
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

CELEBRATING OUR 30th YEAR!

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Our Club Committee For 2007-2008!

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

<i>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary, Coaching Co-ordinator & Publicity Officer</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Registrar & Public Officer</i>	<i>9631-8887</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
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<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>
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<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>

Next Meeting: Thursday, 8th May, 2008 (Committee Meeting) & Tuesday, 20th May, 2008 (AGM)

GO GIRRA!



GIRRAWEE ATHLETICS CLUB Inc.
ENCOURAGING ATHLETES OF ALL AGES & ABILITIES SINCE 1978 & A
GOLD RATED ATHLETICS NSW AFFILIATED CLUB!

The Masters Fly The Flag In Another Busy Month For Our Club!

Welcome to the April edition of the Girrawee Athlete. It has been another busy month for our club with the ending of our summer competition and the start of our winter competition both at C.V. Kelly and at Haberfield in the West Metropolitan competition. Ironically, after a pretty frustrating summer weather wise, it has been near perfect during March. Our Masters athletes certainly flew the flag this month at both the State Championships at Homebush and the National Championships at Blacktown. Our athletes won a total of 39 medals (19 at State and 20 at Nationals) and we now have 5 current State Champions and 3 current National Champions. This has been a fantastic year for our over 30's and a real credit to the club. We have started registrations for the 2008/2009 season and a number of people have got in early which is great. As was the case in 2007/2008, you can again register either by hard copy or on-line. ANSW would prefer as many people to join on-line as possible and has guaranteed that we will not have the same wait as we did last year for our numbers. The teething problems are no longer present and the system is working well. We look forward to a productive winter both at West Metropolitan level and at the Representative fixtures. Until next month, we hope you run well but most of all, enjoy it! GARRY WOMSLEY.

19 State Masters Medals Caps Off A Great Representative Summer! – *ANSW State Masters Championships – Homebush – Saturday & Sunday, 8th & 9th March – Homebush.*

Our Masters athletes really came to the fore on a sweltering weekend at Homebush where the summer we never had finally came to visit us in Autumn. We earned a good haul of 19 State Medals made up of 8 Gold, 6 Silver & 5 Bronze. Our current State Champions are: - Lynette Smith (35-39 – Shot Put, High Jump, Discus, Javelin), Lajos Joni (50-54 – Hammer, Weight Throw), Garry Womsley (40-44 – 3000m Steeplechase) and Cheri Womsley (30-34 – Long Jump). Matt Stenning also won the State Masters Pentathlon in January in the 40-44 age category to bring our tally to 5 current State Champions. Lynette Smith (High Jump) and Lajos Joni (Weight Throw) also broke State Records. Steve Blunden and Michael Christie who were contesting their first State Championships also enjoyed the experience. Our final tally of medals over the complete 2007/2008 season was 30 medals which was a great achievement.

Our full list of medallists are as follows: -

Lynette Smith – 6 (4 Gold – Shot Put, High Jump, Discus & Javelin, 2 Silver – Weight Throw, Hammer)
 Lajos Joni – 4 (2 Gold – Hammer & Weight Throw, 2 Bronze – Discus & Javelin)
 Cheri Womsley – 3 (1 Gold – Long Jump, 2 Silver – Discus & Javelin)
 Garry Womsley – 3 (1 Gold – 3000m Steeplechase, 1 Silver – 5000m, 1 Bronze – 400m Hurdles)
 Matt Stenning – 2 (1 Silver – Long Jump, 1 Bronze – Javelin)
 Steve Blunden – 1 (1 Bronze – Long Jump)

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Position/Category</u>
LAJOS JONI	Hammer	45.40m	1 st (50-54)
	Javelin	27.29m	3 rd (50-54)
	Shot Put	9.76m	4 th (50-54)
	Discus	33.90m	3 rd (50-54)
	Weight Throw	16.14m	1 st (50-54)
LYNETTE SMITH	Shot Put	10.07m	1 st (35-39)
	High Jump	1.61m	1 st (35-39)
	Weight Throw	10.38m	2 nd (35-39)
	Discus	33.77m	1 st (35-39)
	Hammer	30.75m	2 nd (35-39)
	Javelin	36.12m	1 st (35-39)
MATT STENNING	Javelin	26.04m	3 rd (40-44)
	100m	13.72sec	8 th (40-44)
	Long Jump	4.45m	2 nd (40-44)
	60m	8.62sec	7 th (40-44)
GARRY WOMSLEY	Javelin	21.02m	4 th (40-44)
	3000m Steeplechase	12:54.43	1 st (40-44)
	5000m	20:15.79	2 nd (40-44)
	400m Hurdles	1:22.91	3 rd (40-44)
MICHAEL CHRISTIE	1500m	6:25.0	4 th (45-49)
STEVE BLUNDEN	100m	13.43sec	6 th (45-49)
	400m	1:01.60	4 th (45-49)
	Long Jump	4.76m	3 rd (45-49)
	Triple Jump	9.36m	4 th (45-49)
	200m	27.17sec	4 th (45-49)
VINCE ADAMS	100m	13.42sec	5 th (50-54)
	200m	28.62sec	8 th (50-54)
	60m	8.59sec	5 th (50-54)
CHERI WOMSLEY	Discus	10.47m	2 nd (30-34)
	Long Jump	1.91m	1 st (30-34)
	Javelin	8.22m	2 nd (30-34)
ROGER MAR	800m	3:19.59	4 th (50-54)

The Hot Autumn Continues! – ANSW All-Comers – **Saturday, 15th March, 2008 - Blacktown Olympic Park.**

In temperatures close to 38 degrees, a hand full of Masters athletes got in some last minute preparations for next week's Nationals at Blacktown today. This weather would have been more suitable in January but we are now getting it in full force. However, all of our athletes rose above it and put in good performances. The track which has just been resurfaced is in perfect condition but the throws area out the back needs some serious work in the next week. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Position/Category</u>
CHERI WOMSLEY	Shot Put	3.94m	3 rd (Open)
	Javelin	9.32m	3 rd (Open)
ROGER MAR	200m	35.4sec	7 th (35+)
	800m	3:11.32	7 th (35+)
	3000m	12:55.6	6 th (35+)
GARRY WOMSLEY	3000m	11:54.5	4 th (35+)

Results From Pre-Season Cross Country **Series At C.V. Kelly – Saturday, 8th March, 2008.**

2km

- 1) WAYNE THURLOW – 7:44.3
- 2) DAVID PERRY – 7:45.1
- 3) STEVE O'DONNELL – 8:34.8
- 4) GREG SARGEANT – 8:46.3
- 5) STACEY ARGENT – 9:21.1
- 6) MICHAEL CHRISTIE – 9:26.2
- 7) KATRINA RUSSELL – 10:01.9
- 8) STEPHANIE RUSSELL – 12:33.9
- 9) LAUREN SINCLAIR – 13:23.2

4km

- 1) TERRY ROSE – 18:08.8
- 2) CAITLIN DUNN – 22:18.9
- 3) LOUISE CUTHBERT – 22:18.9
- 4) MATT DUNN – 24:03.5

8km

- 1) NICK HANNA – 32:20.7
- 2) PETER MATTHEWS – 32:40.6
- 3) MICHAEL FREE – 34:27.0
- 4) RICHARD FROST – 34:42.6
- 5) DENIS ANDREW – 35:21.8
- 6) WAYNE THURLOW – 35:52.8
- 7) DAVID PERRY – 36:07.3
- 8) PETER BYRNE – 38:05.6
- 9) STEVE O'DONNELL – 40:01.2
- 10) STEVE PARKINS – 41:03.9

- 11) STEVE WILLIAMS – 42:18.1
- 12) GREG SARGEANT - 42:28.1
- 13) ROGER MAR – 42:57.8
- 14) KEN SCALLEY – 43:48.6
- 15) MARK ATTWOOD – 46:10.0
- 16) KYLIE SMYTHE – 48:24.8

8 Members Tackle SMC! – Sydney Marathon Clinic Road Race Series – Sunday, 16th March, 2008 – Rosford Street Reserve. (5km Run, 5km Walk, 10km & 30km).

In warm and humid conditions 8 of our members contested the various distances at Smithfield today. Garry Womsley (20:28) was our first runner home in the 5km run, Roger Mar (57:53) was our first runner home in the 10km, Geoff Sheargold (2:11:22) was our first runner home in the 30km while Cheri Womsley (59:07) was the first home in the 5km walk. Full results as follows: -

5km Run

- 1) GARRY WOMSLEY – 20:28
- 2) TERRY ROSE – 21:51
- 3) MICHAEL CHRISTIE – 25:36
- 4) JOE BUTLER – 28:27
- 5) ETHAN WOMSLEY – 38:06

10km

- 1) ROGER MAR – 57:53

30km

- 1) GEOFF SHEARGOLD – 2:11:22

5km Walk

- 1) CHERI WOMSLEY – 59:07

Results From Pre-Season Cross Country Series At C.V. Kelly – Saturday, 22nd March, 2008.

2km

- 1) ANDREW BLUNDEN – 6:50.63
- 2) ANDREW ELLIS – 7:16.59
- 3) PETER MATTHEWS – 7:17.22
- 4) WAYNE THURLOW – 7:47.09
- 5) DAVID PERRY – 7:51.54
- 6) STEVE O'DONNELL – 8:39.44
- 7) GREG SARGEANT – 8:39.44
- 8) KEITH MAYHEW – 8:57.25
- 9) MONICA JUHART – 9:02.89
- 10) STEVE BLUNDEN – 9:13.39
- 11) MICHAEL CHRISTIE – 10:17.04
- 12) GRAHAM RYAN – 10:33.28
- 13) ELIZABETH SUTTON – 11:51.19

4km

- 1) ANDREW ELLIS – 14:44.44
- 2) ADAM SINCLAIR – 17:07.32
- 3) DAVID PERRY – 17:29.53
- 4) STEVE BLUNDEN – 19:46.31
- 5) MARK ATTWOOD – 20:42.36
- 6) ELIZABETH SUTTON – 23:34.34

8km

- 1) PETER MATTHEWS – 32:21.7
- 2) NICK HANNA – 32:55.2
- 3) RICHARD FROST – 33:42.5
- 4) KEVIN CASEY – 34:21.7
- 5) CLIVE KIDSON – 35:07.9
- 6) WAYNE THURLOW – 35:25.0
- 7) PETER BYRNE – 36:10.0
- 8) STEVE O'DONNELL – 39:38.8
- 9) GREG SARGEANT – 40:02.0
- 10) KEN SCALLEY – 42:47.2
- 11) KYLIE SMYTHE – 47:02.4

Another Huge Medal Haul At Nationals!

AMA Masters National Championships – Blacktown Olympic Park – Friday-Monday 21st-24th March, 2008.

A record number of Girraween athletes (10) took part in the National Masters Championships held over the Easter weekend. The recent hot weather gave way to more Autumn like conditions. Friday was drizzly and cold, Saturday was cloudy with heavy rain at times, Sunday was drizzly but then warm and sunny while Monday was hot and humid. Our athletes were all happy with their performances and got to see some great athletics from athletes of all ages (above 30). They also witnessed two world records (Women's 160+ 4 x 100m relay and Men's 60+ 2000m Steeplechase). While Homebush would have been the ideal venue for this Championship, the Blacktown Olympic Park track proved to be a worthy alternative despite its shortcomings as far as the throwing areas are concerned. Generally the four days ran fairly smoothly. The Cross Country course at Upjohn Park also proved to be a hit with athletes (see separate story) and the 2009 World Masters Games organisers are also thinking of using the venue. We have three current National Champions: - Lynette Smith (Shot Put, High Jump, Discus, Javelin & Weight Pentathlon), Lajos Joni (Weight Throw) and Garry Womsley (3000m Steeplechase). However, all of our members tried hard and against strong company. Our final medal tally of 20 medals (7 Gold, 9 Silver & 4 Bronze) was an excellent return. Congratulations to all our members who took part over this wonderful weekend! Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Position</u>	<u>Age Group</u>
JOE BUTLER	10000m	55:02.6	2 nd	70-74
	5000m	26:49.43	3 rd	70-74
	8km Cross Country	52:13	2 nd	70-74
MICHAEL CHRISTIE	800m	3:11.57	10 th	45-49
	1500m	6:24.19	10 th	45-49
	8km Cross Country	47:49	6 th	45-49
ROGER MAR	800m	3:20.65	12 th	50-54
	200m (Heat)	35.10sec	10 th	50-54
GARRY WOMSLEY	110m Hurdles	24.77sec	2 nd	40-44
	3000m Steeplechase	12:26.49	1 st	40-44

	Javelin	18.78m	5 th	40-44
	5000m	20:02.75	3 rd	40-44
	8km Cross Country	39:15	2 nd	40-44
LYNETTE SMITH	Hammer	29.01m	2 nd	35-39
	Shot Put	10.30m	1 st	35-39
	High Jump	1.57m	1 st	35-39
	Discus	30.75m	1 st	35-39
	Javelin	34.68m	1 st	35-39
	Weight Throw	10.38m	2 nd	35-39
	Weight Pentathlon	2952 points	1 st	35-39
	Hammer	29.35m (567 points)		
	Shot Put	10.39m (593 points)		
	Discus	32.72m (532 points)		
	Javelin	32.25m (519 points)		
	Weight Throw	11.01m (741 points)		
LAJOS JONI	Shot Put	9.46m	6 th	50-54
	Hammer	38.58m	2 nd	50-54
	Discus	32.53m	4 th	50-54
	Weight Throw	15.41m	1 st	50-54
	Weight Pentathlon	2880 points	3 rd	50-54
	Weight Throw	14.67m (810 points)		
	Javelin	25.55m (337 points)		
	Discus	32.20m (508 points)		
	Shot Put	9.90m (567 points)		
	Hammer	41.96m (658 points)		
VINCE ADAMS	60m	8.46sec	7 th	50-54
	200m (Heat)	28.33sec	8 th	50-54
	100m	13.48sec	7 th	50-54
	200m (Final)	28.98sec	7 th	50-54
CHERI WOMSLEY	Long Jump	1.75m	2 nd	30-34
	Shot Put	4.19m	6 th	30-34
STEPHEN MIFSUD	10000m	42:38.67	3 rd	50-54
	5000m	20:30.53	5 th	50-54
	8km Cross Country	35:54	6 th	50-54
MATT STENNING	100m (Heat)	13.79sec	12 th	40-44
	Javelin	26.97m	4 th	40-44
	Outdoor Pentathlon	1741 points	2 nd	40-44
	Long Jump	4.00m (280 points)		
	Javelin	27.20m (309 points)		
	200m	27.98sec (528 points)		
	Discus	21.92m (308 points)		
	1500m	6:10.51 (316 points)		

My Nationals Experience! – By Garry Womsley

Being on the Nationals Organising Committee was a very fulfilling experience. It gave me some real hands-on experience in how to run a meet of this type successfully. Being the Championships Registrar, I dealt with athletes from all over Australia on a daily basis and helped them with their enquiries right up until the start of the event. During the Championships, I also worked on the enquiry desk in the office and again got to deal with athletes face to face. It is fortunate that I'm good with problem solving as I had to "think on my feet" throughout the 4 days of competition. Luckily, there were some good people around me to ask (namely Mark Johnston, Judy Cooper & Andrew Matthews) if I didn't know the answer. My main goal was to help each athlete with their enquiries so that they were then free to focus on their event and do their very best. Being a moderately successful athlete myself helped me to understand what each individual was going through. I tried to put myself in their shoes. Working in the office also helped take my mind off my own events and I probably performed better as I didn't have the time to dwell on how I was going to go. As a result, I went out on the track focussed and ready to go. From helping out on the Thursday afternoon giving out packages to athletes to cleaning up on the Monday afternoon and everything in between, I enjoyed every minute of being involved at these Championships.

From the early days of our Organising Committee meetings, it was obvious that I had the necessary experience to organise the Cross Country course. It was hard to know where to start but everything gradually fell into place. The Cross Country event and the venue became my baby. It was also clear that there wasn't really an established venue in the Blacktown area so I had to look further a field without going too far away. I needed a course that was predominantly grass and was sufficiently challenging for an event of this calibre. It soon became apparent that Upjohn Park at Dundas was our best choice. It is a 2km course so both races would consist of 4 x 2km loops to make up the distance of 8km. Parramatta Council was helpful throughout and helped me each step of the way. As the days got closer, I started to worry that I hadn't thought of something that was going to affect the day. Even the night before, I tossed and turned thinking of the next day.

When the day dawned with grey skies and heavy rain, I thought my worst nightmares were going to come true. There is very little cover at Upjohn so it was going to be uncomfortable if it rained for long periods. Fortunately, the weather started to improve and it soon became warm and humid. On arrival at the venue, I was confronted with my next hurdle. The gates to the car park were supposed to be unlocked by the ranger at 7.00am but he didn't turn up. Luckily, a worker at the pharmaceutical company next door allowed everybody to park in their grounds. He finally turned up at 8.30am and duly opened the gates. While things weren't exactly going to plan, alternatives were soon found and we carried on regardless. A couple of days before the event, I was told that the grass had not been mowed and was long in some areas. I confided in some of my distance running friends about the long grass and they all told me not to worry as it is cross country.

On closer inspection while marking out the course, it was revealed that the council had mowed most of the course within the last week but due to our hot and humid conditions it had started growing again. By the time we had marked out the course, the athletes had started to arrive for the first race which consisted of women of all ages and the 60+ men. To my relief, the race went off without a hitch and no one got lost. Greta Truscott won the race and led throughout in a great performance. After walking the 2km loop twice, the first time marking out the course and the second time providing refreshments for our marshals, it was then my turn to run in the second race (30-59). Unfortunately, a combination of 2 previous distance races, the 4km walk and feeling drained from worrying about how the day was going to go, I probably didn't run as well as I would have liked but I finished and still picked up a silver medal. My long time running friend Jamie Harrison was a worthy winner not only of my age group but also of the race itself.

The success of the day wouldn't have been possible without the help of a number of members of my club who gave up their day off to help with marshalling (David Perry, Michael Christie, Nick Hanna, Terry Rose, Vince Adams, Joe Butler & Roger Mar). David McEwan (Hills) also was a great help with marshalling. David Archbold (UTS Norths) was a real tower of strength in marking out the course and setting up on the day while our two officials Susan Newton and Stan Stark also were a huge help. My wife Cheri also kept me focussed and was another huge support. The feedback from the athletes was

encouraging with the worst comment being that the course was “too hard”. Then again, a National Championship isn’t meant to be easy so I guess the comment was a compliment! The World Masters Games people are also interested in using the course in 2009 after the success of our event.

Being on the organising committee certainly added to my experience in different aspects of athletics besides competing which will stand me in good stead in the future if there ever comes a time when I can’t compete any longer. Being part of making it work will always be a fond memory for me and has improved me as a person and as an administrator. I hope to have a similar role when we next host the Championships in 2015.

Some Personal Thoughts on the Australian Masters Athletics Championships – 21-24 March 2008 – By Michael Christie.

Last month I competed in the Australian Masters Athletics Championships for the first time. They were held at Blacktown Olympic Park over Easter. What an eye opener! I had planned this like clockwork. I would compete in the 800m, 1500m and 8km cross country, which was held at Upjohn Park, Dundas. I competed in the 45-49 age category. Friends asked, ‘Michael, why are you doing such short distances’. I replied, ‘It’s the humiliation factor, the shorter the event, the less time I am running around the track by myself’. They replied, ‘Why not do the sprints?’ I said, ‘I can’t sprint, end of story’.

Friday dawned overcast and wet, yet by the time my 800m was on the rain had stopped. I was ready to go, looking spick and span in my shining new NSW uniform. At least I looked the part, I thought to myself. I looked at my fellow competitors. No worries, they all appeared human enough, even though on the inside I was not feeling overly confident - but of course they didn’t know this. How can one be confident when you know your best is between 3.10 – 3.20 and they have all run low 2 mins? My tactic was simple enough. Tack onto the back of the pack and make my move with 150m to go. Slight miscalculation! I was dropped after the first five metres and the rubber band broke shortly afterwards. However, I ran like the wind, albeit more like a zephyr than a hurricane over the first lap. By the bell lap I was gone, my arms felt like lead and I was looking for a place to hide. The final lap was torture, and I finished in a time of 3.11:57. Well, I thought at least I can shake my fellow competitors hand or even look for sympathy. Wrong! By the time I’d finished, my fellow competitors were on their way back to the Holiday Inn at Rooty Hill, getting ready for dinner. Never mind, I thought to myself, I had lulled them into a false sense of security for next day’s event, the 1500m. But in truth my friends, I knew I had miscalculated and not run my own race and let the moment get to me. It was a learning experience.

I arrived home. The family asked how I went. ‘Fine’ I said, I came 10th! My eight-year old son asked how many were in the race. Ten, I whispered, ‘That’s ok, Daddy’, he said. Then reality set in. ‘Have you got any Easter eggs?’ he asked, moving quickly onto a more relevant and realistic topic, than my athletic prowess or lack thereof. I was grateful for that small mercy.

The next day I arrived at the track, in anticipation of the 1500m. It was overcast again. But this time I had learnt something. I spoke to two of Girraween's well respected and well credentialed Masters athletes, Lynette Smith and Garry Womsley and explained my predicament, which was growing by the minute. They were great, sympathetic and understanding and they didn't even laugh which meant a lot to me. At the end of these in-depth discussions, they both made the suggestion that I should throw tactics out the window and run my own race. 'I wanted to win a medal', I said. They both let me down gently and basically said just do your best. In truth of course they were right. Well, the 1500m was run under cloudy skies. I looked good again and this time felt confident. But the story was the same. Contact was lost after five metres. This time, I did see a South Australian athlete some distance in front of me. This was encouraging for a little while. However, reality soon set in and I soon lost sight of him. I ploughed relentlessly on, stuck to my plan, which was to run conservatively and made my move with a lap to go, even though I could not see anyone and had been lapped by the first three place getters. By the way, it's hard to make a move when there's no one around to make a move on. I did eventually finish in a time of 6:24.19, a new PB which I was happy with. There was also another bonus, this time my fellow competitors were last spotted doing a warm down lap, so at least they had not left the stadium. I made it home. I walked in the door. 'I came 10th', I said. 'Where's your medal Daddy?' asked Ambrose. 'They don't give medals for 10th' I said with a grin 'Oh', he said, with a big smile on his face. 'Let's watch Ninja Turtles!'

Next item!

I had Sunday off and headed over to the cross-country course at Dundas early Monday morning. For the first race I gained some insights by helping to officiate out on the course for the women's and over 60 men's race. The athletes, including Girraween's own Joe Butler were inspirational as they ran around the course, loop after loop. Ten o'clock drew nigh and I looked at the field for the men's race. A few of my fellow competitors from the 800m and 1500mm had turned up. Maybe, they might get lost in the bush I thought irrationally, although deep down I knew this was unlikely. Most of the officials on the course were from Girraween, doing a great job. I thought, just run your own race. It had also warmed up and the course, which consisted of four 2km loops was looking tougher by the minute. After a couple of hundred metres when I could no longer sight anyone, I now knew why I never ran this distance at West Metropolitan. Nevertheless, I kept going, thinking irrationally along the way. Should I take a shortcut? Should I adjourn to the pub? Good sense prevailed and spurred on by great encouragement from my Girraween colleagues, I did finish eventually in a time of 47:49.0h. I was able to watch the presentation with much admiration, wishing that I could be like those fortunate placegetters. I travelled home. 'How did you go Dad?' Ambrose asked. 'I came seventh', I replied. 'Wow, that's better', he said. 'Do you want an Easter egg?' 'No thanks mate', I kept the secret to myself. There were only seven in my category, but hey I didn't need to publicise this.

Well, my first nationals were over. What did I learn? Well firstly, I realise that if I am to improve or at least see anyone else in my races, I need an appropriate training programme set specifically for my events that I am going to compete in. Lynette, Garry, where are you? That aside however, the event itself is a great one. I met some very nice people and just to watch some of the events is truly inspirational. There is a lot of encouragement and to have friends and/or family around made it extra special. It's just a great environment to compete in. It doesn't matter how good you are, one

gets a real buzz out of giving it a go. Friends, if you ever get the chance to do something like this, give it a shot - you won't be disappointed. The next national championships are in Adelaide, Easter 2009. The World Masters Games will be held in Sydney in October 2009. So, anybody over 30, keep these events in mind and speak to anybody in the club who gave it a shot this time. To Cheri, Lynette, Lajos, Vince, Garry, Roger, Matt and Joe, thanks for your camaraderie and encouragement and congratulations on your achievements. To my family in particular, thank you for sparing me the time to give an event like this a go. Bring on Adelaide.
Michael Christie

Results From West Metropolitan No. 1

At Richard Murden Reserve, Haberfield – Saturday, 29th March, 2008.

2km

- 1) PETER MATTHEWS – 7:09 (7)
- 2) JYE PERROTT – 7:19 (10)
- 3) WAYNE THURLOW – 7:28 (13)
- 4) GARRY WOMSLEY – 7:29 (14)
- 5) MICHAEL GROGAN – 7:40 (16)
- 6) DAVID PERRY – 7:44 (18)
- 7) BRAEDEN PERROTT – 7:50 (20)
- 8) MONICA JUHART – 7:58 (21)
- 9) TERRY ROSE – 8:02 (24)
- 10) STEVE MIFSUD – 8:08 (27)
- 11) ALYSSA PERROTT – 8:19 (32)
- 12) STEVE BLUNDEN – 8:27 (36)
- 13) ROGER MAR – 8:52 (41)
- 14) MICHAEL CHRISTIE – 9:05 (43)
- 15) STACEY ARGENT – 9:49 (49)
- 16) STEPHANIE RUSSELL – 10:49 (63)
- 17) R. INGRAM – 12:23 (74)
- 18) ELIZABETH SUTTON – 15:49 (81)

4km

- 1) JONAS WILLIAMS – 15:10 (16)
- 2) PETER MATTHEWS – 15:24 (18)
- 3) STEVE MIFSUD – 16:02 (25)
- 4) WAYNE THURLOW – 16:39 (31)
- 5) DAVID PERRY – 16:54 (33)
- 6) LISA GRANT – 17:12 (35)
- 7) STEVE PARKINS – 17:22 (41)
- 8) MICHAEL GROGAN – 17:27 (43)
- 9) TERRY ROSE – 18:37 (49)
- 10) DOUG PERROTT – 18:45 (50)
- 11) VIV MANWARING – 19:21 (52)
- 12) DARREN GOULD – 19:56 (54)
- 13) ROGER MAR – 20:34 (62)
- 14) KATRINA RUSSELL – 21:00 (63)
- 15) ELIZABETH SUTTON – 21:07 (65)
- 16) MICHAEL CHRISTIE – 21:08 (66)
- 17) ETHAN WOMSLEY – 21:12 (67)
- 18) CARLY EAGER – 21:39 (68)

19) MARK ATTWOOD – 21:49 (69)

8km

- 1) ANDREW BLUNDEN – 30:47 (10)
- 2) NICK HANNA – 31:26 (12)
- 3) PETER MATTHEWS – 32:24 (16)
- 4) RICHARD FROST – 33:22 (20)
- 5) GRAHAM SHEARGOLD – 33:57 (23)
- 6) CLIVE KIDSON – 35:10 (24)
- 7) DENIS ANDREW – 35:27 (25)
- 8) DAVID PERRY – 38:11 (31)
- 9) MICHAEL GROGAN – 38:36 (32)
- 10) STEVE WILLIAMS – 39:03 (34)
- 11) KEN SCALLEY – 41:40 (35)
- 12) JOE BUTLER – 44:48 (36)
- 13) ROGER MAR – 46:42 (37)
- 14) KYLIE SMYTHE – 48:37 (40)
- 15) LINDA BALINSKI – 51:35 (41)
- 16) ROBERT EAGER – 51:44 (42)
- 17) M. INGRAM – 53:12 (43)
- 18) R. INGRAM – 56:58 (44)

Out & About

8th March

Graham Sheargold contested the Six Foot Track Ultra-Marathon (45km) today. The race which starts at the Explorer's Tree at Katoomba and finishes at Jenolan Caves near Oberon, is regarded as the most challenging race in Australia. We are pleased to report that Graham completed the arduous course in a great time of 5:23:43. He placed 324th overall and 34th in his age category.

15th March

Nick Hanna contested the 3000m Steeplechase at the U/23 National Championships in Brisbane today. We are pleased to report that he finished 6th in a time of 12:38.04. His time was a season best.

Happy Birthday!

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

- 1st : - Natalie Hendley
4th : - Michael Free
13th : - Rob Giesler
19th : - Stacey Argent
26th : - Lisa Grant
27th : - Robert Stepanovich
29th : - Suresh Raju
30th : - George Milosevic

Upcoming Events!

Club Events

Sat - 5th April - West Metropolitan no. 2 - Queen Elizabeth Park, Concord

Sat - 12th April - West Metropolitan no. 3 - North Bank of Parramatta River, Rydalmere

Sat - 19th April - West Metropolitan no. 4 - Rossford Reserve, Smithfield

ANSW Events

Sun – 20th April - NSW Mountain Running Championships (Kembla Joggers) - Figtree

Sat - 26th April - NSW Novice Cross Country Championships - Ramsgate

Fun Runs & Other Events of Interest

Sat – 5th April – Sydney Striders 10km Series – Lane Cove National Park (7.00am)

Sun – 6th April – Kembla Joggers Fitness 5 Fun Run (5km) – Wollongong Performing Arts Centre (8.30am)

Sun – 13th April – Canberra Marathon & Ultra (42.2km & 50km) – Telopea Park School (7.00am)

Sun – 27th April – Bathurst Half Marathon – Bathurst

Sun – 27th April – Sydney Marathon Clinic Road Race Series – Rosford Street Reserve (from 7.00am)

West Metropolitan Season

2008!

Winter West Metropolitan & Representative Season: -

Sat - 3rd May - NSW Road Championships - Homebush

Sat - 10th May - West Metropolitan no. 5 - George Kendall Riverside Park, Ermington

Sat - 17th May - West Metropolitan no. 6 - Col Sutton Park, Winston Hills

Sat - 24th May - West Metropolitan no. 7 - Upjohn Park, Dundas

Sat - 31st May - NSW Cross Country Relays - Miranda

Sat - 7th June - West Metropolitan no. 8 - North Ryde Common

Sat - 14th June - West Metropolitan no. 9 - Crestwood Reserve, Baulkham Hills

Sat - 21st June - NSW Long Course Cross Country Championships - Camberwarra

Sat - 28th June - West Metropolitan no. 10 - Prospect Reservoir

Sat - 5th July - West Metropolitan no. 11 - River Road, Emu Plains

Sat - 12th July - West Metropolitan no. 12 - Cowell's Lane

Sat - 19th July - NSW Short Course Cross Country Championships - Abbotsbury

Sat - 26th July - West Metropolitan no. 13 - Gipps Road Reserve, Greystanes

Sat - 2nd August - NSW Road Relay Championships - Wollongong

Sat - 9th August - no competition

Sat - 16th August - West Metropolitan no. 14 - Meadowbank Park

Sat - 23rd August - West Metropolitan no. 15 - Ford Park, Enfield

Sat - 30th August - West Metropolitan - Trevor Lonord Memorial Handicap - Prospect Reservoir

Sat - 6th September - West Metropolitan - Relay & Presentation - West Auburn

Draft 2008 Winter Representative Programme!

Below are the draft dates for the winter season, which will be confirmed once Athletics Australia advises of the details of winter championships. This information is also available on the ANSW website under 'Other Links'.

The host club is shown in brackets.

Saturday, 3 May NSW

Road Championships (Sydney Striders) Sydney Olympic Park

Sunday, 18 May

NSW Half Marathon Championships Sydney

Saturday, 25 May

NSW Teams Walks (Regal Racewalking) TBC

Saturday, 31 May

NSW Cross Country Relays (Illawong) Miranda Park

Saturday, 21 June

NSW Cross Country Championships (Nowra) Nowra

Sunday, 29 June

NSW Short Walks Championships (NSW Racewalking) TBC

Saturday, 29 June

Australian Half Marathon Championships Gold Coast

Saturday, 19 July

NSW Short Course Cross Country Championships (Bankstown) Western Sydney Regional Park

Sunday, 27 July

NSW Long Walks (NSW Racewalking) TBC

Saturday, 2 August

NSW Road Relays (Kembra Joggers) Wollongong

Saturday, 23 August

Australian Cross Country Championships (TBC) Melbourne

Sunday, 24 August

Australian Road Walking Championships (TBC) Melbourne

Sunday, 22 September

NSW & Australian (TBC) Marathon Championships Sydney

Girraween Club Winter 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 – (5.30-6.30pm) – Training with Wayne Thurlow and Gary Micallef for juniors and newcomers. (6.30-8.00pm) – Training with Garry Womsley for seniors.

Tuesdays – (6.30-8.00pm) – Middle Distance at Homebush.

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 3 Coach)

The following courses will be held in 2008: -

LEVEL 1

3-4 May – Wangi Wangi
3-4 May – Westfield Sports High
31 May – 1 Jun – Westfield Sports High
28-29 Jun – Westfield Sports High
26-27 Jul – Westfield Sports High
16-17 Aug – Westfield Sports High

LEVEL 2

3-4 May – Wangi Wangi
31 May – 1 Jun – Westfield Sports High
28-29 Jun – Westfield Sports High
26-27 Jul – Westfield Sports High
26-27 Jul – Wangi Wangi
16-17 Aug – Westfield Sports High
6-7 Sept – Westfield Sports High

For further information, contact Roger Green on 0295209324 or ragreen@digisurf.net.au.

Training Form!

Monday, 3rd March – C.V. Kelly – 4 x 300m (track)

Garry Womsley – 0:57, 0:54, 0:53, 0:56

Doug Perrott – untimed, 0:52, 0:53

Andrew Blunden – untimed, 0:48
Heidi Juhart – 1:06, 1:08
Roger Mar – 1:04, 0:59, 1:00, 1:13
Richard Frost – 1:06, 1:06, 1:04, 1:06
Steve Blunden – 0:56, 0:51, 0:52

Wednesday, 5th March – C.V. Kelly – 1 x 400m, 1 x 300m, 2 x 150m (track)

Garry Womsley – 1:26 (400m), 1:01 (300m), 0:22, 0:21 (150m)
David Perry – 1:23 (400m), 0:58 (300m), 0:22, 0:21 (150m)
Richard Frost – 1:25 (400m), 1:05 (300m), 0:27, 0:26 (150m)
Roger Mar – 1:36 (400m), 1:01 (300m), 0:26, 0:25 (150m)

Wednesday, 12th March – Wiluna Place – 5 x 100m hill sprints

Garry Womsley – 0:17, 0:17, 0:17, 0:16, 0:15
Roger Mar – 0:19, 0:18, 0:19, 0:17, 0:17
Richard Frost – 0:21, 0:20, 0:20, 0:20, 0:20
David Perry – 0:16, 0:16, 0:16, 0:16, 0:15
Andrew Blunden – 0:16, 0:15, 0:15, 0:14, 0:14
Chris Mackey – 0:17, 0:15, 0:15, 0:16, 0:15
Heidi Juhart – 0:20, 0:19, 0:19, 0:19, 0:18

Monday, 17th March – C.V. Kelly – 3 x 400m (track)

Garry Womsley – 1:39, 1:30, 1:22
Roger Mar – 1:43, 1:38, 1:35
David Perry – 1:23, 1:20, 1:24
Steve Blunden – 1:24, 1:21, 1:17

Wednesday, 26th March – Premier Street – 4 x 150m hill sprints

Garry Womsley – 0:28, 0:26, 0:24, 0:23
Roger Mar – 0:26, 0:27, 0:25, 0:27
Chris Mackey, 0:25, 0:25, 0:27, 0:21
Richard Frost – 0:30, 0:31, 0:30, 0:30, 0:30
Steve Blunden – 0:23, 0:23, 0:22, 0:22
David Perry – 0:24, 0:23, untimed

Mid-Week Training Programme For April!

WEEK ONE

Monday, 31st March, 2008 (C.V. Kelly) – 6.30pm

- 1) 1.7km – Road – Warm up
 - 2) Drills on grass
 - 3) 3 x 400m up hill along Girraween Road
 - 4) 1.5km – Road – Warm Down
-

Tuesday, 1st April, 2008 (C. V. Kelly) – 6.30pm

- 1) 2km Road – Warm up
 - 2) Drills on grass
 - 3) Middle Distance training
 - 4) Warm down
-

Wednesday, 2nd April, 2008 (C.V. Kelly) – 6.30pm

- 1) Warm up & stretching
 - 2) Easy run along Targo Road, Wentworth Avenue, Binalong Road, Fitzwilliam Road & return
-
-

WEEK TWO

Monday, 7th April, 2008 (C.V. Kelly) – 6.30pm

- 1) Warm up & Stretching
 - 2) Easy 10km run via Toongabbie Road, Great Western Highway & return through Pendle Hill
-

Tuesday, 8th April, 2008 (Homebush) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) Middle Distance training
 - 4) Warm down
-

Wednesday, 9th April, 2008 (C.V. Kelly) – 6.30pm

- 1) 1.7km – Road – Warm up
 - 2) Drills on grass
 - 3) 6 x 100m uphill at Wiltona Place
 - 4) 1.5km – Road – Warm down
-

WEEK THREE

Monday, 14th April, 2008 (C. V. Kelly) – 6.30pm

- 1) 3km warm up run to Mississippi Road
 - 2) Drills on grass
 - 3) 3 x 400m uphill sprints along footpath
 - 4) 3km warm down return to C.V. Kelly
-

Tuesday, 15th April, 2008 (Homebush) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) Middle Distance training
 - 4) Warm down
-

Wednesday, 16th April, 2008 (C.V. Kelly) – 6.30pm

- 1) Stretching & warm up
 - 2) 1 hour run to Seven hills and back via Targo, Station & Best Roads (Turn around 30 minutes)
-

WEEK FOUR

Monday, 21st April, 2008 (C.V. Kelly) – 6.30pm

- 1) 1.7km – Road – Warm up
 - 2) Monthly Time Trial (2.1km, 4.2km & 6.8km courses)
 - 3) 1.6km – Road – Warm up
-

Tuesday, 22nd April, 2008 (Homebush) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) Middle Distance training
 - 4) Warm down
-

Wednesday, 23rd April, 2008 (C.V. Kelly) – 6.30pm

- 1) 1.5km – Road run to Premier Street
 - 2) Drills on grass
 - 3) 5 x 150m up hill along Premier Street
 - 4) 1.5km – Return to C.V. Kelly
-
-

WEEK FIVE

Monday, 28th April, 2008 (C.V. Kelly) – 6.30pm

- 1) 1.5km run to Quix Hill – warm up
 - 2) Drills on grass
 - 3) 2 x 600m up hill
 - 4) 1.5km run return to C.V. Kelly – warm down
-

Tuesday, 29th April, 2008 (Homebush) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) Middle Distance training
 - 4) Warm down
-

Wednesday, 30th April, 2008 (C.V. Kelly) – 6.30pm

- 1) Stretching & Warm up
 - 2) Long Run: - run along Targo Road and then turn left on to Cornelia Road. Follow it all the way to its end at Ellam Drive. Return to C.V. Kelly (undulating course)
-

Athletics Trivia!

This month, we look at the Commonwealth Games or the Empire Games as it was previously called. A “Pan-Britannic contest of social pursuits” was called for as early as July 1891. However, 39 years were to pass before the vision of 1891 came into fruition. Bobby Robinson of Canada is credited with being the instigator of getting the original vision off the ground in 1928. The first Empire Games was held in Hamilton, Canada and was contested by 11 countries: - Australia, Bermuda, British Guiana, Canada, England, Northern Ireland, Newfoundland, New Zealand, Scotland, South Africa and Wales.

The first Games ever held in Australia were in Sydney in 1938. Unlike the fantastic facilities that were purpose built for the Sydney 2000 Olympics, the organisers had to make do with what they already had. The venues included the Sydney Cricket Ground, the Sydney Sports Ground, North Sydney Pool and Henson Park. An estimated 40000 people attended the opening ceremony. A competitor’s residential village was established within the grounds of the old Sydney Showground. The star of the Games was Decima Norman who won 5 gold medals in track and field. 15 nations attended this Games: -Australia, England, Canada, South Africa, New Zealand, Wales, Ceylon, Scotland, British Guiana, Southern Rhodesia, Bermuda, Fiji, India, Northern Ireland and Trinidad and Tobago.

Other Games held in Australia were: - Perth 1962, Brisbane 1982 and Melbourne 2006. The 1938 Games coincided with Australia’s 150th Anniversary celebrations. Track and field has always been an integral part of the Commonwealth Games and a total of 45 different events have been offered over the years. Some of our best ever athletes have done well at the Commonwealth Games and on a number of occasions, these Games have catapulted them on to the world stage. Such names as Herb Elliott, Shirley Strickland, Marjorie Jackson, Ron Clarke, Cathy Freeman, Jana Pittman, Rob De Castella, Steve Monaghetti and Jane Flemming just to name a few, went on to bigger and better things after getting a start in these Games.

The full list of Games venues is as follows: -

1930: - Hamilton (Canada)
1934: - London
1938: - Sydney
1950: - Auckland
1954: - Vancouver
1958: - Cardiff
1962: - Perth
1966: - Kingston (Jamaica)
1970: - Edinburgh

1974: - Christchurch
1978: - Edmonton
1982: - Brisbane
1986: - Edinburgh
1990: - Auckland
1994: - Victoria (Canada)
1998: - Kuala Lumpur
2002: - Manchester
2006: - Melbourne

Future Games will be held in: -
2010: - Delhi
2014: - Glasgow

The Games were not held in 1942 or 1946 due to World War II and its aftermath.

More Interesting trivia next month!

World News!

3rd March

32 years after her mother and father wore the green & gold at an Olympic Games, Alana Boyd has created an Australian first by winning her way to Beijing. Boyd's victory in the Pole Vault, her first National title earned her automatic selection for Beijing which means it is the first time in any Olympic sport that Australian combination of mother, father and daughter has achieved the coveted title of Olympian. Her mother Denise (nee Robertson) and father Ray both competed at the 1976 Montreal Games. That was Denise's first Olympic team and she went on to reach the final of the 200m four years later in Moscow where she finished 7th. Ray who coaches Alana, competed in the Pole Vault at the 1972 Munich Games and then at Montreal. He won Gold at the Brisbane 1982 Commonwealth Games and was a 12 time National Champion. The new chapter in Australia's Olympic history nearly didn't happen with Alana struggling to get the A standard qualifier of 4.45m in the lead up to the selection trials. However, in the space of 24 hours she did it in back to back interclub competitions in Brisbane and on the Gold Coast. These hit outs set the stage for her National performance of 4.50m. It was a big weekend for the Boyd clan with her brother Matthew finishing 2nd in the men's Pole Vault with a PB of 5.35m which beat his father's all-time PB. Their sister Jacinta finished 3rd in the Long Jump.

6th March

400m Sprinter John Steffensen has officially made the Olympic Athletics squad. His 2nd placing at the Nationals in Brisbane was enough to sway the selectors in giving him a chance to be at his best by August after an injury interrupted season so far. Now living and being coached in Sydney, he now has the incentive to train hard and get fully fit. Other top liners such Matt Shirvington, Patrick Johnson and the troubled Joshua Ross were not selected and their only chance is by qualifying for the 4 x 100m relay. Besides Tamsyn Lewis (400m) and Jana Rawlinson (400m Hurdles) no female sprinters have been selected. Athletes such as Daniel Batman (200m), Martin Dent (3000m Steeplechase) and Olivia Tauro (200m) can think themselves a little unlucky.

The current squad is as follows: -

Men

400m: - Joel Milburn, John Steffensen, Sean Wroe
800m: - Lachlan Renshaw
5000m: - Craig Mottram
4 x 400m: - Joel Milburn, John Steffensen, Sean Wroe, Dylan Grant, Clinton Hill
20km walk: - Luke Adams, Jared Tallent
50km walk: - Nathan Deakes, Adam Rutter, Jared Tallent
Pole Vault: - Steven Hooker
Shot Put: - Scott Martin
Javelin: - Jarrod Bannister

Women

400m: - Tamsyn Lewis

800m: - Tamsyn Lewis, Madeleine Pape
100m hurdles: - Sally McLellan
400m hurdles: - Jana Rawlinson
3000m Steeplechase: - Donna MacFarlane
20km Walk: - Kellie Wapshott, Claire Woods
Pole Vault: - Alana Boyd
Long Jump: - Bronwyn Thompson
Discus: - Dani Samuels
Heptathlon: - Kylie Wheeler

8th March

Walker Natalie Saville has joined Patrick Johnson in appealing her non selection in Australia's athletics team for the Beijing Olympics. Both were overlooked in a 25 strong track and field preliminary team announced recently by Athletics Australia. Sprinter Johnson and Saville who wasn't selected in the 20km walk, have until next Friday to make written appeals to the governing body.

12th March

About the time of the last Olympics Donna MacFarlane used to get puffed walking upstairs and the only games that mattered to her were those played with her children. However, after making a comeback a couple of years ago, she has clinched a spot at the Beijing Games in the 3000m Steeplechase with a big win at last week's Nationals in Brisbane. The women's steeplechase is being held in Beijing for the first time. She expects the Kenyans and Russians to be her biggest opposition. She continues to improve with each race and clinched 3rd at the Melbourne Commonwealth Games in Melbourne in 2006 with a time of 9:25.05.

13th March

Former world champion Benita Johnson and Craig Mottram headline a 22 strong Australian team for the world cross country titles in Edinburgh on March 30. The team will be coached by Sonia O'sullivan, a two time world cross country champion. Johnson's victory in 2004 is the only one by an Australian at the titles.

The full team is: -

Men (12km) – Liam Adams, Collis Birmingham, Martin Dent, Andrew Letherby, David McNeill, Craig Mottram, Ben St. Lawrence, Michael Shelley.

Women (8km) – Benita Johnson, Victoria Mitchell, Melissa Rollison, Anna Thompson, Melinda Vernon, Lisa Jane Weightman.

Junior Men (8km) – Richard Everest, Ryan Gregson, Ashley Watson, Duer Yoa.

Junior Women (6km) – Emily Brichacek, Tamara Carvoth, Elise Clayton, Alexis McKillop.

New World Champion Tamsyn Lewis flew straight into the arms of her family yesterday and credited them with keeping her in the sport. She surprised everyone by winning the 800m indoor world title in Spain on Sunday. Lost her scholarship at the VIS in 2006 after some disappointing performances. The win in Valencia netted her \$43000 in prize money. A lot of new found belief has come from her brother and coach Justin. He has her fitter and more confident than she has ever been. Her boyfriend, interstate cricketer Graham Manou has also been credited with helping her get back to the top.

Marathon world record holder Haile Gebrselassie will not compete in the Olympic Marathon because of fears that Beijing's air pollution would damage his health. The Ethiopian star who suffers asthma, said that he would compete in the 10000m only at the Games.

15th March

Immortal Raelene Boyle still has doubts about Tamsyn Lewis' chances of getting a medal at Beijing despite her stunning recent form. Lewis also revealed that she nearly gave up the sport after criticism in recent years. She knows that the only way she is going to silence the critics is to run her very best at Beijing.

16th March

Ethiopian world record holder Haile Gebrselassie may yet run in the marathon at the Beijing Olympics but only if organisers agree to move the race from the city centre. Earlier this week, Gebrselassie an asthma sufferer, expressed concern with the Chinese capital's notorious pollution levels and fears that it could damage his health. His manager was 99% sure that his charge would not compete for that reason. But Gebrselassie has since indicated that a window of opportunity still exists. However, the Chinese are unlikely to bow to his request even if he is a world record holder.

17th March

Former 100m world record holder and Atlanta Olympic champion Donovan Bailey wants to see life bans for all drug cheats. He agreed with fellow Jamaican hero Asafa Powell that the governing body should be getting tough with drug cheats. They agree that the current two year ban is too lenient and is not really a punishment as those caught are allowed to continue to train.

20th March

Reigning Stawell Gift champion Nathan Allen was yesterday sensationally arrested at the media launch of this year's race. He has been charged with importing steroids and has been banished from this year's event. He was also attempting to make Australia's 4 x 100m relay team. He placed 6th at the Nationals 100m earlier this year. It is not yet clear if he will be stripped of last year's title.

25th March

Coming from a long line of successful runners, new Stawell Gift champion Sam Jamieson reckons he's blessed with family history and talent. He won the Gift in impressive style in a time of 12.09sec off a 6m handicap. He had bowed out in the semi finals in the previous 3 Gifts. It was a great day for the Jamieson family with younger sister Sally finishing 2nd in the women's Gift. One of Sam Jamieson's uncles was a former Gift semi finalist while his grandfather, father and another uncle all had successful running careers.

26th March

Craig Mottram says he's tough enough to win a medal in the World Cross Country Championships in Edinburgh on Sunday. He will not only have to be tough but fast against the African competitors who will all be gunning for him. Benita Johnson is our only winner of this event to date.

Lots Of Girraween Gear At Discounted Prices!

We have around 20 of the old cotton singlets left in smaller sizes. They would make great training singlets. These singlets are now at the bargain basement price of \$10.00 each.

Also, we still have approx. 25 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.

An order of 10 has now been placed. We will advise when they are available for purchase.

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

Retro T-Shirts!

The demand for our retro singlets was so overwhelming that we have now sold out.

However, for those who missed out, we still have two t-shirts in the old colours as follows: -

2 x size 16

They are \$10.00 each.

They would make great training shirts, a keepsake or even a fashion accessory.

If anyone is interested, please let me know.

GARRY WOMSLEY

Media Watch!

5th March

The Parramatta Advertiser included our results in their special results section.

12th March

The Parramatta Advertiser included our results from the State Championships in the results section.

19th March

A story on Garry Womsley appears on page 58 in the latest edition of Runner's World. There is also a photo of him in his Girraween uniform. The article is on weight loss. Garry once lost 45 kilograms through healthy eating and a more active lifestyle which included walking and eventually running.

The Parramatta Advertiser included our results from the NSW All-Comers meet held at Blacktown in their special results section.

26th March

Garry Womsley appears in a photo on page 57 in the latest edition of R4YL magazine. He is shown in the crowd at the start of the 2007 Menai Marketplace Fun Run. The article is on Illawong Athletics Club which is ironically Garry's previous club.

Brad Milosevic also appears in a photo on page 68 of the same publication. The article is about altitude training at Falls Creek.

30th March

The Sun-Herald published our West Mets results from yesterday.

From The Athlete's Kitchen

Cheri's Shepherd's Pie

Ingredients: -

4 cups of mashed potatoes

500 grams of minced beef

1 onion (cubed)

2 cups of minted peas

1 tbsp of Vegemite
3 tbsp of corn flour
1 beef stock cube
200mls of water

Method: -

Combine all ingredients except the mashed potatoes and corn flour in a fry pan and simmer until all ingredients are cooked. Then add the corn flour until a gravy like mixture is formed. Put in a square dish and put the 4 cups of mashed potato on top of the mixture. Sprinkle some cheese on top (optional) then bake in the oven until brown.

Do You Know Anyone 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 & FOUND!

Found

George Milosevic collected the following left at Rydalmere on Saturday, 18th August: -

1 large grey long sleeve jumper with a white & black stripe around the "V" neck.

1 large dark blue men's t-shirt (Bond's brand).

If you are the owner of any of these items, please advise me as soon as possible and I will organise to get them back to you.

GARRY WOMSLEY

Can Anybody Provide Work To One Of Our Members?

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

GARRY WOMSLEY

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

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

- * The suburb of Girraween was established in 1909/1910 and used to be a part of the large Wentworth estate.
- * Girraween is aboriginal for "where the flowers grow".
- * C.V. Kelly Park seems to have been officially established around 1967/1968.
- * Our club was established in September 1978 as Greystanes-Girraween Amateur Athletics Club so that athletes from the flourishing Girraween and Greystanes Little Athletics Clubs could continue their athletics at a senior level once they graduated from Little A's.
- * The original club colours were light blue, brown and white.

ANSW Magazine!

ANSW have launched an official e-zine.

There have been 4 editions so far and can be viewed on the ANSW Website.

The magazine will be released electronically approximately every 2 months.

We hope you enjoy it!

ATHLETICS NSW ANNUAL AWARDS DINNER!

Saturday, 12th April, 2008

**Dedes Restaurant, Sydney Rowing Club, 613 Great North Road,
Abbotsford – 6.30pm for 7.00pm start
Dress Code – Smart Casual**

Tickets: - \$80 per person or \$840 for a table of 12 (\$70 per person)

Book by: Wednesday, 26th March, 2008

Trophies!

The following members still have trophies to collect: -

David Wallis
Linda Balinski
Lonnie Balinski

Please call Garry Womsley on 0405586961 to organise collection.

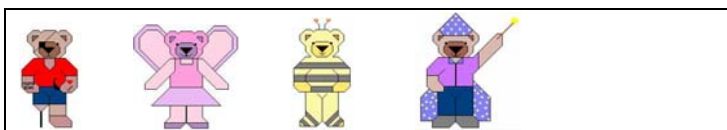
We Can Now Be Contacted 24 Hours A Day, 7 Days A Week!

As I now have e-mail at home, I can now be contacted 24 hours a day and 7 days a week. My e-mail address during work hours (7.00am-3.00pm, Monday-Friday) is still gwomsley@olex.com.au. My after hours e-mail address is now gowombat@hotmail.com. Please feel free to use my home e-mail address whenever you need to contact me on club matters after hours. I check my inbox on a regular basis.

GARRY WOMSLEY

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<i>Contact Cheri Womsley on 02 96366017 0404722806 Mon-Fri 9am-3pm Saturday 9am-12pm</i>		



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!



Great Athletes of the Past!

By Garry Womsley

JIM PETERS (1919-1999)

Jim Peters was a champion distance runner from Britain. In 1953, he became the first man to run a Marathon in under 2 hours & 20 minutes. In fact, between 1953 and 1954, Peters set four consecutive world records in the Marathon, lowering the record from 2:25:39 to 2:17:40.

The International Amateur Athletics Federation, the world governing body for track and field, considers Peters along with Ethiopia's Adebek Bikila and Portugal's Carlos Lopes, the world's three all-time greats in the Marathon.

Ironically, Peters' lasting contribution to distance running came from his failures, not his victories. Six weeks after winning the British Championship and lowering the world record by 5 minutes, an exhausted Peters dropped out of the 1952 Olympic Marathon in Helsinki at mile 19. Emil Zatopek won that race, his first Marathon and he created history that day by becoming the only runner to win Olympic gold medals in the 5000m, 10000m and the Marathon.

At the 1954 Empire Games Marathon in Vancouver, Peters entered the stadium 20 minutes ahead of his closest competitor. After 26 punishing miles on the hottest day of the Games, only 385 yards remained but by that point, Peters the 35 year old father of two who was the captain of the English team, may as well have had another 385 miles to run. It was painfully clear to everyone watching that he wasn't going to make it. He reeled all over the track. He would fall and then painfully pick himself up. This went on and on at sickening monotony. The crowd was hushed and many were upset and reduced to tears and some even turned away.

Only instinct was keeping him going as he trudged on. He fell over what he thought was the finish line but he still had 200 yards to go. English team manager Mick Mayes finally called a halt to this painful episode by catching him in his arms. He was officially listed as being disqualified because he received "assistance". The team manager probably saved his life as it was revealed that he drank no water throughout the race. His experience gave runners new understanding of the effects of heat and introduced water stations to subsequent Marathons.

Peters, who earlier in the Games won the bronze medal in the 6 mile race, was eventually given a gold medal for his Marathon effort. It was given to him by Prince Phillip. The inscription read "To J. Peters as a token of admiration to a most gallant marathon runner". Many years later in the 1960's, Peters was brought back to Vancouver. Before a college football game, he was introduced to the crowd at the Empire Stadium and ran the final 200 yards of the Marathon he didn't complete in 1954. This was an outstanding gesture which must have given him great personal closure to this unfortunate event.

Peters retired from competition after the Vancouver Games. While he spent time in hospital, he was almost 100% recovered two days after his ordeal. At his retirement, he still held the world record in the Marathon and 4 of the 6 fastest times in history. This feat has not been achieved before or since. The training strategy that carried him to the top was a contrast of caution and hard work. He competed in track, cross country and road races in his 20's and reigned as the British Champion in 6 miles and 10 miles between 1946 and 1949. However, he did not run Marathons until he matured in his early 30's.

After retirement, Peters made a name for himself as an author. He detailed his training methods in his autobiography and in a subsequent training book, published in the mid 50's. A key ingredient to his programme was a slow increase in mileage. Several years later, Peters advised runners to refrain from racing for at least 5 weeks after a Marathon. However, he was a man of contrasts and contradictions. He took the occasional day off but did not believe in easy running himself. He seldom ran more than 16 miles in a day but he also didn't believe in tapering off. In the week leading up to his 2:18.40 world record he ran 70 miles at an average of 5 minutes & 30 seconds per mile. One can only wonder what he would have done if he had tapered! Some of his ideas were revolutionary for his time but others obviously contributed to his own failures.

Jim Peters died in January 1999 at the age of 80.

References: -

An article by Dr. Kamal Jabbour in the New York Post-Standard – 25/01/99

The Commonwealth Games – The first 60 years – 1930-1990 by Clive Dheensaw (1994)
