
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

This is “Girra” our very own mascot.



ADDRESS: - P.O. BOX 667, Toongabbie, NSW, 2146. PHONE: - 0405586961.

E-MAIL: - gwomsley@olex.com.au

WEBSITE: - www.girraweenathleticsclub.com

VOLUME No. 4, ISSUE No. 38 – JULY, 2007.

ABN: - 97 049 119 071

CELEBRATING OUR 30th SEASON!

The Month When It Rained, Rained & Rained Some More!

Welcome to our bumper July 2007 edition of the Girraween Athlete. June 2007 will go down as one of the wettest months for at least 20 years. However, despite the uncomfortable conditions our members have still been getting out there and doing their best. In fact, there have been some remarkable performances and times. It just goes to show that athletics is an outdoor sport and very rarely gets called off due to the conditions. How many other outdoor sports can say that? Hopefully, all this rain is now behind us as the days gradually get longer and we will be able to get some quality running in better conditions as we head towards the City2Surf. We have again planned to stage a City2Surf dress rehearsal. This year it will be on Sunday, 15th July. Why not come and have a run and then partake in some great food at one of the eateries at Bondi Beach afterwards. On the fun run scene, our members continue to get out and about and are doing well and picking up plenty of awards. Until next month, run well, stay healthy and most of all, enjoy it!

GARRY WOMSLEY.

RESULTS FROM STATE CROSS

COUNTRY RELAYS

Saturday, 2nd June, 2007 at Miranda Park.

On a fine and warm day at Miranda, all of our athletes did well on the challenging course. While we didn't get any medals on the day, all of our teams were competitive. A big thank you goes out to all 35 athletes who competed on the day.

MEN

45+ (A) – 4 x 4km

STEVE BLUNDEN 17:24

GRAHAM SHEARGOLD 16:07

STEVE WILLIAMS 17:14

STEVE PARKINS 17:56

Combined Time: - 68:41

Overall Placing: - 10th

Graham Sheargold put in a strong effort and was the team's fastest. There also wasn't much between Steve Williams and Steve Parkins.

45+ (B) – 4 x 4km

GREG SARGEANT 18:19

VINCE ADAMS 20:13

ROBERT EAGER 20:00

MICHAEL HEHIR 17:18

Combined Time: - 75:50

Overall Placing: - 17th

Michael Hehir continued his good form to be the fastest in his team. The much improved Greg Sargeant also ran well.

55+ - 4 x 4km

CLIVE KIDSON 16:51

DENIS ANDREW 17:23

KEITH MAYHEW 18:12

EDDIE MAKKI 19:20

Combined Time: - 70:55

Overall Placing: - 6th

Clive Kidson continued his strong form to be his team's standout performer. Denis Andrew also ran strongly.

U/20 – 4 x 4km

BRAD MILOSEVIC 12:48

ANDREW BLUNDEN 13:35

ADAM SINCLAIR 15:19

JAMIE SHERSON 12:53

Combined Time: - 54:35

Overall Placing: - 6th

There wasn't much between Brad Milosevic, Jamie Sherson and Andrew Blunden. This team went very close to getting a medal.

35+ (A) – 4 x 4km

PETER MATTHEWS	14:46
STEVE O'DONNELL	17:47
WAYNE THURLOW	15:17
DAVID WALLIS	15:59
<u>Combined Time:</u> -	63:57
<u>Overall Placing:</u> -	12th

Peter Matthews continues to improve with every race. His time was outstanding on a difficult course. Wayne Thurlow also ran strongly.

35+ (B) – 4 x 4km

RICHARD LAMAS	18:23
GARRY WOMSLEY	15:27
ROGER MAR	20:36
JOE BUTLER	21:57
<u>Combined Time:</u> -	76:23
<u>Overall Placing:</u> -	16th

Late inclusion Garry Womsley was the fastest in his team. Richard Lamas continues to improve and was pleased with his time.

OPEN (A) – 4 x 4km

GEOFF SHEARGOLD	15:00
RICHARD FROST	16:10
TIM MOLESWORTH	13:33
NICK HANNA	15:24
<u>Combined Time:</u> -	60:07
<u>Overall Placing:</u> -	18th

Tim Molesworth continued his great recent form. Geoff Sheargold and Nick Hanna also ran strongly in a good team effort.

OPEN (B) – 4 x 4km

JANICE MAYHEW	23:09
ANDREA LAMAS	16:25
CHRIS MACKEY	16:44
BRAD MILOSEVIC	13:57
<u>Combined Time:</u> -	70:26
<u>Overall Placing:</u> -	26th

Brad Milosevic backed up well to produce another good time. There wasn't much between Andrea Lamas and Chris Mackey. It was a good performance considering that this team had a last minute reshuffle to accommodate a late withdrawal in the 35+ (B) team.

WOMEN

OPEN – 4 x 4km

ANDREA HENDLEY	28:43
NATALIE HENDLEY	17:00
ERIKA HENDLEY	22:31
KATRINA HUGHES	17:49
<u>Combined Time:</u> -	86:03
<u>Overall Placing:</u> -	16th

Young Natalie Hendley ran a great leg against women almost twice her age. Katrina Hughes also continued her good recent form.

A Good Roll-Up At Our AGM!

Girraween Athletics Club Inc – AGM – 2006/2007 – Tuesday, 5th June, 2007 at Toongabbie Sports & Bowling Club.

A healthy crowd of 40 members attended our AGM tonight. While the main purpose of this meeting was to elect the 2007-2008 committee, medals and certificates were also presented to those who excelled during the summer season. Other highlights were the 20 years service medal presented to Viv Manwaring and the Life Membership presented to Graham Sheargold. For the first time in the history of the club, all committee positions were filled on the night. After the meeting, all members partook in the delightful finger food provided including a special chocolate cake which had a special 30year plaque mounted in the icing. Please find below, a list of the awards presented and the committee that was elected on the night: -

Awards (summer) – Presented by Steve Halverson, Lynette Smith & Graham Sheargold

Female U/20

3rd: - Lauren Sinclair

2nd: - Steffany Dunn
(junior)

1st: - Brenda Micallef

Male U/20

3rd: - Brad Milosevic

2nd: - Andrew Blunden

1st: - Adam Sinclair

Female Senior

3rd: - Viv Herbert

2nd: - Mel Dunn

1st: - Jean Davis

Male Senior

3rd: - John Tosh

2nd: - Matthew Dunn

1st: - Scott Mortimer

Female Masters

3rd: - Raschelle Dunn

2nd: - Nicole Purdie

1st: - Andrea Hendley

Representative Award

3rd: - Ernie Leseberg

2nd: - Garry Womsley

1st: - Lynette Smith

Overall Female

3rd: - Mel Dunn

2nd: - Jean Davis

1st: - Brenda Micallef

Overall Male

3rd: - Steve Parkins

2nd: - Steve Blunden

1st: - Wayne Thurlow

Male Masters

3rd: - Steve Parkins

2nd: - Steve Blunden

1st: - Wayne Thurlow

Club Champion – 2006-07 : - Wayne Thurlow

Best Performance Awards Were Presented to the Following Athletes: -

100m: - Ernie Leseberg – 11.1sec 5000m: - Brad Milosevic – 17:37 Long Jump: - Scott Mortimer – 5.05m

200m: - Jamie Sherson – 24.83sec Shot Put: - Brendan Evans – 33.52m Triple Jump: - Scott Mortimer – 10.70m

400m: - Jamie Sherson – 53.41sec Discus: - Lynette Smith – 34.76m High Jump: - Brad Milosevic

800m: - Jamie Sherson – 2:03.5 Javelin: - Brendan Evans – 33.52m

1500m: - Jamie Sherson – 4:18.9 3000m Walk: - Lisa Grant – 14:07

3000m: - Jamie Sherson – 10:22 1500m Walk: - Chelsea Austin – 8:57

20 Year Medal Was Presented to the Following Member: -

Viv Manwaring

Record Certificates Were Presented to the Following Athletes: -

Vince Adams Rob Giesler Gary Micallef

Stacey Argent Amanda Giesler Steve Parkins

Caitlin Dunn Danielle Goodin Katrina Russell

Mel Dunn Lajos Joni Graham Sheargold

Steffany Dunn Brad Milosevic Jamie Sherson
Matthew Dunn (junior) Natalie Pellizzari Lynette Smith
Brendan Evans Christine Wearne Wayne Thurlow
Bob Field Brenda Micallef Steve Williams

Achievement Certificates Were Presented To The Following Committee Members: -

Garry Womsley Vince Adams Robert Eager Viv Manwaring Lynette Smith George Milosevic
Cheri Womsley Cheryl Argent Ernie Leseberg Brad Milosevic Nick Hanna Wayne Thurlow

Special Certificates Were Presented To The Following Members: -

Gary Micallef & Doug Perrott

The following members were elected to the 2007/2008 committee: -

Steve Williams - President
Garry Womsley - Secretary, Coaching Co-ordinator & Publicity Officer
Viv Manwaring - Registrar & Public Officer
Vince Adams - Treasurer
Robert Eager - Winter Competition
Steve Blunden - Summer Competition
Lynette Smith - NSW Delegate, Assistant Registrar & Records Officer
Wayne Thurlow - Park Trust Delegate
George Milosevic - Canteen Manager & Park Trust Delegate
Judy Milosevic - Canteen Manager
Cheri Womsley - Fundraising Officer
Brad Milosevic - Junior Committee
Nick Hanna - Junior Committee

RESULTS FROM WEST **METROPOLITAN RACE No.8**

Saturday, 9th June – North Ryde Common

A big thank you goes to all of our athletes who competed at North Ryde today. The wind was blowing, the rain was coming in at right angles and the course was saturated. However, our hardy members got out there and did their best. One member summed up the day as follows: -

"Those runners who turned up to represent the club at West Met last Saturday at North Ryde in such atrocious conditions deserve the GMV (Girraween Medal of Valour). This should be mentioned to Mr Williams. There were not a great number, so this should be achievable!"

2km

- 1) PETER MATTHEWS - 7:40 (2)
- 2) GARRY WOMSLEY - 7:59 (3)
- 3) MICHAEL CHRISTIE - 11:04 (26)
- 4) JILL WOODRUFF - 13:33 (32)

4km

- 1) WAYNE THURLOW - 16:24 (11)
- 2) PETER MATTHEWS - 16:38 (13)
- 3) KEITH MAYHEW - 18:11 (21)

- 4) TERRY ROSE - 19:44 (27)
- 5) MICHAEL CHRISTIE - 25:29 (36)

8km

- 1) BRAD MILOSEVIC - 30:58 (3)
- 2) PETER MATTHEWS - 35:53 (12)
- 3) MICHAEL FREE - 38:30 (15)
- 4) MICHAEL HEHIR - 39:26 (16)
- 5) KEN SCALLEY - 46:30 (19)
- 6) LONNIE BALLINSKI - 48:02 (20)
- 7) JOE BUTLER - 51:50 (21)
- 8) LINDA BALLINSKI - 54:58 (22)

RESULTS FROM WEST

METROPOLITAN RACE No. 9

Saturday, 16th June, 2007 at Crestwood Reserve

2km

- 1) PETER MATTHEWS - 7:21 (3)
- 2) GARRY WOMSLEY - 7:44 (9)
- 3) DAVID PERRY - 8:25 (17)
- 4) SURESH RAJU - 9:57 (28)
- 5) ROGER MAR - 10:25 (32)
- 6) MICHAEL CHRISTIE - 10:27 (33)
- 7) JUSTIN SMYTHE - 10:57 (35)
- 8) JANICE MAYHEW - 11:15 (36)

4km

- 1) ANDREW BLUNDEN - 14:53 (7)
- 2) WAYNE THURLOW - 15:50 (18)
- 3) PETER MATTHEWS - 16:07 (21)
- 4) JONAS WILLIAMS - 16:21 (24)
- 5) NICK HANNA - 16:43 (28)
- 6) KEITH MAYHEW - 18:20 (41)
- 7) STEVE PARKINS - 18:20 (42)
- 8) DAVID PERRY - 18:34 (46)
- 9) TERRY ROSE - 18:38 (47)
- 10) STEVE BLUNDEN - 18:51 (49)
- 11) VIV MANWARING - 20:22 (55)
- 12) SURESH RAJU - 22:25 (58)
- 13) ROGER MAR - 22:48 (59)
- 14) MICHAEL CHRISTIE - 25:49 (62)

8km

- 1) BRAD MILOSEVIC - 31:28 (5)
- 2) PETER MATTHEWS - 34:46 (13)
- 3) ED SALINAS - 35:37 (17)
- 4) MICHAEL FREE - 36:46 (19)
- 5) CLIVE KIDSON - 37:04 (20)
- 6) DENIS ANDREW - 37:38 (21)
- 7) STEVE PARKINS - 40:04 (24)
- 8) DARREN GOULD - 40:27 (25)
- 9) KEN SCALLEY - 42:10 (28)
- 10) LONNIE BALINSKI - 45:06 (29)

- 11) ROBERT EAGER - 46:54 (30)
- 12) JOE BUTLER - 47:31 (31)
- 13) ROGER MAR - 48:44 (32)
- 14) LINDA BALINSKI - 51:30 (33)

Out & About With Our Athletes!

27th May

As promised in the previous issue, please find below the full results from the Blacktown Fun Run: -

10km

- | | |
|-------------------|----------------------------------|
| 1) NICK HANNA | 39:03 (23rd overall) |
| 2) RICHARD FROST | 39:48 (27th overall) |
| 3) ANDREA LAMAS | 47:13 (65th overall, 1st in age) |
| 4) GREG SARGEANT | 47:26 (69th overall) |
| 5) BRAD MILOSEVIC | 47:53 (72nd overall) |
| 6) STACEY ARGENT | 48:32 (73rd overall) |
| 7) RICHARD LAMAS | 48:43 (74th overall) |
| 8) SARAH THEW | 49:50 (80th overall) |
| 9) RAY YORKE | 53:45 (103rd overall) |

4km

- | | |
|--------------------|----------------------------------|
| 1) WAYNE THURLOW | 13:01 (5th overall, 1st in age) |
| 2) DAVID PERRY | 14:28 (21st overall, 2nd in age) |
| 3) ROBERT EAGER | 17:32 (82nd overall, 2nd in age) |
| 4) VINCE ADAMS | 17:42 (87th overall, 3rd in age) |
| 5) NATALIE HENDLEY | 17:45 (88th overall) |
| 6) ROB GIESLER | 17:55 (95th overall) |
| 7) ERIKA HENDLEY | 18:26 (102nd overall) |
| 8) ANDREA HENDLEY | 20:29 (151st overall) |
| 9) AMANDA GIESLER | 21:29 (172nd overall) |

2nd June

Three of our members contested the Sydney Striders 10km Series held at Lane Cove this morning. Results as follows: -

- | | |
|---------------------|-----------------------|
| 1) GEOFF SHEARGOLD | 39:17 (62nd overall) |
| 2) GRAHAM SHEARGOLD | 41:14 (98th overall) |
| 3) MICHAEL FREE | 45:25 (159th overall) |

3rd June

Michael Christie has kindly brought us the results of our members from the MS Fun Run (8km) held at Balls Head today. As follows: -

As advised please find listed results from MS Run website.

- | | |
|---------------------|---------------|
| 1) Nicholas Hanna | 31.44 - 22nd |
| 2) Terry Rose | 38.11 - 150th |
| 3) Michael Christie | 47.11 - 507th |

There were 973 listed as finishing. I had a look through the old certificates and without a doubt this one was one of the toughest courses I've ever run on. Thankfully the conditions were ok. I would hate to do it in the rain.

Three of our members also contested the Great Nosh Footrace which is a 15km challenging race over bush trails on an undulating course from Lindfield Oval to Seaforth Oval. This year's race attracted over 300 competitors on a fine and windless day. Full results as follows: -

1) GARRY WOMSLEY	74:59
2) MICHAEL FREE	85:22
3) ROGER MAR	121:30

7th June

We are pleased to inform you that both our teams placed well in the State Championship section at the Sydney Morning Herald Half Marathon held recently. Our Open Men's team placed 5th in the "B" Grade category while our 35+ team also placed 5th. This was a great achievement as the standard was very high and we didn't have as many representatives this year. Well done all!

10th June

Five of our members braved the drizzly conditions to contest the Manly Soft Sand Classic 9km and 1.6km races at Manly Beach today. The recent atrocious weather did not deter participation as there were record numbers again this year. The course did need to be changed due to the heavy seas which had washed away some of the beach but there were no complaints as it appears to have made it easier and the times were faster than in previous years. It was so popular that the organisers are likely to keep the course like this for all future races. Full results as follows: -

9km

1) ROGER MAR	59:04	(164th overall)
2) MICHAEL KAMMERER	DNF	

1.6km

1) GARRY WOMSLEY	7:12	(11th overall) – 1st in age
2) ETHAN WOMSLEY	10:42	(38th overall)
3) MICHELLE MANION	10:52	(40th overall)

13th June

Michael Hehir contested the 5km track race at Bankstown tonight and placed 3rd in the over 45 category. Kerry Taylor contested the same race and placed 2nd overall in the women's section.

14th June

Youngsters Andrew Blunden and Stacey Argent contested the C.H.S. Regional Cross Country Championships at Penrith Regatta Centre today and both were successful in progressing to the State event to be held next month. Andrew placed 3rd in his age category while Stacey placed 4th. It was a remarkable effort from Stacey who sustained knee and ankle injuries in a training accident late last month. As for Andrew, he just continues to go from strength to strength. Well done to you both!

15th June

Rob Giesler contested the ANSW Winter All-Comers held at The Ridge, Illawong this morning. His results were as follows: -

200m – 28.4sec – 1st in heat
 300m – 46.9sec – 6th overall
 100m – 13.3sec – 2nd in heat

16th June

Four of our members again braved the drizzly conditions to contest the Minimosmarathon races today. Jamie Sherson placed 2nd overall in the 5km while Nick Hanna placed 8th overall and won the U/16-19 age category. Garry Womsley and Michael Free contested the 10km and placed 60th and 135th respectively. Full results as follows: -

5km

1) JAMIE SHERSON	16:52	(2nd overall)
2) NICK HANNA	19:26	(8th overall) – 1st in age

10km

1) GARRY WOMSLEY	41:15	(60th overall)
2) MICHAEL FREE	45:49	(135th overall)

23rd June

Five of our members attended the SMC Presentation & Dinner at Guildford Community Club tonight.
The following members received awards: -

Long Race Series

Michael Kammerer – 2nd overall male

5km Race Series

Nick Hanna – 1st – 16-19 Male
Garry Womsley – 1st – 35-44 Male
Michael Christie – 2nd – 35-44 Male
Michael Christie – All 9 races completed
Ethan Womsley – Encouragement Award

Congratulations to all of the above award winners!

Happy Birthday!

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

5th – Nicole Purdie
13th – David Moussa
13th – Darren Gould
15th – Rashelle Dunn
15th – Nick Hanna
22nd – David Wallis
24th – Chelsea Austin
26th – Andrew Dunn
26th – Garry Womsley
28th – Jonas Williams
31st – Steve Blunden

Upcoming Events!

Club Events

July 7 (Sat) - West Mets no. 11 - River Road Reserve, Emu Plains
July 21 (Sat) – West Mets no. 12 - Cowell's Lane Reserve, Ermington
July 28 (Sat) - West Mets no. 13 - Gipps Road Sporting Complex, Greystanes

ANSW Events

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

Fun Runs & Other Events of Interest

July 7 (Sat) – Striders 10km Road Race Series Race 6 – e-mail: - info@sydneystriders.org.au for more details
July 8 (Sun) – Tom Miskelly Memorial Half Marathon (8.00am) – Start from Darkes Road, West Dapto (Contact: - Neil Barnett 0242274662 for more details)
July 8 (Sun) – Woodford to Glenbrook Classic (25km) – 9.30am – Woodford Railway Station
July 15 (Sun) – Shoalhaven King of the Mountain 2007 – starts from Cambewarra Public School (Contact: - Andrew Johnstone 0402084567 for more details)
July 22 (Sun) – Sutherland to Surf (11km) – starts from Sutherland Entertainment Centre. Visit Wanda Surf Club's website for more details

July 22 (Sun) – Lawler Partners Hunter Valley Winery Running Festival (42.2km, 4 x 10.5km, Marathon Relay, 10km & 6.25km). Contact: - Paul Humphreys on paul@hevents.net for further details
July 29 (Sun) – Cities Westlink M7 Marathon (6.30am) from Ash Road Sports Fields, Prestons to Blacktown Olympic Park
July 29 (Sun) – The Bay Run (7km) – 8.00am – start & finish near Leichhardt Rowing Club. The course is the old “Round the Bay” route

Welcome To Our Club

Committee For 2007-2008!

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

<i>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary, Coaching Co-ordinator & Publicity Officer</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Registrar & Public Officer</i>	<i>9631-8887</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Steve Blunden</i>	<i>Summer Competition</i>	<i>9636-7357</i>
<i>Lynette Smith</i>	<i>ANSW Delegate, Assistant Registrar & Records Officer</i>	<i>0419420393</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>George Milosevic</i>	<i>Canteen Manager & Park Trust Delegate</i>	<i>9626-8586</i>
<i>Judy Milosevic</i>	<i>Canteen Manager</i>	<i>9626-8586</i>
<i>Cheri Womsley</i>	<i>Fundraising Officer</i>	<i>9636-6017</i>
<i>Brad Milosevic</i>	<i>Junior Committee</i>	<i>9626-8586</i>
<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>

Next Meeting: - Thursday, 5th July, 2007 at Toongabbie Sports & Bowling Club

Girraween Club Training Days

& Times

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

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

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

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

From the dawn of time, mankind has shown his athletic abilities in many ways. For example: - hunting for food, running away from dangerous predators, travelling between towns, dodging spears and arrows and conveying messages. Nowadays, with all our creature comforts and technology, we need a little more help to stay athletic and that's where coaching comes in. All human beings have athletic ability of some kind. Some are fast over short distances others are fast over long distances, while others can run incredible distances and not tire. Others can throw well and still others can jump. Whatever your event, coaching can bring out the best in all athletes. However, there is always room for more coaches. Therefore, if you think you have an interest in bringing the best out of others and even staying fit yourself give Roger Green a call at the Australian Track & Field Coaches Association on 9520-9324. The Level One Basic Course is the first step in becoming a coach. It is a two day course over one weekend. On completion of this course, you can then attempt a Level Two Event Specific Course. This is also a two day course where you get to specialise in your selected event or events. All of this year's courses are listed at the bottom of this story. As a coach since July 2004, I can tell you that it has been a thoroughly enjoyable and fulfilling experience bringing the best out of the athletes I have coached and see them go on and do personal bests, win medals, win championships and also just generally improve and get more confident. That is what coaching is all about. However, you must be personally motivated, enthusiastic, prepared to get your hands dirty as well as being prepared to take the odd setback or two. I never said that it is always easy but it is definitely fulfilling. If you feel that you have what it takes, give Roger a call or drop him an email on ragreen@digisurf.net.au. It is also worth noting that on successful completion of your course, Girraween will pay for your course fees. (Providing you are a member and are willing to join our coaching team). Happy Coaching! GARRY WOMSLEY (Level 1 Basic, Beginning Coaching General Principles, Level 2 – Distance & Walks, Sprints & Hurdles, Jumps, Throws, Coaching AWD's, General Principles of Coaching)

LEVEL ONE COURSES

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

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

LEVEL TWO COURSES

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

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

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

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

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

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

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

About the course: -

The course contains five modules, covering a range of general coaching topics, including the role and responsibilities expected of a coach, planning, safety, working with parents, communication, group

management and inclusive coaching practices when working with people with a disability or special population groups.

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

How to access the course: -

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

I have just completed this on-line course and can recommend it to everybody, both coaches and non-coaches. It teaches about all aspects of sports coaching, how a coach should conduct himself and how to properly coach sports people of all ages - GW

Training Form!

Girraween Monthly Time Trial – (2.6km, 4.2km, 5.1km & 6.8km) – Wednesday, 30th May, 2007

2.6km

1) ADAM SINCLAIR – untimed

4.2km

1) ANDREW BLUNDEN – 15:06

2) GARRY WOMSLEY – 19:09

3) VINCE ADAMS – 20:47

4) CHRIS MACKEY – untimed

5.1km

1) STEVE BLUNDEN – 23:35

6.8km

1) ROGER MAR – 38:09

Premier Street, Toongabbie – 6 x 150m (6 x 150m recovery) – Wednesday, 13th June, 2007

(Record: - Wayne Thurlow & Chris Mackey – 0:19)

Steve Blunden – 0:23, 0:22, 0:22, 0:22, 0:22, 0:22

Brad Milosevic – 0:22, 0:23, 0:22, 0:20, 0:21, 0:25

Andrew Blunden – 0:21, 0:20, 0:19 (record), 0:22, 0:20, 0:20

Chris Mackey – 0:27, 0:20, 0:21, untimed, 0:21, 0:21

Peter Matthews – 0:23, 0:22, 0:23, 0:23, 0:24, 0:24

Roger Mar – 0:28, 0:28, 0:28, 0:29, 0:30, 0:29

Garry Womsley – 0:28, 0:26, 0:24, 0:24, 0:24, 0:22

Quix Hill, Toongabbie – 3 x 600m (3 x 600m recovery) – Wednesday, 20th June, 2007

Steve Blunden – 1:54, 1:56, 1:52

Steve Parkins – 2:04, 2:04, 2:01

Graham Sheargold – 1:58, 1:55, 1:53

Peter Matthews – 1:47 (record), 1:48, 1:49

Adam Sinclair – 2:02, 2:05, 2:12

Stacey Argent – 2:06, 2:10, 2:16

Chris Mackey – 2:02, 2:18, 2:15

Roger Mar – untimed (1 x 400m & 2 x 600m)

Garry Womsley – 2:17, 2:07, 2:06

Sunday Morning Training Group!

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

This month's programme is as follows: -

Sunday, 1st July (7.00am for 7.15am start) – Gipps Road (start near Scout Hall)

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

Sunday, 8th July (7.00am for 7.15am start) – C.V. Kelly

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

Sunday, 15th July (9.45am for 10.00am start) – Sydney

City2Surf Dress Rehearsal. Start at the official start (avoid the tunnel!) and head to Bondi Beach via Heartbreak Hill where we will have a late morning tea/early lunch at a café near the beach.

Sunday, 22nd July (7.00am for 7.15am start) – C.V. Kelly

Start at C.V. Kelly and run along Targo Road. Cross railway footbridge and run along Wentworth Avenue. Turn left at Binalong Road & right at Darcy Road. Turn left at Dorothy Street and pick up pace while going up the hill. Run to the bottom of the hill and repeat twice. Return to C.V. Kelly via Bogalara & Fitzwilliam Roads.

Sunday, 29th July (7.00am for 7.15am start) – C.V. Kelly

Start at C.V. Kelly and run to Greystanes Road via Great Western Highway. Turn right at new shopping centre and run up the hill at the new sub-division at Nelson's Ridge. Run to the bottom of the hill and repeat. Return to C.V. Kelly the same way.

Mid- Week Training Programme For July!

WEEK ONE

MONDAY, 2nd July, 2007 – (C.V. KELLY) – 6.30pm

- 1) Stretching
 - 2) Drills on grass
 - 3) Easy 10km run via Great Western Highway & Return through Pendle Hill
-

TUESDAY, 3rd July, 2007 - (HOMEBUSH) – 6.30pm

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

WEDNESDAY, 4th July, 2007 – (C.V. KELLY) – 6.30pm

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

WEEK TWO

MONDAY, 9th July, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Drills on grass
- 3) 1 hour run via Targo Road. Follow path to Best Road & return

TUESDAY, 10th July, 2007 – (HOMEBUSH) – 6.30pm

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

WEDNESDAY, 11th July, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Run to Premier Street, Toongabbie
- 3) Drills on grass
- 4) 7 x 150m Hill sprints – Premier Street
- 5) Return to C.V. Kelly

Note: - I am unable to attend tonight so it would be great if someone could lead the group in my absence.

WEEK THREE

MONDAY, 16th July, 2007 (C.V. KELLY) – 6.30pm

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

TUESDAY, 17th July, 2007 (HOMEBUSH) – 6.30pm

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

WEDNESDAY, 18th July, 2007 (C.V. KELLY) – 6.30pm

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

WEEK FOUR

MONDAY, 23rd July, 2007 (C.V. KELLY) – 6.30pm

- 1) Stretching
- 2) Drills on grass
- 3) Run to Dorothy Street via Wentworth Avenue & Binalong Road. Run up and down “Heartbreak Hill” twice. Then return to C.V. Kelly

TUESDAY, 24th July, 2007 (HOMEBUSH) – 6.30pm

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

WEDNESDAY, 25th July, 2007 (C.V. KELLY) – 6.30pm

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

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

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

From The Athlete's Kitchen!

BBQ Sweet & Sour Pork

Serves: - 4 Preparation Time: - 10 min Cooking Time: - 15 min

Ingredients: -

1 cup (200g) long grain white rice
1 tablespoon peanut oil
400g pork strips
1 x 360g pouch of Masterfoods Sweet & Sour Pork Cooking Sauce
225g can of diced pineapple, drained
3 spring onions, thinly sliced

Method: -

- 1) Cook rice in medium saucepan of boiling water on hot plate attachment of barbecue or until tender. Drain.
- 2) Meanwhile, heat oil in a wok over medium heat on wok attachment of barbecue. Add pork, stir fry for 2 minutes or until lightly browned.
- 3) Add sauce, bring to the boil. Reduce heat, simmer for 5 minutes. Add pineapple, stir fry until heated through.
- 4) Serve with rice and sprinkle with sliced onion.

Girraween Athletic Club

Athlete Profile!

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

GARRY WOMSLEY

Great Athletes of the Past!

By Michael Christie

Percy Williams - Canada (1908-1982)

Percy Williams was born in Vancouver, British Columbia on 19 May 1908. He was brought up by his mother after his parents separated when he was young. He showed little interest in sport at school. When he was fifteen he suffered from rheumatic fever which impacted on his health greatly. It was not until 1926 that he was noticed after eventually taking up running, particularly sprinting, after he recovered from his illness. Bob Granger, who was to become his coach, had a tremendous influence on him as an athlete. As Duncanson (1988, p.57) notes:

“He bullied, cajoled and persuaded Percy to achieve success after success, in a sport for which the athlete had little interest. His enthusiasm waned even further, if that were possible, when he learned that Granger had banned, his real sporting love, swimming”

Nevertheless it was with Granger's guidance that Williams gradually started to improve both his technique and style. Sadly, in both 1927 and 1928, Williams had run-ins with Canadian athletic officials that were to colour perceptions towards athletics for the rest of his life. However, in 1928 he surprised everyone by winning both the 100m and 200m national championships in a time of 10.6 and 21.2 respectively. He was on his way to the 1928 Amsterdam Olympic Games. After much fundraising, primarily by Williams' mother, he was also able to take his coach, Bob Granger, which was fortuitous.

Williams made it through the first two rounds and semi-finals of the 100m without much drama. He was still the underdog. Yet Williams made a fast start, led all the way and won narrowly in a time of 10.8 from London of Britain and Wykoff of the United States. It was considered a huge upset and he was still not recognised by the vast majority of track fans despite his victory. An amusing story as noted in Duncanson (1988, p.59) illustrates this.

“A few hours after I won the 100, Doral Pilling, a Canadian javelin thrower and I saw this big crowd outside our hotel. So we came out to see what it was all about. We

joined the mob, looking over their shoulders. I asked a person in front of me why they were there and he said "We're waiting for the Canadian runner Williams to come out of the hotel. "I didn't tell him who I was. I stood around waiting for him too and talking to some of the people, It was much more fun."

He was still entered in the 200m where again he was not the favourite. Scholz and Paddock of the United States and who had competed at Paris in 1924 were amongst the favourites. However, Williams made it through to the final and in another big upset won his second gold medal in a time of 21.8, in front of Rangeley from Britain and Konig of Germany. Scholz dead heated with Konig. Paddock had not made the final. It was a wonderful achievement by an unheralded athlete. He missed out on a third gold medal after the Canadian team was disqualified in the final of the 4 x100m relay. Considering he was only 5ft 7 and weighed 125lb, a small build for a sprinter, his results are even more remarkable. He returned home to Canada, a national hero, feted from one end of the country to another.

The next year, 1929, saw Williams tour the United States competing on the indoor circuit. He won an extraordinary twenty-one out of twenty-two races over a three week period, racing against quality opposition. There was little doubt he was the best sprinter in the world. In 1930, after returning to Canada, he went on to set a new world record of 10.3 for the 100m at the Canadian national championships in Toronto, a record that stood for six years. Later on in 1930 he won a gold medal in the 100 yard dash at the inaugural British Empire Games (now Commonwealth) in Hamilton. Sadly, in doing so he badly tore a thigh muscle. The injury never healed properly and though he made the Canadian team for the 1932 Los Angeles Olympics, he did not make the 100m or 200m final. He did help the Canadian team to fourth in the relay. It was evident he was not the runner he had been and Los Angeles was his last competition. He had retired at the age of twenty-four.

After his athletic career was over, he sold insurance and also gained a commercial pilot's license which he used to great effect. Sadly, he had very little to do with athletics, never forgetting the treatment meted out to him by Canadian athletic officials during his career. He would have nothing to do with the promotion of the 1976 Montreal Olympics, despite being asked to do so and having being voted Canada's all time Olympic athlete in 1972. In his latter life he was inducted into the Canadian Sports Hall of fame and in 1980 was invested with the Order of Canada. He also suffered severe arthritis in his latter years and he suffered from a severe heart condition and had a number of strokes too. He took his own life on 29 November 1982. He was seventy-four.

Despite his reclusiveness (he never married) and bitterness in latter years and his difficulties with officials during his athletic career, he still to this day remains one of Canada's great Olympic heroes. His achievements, at such a young age, remain a feat to be marvelled at. His results say much for his determination and that of his coach Bob Granger in ensuring that he was at his peak when it mattered. His legend lives on.

Sources and further reading

<http://www.bcsportshalloffame.com>, viewed 3 June 2007

Duncanson, N 1988 *The Fastest Men on Earth*, Willow Books Collins, London.

<http://www.histri.ca/minutes>, viewed 3 June 2007

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

Athletics Trivia!

Glynis Nunn is the only Australian to have won an Olympic multi-discipline athletics event. In the boycott-affected 1984 Olympic Games in Los Angeles, at which the five-event pentathlon was replaced by the seven-event heptathlon, she defeated the great American Jacqueline Joyner (later Joyner-Kersey) by three points. Nunn quit her job as a physical education teacher a year before the Games, after finishing seventh in the world heptathlon championship in Helsinki. The placegetters then were three East German women, all of them subsidised by the state to devote their time to athletic preparation. For three months afterwards Nunn went on the dole, which served as an unconventional equivalent to the East German scheme, allowing her to train without the distraction of having to earn a living. She felt uncomfortable, though – “I’m not a dole kind of person.” – and found a part-time job in a sports goods store. By Games-time she was 24, and had competed in athletics since the age of nine.

The turning point of the 1984 heptathlon was the long jump, normally Joyner’s great strength. But after fouling two attempts, she lunged into her final jump from well behind the take-off board, scoring disappointingly. By the final 800m event, Joyner was leading the field, but vulnerable. When Nunn beat her by 2.46 seconds in that race, it meant the Australian had scraped in for a remarkable victory. Nunn also finished seventh in the long jump and fifth in the 100m hurdles. Joyner went on to win the 1988 and 1992 Olympic heptathlon gold medals, plus the long jump in 1988.

More interesting trivia next month!

World News!

31st May

Following the Australian women's 4x100m relay team qualifying for the 2007 Osaka World Championships in early May, Preya Carey has been added to the Australian squad for the event.

1st June

International action heats up this weekend, headlined by Craig Mottram, Nathan Deakes, Kylie Wheeler and Benita Johnson who continue their preparations ahead of the Osaka World Championships.

All fired up after his disappointing loss at the Healthy Kidney 10km two weeks ago, **Craig Mottram** returns to the Big Apple this weekend to contest the **Reebok Grand Prix** (June 2).

A showdown in the mile looms between ‘Buster’ and two-time Olympic medallist Bernard Lagat from the United States. The world-class athletes had an enthralling battle five months ago in the Wanamaker Mile at the 100th Millrose Games, which saw the two go head-to-head on the tight indoor track, before Lagat took control on the final lap to claim victory.

Other contenders in the elite mile field include 2006 Commonwealth Games 1500m gold medallist Nick Willis (NZL), 2006 US Indoor 1500m champion Chris Lukezic and 2-mile American record holder Alan Webb.

Georgie Clarke (1500m), who was narrowly pipped by training partner Lauren Fleshman in Eugene last weekend and **Nick Bromley** (800m), who has been undertaking high altitude training in Arizona with the Nic Bideau camp, will also be hoping to stamp their authority on the Icahn Stadium track on Randall’s Island.

La Coruna, Spain sets the scene for the fifth edition of the IAAF World Race Walking Challenge this Saturday and world 50km walk record holder **Nathan Deakes** is set to make an impression on his return to competitive race walking after a break of almost six months.

The 20km course, located on the coast in northern Spain, should be fairly conducive for good times although Deakes, who has now recovered from the hamstring injury which plagued him during the

Telstra Australian season, is cautious as to how he'll fare.

Launching her World Championships campaign this weekend is five-time national heptathlon champion **Kylie Wheeler**. Competing in the Arles (France) leg of the World Combined Events Challenge, the Commonwealth Games silver medallist will face strong opposition from reigning IAAF World Junior and Youth champion Tatyana Chernova (RUS) and Canadian record holder Jessica Zelinka.

World Cross Country champion (2004) **Benita Johnson** caused an upset in defeating Dutch distance running great Lornah Kiplagat at last year's Freihofer's 5km Run in Albany, New York.

The 28 year-old returns to defend her title this Sunday and, after completing two weeks of high altitude training in Arizona, Asmae Leghzaoui's 2005 course record (15:18) could be in grave danger.

Looking to steal the \$10,000 winner's cheque from her grasp will be six other Olympians including Ukraine's Nataliya Berkut and Moroccan Asmae Leghzaoui, the latter the course-record holder.

Across the other side of the Atlantic, other Australians in action this weekend include **Bradley Woods** and **Jeremy Roff** who will contest the 1500m at the Norwich Union Grand Prix in Glasgow, **Brendan Cole** (400m hurdles) and **Kimberley Mickle** (javelin) in the Neerpelt meet in Belgium, and **Aaron Rouge-Serret** who will execute the 100m and 200m double on the quaint British islands of Jersey and Guernsey.

Three-time Paralympic gold medallist **Kurt Fearnley** will lead a group of four other AWD stars this weekend at the Swiss Nationals to held in Ibach. The 26 year-old will compete in the 800m, 1500m and 5000m, with **Angie Ballard**, **Christie Dawes**, **Richard Nicholson** and **Matt Cameron** all set to perform.

Closer to home, World Championships team member **Youcef Abdi** will contest the \$6000 one-mile race at the Leonora Gift, held in the small but vibrant town in outback Western Australia.

3rd June

Athletes posting photos of themselves on athletics websites to promote themselves and their athletics careers are putting themselves and their reputations at risk as evidenced by what has happened to a young US pole-vaulter Allison Stokke. She innocently posted a photo of herself on a promotional website for an upcoming event. It was then downloaded illegally and posted on pornographic websites with lewd captions placed underneath it. She has now received unwanted attention from both photographers and the general public at both events and outside her home. The moral of the story appears to be that you should make sure that the website in question is secure before posting any photos of yourself on the internet.

4th June

American sprinter Tyson Gay electrified the Reebok Grand Prix athletics meeting in New York yesterday with a 9.76sec 100m victory but a little gust of wind robbed him of a world record. Gay's sizzling time was 100th of a second faster than the world record shared by Jamaica's Asafa Powell and American Justin Gatlin. Unfortunately, the breeze during Gay's run was measured at 2.2m/second, slightly above the legal wind limit of 2m/second. It was still the second fastest 100m ever run under any conditions, topped only by the 9.69 gust aided performance by Obadele Thompson of Barbados at El Paso, Texas in 1996.

Australian distance champion Benita Johnson defended her title at the 29th Freihofer's 5km Run for Women in New York. The 2004 World Cross Country Champion earned \$US10000.00 for her victory. She clocked 15:22.

In the much anticipated show down at the Reebok Grand Prix between Craig Mottram and two time Olympic medallist Bernard Lagat in the mile, American Alan Webb reigned supreme and left the rest of the field in his wake. In a tight contest, the American won in 3:52.94 with Lagat 2nd (3:53.88) and Mottram 3rd in 3:54.54. Commonwealth 1500m Champion Nick Willis of NZ was 4th (3:55.09). Mottram will now turn his attention to the 2 mile race at the Prefontaine Classic in Seattle on June 10.

7th June

The famous blonde-tipped mullet may have disappeared since that sensational World Cup victory last year, however, the hunger to defeat arguably the world's greatest distance runner Kenenisa Bekele

remains, and this Sunday Craig Mottram will have another opportunity to take on the 5000m and 10,000m world record holder at the Prefontaine Classic in Eugene, Oregon.

Other Australian big guns in action this weekend include Jana Rawlinson who will contest the 400m hurdles in Geneva, John Steffensen races over the 400m at the Prefontaine Classic, Benita Johnson returns to New York to run 10km in Central Park and Josh Ross kicks off his European tour, competing in Crete in the 100m.

The much anticipated rematch between Mottram and Bekele will be held over two miles and features a star-studded line-up including Bekele's younger brother Tariku, the World Junior 5000m champion, Olympic 5000m champion Ben Limo and 2007 World Cross Country champion Zersenay Tadesse.

8th June

American sprinters Tyson Gay and Wallace Spearmon are coached in a very unique way. Their coach, Lance Brauman is serving 1 year in jail. Before he was jailed, he left them a notebook detailing the training that they must do. Whatever was in that notebook must be powerful because both sprinters are on the verge of breaking world records. Gay is now the best ever 100m/200m double performer with his times of 9.84sec and 19.68sec while Spearmon is history's 3rd fastest over 200m with 19.65sec.

Sydneysider Peter Wilson will compete in the 250km Gobi March next week which is one of the toughest footraces in the world. The race which winds through the desert in China is expected to last a week. This includes a requirement of 84km on one of the days. Wilson hopes to raise \$100,000.00 for the Sydney Children's Hospital in the process.

Ethiopian legend Kenenisa Bekele will not attempt to win the 5000m and 10000m at this year's World Championships. The two time world 10000m champion believes the conditions in Osaka, Japan will be too hot and humid to do the double.

10th June

American Dean Karnazes recently completed 50 marathons in 50 states in 50 days. If that wasn't enough, he has just completed a 560km, 6 day, run from Charlotte's Pass to Sydney to raise money for the Starlight Foundation.

11th June

Jana Rawlinson has moved to no. 7 on the world rankings after her second 400m hurdles victory of her comeback in Switzerland. She made it back to back wins when she was successful in Geneva clocking 55.19sec. Her performances are better than what she expected at this stage of her comeback.

Joshua Ross and Collis Birmingham were other Australians to taste success on the European circuit over the weekend. Ross won the 100m in Chania, Greece in a time of 10.42sec. Matt Shirvington contested the 100m in Turin and finished 4th in a time of 10.45sec. In Manchester, Birmingham won the 1500m at the British Milers Club Grand Prix. He clocked a personal best time of 3:39.62. Fellow Australians Brad Woods (3:41.03), Corey Tucker (3:42.2) and Jeremy Roff (3:43.0) closely followed.

Benita Johnson's winning run has come to an end in New York with the Australian finishing 4th in a 10km road race around Central Park.

12th June

World Championships bronze medallist Craig Mottram has smashed his own Australian record over two miles to beat a crack field at the Prefontaine Classic in Oregon.

Mottram sliced nearly eight seconds off his previous best to clock 8:03.50, the fastest two miles ever run on US soil and an Australian and Oceania record. The time is also the sixth fastest ever run for the distance, elevating the 26 year-old to the third fastest of all time behind world record holder Daniel Komen (Kenya) and Haile Gebrselassie (Ethiopia) who hold the five fastest times between them (see below).

Despite the withdrawal of world record holder Kenenisa Bekele due to a lack of fitness, Mottram faced Bekele's younger brother Tariku - the World Junior 5000m champion, along with 2007 World Cross Country champion Zersenay Tadesse of Eretria, 2003 world 5000m champion Benjamin Limo of Kenya and American record holder Allan Webb in a much anticipated clash.

With the early laps ticked off in around 60 seconds the field went through the mile in 4:02; Mottram and Bekele breaking clear after five laps before Mottram made his move with 250m remaining.

Mottram charged to the line to defeat Bekele (8:04.83) who clocked the eighth fastest of all-time, with Matt Tegenkamp (USA) easily beating Webb's American record in third (8:07.07). Limo was fifth, Tadesse seventh and Webb ninth as the world's best middle distance runners trailed in Mottram's wake.

To put the time into perspective, Mottram circled the famous Hayward Field track eight times in just a fraction over 60 seconds per lap, almost breaking four minutes for the mile back-to-back.

Despite the impressive performance, Mottram understands that the 3200m is very different to the 5000m. Also competing at the Prefontaine Classic was NSWIS athlete Nick Bromley who finished ninth in the 800m in 1:48.40 - a time almost equivalent to that which earned him the Australian title in March. The event was won by USA's Nick Symmonds in 1:44.54.

All-time men's best 2 miles

- 1) 7:58.61 Daniel Komen KEN Hechtel 19.07.1997
- 2) 7:58.91 Daniel Komen KEN Sydney 28.02.1998
- 3) 8:01.08 Haile Gebrselassie ETH Hengelo 31.05.1997
- 4) 8:01.72 Haile Gebrselassie ETH London 07.08.1999
- 5) 8:01.86 Haile Gebrselassie ETH Hengelo 30.05.1999
- 6) 8:03.50 Craig Mottram AUS Oregon 10.06.2007
- 7) 8:03.54 Daniel Komen KEN Lappeenranta 14.07.1996
- 8) 8:04.83 Tariku Bekele ETH Oregon 10.06.2007
- 9) 8:07.07 Matt Tegenkamp USA Oregon 10.06.2007
- 10) 8:07.46 Haile Gebrselassie ETH Kerkrade 28.05.1995

14th June

Kenya's Augustine Choge, the man who destroyed Craig Mottram's dream in last year's Commonwealth Games 5000m, is not contesting the event at the World Championships in August and will try to qualify for the 1500m instead. With Kenenisa Bekele opting for the 10000m, Mottram is a huge chance of winning a major medal this year. Mottram will line up against Choge this Friday in the Dream Mile in Oslo, Norway. He will be joined at the same meet by Sarah Jamieson (1500m), Donna MacFarlane (3000m Steeplechase) and Tamsyn Lewis (400m).

Joshua Ross won the 100m at the Josef Odlozil Memorial meet in Prague. He recorded a very swift 10.13sec. The time is his fastest ever recorded outside Australia and 4th fastest ever indicating that he is coming close to the sizzling speed that resulted in a personal best time of 10.08sec in Brisbane in March. It is a time which remains the 7th fastest in the world this year.

Tamsyn Lewis, still needing an "A" qualifier for the World Championships had her first hit-out at the Stavanger Games in Norway overnight. She placed 2nd in a time of 2:02.91. So near, yet so far! However, two Australians did taste victory at the same meet. Nick Bromley clocked 1:48.59 in the 800m and Benn Harradine threw 57.29m in the Discus. Collis Birmingham placed 4th in the 3000m in a time of 7:56.13 and Jeremy Roff placed 8th in the 800m in a time of 1:51.74.

After finishing 3rd in Arles 2 weeks ago, Commonwealth Games silver medallist Kylie Wheeler will contend the next edition of the Combined Events Challenge in Ratingen, Germany over the weekend.

17th June

Results of Australian athletes from the Oslo Golden League Athletics Meet: -
Donna Macfarlane – 3000m Steeplechase – 9:26:63 (2nd)
Tamsyn Lewis – 400m – 51.86sec (4th)
Sarah Jamieson – 1500m – 4:04.60 (5th)
Craig Mottram – Mile – 3:54.57 (9th)

21st June

Sprint champion Maurice Greene is in severe doubt for the World Championships in August after withdrawing from this weekend's US Track & Field Championships due to a number of niggling injuries.

22nd June

Tyson Gay is very confident of beating the world record for the 100m at this weekend's US Track & Field Championships. After coming so close early this month, he is hoping for favourable conditions.

24th June

Tyson Gay won the 100m at the US Track & Field Championships in a time of 9.84sec. A strong head wind meant that the World Record would have to be broken on another day.

25th June

Results of the Steeplechase races at the US Track & Field Championships are as follows: -

3000m Steeple Men

Joshua Adams	8:24.46
Aaron Aguayo	8:27.01
Thomas Brooks	8:27.34

3000 Steeple Women

Jennifer Barringer	9:34.64
Anna Willard	9:34.72
Lindsay Anderson	9:40.74

Lots Of Girraween Gear At Discounted Prices!

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

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

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

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

I'm pleased to announce that we now have special Girraween T-Shirts for sale each Saturday.

They are \$25.00 each.

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

GARRY WOMSLEY

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

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

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

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

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

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

GARRY WOMSLEY

AND THERE'S STILL MORE.....

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

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

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

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

GARRY WOMSLEY

Media Watch!

1st June

Ethan Womsley got a small mention in the Toongabbie West Public School newsletter for his 2nd placing in his age group in the 5km race at the Sydney Marathon Clinic late last month.

The 2007 Winter Programme!

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

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

All details are in the West Mets Handbook which is available from Garry Womsley or on race day at each venue.

For Those Over 30 – A Date For Your Diary!

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

per year. If you would like further information or would like to join, please contact me by phone or e-mail.
GARRY WOMSLEY – NSW Masters Club Registrar & Member of the 2008 Steering Committee.

For Those Interested In 800m Races – An Interesting Interview With A Champion!

Lynette Smith has kindly provided an interview carried out some years ago by the Peak Performance publication with champion Kenyan middle distance runner Nixon Kiprotich. It contains some very good insights and hints on how to train for 800m and other distance events. As follows: -

800 Metres: Coaches and runners are confused about how to train optimally for 800-metre racing, and with good reason. After all, there's a wealth of scientific information about training for 400 metres, 5000 metres, 10,000 metres, and the marathon, but almost no research has been done concerning 800-metre training. As a result, thoughts about 800 preparations tend to be long on philosophy and anecdote -and short on fact

In addition, the 800-metre distance itself presents a key paradox. The race is now considered to be an extended sprint -a contest for the truly fleet of foot. When Seb Coe set his world record of 1:41.73 in 1981, for example, he ran an astonishing first lap of 49.7 seconds. This suggests that fast-twitch muscle fibres and anaerobic energy production are dominant in the race, yet over 55 per cent of the energy actually needed to run 800 metres is generated aerobically, suggesting that aerobic ('endurance-type') training is absolutely essential for success

The importance of aerobic energy production puts 800-metre coaches in a dilemma, because endurance training can easily compromise raw muscle power and check running velocity in those who undertake it too rigorously. Endurance training for 800-metre athletes must somehow preserve anaerobic capacity and avoid transforming fast-twitch muscle fibres into intermediate- or slow-twitch cells which would generate less power. In short, finding an optimal balance between endurance and raw-power training is necessary to produce an athlete's best-possible 800-metre performances.

Study the best to find out

Since there's no scientific research concerning 800 training, how can one identify that balance? One answer is to study the top 800-metre people in the world, and there's little doubt about who they are. While we tend to think of the Kenyans as long-distance-people who dominate the 5000- and 10,000-metre distances, the truth is that their grip on superlative 800-metre performances is far tighter than the hold created by runners from any other country

If you doubt that the Kenyans are great at 800 metres, consider these facts. Each year,

the esteemed American publication, Track & Field News, ranks the world's 800-metre runners. In both 1993 and 1994, five of the top 10 800-metre athletes were Kenyans, and in each year the No. 1 runner was Kenyan (Nixon Kiprotich in 1993, Wilson Kipketer in 1994). In fact, since 1987 Kenya has produced the number-one man an incredible six times, with five different men

If you look at the 10 fastest 800-metre men of all time, four are Kenyans (Great Britain has three, Brazil two, and the U.S. -much more noted for its sprint athletes -just one). In contrast, only three of the 10 fastest 5000-metre runners of all time have been Kenyan. Kenyan men finished first and third at 800 metres in the 1993 World Championships in Stuttgart, and first and second at 800 metres in the '92 Olympics. In contrast, Kenyan men captured 'only' one medal at 5000 metres in the World Championships -and one at the Olympics.

What Kiprotich has to say

The Kenyan 800-metre men have shone so brightly that it's difficult to pick out a single-best performer, but Nixon Kiprotich would have to be very close to the top of the list. The willowy (6'1", 149-pound), 32-year-old Kenyan won the IAAF/Mobil Grand Prix for 800 metres both in 1990 and 1992, snared a silver medal at the '92 Olympics in Barcelona, has garnered gold at both the East-African and African Championships, and was rated No. 1 800-metre runner in the world for 1993 by Track & Field News. His 800-metre PB is a not-too-shabby 1:43.31

Recently, PEAK PERFORMANCE had the good fortune to catch up with Kiprotich at his home in Eldoret, Kenya, and we found the Kenyan to be quite willing to share his ideas about optimal 800-metre training.

PP: Nixon, when do you begin preparing for the outdoor track season?

KIPROTICH: I really start in December. If I'm not going to run in any indoor track meets, I'll take a two month break October and November, during which I do very little training at all. Then, throughout December and January I'll train Monday through Friday, running about 15 kilometres at 10 a.m. and another eight kilometres at about 5 p.m. each day. It's all easy, aerobic running -at about four minutes per kilometre -with no speed work at all. Saturday and Sunday are rest days.

PP: There's been a lot of debate about the merits of that kind of aerobic-base training for 800-metre runners. You run about 115K per week during your base period. What is the value of this training for you?

KIPROTICH: I've found through trial and error that if I don't do my base work and build up my aerobic capacity properly, I have a very hard time maintaining my fitness during the competitive season. Without the base, I just can't sustain fast times for very long; I lose my 'peak' quickly

PP: That's very interesting. You know -exercise physiologists have pointed out that the first 400 metres of an 800-metre race is primarily anaerobic, while the second 400 metres is

more aerobic. Do you think that your base training helps you consistently maintain a high-quality velocity during the second laps of your races? KIPROTICH: There's no doubt about it.

Next, some hill training

PP: So in December and January, you're just running steadily at an easy pace. What happens in February and March?

KIPROTICH: I add in some hill training.

PP: How does that work?

KIPROTICH: I'll do my regular base running on Tuesday through Friday, but I'll add in hill sessions on Monday and Saturday. Nothing fancy about the hill workouts; I'll just find a steep, 200-metre hill and complete 20 reps per session at close to top speed, with jog- to-the-bottom recoveries (Editor's note: These reps are carried out at an altitude of about 7000 feet near Kiprotich's Eldoret home).

PP: Nixon, do you ever work out with weights?

KIPROTICH: Never, man. The hill work is my substitute for [weight training](#). Weight work would just bulk me up, making it too easy for me to get injured.

PP: So in February and March, you are running aerobically and doing hill work twice a week. How do things change in April?

Then, the track workouts

KIPROTICH: In April, I'll really start to get ready for the outdoor season. Basically, I cut way back on mileage and start doing my track workouts. My schedule is as follows: On Monday, I'll run 2 sets of 5 X 1000 metres, with each 1000 in 2:45 to 2:55. There are two minutes of recovery between reps and 10 minutes of rest between the two sets. I'll run the first 800 of each 1000 at slower than race pace and then finish the last 200 metres at actual race velocity, which helps me develop the ability to run at race pace when I'm tired.

On Tuesday, I'll complete 8 X 200 metres in 25-27 seconds (very close to actual race pace), with only five to 10 metres of easy jogging between reps. This workout helps build up my speed endurance -my ability to sustain a fast speed throughout the race, and as it does so, it increases my confidence tremendously. Since about 1992, I've been the kind of 800-metre runner who likes to come from behind. When I can do this workout the right way, then I know I'm ready to overtake almost anyone at the end of a race, and I'm a lot more relaxed in the second halves of my races, which helps me to run more fluidly and powerfully.

PP: How do you warm up before your workouts?

KIPROTICH: I just complete a standard 30-minute warm-up, with lots of jogging and

stretching -and several upbeat 100-metre strides.

PP: What do you do during the rest of the week?

KIPROTICH: Well, on Wednesday, I'll run 4 X 600 metres in 83-86 seconds, with two-minute recoveries, and then 5 X 300 metres in just 40-41 seconds, with two-minute recoveries. However, again I'm looking to develop my finishing power during this workout, so for the 300s, I'll do the first 100 in 14 seconds and the final 200 in just 26 seconds - right at race pace.

On Thursday, I'm looking to develop speed, so I'll just do 4 X 400 metres in 49-50 seconds each, about two to three seconds faster per 400 than race pace. Again, I'll use two-minute recoveries. This is a very tough workout for me.

On Friday, I'm after speed endurance, so I'll do 4 X 500, with the 500s at the pace I want for the second lap of my 800s, i.e., about 66-68 seconds per 500. As usual, I'll rely on two-minute recoveries, and the overall goal is to develop the ability to run the second lap of the 800 in a quality way.

Saturday is an easy day, with just jogging for 40 minutes, and on Sunday I'll rest completely. I'll follow this schedule throughout April and May, and then go to Europe or the United States in early June to begin the competitive season. I'll always start with small races first -just to ease into competition.

Training during competition

PP: During the competitive season, you're often racing every week. What is your training like when you are competing?

KIPROTICH: It depends. If my first race is bad, I'll continue training hard, with basically the same schedule I've just described to you. On the other hand, if my first race goes fairly well -in about 1:46 or so, I'll stop training vigorously and just do two track workouts per week.

PP: During the racing season, when you're in close to peak condition, what's your routine like during the week?

KIPROTICH: I'll generally jog for about 30-40 minutes in the morning on a grassy surface and then do a few 300-metre strides at about race pace. For the first of the two weekly track workouts, I'll do 6 X 200 in about 25-26 seconds each, which usually feels very easy. For the second session, I'll complete 5 X 400 or 5 X 600 in about 51-52 seconds for the 400s or 78-80 seconds for the 600s.

PP: Your season ends in September. What do you do then?

KIPROTICH: It's total relaxation time for at least one month. Two months are even better. I'll sleep late in the mornings and just spend the days with my family and friends, with no real training at all.

Not for youngsters

PP: Your training during the two months before the competitive season is really rigorous, with tough track workouts scheduled for Monday through Friday. Do you recommend this kind of schedule for young 800- metre runners?

KIPROTICH: Oh no, not at all. The high school and college kids should be patient and wait for their time to come. If they try to train the way I do now, they will definitely get injured. When high school runners come to me and ask what to do, I tell them 'Just do two difficult workouts per week. Do not attempt to train hard every day.' I recommend moderate workouts -30 minutes of relatively easy fartlek running, 300-metre intervals in 45 seconds or so, hill workouts with 10 repetitions, etc. Young 800-metre runners should avoid the temptation to try to progress too fast.

PP: What are your plans for the future?

KIPROTICH: I'm still thinking about the Olympics for next year. I've thought about competing at 1500 metres, but that race is too much hell. Running a 3:38 is pure torture.

PP: How about after 1996?

KIPROTICH: Well, in 1997 I'd like to run a marathon. People laugh when I say that, but I've already run a 10K in 30 minutes at altitude, just kind of jogging it, and I'm really eager to give the marathon a try

PP: Training for world-class competition is difficult and painful. What motivates you to keep running?

KIPROTICH: People say to me all the time, 'You're just running for money,' but that's not what keeps me going. I run for friendship, not for financial reward. Running has given me the chance to travel all over the world and meet all kinds of great people. Without running, I would not have had that kind of opportunity

Nixon's training appears to be perfect for the 800-metre distance. The Kenyan builds up his aerobic capacity during the early pre-season and then tops it off with a generous 'frosting' of anaerobic capability, built up during his April-May track workouts. These track sessions are brilliantly designed to improve both raw speed and speed endurance -the ability to sustain a high running speed, even during the final painful moments of the 800-metre race

Below, we've listed some common, important questions about 800-metre training, which should help coaches and runners develop their own 800-metre schedules

Basic Q & A about 800m training

'anaerobically' - in order for the leg muscles to exert maximal power during the race

Q: So, should 800-metre runners carry out special work- outs in order to lift their lactate thresholds?

A: No

Q: Is the ability to use energy efficiently essential for the 800-metre runner?

A: Yes. 800-metre races are decided by split seconds. Since a limited amount of energy can be created by leg-muscle cells, the runner who can use available energy most efficiently (to drive the body forward at the highest velocity per unit energy) will usually reach the finish line first

Q: How does the 800-metre runner improve efficiency?

A: By conducting some 200-metre and 400-metre interval workouts at faster than goal race pace -and by working on hills, hills, hills. Repetitions on hills appear to be the most specific, useful form of resistance training for 800-metre runners. Hills can be emphasized before the main competitive season begins, during the four- to eight-week period which follows the pre-season, aerobic-development period

Moving up and dropping down

Q: Does improving $\dot{V}O_{2\max}$ (maximal aerobic capacity) help the 800-metre runner?

A: Yes, since about 55 per cent of the energy needed to run an 800-metre race is generated aerobically, increasing $\dot{V}O_{2\max}$ is a good thing because it means that the heart is better at sending oxygen-rich blood to the muscles, and that the muscles are better at using the oxygen when it arrives. This helps the 800-metre runner, because as oxygen utilization improves, less energy has to be produced anaerobically during the race. The interiors of leg muscle cells are therefore less acidic (there' s less lactic acid than there would be with a lower $\dot{V}O_{2\max}$), and as a result there is diminished fatigue and a greater ability to sustain the desired pace

Q: What's the best way for the 800-metre runner to develop $\dot{V}O_{2\max}$?

A: During the pre-season training period, it's optimal to combine interval workouts (five-minute intervals at 90-95 per cent of maximal heart rate) with 30- to 60- minute continuous runs at 80-90 per cent of maximal heart rate. This kind of training can last for six to eight weeks

Q: Is having a high lactate threshold important for the 800-metre runner?

A: Not necessarily. In an endurance runner, a high threshold is critical -so that the runner never strays too far above threshold when running 5Ks, 10Ks, and marathons. The 800-metre runner doesn't have to worry about roaming above threshold; he/she is always far above threshold during races. In fact it' s important for the 800-metre competitor to be able to generate a lot of lactate by producing ample amounts of energy.

Q: Should the jet-like 400-metre runner who is moving up to 800 metres really train differently than the slower, higher-endurance character who is dropping down from 1500 metres?

A: The traditional view is to build on an individual's natural tendencies and strengths, i.e., to let the 400-metre athlete continue with the short, fast work which he/she likes and permit the 1500 harrier to do more endurance- type stuff. However, while it's wise to retain these runners' strengths, it also makes sense to work on their weaknesses, so that the 400-metre person has more endurance and the 1500-metre individual has more speed. What the 400-metre runner may be lacking is the 'lactate tolerance' necessary to run the full 800 metres and enough speed endurance to maintain a high running velocity over twice his/her normal race distance. 90-second intervals at close to top speed, with four-minute recoveries, would be great for lactate tolerance, and Nixon Kiprotich's 1000-metre intervals (with the last 200 metres at race pace) and 500-metre intervals at race pace would promote better speed endurance

The 1500-metre person also requires lactate tolerance but needs to especially emphasize efficiency and foot speed. 60 second intervals at close to top speed, with two- to two-and-one-half minute recoveries, would build running velocity and lactate tolerance, and 200- and 400-metre efforts at faster than 800-metre race velocity, with six-minute recoveries, would promote efficiency

Strength training

Q: Is it absolutely necessary to strength train as part of one's 800-metre preparations?

A: The Kenyans are currently dominating 800-metre running, and few of them have ever entered a gym. However, almost all of them have grown up in the perfect environment for 800-metre runners -in places where there are lots of steep hills. As mentioned, hill running is the most specific way to develop brute power in the leg muscles -power which translates into faster 800-metre running. So, the answer to the question might be 'Yes, you need to strength train if you are an environmentally challenged runner who lives in the flatlands.' To succeed at 800 metres, you do need to bolster leg-muscle power. Whether you do that while carrying out squatting and lunging exercises in the gym or while running on steep inclines may not matter

Q: Have any studies looked specifically at the merits of strength training for 800-metre runners?

A: Yes, a nice piece of research carried out by Terry Kemp at Ashland University in the United States compared high school runners who simply carried out circuit training with high school harriers who followed circuit training with heavy-weight power training (squats, lunges, hamstring curls, pull-downs, and bench presses). The latter group improved 800-metre times by about three seconds more than the circuit-only group, an effect which was statistically significant. Owen Anderson

Athletics NSW Officials Seminars

Meet Manager Basics – Sunday, 29th July – Birdwood Room, 10.00am Bankstown Sports Club (RSVP by 20th July)

Hy-tek Meet Manager is the Track and Field Results program used by NSW, Athletics Australia and by many clubs around the state. This course will give participants the basics for operating the program.

Please RSVP to Mary Macaluso at operations@nswathletics.org.au

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

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

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

Do you have a friend or a family member who you think may be interested in receiving our newsletter? If so, please let me know their postal or e-mail address and I will make sure they receive a copy each month. Who knows? It may give them the incentive to take up athletics and join us!

GARRY WOMSLEY

Lost Property- Are You The Long Lost Owner?

I have some lost property, as follows: -

- 1) A heart monitor strap was found at Upjohn Park. It appears to be for a child's or perhaps teenager's heart monitor.
- 2) A pair of shoes was left at C.V. Kelly towards the end of the summer season. They are silver & blue Asics Gel - Flash 05. Size US10-1/2.

If any of the above are yours, please advise and I will arranged to have them returned to you.

GARRY WOMSLEY

Help Me To Raise Money For Charity During The City2Surf!

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

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

Thank you very much.
GARRY WOMSLEY

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

Stop Press!

The results for the Long Course Cross Country Championships at Nowra on Saturday, 23rd June will appear in next month's edition of the Girraween Athlete.

THIS SPACE IS FOR HIRE!

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

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

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

