x 600m & 1 x 500m)

10<sup>th</sup> January (5 x 400m)

Steve Parkins – 1:27, 1:23, 1:30, 1:27, 1:25  
Danielle Goodin – untimed (4 x 400m)  
Roger Mar – 1:52, 1:45, 1:49, 1:45, 1:44  
Jessica Baitieri – untimed (All)  
Andrew Blunden – 1:09, 1:06, 1:08, 1:09, 1:09  
Adam Sinclair – 1:09, 1:07, 1:09, 1:18, 1:17  
Brad Milosevic – 1:11, 1:07, 1:09, 1:11, 1:18  
Steve Blunden – 1:24, 1:17, 1:21, 1:21  
Jye Perrott – untimed (1 x 400m), 1:17, 1:42  
Bradley Matthews – untimed (2 x 400m), 1:40  
Garry Womsley – 1:34, 1:20, 1:28, 1:33, 1:17  
Alyssa Perrott – 1:23, 1:23

15<sup>th</sup> January (3 x 600m & 3 x 500m)

Garry Womsley – 2:29, 2:28, 2:26 (600m), 2:00, 2:05, 2:14 (500m)  
Stacey Argent – 2:32, 2:38, 2:46 (600m), 2:09, 2:18, 2:18 (500m)  
Adam Sinclair – 2:01, 1:52, 1:55 (600m), 1:35, 1:38, 1:34 (500m)  
Brad Milosevic – 2:02, 1:53, 1:54 (600m), 1:37, 1:37, 1:36 (500m)  
Andrew Blunden – 2:00, 1:50, 1:55 (600m), 1:36 (500m)  
Joe Butler – 2:58, 2:53, 2:57 (600m), 2:24, 2:21, 2:29 (500m)  
Steve Blunden – 2:20, 2:13, 2:12 (600m), 1:47 (500m)  
Louise (Little A's) – untimed (2 x 600m & 2 x 500m)  
Ashleigh Thurlow – untimed (2 x 600m & 2 x 500m)  
Alison (Little A's) – untimed (2 x 600m & 2 x 500m)  
Lauren Sinclair – untimed (2 x 600m & 3 x 500m)  
Dhiviya (Little A's) – untimed (2 x 600m & 2 x 500m)  
Patrick Mackey – untimed (All)  
Michael Christie – untimed (All)

17<sup>th</sup> January (5 x 200m)

Garry Womsley – 0:39, 0:37, 0:36, 0:35, 0:33  
Steve Parkins – untimed (All)  
Brad Milosevic – 0:30, 0:29, 0:30, 0:31, 0:30  
Andrew Blunden – 0:31, 0:30, 0:29, 0:31, 0:30  
Steve Blunden – 0:32, 0:32, 0:32, 0:33  
Lauren Sinclair – untimed (All)  
Kerry Taylor – untimed (All)  
Vince Adams – 0:37, 0:36, 0:35, 0:33, 0:34

22<sup>nd</sup> January (1 x 600m & 2 x 500m)

Peter Matthews – 2:09 (600m), 1:46, 1:43 (500m)  
Garry Womsley – 2:15 (600m), 1:49, 1:53 (500m)  
Adam Sinclair – 1:48 (600m), 1:32, 1:29 (500m)  
Joe Butler – untimed (600m), 2:25, 2:15 (500m)  
Stacey Argent – 2:14 (600m), 1:49, 2:10 (500m)  
Matt Modini – 1:47 (600m), 1:31, 1:33 (500m)  
Dhiviya (Little A's) – 3:04 (600m), 2:41, 2:40 (500m)  
Narayan (Little A's) – untimed (All)  
Michael Christie – untimed (All)  
Robert Eager – 2:41, 2:35 (500m)

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Carly Eager – untimed (500m)

29<sup>th</sup> January (3 x 500m)

Joe Butler – 2:17, 2:17, 2:18

Michael Christie – untimed (All)

Garry Womsley – 1:48, 1:53, 1:50

Peter Matthews – 1:46, 1:50, 1:45

Stacey Argent – 1:50, 1:53, 1:50

Matt Modini – 1:30, 1:29, untimed

Andrew Blunden – 1:35, 1:29, 1:43

Brad Milosevic – 1:31, 1:32, 1:29

Adam Sinclair – 1:40, 1:36, 1:33

\* \* \* \* \*

## *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 years' 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](mailto: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, Level 2 – Distance & Walks, Sprints & Hurdles, Jumps, Throws, Coaching AWD's, General Principles of Coaching)

### LEVEL ONE COURSES

FEB 24-25 – WESTFIELD SPORTS HIGH (Closes: - FEB 12)

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

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

FEB 24-25 – DUBBO (Closes: - FEB 12)

MAR 31-APRIL 1 – WESTFIELD SPORTS HIGH (Closes: - MARCH 19)

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)

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

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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.

## **Would You Like To Learn More About The Kenyans?**

RUNNING WITH THE KENYANS CLINIC

COACHES PRESENTATION

OPEN INVITATION TO ALL NSW COACHES

WEDNESDAY 7TH FEBRUARY 2007

6.00 - 7.00pm

(30 minute presentation - Di Huxley / 30 minutes Q&A Reuben Kosgei)

NSWIS OFFICE

LEVEL 1, BUILDING B, 6 FIGTREE STREET, OLYMPIC PARK

The NSW Institute of Sport is holding an information and discussion session with distance coach Di Huxley and Olympic and World Champion Kenyan athlete Reuben Kosgei.

Di was previously National Distance coordinator, NSWIS Distance coach, a distance coach at the AIS and was coach and manager of

Australian teams from 1998 to 2004. From mid 2005 Di has been coaching a group of Kenyan athletes including Reuben Kosgei.

Reuben Kosgei was the youngest Olympic Track & Field Gold medallist when he won 3000m steeplechase in Sydney 2000 at 20 years and then backed up to be World Champion in 2001. He was World Junior Champion in 1998 and then struggled with injury from 2002 until 2005 when he linked up with Di. He made a successful comeback in Melbourne 2006 with a bronze medal and is currently ranked No 5 in the World.

In this session Di will compare the Kenyan way of development and training with the Australian model for distance athletes.. After working and living with the Kenyan athletes for the past 18 months Di has found that Kenyan athletes have similar strengths and weakness to Australian athletes. But what is it that sets them apart from the others? Should we accept that Australian athletes can never compete with the Kenyans or other African athletes or should we embrace what they have to offer?

"It is not about 'us versus them' but rather pooling our knowledge and experience to improve all athletes no matter what their background may be".

Reuben will share his experiences as an elite distance runner and will give you a first hand insight of the make up of an Olympic and World Champion.

Please RSVP by Friday 2 February 2007 to David Tarbotton on:  
[david.tarbotton@nswis.com.au](mailto:david.tarbotton@nswis.com.au) or phone: 02 9763 0398

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## ***Sunday Morning Training Group!***

Some of our members have expressed interest in getting a Sunday morning training group together to do a long run. We have a few venues in mind and envisage that all athletes will run for a set time, then turn around and head back after the halfway time. (i.e. If it is planned that we run for an hour everybody turns back after 30 mins).

On Sunday, 28<sup>th</sup> 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. For more information, please call Garry Womsley on 0405586961.

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

### **CHICKEN & MANGO SAN CHOY BAU**

Ingredients: -

2 chicken breasts, poached & shredded

1 mango, diced

1 red capsicum, diced

1 cucumber, diced

¼ cup coriander, chopped

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¼ cup lime juice  
3 tbsp sweet chilli sauce  
1 butter lettuce or iceberg lettuce

Method: -

Combine all ingredients except lettuce. Spoon into lettuce cups and roll up. Serves 2.

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# **Girraween Athletic Club**

## **Athlete Profile!**

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FULL NAME: - Cheri Womsley

AGE: - 31

NICKNAME(S): - Chez, Chezza

WHAT SUBURB DO YOU LIVE IN? : - Toongabbie

WHAT YEAR DID YOU JOIN GIRRAWEEEN? : - 2006

WHEN DID YOU START ATHLETICS? : - 1990

WHICH CLUB MATE MAKES YOU LAUGH THE MOST? : - Garry Womsley

WHICH CLUB MATE INSPIRES YOU THE MOST? : - Garry Womsley

WHAT DO YOU DO FOR A LIVING? : - Horticulturalist/Chef

HOW MUCH TRAINING DO YOU DO A WEEK? : - 50km

WHAT IS YOUR BIGGEST ACHIEVEMENT IN RUNNING? : - 200m at Dubbo this year - got Silver

WHAT IS YOUR MOST EMBARRASSING SPORTING MOMENT? : - in 1990 during a horse bush race. My horse failed to start because he had to go to the loo and took a long time. We still finished 4<sup>th</sup> overall though.

WHAT IS YOUR FAVOURITE FOOD? : - Eggplant pasta, tacos and nachos

WHAT IS YOUR FAVOURITE TV SHOW? : - McCleod's Daughters, Star Trek, The 4400, Stargate

WHAT IS THE BEST ADVICE YOUR MOTHER GAVE YOU? : - Always have a loving and listening heart towards everyone, especially children

**WHICH ATHLETES OR SPORTS PEOPLE HAVE INSPIRED YOU? :** -  
Mavis Gibbs and Ruth Frith, both Masters Athletes and  
still breaking all sorts of records.

**DO YOU PLAY ANY OTHER SPORTS? :** - Pistol Shooting, Horse  
Riding (Bush Races)

**DO YOU HAVE ANY OTHER HOBBIES OR SPECIAL INTERESTS? :** -  
Sewing, Embroidery, Designing furniture, Woodwork

**WHAT ADVICE WOULD YOU GIVE TO AN ATHLETE JUST STARTING  
OUT IN THE SPORT? :** - Don't give up even when things get  
hard. You'll always find people or small things to  
inspire you

**DO YOU HAVE A COACH? :** - Yes, I sleep with him!

**WHAT ARE YOUR GOALS IN ATHLETICS? :** - Try to get better  
at the throwing events and work on my mile running, which  
will help with my 1500m

**WHAT DO YOU SEE YOURSELF DOING IN 10 YEARS TIME? :** - More  
kids and still fit and crazy! (But not too crazy)

**IF YOU HAD THE OPPORTUNITY, WHAT WORLD PROBLEM WOULD YOU  
FIX FIRST? :** - Education! The world needs more education,  
then we will be less ignorant towards each other, then we  
can work on the other problems

**OTHER COMMENTS:** - Be kind, helpful and understanding  
towards everyone because one day you might need it in  
return.

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# **Great Athletes of the Past!**

By Michael Christie

**Pietro Mennea - Italy (1952- )**

Pietro Mennea was born in Barletta, Italy on 28 June 1952. He won the first of his Italian 200m titles in 1971 as well as gaining his first international medal, a bronze as part of the Italian 4x100m relay team in the European Championships held in Helsinki that year.

However, it was at his first Olympic Games, that of Munich in 1972 where he ran a time of 20.30 in finishing third behind Valeri Borzov of the Soviet Union in the 200m final, that he first came to the attention of a wider athletic audience. The 200m was to be his preferred event for the remainder of his career, a distance that was more suited to his technique. He continued to compete sparingly over the next two years, and by



the time the 1974 European Championships in Rome were due, he had developed into a world-class sprinter. In Rome he won silver in the 100m in a time of 10.34, behind Borzov. He won the 200m in a time of 20.60, and this performance sent the crowd into raptures. He also picked up another silver medal as part of the 4x100m relay team finishing narrowly behind France.

Initially Mennea was not going to compete at the 1976 Montreal Olympics, due to poor early season form. However, under pressure from his adoring public in Italy, he did make himself available. He did go on to make the final of the 200m, finishing fourth. He also just missed out on a medal with the Italian relay team. His initial fears were realised with these uninspiring performances. However, he continued to compete and by the time the 1978 European Championships were held in Prague, he was back to his best. He won the 100m in a time of 10.27 and the 200m in 20.60 at these championships, thus capping off a remarkable year.

The next year, 1979 saw Mennea compete in the World University Games in Mexico City - being eligible at the time because he was studying political science at university. In the 200m at these games he set a new world record of 19.72, a mark that stood for almost seventeen years, until broken by the remarkable Michael Johnson at the 1996 US Olympic trials, testimony to the durability of Mennea's performance.

He went into the 1980 Moscow Olympics as one of the favourites for the 200m. Yet he was no certainty as the field included Don Quarrie and Alan Wells who days earlier had won the 100m gold medal. In a thrilling contest, Mennea managed to slowly wear Wells down and just shaded him for the gold medal in a time of 20.19. It was his greatest moment in athletics and ensured his national hero status in Italy. He also picked up a bronze medal as part of the 4x400m relay team behind the USSR.

Not long after these Olympic Games he announced his retirement. This was shortlived. He competed in the 200m final at the inaugural World Championships in Helsinki in 1983, picking up the bronze medal in a time of 20.51 behind the United States Calvin Smith. He was also part of the 4x100m silver winning relay team at these Championships. It was his last major medal-winning performance. However he was good enough to compete for Italy at the 1984 Los Angeles Olympics, where he again made the 200m final finishing seventh behind Carl Lewis. While he was in the twilight of his career, it was actually a remarkable feat to make his fourth consecutive Olympic final in this event. He retired again shortly afterwards. Amazingly he backed up for Italy once again, at the 1988 Seoul Olympics. This time he did not make it through the heats of the 200m. This time his athletics career was finally over.

After his athletics career Mennea became involved in politics, serving as a member of the European Parliament between 1999 and 2004. Known as 'The Blue Arrow' after the Milan to Bari express train during his career, he also attracted his share of controversy, whether it was clashing with Italian athletic officials or not competing on a regular basis, he was often in the headlines. However, his philosophy of running only when it suited him undoubtedly contributed to his durability within this sport at the highest level. Making four successive Olympic finals, Olympic and European gold medals and a world record that stood for almost seventeen years all added to the aura that surrounded this athlete. His career is also a lesson for athletes at the elite level, in managing themselves so that they make the most of their natural ability and can stay

in the sport as long as they wish to. Mennea did this and more. He remains one of Italy's great sporting heroes.

## **Sources and further reading**

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*, Human Kinetics, Champaign, Illinois.

[http://www.olimpiad.it/campioni/Pietro\\_Mennea/inex.html](http://www.olimpiad.it/campioni/Pietro_Mennea/inex.html), viewed 6 December 2006.

<http://www.pagine70.com/vmnews/wmview.php>, viewed 6 December 2006.

[http://en.wikipedia.org/wiki/Pietro\\_Mennea](http://en.wikipedia.org/wiki/Pietro_Mennea), viewed 6 December 2006.

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# **Athletics Trivia!**

## **THE HISTORY OF LONG JUMP**

Long Jumping was practiced by the Ancient Greeks but mainly with the use of weights, which must have helped them to leap enormous distances! It is recorded for example, that an Englishman using 5 pound dumbbells (which were thrown away while he was in mid air!), jumped 29 feet, 7 inches (Approx. 8.99 metres!) in May 1854. This type of jump, which was conducted as a novelty or challenge event, was believed to have been discarded for the modern day event a short time after this giant leap was achieved.

The Long Jump or Wide Jump, as it was then known, was one of the sports in the first Oxford and Cambridge sports and it was also in the first United States Championships. (Although, they called it Broad Jump). It involved a run up of varying distances, a jump from behind a line or a board and a landing in a soft pit of sand, the same as the event we still enjoy today! In fact, Long Jump is probably one of the few events to vary little from its early beginnings.

23 feet (7 metres) was first reached in 1874 and in July 1891, an American C. S. Reber, jumped 23 feet & 6 ½ inches (7.2 metres). In 1893, Charles Burgess Fry of Britain, equalled Reber's record. Towards the end of the 19<sup>th</sup> Century, Irishmen William Newburn and Peter O'Connor and the Americans Alvin Kraenzlein and Myer Prinstein cleared 24 feet (7.3 metres). The Americans finished 1<sup>st</sup> and 2<sup>nd</sup> at the 1900 Olympics. Three months before the Paris Olympics, Prinstein captured the World Record at 24 feet & 7 ¼ inches (7.5 metres). Peter O'Connor added another ½ inch to the record by August 1900 and 12 months later, got to within a ¼ inch of 25 feet (7.6 metres). This was a record which remained for just short of 21 years!

In July 1928, American Edward Hamm cleared 25 feet 11 inches (7.9 metres) and less than a month later won Olympic Gold. The 2<sup>nd</sup> placegetter at the Games, Sylvio Cator from Haiti jumped 26 feet (7.91 metres) less than a month later to take the World Record.

The very famous all round athlete Jesse Owens of America achieved the World Record in 1935 with a great jump of 26 feet 8 ¼ inches (8.18 metres). This record remained for 25 years. Fellow American Ralph Boston broke this record in 1960 with a jump of 26 feet & 11 ¼ inches (8.26 metres) and broke it a further two times with 27 feet & ½ inch (8.34 metres) in May 1961 and 27 feet & 2 inches (8.71 metres) in June 1961. In 1962, Russia's Igor Ter-Ovanesian added 1 & ¼ inches to Boston's record but

Boston equalled this shortly after and then broke it in September 1964 with 27 feet 4 ¼ inches (8.82 metres).

Great Britain's Lynn Davies won Gold at the Tokyo Games in 1964 with 26 feet 5 ¾ inches despite the presence of Boston and Ter-Ovanesian who had to settle for Silver & Bronze. All were present in Mexico in 1968 where young American Bob Beamon sailed into the record books with a massive leap of 29 feet 2 ½ inches (8.90 metres). He won the event on his last attempt after fouling his first two jumps. No one knows for sure how he achieved this jump. Was it the high altitude? Was it the high tail winds? (Up to 2 metres/second). All we do know is that it was a massive jump that wasn't beaten until Mike Powell of the USA bettered it at the 1991 World Championships in Tokyo with 8.95 metres. On this day, he handed Carl Lewis, another giant of the event, his first defeat in 10 years.

Today, the event is more popular than ever. At the big events, the competitors encourage the crowd to clap them as they start their approach. There are not many events where crowd participation is encouraged in this way.

More interesting trivia next month!

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## **Can You Help?**

One of our members, Roger Mar is doing it tough at the moment with regard to employment. The company he has been employed with on a casual basis since early 2003 have terminated his employment. As a result, Roger would like to find regular employment. Is there anyone in our club who can provide Roger with employment or know someone who can? He is very experienced at all types of labouring jobs and is as strong as an ox. Like his running, he keeps going all day! If you can assist, please call Roger on 9723-6905.

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## **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

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## **World News!**

### **1<sup>st</sup> January**

Australian Craig Mottram broke the Australian 10km road record in finishing 3<sup>rd</sup> in the San Silvestre Vallecana race in Spain today. Mottram clocked 27:39 stripping 15 seconds off the mark he set in the same race two years ago. Kenyan Eliud Kipchoge won the race in a world best 26:54. American based Australian Andrew Letherby better known for competing in Marathons, placed 8<sup>th</sup> in a time of 29:17. Mottram's training partner Benita Johnson placed 2<sup>nd</sup> in the female's race in a time of 32:05.

### **7<sup>th</sup> January**

Commonwealth 400m champion John Steffensen continues to train hard in the USA under John Smith. He even trained on Christmas Day. While many Australians have wondered what has happened to him since the Games, he says that he has been focussed on improving his technique over the last 100m and

will definitely be much improved once he returns to the track in Australia later in the season. He believes he will give the 400m a real shake at the World Championships in Osaka.

Former stair running champion and budding cyclist Paul Crake believes he will walk again despite news to the contrary from doctors in New Zealand where he remains after a bad fall from his bike in November which has left him paralysed from the waist down. Crake who won the Sydney Tower & Empire State Building run-ups on a number of occasions, retired from the sport a few years ago to concentrate on road cycling. All those who have competed against him in both sports sincerely hope that he makes a full recovery soon. Our prayers are with him!

#### **10<sup>th</sup> January**

Joshua Ross has flown out of the blocks in 2007 with the magical 10 second barrier in his sights. In Perth last weekend, the 3 time national 100m champion ran 10.21sec which is an "A" qualifier for this year's World Championships in Osaka. He then ran his fastest ever 100m time, 10.09sec in the final, but with the benefit of an illegal tail wind.

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

Australian World Cup 3000m champion Craig Mottram has pulled out of Saturday's Great Edinburgh cross-country race after suffering a calf strain. Mottram's head-to-head clash with Kenenisa Bekele in the 9km race was to be a highlight of the meeting. It would have been Bekele's first competition against Mottram since he was surprisingly beaten by the Australian as he retained his IAAF World Cup 3000m title last September in Athens.

#### **21<sup>st</sup> January**

Australia's fastest man, Patrick Johnson, started 2007 with an easy win at the Australia Cup meeting in Brisbane yesterday. He placed 1<sup>st</sup> in the 100m in a great time of 10.23sec and backed it up with another 1<sup>st</sup> placing in the 200m in a time of 20.60sec. Scott Martin won the Shot Put with a best of 19.26m and Sally McLellan took out the women's 100m.

Meanwhile, former British Sprinter Dwayne Chambers, who has just concluded a 2 year drug ban, has made the first cut of an NFL Europa (An American football league based in Europe) training camp that could lead to him signing with a team. Chambers, the former European 100m champion, was selected for a 6 week camp in Tampa, Florida. If he makes the next cut, he will earn a contract. (He's certainly fallen on his feet!)

#### **28<sup>th</sup> January**

Three Australians broke Australian Indoor records at the Boston Indoor Games today. Pole Vaulter Steve Hooker achieved a height of 5.81m and this was done with borrowed poles! Sarah Jamieson won the Mile in a time of 4:28.03. Craig Mottram placed 1<sup>st</sup> in the 3000m against a mostly African field in a time of 7:39.24 which smashed his own record that he set in 2004 by a massive 9 seconds!

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

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

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

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

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# **Resi Mortgage Special Offer!**

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

The Resi Club Premiership will see clubs compete over six rounds of competition to determine the premier track and field club within New South Wales. Commencing on 21st October, the series will run through until 2<sup>nd</sup> December, with athletes both young and old competing to score valuable points for their clubs. The winners of the male and female divisions earn the right to compete at the Australian Club Championships.

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

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

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

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

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

**Terms and Conditions**

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

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

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

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

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

All ages and standards welcome!

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## **Important Dates For Your 2007 Diary!**

Please put Sunday, 11th February in your diary. This is the day that our Little A's club put on their Centre Championships and again the Senior Club has been invited to put on some demonstration events to show the younger athletes that they can continue their athletics with us after they turn 15. We are really focussing on making the transition from junior to senior athletics an easy one for all our junior athletes and are trying to minimise the numbers that are currently being lost to the sport.

We believe in creating a friendly and fun atmosphere for runners of all ages and want to highlight the fact that we welcome athletes of all abilities. Unlike in previous years where we have demonstrated one or two events, we are planning on putting on a more comprehensive event in 2007. The event we are planning is a Senior Pentathlon. The Senior Pentathlon will consist of five separate disciplines. For the men: - Long Jump, Javelin, 200m, Discus & 1500m, For the women: - Long Jump, Javelin, 200m, Discus & 800m. All senior members are invited to participate.

While there will be a prize for the male and female winner, the main goal is to show the juniors (and perhaps their parents) a bit more about what we do and that athletics doesn't have to stop when they turn 15.

As we would like to get an idea of numbers before the day of the event, please advise whether or not you will be attending.

\* \* \* \* \*

On Saturday, 17th February, 2007, in conjunction with our normal Modified Programme to be held on that day, we are planning some special handicap events as well. We are also looking at inviting as many younger athletes (u/16) as possible to compete on this day as we continue to focus on encouraging the many juniors in our area to continue athletics after their Little A's days are over.

While still in the planning stages, the programme will look something like this: -

Start 2pm:

- 60m
- 100m Handicap heats (entries on day by 2pm. Max 64 - 8 heats of 8).
- Standing Long Jump
- 100m Handicap Final (In case of 8 heats, then 8 heat winners etc.)
- 100m Junior Consolation Next 8 best u/16 heat results.
- (We could also have a ladies consolation, back markers.)
- Scissors High Jump
- 300m
- 1000m (Three parts: - U/16 handicap, open handicap and straight 1000m)
- Shot Put Throw
- 1 mile

We will have more details for you in mid January 2007 but for now, please mark it in your diaries. We think it will be an enjoyable day for all.

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# **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

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## **Media Watch!**

### **20<sup>th</sup> December**

We have got another small story in this week's Parramatta Advertiser. It talks about Jamie Sherson's 2nd and Brad Milosevic's 6th placing in the 2000m Steeplechase at the recent National All-Schools. There is also a small section on our 17th placing in the ANSW Club Premiership (our 3rd top 20 placing in a row!) and our 4th placing in the 35+ category. It's great that our club is getting some good publicity. Hopefully, we will get some more stories in soon.

\* \* \* \* \*

One of our younger members, Adam Sinclair, made the paper for a different reason today. Having just completed Year 11, Adam who is a real whiz at Maths, actually sat the 2 unit paper this year and got 91%. As a result, his name made the Merit List that appeared in today's Daily Telegraph. Well done Adam on this fine achievement!

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

There is another small story in this week's Parramatta Advertiser on our great performance at the ANSW Club Championships held at Homebush in late December. It mentions that our men's team made up of under 18's and over 35's finished 11<sup>th</sup> out of 18 teams which is our highest finishing position ever.

### **23<sup>rd</sup> January**

A great photo of Wayne appears on page 16 of the latest issue of R4YL. It really shows off the Girraween Blue really well and he is really concentrating hard too!

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# **The 2007 Winter Programme!**

March 31 (Sat) - West Mets no. 1 - Richard Murden Reserve, Haberfield  
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  
April 28 (Sat) - ANSW NOVICE CHAMPIONSHIPS - RAMSGATE  
May 5 (Sat) - ANSW ROAD CHAMPIONSHIPS - HOLSWORTHY  
May 12 (Sat) - West Mets no. 5 - Northern Bank of Parramatta River, Meadowbank  
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 - BANKSTOWN  
July 21 (Sat) - West Mets no. 12 - Gipps Road Sporting Complex, Greystanes  
July 28 (Sat) - West Mets no. 13 - Cowell's Lane Reserve, Ermington  
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

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**THIS SPACE IS FOR HIRE!**

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

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

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