THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -

INCORPORATED

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Welcome To Our New Year Edition!

Welcome to the January 2007 edition of the Girraween Athlete. We hope all our members and supporters have a happy and safe New Year. We ended the year with 102 members and hope to expand on that by the end of the season. Girraween All-Comers resumes on the 6th January and the representative season resumes on the same day. Until next month, stay safe and well and most of all, have fun! GARRY WOMSLEY.

17th Position – Top 20 For The Third Year In A Row!

ANSW Club Premiership – Round 6 – Saturday, 1st December, 2006 at Homebush.

Our biggest representation of the Club Premiership turned out today at Homebush. In less than ideal conditions, all of our athletes did well in weather that fluctuated from humid to windy and cold before deteriorating to heavy rain and thunder late in the day (just in time for the steeplechase!) Our athletes had a total of 5 first placings in their respective age categories and Jamie Sherson won the U/20 3000m Steeplechase outright. Our great round 6 performances resulted in our final position of 17th on the Premiership table, our 3rd top 20 placing in a row. Even more pleasing was the fact that our 35+ athletes who have been in great form throughout this series, placed 4th overall in their category. This was an outstanding effort from a small number of athletes. Congratulations to all of our athletes who were involved. Well done! Full results as follows: -

	Event	Time	Placing	Category
NATALIE PELLIZZARI	100m	13.96sec	15th	U/17
CHRISTINE WEARNE	100m	13.84sec	10th	U/20
ANDREW BLUNDEN	2000m Steeple	6:55.27	1st	U/17

NICK HANNA	1500m	5:14.90	3rd	U/20
JAMIE SHERSON	3000m Steeple	9:53.51	1st	U/20
ERNIE LESEBERG	100m	11.84sec	1st	35+
ROBERT GIESLER	100m	14.02sec	12th	35+
	200m	27.90sec	8th	35+
VINCE ADAMS	100m	14.16sec	13th	35+
GARRY WOMSLEY	200m Hurdles	34.51sec	1st	35+
	3000m Steeple	12:25.62	1st	35+

Our Steeplechasers Excell At National All-Schools! - *National All-Schools U/18 2000m Steeplechase – Saturday, 9th December, 2006 – Homebush.*

A big congratulations goes to Jamie Sherson & Brad Milosevic who contested the U/18 National All-Schools 2000m Steeplechase on Saturday. I am pleased to advise that Jamie placed 2nd in a time of 6:04 and Brad placed 6th in a time of 6:41. Well done guys!

11th Position – A Great Result! – *ANSW Club Championships, Saturday, 16th December, 2006 – Homebush.*

A big congratulations goes to our Open Men's team in the Club Championships held on Saturday. In cool and cloudy conditions our men made up of U/18 and Masters athletes, did battle against the best athletes in the state and did very well. We finished in a very creditable 11th out of 18 teams. Well done guys, you did the club proud! Full results as follows: -

100m - ERNIE LESEBERG (A) - 12.07sec, VINCE ADAMS (B) - 13.90sec
400m - ROB GIESLER (A) - 1:02.52, STEVE BLUNDEN (B) - 1:00.37
800m - JAMIE SHERSON (A) - 2:00.02, ANDREW BLUNDEN (B) - 2:12.26
3000m - JAMIE SHERSON (A) - 9:20.85, BRAD MILOSEVIC (B) - 9:37.52
200m Hurdles - GARRY WOMSLEY (A) - 35.72sec, ADAM SINCLAIR (B) - 31.51sec
Shot Put - LAJOS JONI (A) - 9.73m, GARRY WOMSLEY (B) - 5.36m
Long Jump - ROB GIESLER (A) - 4.28m, STEVE BLUNDEN (B) - 4.65m
Javelin - LAJOS JONI (A) - 26.84m, STEVE BLUNDEN (B) - 27.97m
4 x 100m Relay - VINCE ADAMS, ERNIE LESEBERG, STEVE BLUNDEN, GARRY WOMSLEY - 51.43sec
Medley Relay (200m, 200m, 400m, 800m) - GARRY WOMSLEY (200m), ERNIE LESEBERG (200m), ANDREW BLUNDEN (400m), BRAD MILOSEVIC (800m) - 4:08.94

Out & About With Our Athletes!

15th December

Is there a comeback in our midst? Mark Attwood, who was given the bad news about his knee in July, was seen training hard with Denis Andrew at South Wentworthville this morning. We hope to see you back soon Mark!

17th December

A number of our athletes again contested the very friendly SMC events held at Smithfield today. In ideal conditions for running we had a total of 8 athletes contesting the various events. The highlights were, Michael Kammerer who placed 2nd overall in the long event, Garry Womsley who won his age category in the 5km and Michael Christie who not only did a season best in the 5km but did his fastest time for many years! Full results as follows: -

5km: -
1) GARRY WOMSLEY – 19:59
2) TERRY ROSE – 21:57
3) JOHN TOSH – 23:14
4) MICHAEL CHRISTE – 24:56

10km: -
1) KEITH MAYHEW – 48:29
2) ROGER MAR – 52:50

21.1km: -
1) MICHAEL KAMMERER – 1:18:43
2) WAYNE JEFF – 1:32:28

Happy Birthday!

We would like to wish a very happy birthday to all those celebrating a birthday in January: -

1st: - Ater Mgok
2nd: - Geoff Sheargold
3rd: - Jessica Baitieri
4th: - Terry Rose
8th: - Ethan Womsley
16th: - Joe Butler
16th: - Richard Frost
21st: - Vince Adams
21st: - Erika Hendley
23rd: - Bruce Harrison
26th: - Tracy Cubis
26th: - Reece Diaz
31st: - Melanie Dunn

Upcoming Events!

Club Events

Sat	**6 Jan**	**Modified Programme with distance event 1 Mile (C.V. Kelly)**
Sat	**13 Jan**	**Week A with distance event 1500m (C.V. Kelly)**
Sat	**20 Jan**	**Week B with distance event 3000m (C.V. Kelly)** **PLEASE STAY AROUND FOR OUR WINTER PRESENTATION** **& BBQ AFTERWARDS – All Members & Visitors welcome!**
Sat	**27 Jan**	**Modified Programme with distance event 2000m (C.V. Kelly)**

ANSW Events

Sat-Sun	6-7 Jan	NSW/ACT/VIC Combined Events Championships (Homebush)
Sat	6 Jan	ANSW 10km Walks Championships & All-Comers (Homebush)
Sun	7 Jan	ANSW Underage Steeplechase Championships (Homebush)
Sat-Sun	13-14 Jan	ANSW U/16/U/20/U/23 State Championships (Homebush)
Sat	13 Jan	ANSW State Open 5000m Track Championships & Sydney Track Classic (Homebush)

Fri-Sat	19-20 Jan	Olympic Youth Festival (Homebush)
Sat	20 Jan	ANSW All-Comers (Bankstown)

Fun Runs & Other Events of Interest

Mon	1 Jan	Hangover Handicap (Mount Kembla) – 4 Mile – 4.00pm
Wed	3 Jan	Sydney Summer Series (Little Blue Gum – Lindfield) – 9411-7915 (4.45pm)
Sat-Sun	6-7 Jan	Coastal Classic 12 hour track run & walk (Adcock Park, Gosford) (7.30pm)
Wed	10 Jan	Sydney Summer Series (Freshwater – Harbord) – 9411-7915 (4.45pm)
Wed	10 Jan	Blair Zone – Series 1 – 6.30pm (Blair Oval)
Sat	13 Jan	Figtree to Kembla Lookout (14km) (8.00am) – 0246271246
Tue	16 Jan	Illawarra Yacht Club (5km) – 6.00pm
Wed	17 Jan	Sydney Summer Series (Greenwich Baths – Greenwich) – 9411-7915 (4.45pm)
Wed	17 Jan	Blair Zone – Series 2 – 6.30pm (Blair Oval)
Sun	21 Jan	Sydney Marathon Clinic Road Series (Rossford St. Reserve) – 7.00am
Wed	24 Jan	Sydney Summer Series (Folly Point – Cremorne) – 9411-7915 (4.45pm)
Wed	24 Jan	Blair Zone – Series 1 – 6.30pm (Blair Oval)
Fri	26 Jan	Australia Day Illawarra Aquathon – Wollongong Waterfront – Rocket.rod@optusnet.com.au
Fri	26 Jan	Menai Marketplace Fun Run (8.2km & 3.2km) – 8.00am
Sun	28 Jan	Bulli to Rixons Pass Ridge (14km) (8.00am) – 0246271246
Tue	30 Jan	Port Kembla – Hill 60 (5km) – 6.00pm
Wed	31 Jan	Sydney Summer Series (Vineyard Creek – Telopea) – 9411-7915 (4.45pm)
Wed	31 Jan	Blair Zone – Series 2 – 6.30pm (Blair Oval)

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.

Steve Williams	***President***	***0425227669***
Garry Womsley	***Secretary, Coaching Co-ordinator & Publicity Officer***	***9636-6017***
Viv Manwaring	***Registrar & Public Officer***	***9631-8887***
Vince Adams	***Treasurer***	***9863-2731***
Robert Eager	***Winter Competition***	***9675-2167***
Ernie Leseberg	***Records Officer***	***9715-5675***
Lynette Smith	***ANSW Delegate***	***0419420393***
Wayne Thurlow	***Park Trust Delegate***	***0417216911***
George Milosevic	***Canteen Manager & Park Trust Delegate***	***9626-8586***
Doug Perrott	***Canteen Manager***	***9896-4654***
Cheryl Argent	***Fundraising***	***9636-3879***

Cheri Womsley	***General Committee***	***9636-6017***
Brad Milosevic	***Junior Committee***	***9626-8586***
Nick Hanna	***Junior Committee***	***9621-7895***
Carly Eager	***Junior Committee***	***9675-2167***
Vacancies	***Summer Competition***	
	Fundraising	
	General Committee	

Next Meeting: - Thursday, 18th January, 2007.

Girraween Club Training Days & Times

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

Mondays & Wednesdays (6.15-8.00pm) – 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!

29th November (6 x 200m)
Stacey Argent – 0:37, 0:34, 0:35, 0:34, 0:36, 0:36
Vince Adams – 0:34, 0:33, 0:33, 0:33, 0:33, 0:34
Steve Parkins – 0:34, 0:33, 0:33, 0:32, 0:33, 0:32
Roger Mar – 0:39, 0:40, 0:39, 0:40, 0:41, 0:41
Adam Sinclair – 0:32, 0:28, 0:27, 0:27, 0:30, 0:28
Lauren Sinclair – 0:55, 0:54, 0:55, 0:55, 0:53
Garry Womsley – 0:35, 0:34, 0:32, 0:32, 0:33, 0:34
Kaitlin Dunn – untimed (All)
Louise – untimed (3 x 200m)
Reece Diaz – 0:29 & 2 x 200m untimed
Danielle Goodin – untimed (All)

4th December (2 x 600m & 2 x 500m)
Garry Womsley – 2:20, 2:16 (600m) 1:53, 1:56 (500m)
Patrick Mackey – untimed (All)
Richard Frost – 2:17, 2:11 (600m) 1:52, 1:51 (500m)
Alyssa Perrott – untimed (2 x 600m)
Matt Modini – 1:47, 1:53 (600m), 1:35, 1:44 (500m)
Adam Sinclair – 1:59, 1:54 (600m), 1:36, 1:28 (500m)
Vince Adams – 2:21, 2:16 (600m), 1:47, 1:47 (500m)
Andrew Blunden – 1:48, 1:50 (600m), 1:37, 1:17 (500m)
Joe Butler – 2:47, 2:47 (600m), 2:15, 2:13 (500m)
Brad Milosevic – 1:58 plus 1 x 600m untimed, 1:45 plus 1 x 500m untimed
Steve Blunden – 2:12, 2:06 (600m), 1:40, 1:39 (500m)
Lisa Grant – 2:22, 2:20 (600m), 1:53, 1:59 (500m)
Stacey Argent – 2:22, 2:20 (600m), 1:53, 1:59 (500m)
Jessica Baitieri – untimed (All)
Louise – untimed (2 x 600m)

Kaitlin Dunn – untimed (2 x 600m)
Jye Perrott – untimed (1 x 600m)
Reece Diaz – 3:15 (1000m), 2:05 (600m), 1:23 (500m)
Lauren Sinclair – untimed (1 x 500m)

6th December (4 x 400m & 2 x 200m)
Garry Womsley – 1:30, 1:22, 1:16, 1:20 (400m), 0:32, 0:31 (200m)
Vince Adams – 1:27, 1:22, 1:20, 1:21 (400m), 0:32, 0:32 (200m)
Peter Matthews – 1:25, 1:22, 1:19, 1:33 (400m), 0:37, 0:35 (200m)
Stacey Argent – 1:20, 1:24, 1:25, 1:24 (400m), 0:37, 0:37 (200m)
Steve Blunden – 1:23, 1:18, 1:15, 1:27 (400m), 0:32, 0:32 (200m)
Andrew Blunden – 1:10, 1:05, 1:09, 1:18 (400m), untimed (1 x 200m)
Adam Sinclair – 1:13, 1:06, 1:10, 1:18 (400m), 0:28, 0:28 (200m)
Alyssa Perrott – untimed (All)
Roger Mar – 1:45, 1:38, 1:31, 1:36 (400m), 0:42, 0:42 (200m)
Ashleigh Thurlow – untimed (3 x 400m & 2 x 200m)
Brad Milosevic – 1:13, 1:07, 1:08, 1:14 (400m), 0:31, 0:31 (200m)
Kaitlin Dunn – untimed (4 x 400m & 1 x 200m)
Jessica Baitieri – untimed (All)

11th December (3 x 600m & 2 x 500m – session curtailed due to lightning)
Garry Womsley – 2:28, 2:27, 2:26 (600m), 2:11 (500m)
Michael Christie – untimed (All)
Brad Milosevic – 1:53, 1:49, 1:56 (600m), 1:31 (500m)
Adam Sinclair – 1:58, 1:52, 2:10 (600m), 1:38 (500m)
Andrew Blunden – 2:00, 1:47, 1:59 (600m), 1:25 (500m)
Vince Adams – 2:22, 2:21, 2:25 (600m), 2:07 (500m)
Matt Modini – untimed (All)
Richard Frost – 2:18, 2:16, 2:15 (600m), 1:54, 1:43 (500m)
Joe Butler – 2:47, 2:48, 2:51 (600m), 2:23 (500m)
Stacey Argent – 2:30, 2:26, 2:30 (600m), 2:07 (500m)
Lisa Grant – 2:21, 2:14, 2:14 (600m), 1:50 (500m)
Jessica Baitieri – untimed (All)

13th December (3 x 400m & 2 x 300m)
Garry Womsley – 1:24, 1:24, 1:20 (400m), 0:57, 0:53 (300m)
Stacey Argent – 1:27, 1:27, 1:27 (400m), 0:58, 0:56 (300m)
Vince Adams – 1:25, 1:25, 1:22 (400m), 0:57, 0:55 (300m)
Steve Parkins – 1:21, 1:20, 1:19 (400m), 0:55, 0:54 (300m)
Adam Sinclair – 1:07, 1:08, 1:03 (400m), 0:51, 0:48 (300m)
Jamie Sherson – untimed (All)
Andrew Blunden – 1:07, 1:08, 1:03 (400m), untimed (1 x 300m)
Lauren Sinclair – 2:08, 2:08, untimed (400m), 1:10, 1:42 (300m)
Roger Mar – 1:38, 1:40, 1:38 (400m), 1:06, 1:06 (300m)
Steve Blunden – 1:20, 1:18, 1:16 (400m), 0:52, untimed (300m)
Jim – 1:36, untimed (2 x 400m & 2 x 300m)
Patrick Mackey – untimed (All)
Kaitlin Dunn – untimed (All)
Louise – untimed (All)
Ashleigh Thurlow – untimed (3 x 400m & 1 x 300m)
Kerry Taylor – untimed (All)
Josh – untimed (All)

While The Other Groups Are Taking A Break, We're Still Training!

Despite a number of our training groups taking a break over the holiday period, the Middle Distance group is continuing to train hard. Except for the Public Holidays, our training will be on at C.V. Kelly every Monday & Wednesday throughout the holiday period. So why not come down and run off those excess Christmas kilos. We will also be having our Steeplechase training at C.V. Kelly until 16th January. The programme is as follows: -

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WEEK FOUR

Monday 25th December

NO TRAINING TONIGHT

Tuesday 26th December

NO TRAINING TONIGHT

Wednesday 27th December (C.V. Kelly – 6.30pm)

1) Warm up – Road – 2km
2) Drills on grass
3) Middle Distance – 1 x 1500m, 1 x 1000m
4) Warm down – track

WEEK ONE

Monday, 1st January, 2007

NO TRAINING TONIGHT

Tuesday, 2nd January, 2007 **(C.V. Kelly)** – 6.30pm

1) Warm up – 2 Laps
2) Drills on grass
3) Hurdle Drills
4) Water Jump (sandpit)
5) Intervals & circuits
6) Warm down – 2 laps

Wednesday, 3rd January, 2007 (C.V. Kelly) – 6.30pm

1) Warm up road – 2km
2) Drills on grass
3) Middle Distance – 1 x 2000m, 1 x 1000m
4) Warm down – track

WEEK TWO

Monday, 8th January, 2007 (C.V. Kelly) – 6.30pm

1) Warm up road – 2km
2) Drills on grass
3) Middle Distance – 3 x 600m, 1 x 500m
4) Warm down – 2 laps

Note: - As I will be away in Dubbo, I will need someone to run the session tonight.

Tuesday, 9th January, 2007

NO TRAINING TONIGHT

Wednesday, 10th January, 2007 (C.V. Kelly) – 6.30pm

1) Warm up road – 2km
2) Drills on grass
3) Middle Distance – 5 x 400m
4) Warm down – track

WEEK THREE

Monday, 15th January, 2007 (C.V. Kelly) – 6.30pm

1) Warm up road – 2km
2) Drills on grass
3) 3 x 600m, 3 x 500m
4) Warm down – track

Tuesday, 16th January, 2007 **(Homebush)** – 6.30pm

1) Warm up – 2 laps
2) Drills on grass
3) Hurdle Drills
4) Water Jump (sandpit)
5) Intervals & circuits
6) Warm down – 2 laps

Wednesday, 17th January, 2007 (C.V.Kelly) – 6.30pm

1) Warm up – road
2) Drills on grass
3) Middle Distance – 5 x 200m
4) Warm down – 2 laps

From The Athlete's Kitchen!

Penne Pasta with Tomato, Basil & Bocconcini

Ingredients: -
Pure Olive Oil
500g Penne Pasta
1 Brown Onion, finely chopped
1 Garlic Clove, thinly sliced
10 Roma Tomatoes, blanched & peeled
6 Bocconcini Balls ripped into quarters
Handful of ripped basil leaves

Method: -

1) Heat a little olive oil in a large, heavy-based frying pan, then add the onion and garlic. Sweat gently for two or three minutes. Roughly chop the tomatoes then add them to the pan.

2) Reduce the heat and cook gently for 10 to 15 minutes, by which time the tomatoes would have started to break down to make the sauce. Season well with salt and pepper.

3) When you are ready to eat, place the penne in a pan of boiling salted water for 7 to 10 minutes. Once cooked, drain the pasta and rinse under cold water to remove the excess starch. Pour pasta into the sauce.

4) Add the basil and bocconcini pieces to the tomato sauce and mix in gently. The heat will start to melt the bocconcini quite quickly. Place into large pasta bowls and serve. Serves 4.

Girraween Athletic Club Athlete Profile!

Unfortunately, we cannot bring you an athlete profile this month. We've run out and need more profiles urgently. If you are interested in providing a profile for this section, please call Garry Womsley on 0405586961 or e-mail on ***gwomsley@olex.com.au***

Great Athletes of the Past!

By Michael Christie

Evelyn Ashford USA (1957-)

Evelyn Ashford was born in Shreveport, Louisiana on 15 April, 1957. As her father was in the Air Force she lived in different locations around the United States while growing up. It was not until the end of her schooling that she showed potential in athletics and by 1975 she was good enough to place third in the national junior championships. After school she attended college at UCLA, where she was coached by Pat Connolly, herself a three times US Olympian in the 1960's who saw Ashford's raw talent. In 1976, when only nineteen, Ashford was placed third in the 100m at the US Olympic Trials and she made her first Olympic team. At the 1976 Montreal Olympics, Ashford made the 100m final, placing fifth behind West Germany's Richter in a creditable time of 11.24.

Yet despite this initial promise, her performance at the inaugural World Cup at Dusseldorf in 1977, where Ashford finished fifth in the 100m behind East Germany's Marlies Gohr and fourth in the 200m behind Poland's Irena Szewinska left her disappointed. This was a rude awakening. This led her to increase her workload over the next two years under Connolly's tutelage. By the 1979 World Cup in Montreal she was ready to explode. Firstly, she won the 200m in a time of 21.83, defeating Koch of East Germany, then won the 100m in a time of 11.06 defeating Gohr in the process. She had arrived on the world stage at last. Ashford was looking forward to the 1980 Moscow Olympics. Sadly, like so many athletes she missed out on these games due to the US boycott. It affected her badly. As she noted:

> But the boycott ripped out my soul. I had put all my eggs in that one basket and when it was yanked away from me, I felt totally empty. I just stopped caring.
> (Hendershott 1987 p.115)

Nevertheless, over the next three years she continued competing at the highest level and early in 1983 set a new world record of 10.79 breaking Gohr's old mark for the 100 in a meet at Colorado Springs. She was happy with her preparation and training and was ready for the inaugural World Championships at Helsinki in 1983. However, she suffered devastation, pulling up injured in the 100m final in which Gohr won. It was the end for her at these championships and for her season as well.

Ashford recovered from this injury with the 1984 Los Angeles Olympics beckoning. During the US Olympic Trials she was injured again. However, she recovered in time to compete at Los Angeles, although not in the 200m. The 100m was a triumph for her, winning her first Olympic gold medal in a time of 10.97 - a new Olympic record. She also collected a second gold medal as anchor of the 4 x 100m relay team. Yet, due to the Eastern Bloc boycott she had not raced Gohr. However, in a meet at Zurich shortly after the Olympics she not only beat her in the 100m, she set a new world mark10.76. It had been her greatest year in athletics.

In the ensuing years, although taking 1985 off for the birth of her daughter, she continued to compete at the elite level. Ashford made the US Olympic team for the 1988 Seoul Olympics. She again made the 100m final, where she won the silver medal behind her country-woman Florence Griffith-Joyner, who was running times that even today have not been bettered. In the 4x100m relay she won her third Olympic gold medal, with a powerful display, anchoring the US team to a wonderful victory.

The 1992 Olympic Games were held in Barcelona. Ashford was thirty-five. She was selected for another US Olympic team, coming sixteen years after her first. While she narrowly missed out on a place in the 100m final, being eliminated in the semi-final, she was part of the US 4x100m relay team that won the gold medal, her fourth. She retired shortly afterwards. Ashford was inducted into the US National Track and Field Hall of Fame in 1997 and the US Olympic Hall of Fame in 2006.

There is no doubt that Ashford ranks as one of the greatest US sprinters of all time, along with such luminaries as Wyomia Tyus and Wilma Rudolph. Ashford overcame

the disappointment of missing Moscow to build a wonderful record. Her work ethic and longevity, particularly for a sprinter became legendary. Very few sprinters have been able to compete at the elite level so long and successfully as Ashford did. Her place is secure amongst the pantheon of US sprinters forever.

Sources and further reading

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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 December 6 2006.

http://*en.wikpedia.org/wiki/Evelyn_Ashford*, viewed 6 December 2006.

Athletics Trivia!

Some people will go to any lengths to achieve athletics glory: -

Poland's Stella Walsh (Stanislawa Walasiewicz) won the women's 100 meter race at the 1932 Olympics in Los Angeles, becoming the first woman to break the 12-second barrier. When she was killed in 1980 as an innocent victim in a robbery attempt, an autopsy determined that she was actually a male.

More interesting trivia next month!

Can You Help?

One of our members, Roger Mar is doing it tough at the moment with regard to employment. The company he has been employed with on a casual basis since early 2003 have terminated his employment. 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.

World News!

14th December

Hurdle queen Jana Pittman gave birth to a son today. Pittman who trained almost up until the birth, says she is still on track for the 2008 Olympics and hopes to resume training soon.

15th December

Tainted joint 100m world record holder Justin Gatlin facing an 8 year suspension for a recent drug offence, is hoping to switch to American Football. He has had two trials with NFL football teams. He was a champion footballer in college before deciding on athletics.

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.

ANSW Have Moved!

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

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

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

Postal Address - PO Box 595, Sydney Markets NSW 2129

Phone Number - (02) 9746 1122

Fax Number - To be confirmed

Yours in Athletics,
eATHLETE
www.nswathletics.org.au

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 2nd 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 Atletics 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!

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 until14th March, 2007).

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

All ages and standards welcome!

Important Dates For Your 2007 Diary!

Due to unforseen circumstances, we have had to postpone the Winter Presentation & BBQ which was to be held on 9th December. It will now be held on Saturday, 20th January, 2007 and we will have another BBQ to celebrate the occasion.

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Also, 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: -

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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
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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.

Our Lightning Policy!

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

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

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

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

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

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

GARRY WOMSLEY

Media Watch!

13th December

An extract of the story that appeared in the Parramatta Advertiser late last month, appeared in today's edition in the Blacktown Advocate. There was also a photo of one of our younger members, Andrew Dunn. This will also prove to be great publicity for us in the Blacktown area. In the same publication, there was also a story and photo on Hills Sports High's victory in the State Schools Knockout. Danielle Goodin was part of this team and appeared in the photo.

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!