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# THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

## **CELEBRATING OUR 30<sup>th</sup> YEAR!**

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

E-MAIL: - [gwomsley@olex.com.au](mailto:gwomsley@olex.com.au) (Office Hours) & [gowombat@hotmail.com](mailto:gowombat@hotmail.com)

(After Hours & Weekends)

WEBSITE: - [www.girraweenathleticsclub.com](http://www.girraweenathleticsclub.com)

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ABN: - 97 049 119 071

## **Our Club Committee For 2008-2009!**

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, ANSW Delegate,</i>	
	<i>Publicity Officer</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Public Officer &amp; Registrar</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</i>	<i>0419420393</i>
<i>Peter Matthews</i>	<i>Park Trust Delegate</i>	<i>9636-7352</i>
<i>George Milosevic</i>	<i>Park Trust Delegate</i>	<i>9626-8586</i>
<i>Cheri Womsley</i>	<i>Fundraising Officer</i>	<i>9636-6017</i>
<i>Wayne Thurlow</i>	<i>General Committee</i>	<i>0417216911</i>
<i>Stephen Mifsud</i>	<i>General Committee</i>	<i>0247303450</i>
<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>
<i>Erin Taylor</i>	<i>Canteen Manager</i>	<i>96229357</i>

*The following position is still vacant: -  
Records Officer*

*If you are interested in taking on the above position, please contact Garry Womsley or Steve Williams. There are also positions open for those who want to join as General Committee or Junior Committee members.*

*Next Meeting: Committee: - Thursday, 7<sup>th</sup> August.*

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**GO GIRRA!**



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

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## ***66 Members & Growing!***

Welcome to the August edition of the Girrawee Athlete. With just one month of the winter season to go, we have a healthy membership of 66 and hope to build on this before our summer series starts. This is certainly up on last year and things are looking good for us to beat our 2007/2008 total of 83 and perhaps top the 100 mark again. So if you enjoy what we do each Saturday, why not get your family and friends along too? We are sure that they will enjoy the experience. With the Olympics coming up, now is the right time to get our family and friends familiar with athletics and what it has to offer.

The numbers have continued to be healthy at the West Mets competition and we also had a good roll up at Abbotsbury on a challenging course. The weather has been beautiful lately and it won't be long before we are thinking about the summer season again. During the remainder of the West Mets competition, please remember to pull off to the side if you are not completing a race you started. Please do not go through the finish line as this creates all sorts of problems for the timekeepers. We would also like to again remind everyone that abuse of officials will not be tolerated. All of the officials are volunteers and deserve our respect.

With our 30th Anniversary celebrations coming up in September, it is important that everyone who is planning on attending the bowls day and the dinner to get their RSVP's back to us as soon as possible so that we can get an idea of numbers.

We would also like to thank everybody who has sold our fundraising chocolates. We still have a few boxes left if you feel that you can sell a few more. Please remember to get the proceeds back to either myself or Cheri as soon as possible.

August promises to be another busy month for the club with the last few rounds of West Mets as well as the City2Surf which is always well patronised by our members. We also have the very popular State Road Relays at Wollongong. So it's all happening as usual. Until next month, run well and stay well and most of all enjoy it!

GARRY WOMSLEY

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# **Results From West Metropolitan Week**

## **11! – Saturday, 5th July, 2008 – River Road Reserve, Emu Plains.**

2km: -

- 1) WAYNE THURLOW - 7:25 (6)
- 2) ADAM SINCLAIR - 7:30 (8)
- 3) MICHAEL GROGAN - 7:33 (9)
- 4) GARRY WOMSLEY - 8:03 (18)
- 5) DAVID PERRY - 8:21 (22)
- 6) STEVE BLUNDEN - 8:30 (23)
- 7) TERRY ROSE - 8:34 (24)
- 8) STACEY ARGENT - 9:18 (32)
- 9) STEVE WILLIAMS - 9:19 (33)
- 10) VINCE ADAMS - 9:54 (39)
- 11) ROGER MAR - 10:04 (40)
- 12) HEIDI JUHART - 10:06 (41)
- 13) MICHAEL CHRISTIE - 10:26 (43)
- 14) STEPHANIE RUSSELL - 10:43 n(45)
- 15) MARK INGRAM - 11:59 (48)
- 16) RACHEL EVANS-INGRAM - 11:59 (48)
- 17) KATRINA RUSSELL - 14:12 (53)
- 18) ELIZABETH SUTTON - 19:19 (57)

5km: -

- 1) WAYNE THURLOW - 19:34 (8)
- 2) PETER MATTHEWS - 19:44 (10)
- 3) MICHAEL GROGAN - 20:53 (16)
- 4) GARRY WOMSLEY - 21:42 (21)
- 5) DAVID PERRY - 22:37 (27)
- 6) GREG SARGEANT - 24:08 (28)
- 7) TERRY ROSE - 24:52 (29)
- 8) ELIZABETH SUTTON - 25:19 (30)
- 9) CHRIS MACKEY - 26:04 (32)
- 10) ROGER MAR - 27:20 (36)
- 11) KATRINA RUSSELL - 28:09 (39)
- 12) MARK INGRAM - 28:15 (40)
- 13) CARLY EAGER - 28:38 (42)
- 14) ROBERT EAGER - 29:11 (44)
- 15) MICHAEL CHRISTIE - 29:17 (45)
- 16) ETHAN WOMSLEY - 29:42 (46)
- 17) RACHEL EVANS-INGRAM - 31:15 (47)

10km: -

- 1) TIM MOLESWORTH - 35:58 (1)
- 2) WAYNE THURLOW - 41:24 (9)
- 3) PETER MATTHEWS - 42:32 (11)
- 4) LISA GRANT - 45:12 (16)
- 5) RICHARD FROST - 46:16 (17)
- 6) DENIS ANDREW - 46:59 (20)
- 7) KEN SCALLEY - 47:54 (21)
- 8) MICHAEL FREE - 48:25 (23)
- 9) STEVE BLUNDEN - 48:42 (24)

- 10) MICHAEL GROGAN - 49:15 (27)
- 11) ADAM SINCLAIR - 49:18 (28)
- 12) STEVE WILLIAMS - 49:52 (29)
- 13) DAVID PERRY - 50:26 (30)
- 14) MONICA JUHART - 52:20 (31)
- 15) LONNIE BALINSKI - 54:47 (32)
- 16) ROBERT EAGER - 58:00 (33)
- 17) GREG SARGEANT - 58:36 (34)
- 18) KYLIE SMYTHE - 58:53 (36)
- 19) ROGER MAR - 59:16 (37)
- 20) JOE BUTLER - 1:00:38 (39)
- 21) LINDA BALINSKI - 1:04:45 (40)

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## **Connor Strikes Bronze Again!**

Connor Vernon received a bronze medal in the LAANSW State Road Walks Championships held in Wallerawang (Lithgow) this weekend. He also placed a respectable 26th in the State Cross Country Championships held beforehand.

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## **Our Members Tackle The Gold Coast!** **Gold Coast Running Festival – Sunday, 6th July, 2008.**

Seven of our members contested the various races at the Gold Coast today. This event has become a “must do” for many athletes. The attraction is definitely the warmer weather and the opportunity for a mid year break. Whatever the attraction, this event is probably second to the City2Surf for popularity. There are now more distances offered so everyone is catered for. They have listened to what the athletes want and have acted accordingly. Full results of our members as follows: -

### 42.2km

- 1) STEVE MIFSUD – 4:25:20

### 21.1km

- 1) GEOFF SHEARGOLD – 1:24:13
- 2) NICK HANNA – 1:31:47
- 3) GRAHAM SHEARGOLD – 1:33:31

### 10km

- 1) LEANNE BOURKE – 46:28

### 7.5km Walk

- 1) ANTOINETTE MIFSUD – 1:12:23

### 2.25km Junior Dash

- 1) REBECCA MIFSUD – 13:07

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# **Results From West Metropolitan Week**

## **12! - Saturday, 12th July, 2008 – Cowell's Lane**

2km: -

- 1) WAYNE THURLOW - 7:23 (10)
- 2) MICHAEL GROGAN - 7:29 (13)
- 3) JYE PERROTT - 7:31 (15)
- 4) GARRY WOMSLEY - 7:55 (23)
- 5) DAVID PERRY - 8:11 (29)
- 6) STEVE BLUNDEN - 8:29 (35)
- 7) STEVE O'DONNELL - 8:34 (39)
- 8) TERRY ROSE - 9:01 (49)
- 9) RICHARD LAMAS - 9:20 (57)
- 10) ROGER MAR - 9:27 (60)
- 11) STACEY ARGENT - 9:39 (62)
- 12) RENEE JUHART - 9:42 (63)
- 13) HEIDI JUHART - 9:45 (65)
- 14) SURESH RAJU - 10:05 (69)
- 15) MICHAEL CHRISTIE - 10:07 (70)
- 16) TERESA TRUMAN - 10:26 (74)
- 17) STEVE WILLIAMS - 10:27 (75)
- 18) MARK INGRAM - 10:49 (78)
- 19) STEPHANIE RUSSELL - 10:55 (81)
- 20) JILL WOODRUFF - 11:25 (82)
- 21) RACHEL EVANS-INGRAM - 12:21 (86)
- 22) ELIZABETH SUTTON - 17:43 (96)

5km: -

- 1) JONAS WILLIAMS - 19:46 (17)
- 2) PETER MATTHEWS - 19:56 (19)
- 3) WAYNE THURLOW - 20:09 (24)
- 4) PATRICK MACKEY - 20:58 (35)
- 5) MICHAEL GROGAN - 21:08 (39)
- 6) CHRIS MACKEY - 21:57 (49)
- 7) STEVE PARKINS - 22:53 (56)
- 8) DAVID PERRY - 22:56 (57)
- 9) GREG SARGEANT - 24:15 (61)
- 10) STEVE O'DONNELL - 25:32 (67)
- 11) ELIZABETH SUTTON - 26:19 (69)
- 12) RICHARD LAMAS - 26:42 (70)
- 13) ROGER MAR - 26:47 (71)
- 14) DARREN GOULD - 27:14 (74)
- 15) VIV MANWARING - 27:21 (76)
- 16) KATRINA RUSSELL - 27:55 (80)
- 17) TERESA TRUMAN - 29:34 (83)
- 18) STEVE WILLIAMS - 29:35 (84)
- 19) MICHAEL CHRISTIE - 29:39 (85)
- 20) MARK INGRAM - 31:14 (86)
- 21) RACHEL EVANS-INGRAM - 32:19 (89)

10km: -

- 1) PETER MATTHEWS - 42:50 (12)

- 2) WAYNE THURLOW - 44:47 (18)
- 3) GRAHAM SHEARGOLD - 44:59 (20)
- 4) DENIS ANDREW - 47:10 (24)
- 5) MICHAEL FREE - 48:29 (25)
- 6) STEVE BLUNDEN - 49:35 (26)
- 7) STEVE PARKINS - 50:07 (27)
- 8) MICHAEL GROGAN - 50:17 (30)
- 9) STEVE WILLIAMS - 51:11 (31)
- 10) KEN SCALLEY - 54:06 (33)
- 11) LONNIE BALINSKI - 54:30 (34)
- 12) STEVE O'DONNELL - 56:15 (35)
- 13) MARK ATTWOOD - 56:17 (36)
- 14) GREG SARGEANT - 57:36 (38)
- 15) KYLIE SMYTHE - 58:57 (41)
- 16) ROGER MAR - 1:00:18 (42)

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## **Three Of Our Members Do Well At Dolls**

### **Point! – Sri Chinmoy Road Race Series (5km, 10km & 21.1km) – Sunday, 13th July, 2008 – Dolls Point.**

Three of our members contested the gruelling Dolls Point course today. This venue was the scene of the very popular Fitness Festival which was staged in the late 1990's. The weather was cloudy and cool. There were good numbers in all races and it was great to see more marshals out on the course this time.

Nick Hanna contested the 5km race and went within 2 seconds of winning the race outright. He was the first male and was just edged out by former top liner Belinda Martin. He won his age category in a time of 18:41.

Terry Rose contested the 10km race and won the over 50's age category in a good time of 46:25.

Garry Womsley contested the Half Marathon and placed 18th overall in a time of 1:34:47.

Full results as follows: -

	<u>Distance</u>	<u>Time</u>	<u>Position</u>
NICK HANNA	5km	18:41	1st Male (2nd Overall)
TERRY ROSE	10km	46:25	1st Male O/50
GARRY WOMSLEY	21.1km	1:34:47	18th Overall

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## **Results From State Short Course Cross**

### **Country Championships! – Saturday, 19th July, 2008 – Western Sydney Regional Park, Abbotsbury.**

Beautiful sunny conditions prevailed throughout today's events at Abbotsbury. While the track was not as muddy as last year, it was still challenging for all athletes. We did not earn any state medals on the day but we were close in the 35+, 45+ and 55+ categories, just finishing outside the placings in each.

We also had three athletes in the fun runs with Andrew Blunden winning the 2km fun run which was also contested by Vince Adams. Michael Christie contested the 4.25km event. (Results and times were not available for these events).

Full results of the championship events as follows: -

Men 55+ (5km)

- 1) DENIS ANDREW - 22:38 (13)
- 2) CLIVE KIDSON - 22:58 (16)
- 3) ROBERT EAGER - 26:38 (36)
- 4) JOE BUTLER - 31:40 (51)

Women 35+ (5km)

- 1) RACHEL EVANS-INGRAM - 32:34 (63)

Men Open, 35+, 45+ (8.5km)

- 1) TIM MOLESWORTH - 31:06 (27)
- 2) PETER MATTHEWS - 35:14 (71)
- 3) MICHAEL GROGAN - 36:58 (89)
- 4) RICHARD FROST - 37:15 (94)
- 5) GARRY WOMSLEY - 39:16 (106)
- 6) DAVID PERRY - 39:48 (110)
- 7) STEVE PARKINS - 40:46 (115)
- 8) MICHAEL FREE - 40:53 (117)
- 9) STEVE BLUNDEN - 41:14 (120)
- 10) STEVE WILLIAMS - 42:54 (126)
- 11) GREG SARGEANT - 43:49 (131)
- 12) ROGER MAR - 48:19 (134)
- 13) MARK INGRAM - 53:09 (138)

Men U/20 (5km)

- 1) BRAD MILOSEVIC - 16:46 (5)

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## **3 Members Tackle The City2Surf Course!**

**City2Surf Dress Rehearsal – Sunday, 20th July, 2008.**

Garry Womsley, Roger Mar and Peter Matthews took on the City2Surf course three weeks early on a cool but fine morning. This was a day when most of the city was more focussed on World Youth Day and the Pope than Australia's biggest and most famous fun run. However, our 3 intrepid members took on the course regardless and got a feel for the ups and downs as well as the notorious Heartbreak Hill. They ran a steady and constant pace throughout and finished in a good time of 1 hour & 24 minutes. They then had some refreshments at the other end before heading home. All three appreciated the opportunity to run the course before the big day.

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## **Please Help Me To Raise Money For Charity During The City2Surf!**

I am trying to raise as much money as I can for this great cause. Please click on this link to visit my very own fundraising page to find out all about it. Please dig deep to sponsor me. It only takes a few seconds.

My charity is Afford. This company provides jobs, training and accommodation for young people with disabilities.

Spread the word and send to as many people as possible.

Thank you very much.

Kind regards  
Garry Womsley

My Hero Page is called Garry Womsley's Hero Page,  
You can visit my Hero Page at  
[http://city2surf.everydayhero.com.au/Garry\\_Womsley](http://city2surf.everydayhero.com.au/Garry_Womsley)

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## ***Out & About!***

### ***13<sup>th</sup> July***

Vince Adams placed 1<sup>st</sup> in his heat of the 60m at Narrabeen today in a time of 8.3sec. He also placed 2<sup>nd</sup> in his heat of the 100m.

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## ***Results From West Metropolitan Week***

### ***13! – Gipps Road Reserve, Greystanes – Saturday, 26th July, 2008.***

2km: -

- 1) WAYNE THURLOW – 6:50 (3)
- 2) PETER MATTHEWS – 7:00 (6)
- 3) MICHAEL GROGAN – 7:03 (7)
- 4) ADAM SINCLAIR – 7:16 (8)
- 5) GARRY WOMSLEY – 7:36 (12)
- 6) DAVID PERRY – 7:40 (15)
- 7) STEVE BLUNDEN – 8:02 (18)
- 8) TERRY ROSE – 8:11 (23)
- 9) RICHARD LAMAS – 8:41 (27)
- 10) HEIDI JUHART – 8:53 (31)
- 11) STEVE O'DONNELL – 8:59 (32)
- 12) ROGER MAR – 9:06 (35)
- 13) RENEE JUHART – 9:14 (37)
- 14) STACEY ARGENT – 9:19 (39)
- 15) MARK INGRAM – 9:42 (43)
- 16) VINCE ADAMS – 9:44 (44)
- 17) ETHAN WOMSLEY – 10:37 (47)
- 18) STEPHANIE RUSSELL – 10:39 (48)
- 19) JILL WOODRUFF – 11:16 (51)
- 20) RACHEL EVANS-INGRAM – 11:42 (56)
- 21) EDDIE McLEAN – 11:51 (57)
- 22) LAUREN SINCLAIR – 15:09 (61)
- 23) ELIZABETH SUTTON – 17:08 (63)

5km: -

- 1) PETER MATTHEWS – 19:10 (7)
- 2) WAYNE THURLOW – 19:14 (8)



- 3) MICHAEL GROGAN – 20:06 (13)
- 4) NICK HANNA – 21:02 (19)
- 5) DAVID PERRY – 21:38 (24)
- 6) STEVE PARKINS – 21:54 (26)
- 7) GREG SARGEANT – 23:32 (32)
- 8) STEVE O'DONNELL – 24:40 (34)
- 9) VIV MANWARING – 25:03 (37)
- 10) DARREN GOULD – 25:22 (38)
- 11) ELIZABETH SUTTON – 25:33 (40)
- 12) ROGER MAR – 26:11 (44)
- 13) KATRINA RUSSELL – 26:41 (46)
- 14) CARLY EAGER – 27:22 (47)
- 15) MARK INGRAM – 27:44 (48)
- 16) JOE BUTLER – 28:50 (50)
- 17) RACHEL EVANS-INGRAM – 30:57 (54)

8km: -

- 1) TIM MOLESWORTH – 29:09 (5)
- 2) GRAHAM SHEARGOLD – 34:32 (16)
- 3) LISA GRANT – 35:09 (18)
- 4) CLIVE KIDSON – 35:26 (20)
- 5) STEVE WILLIAMS – 35:46 (21)
- 6) MICHAEL FREE – 36:03 (22)
- 7) DENIS ANDREW – 36:09 (23)
- 8) PETER MATTHEWS – 36:37 (25)
- 9) STEVE BLUNDEN – 36:47 (27)
- 10) KEN SCALLEY – 37:15 (28)
- 11) STEVE PARKINS – 38:50 (29)
- 12) LONNIE BALINSKI – 40:25 (30)
- 13) STEVE O'DONNELL – 40:52 (31)
- 14) RICHARD LAMAS – 41:46 (32)
- 15) GREG SARGEANT – 42:05 (33)
- 16) KYLIE SMYTHE – 44:37 (35)
- 17) LINDA BALINSKI – 47:51 (37)

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## ***Our Teams For The State Road Relays***

***Saturday, 2nd August, 2008 – Wollongong.***

Male: -

55+ (1.50pm)

Denis Andrew (156)

Ken Scalley (6012)

Robert Eager (166)

Clive Kidson (169)

Joe Butler (167) (Reserve)

45+ (A) (1.50pm)  
Graham Sheargold (1157)  
Garry Womsley (1158)  
Peter Matthews (161)  
David Perry (1322)

45+ (B) (1.50pm)  
Mark Ingram (6237)  
Steve Blunden (1247)  
Steve Williams (1162)  
Roger Mar (160)  
Suresh Raju (1163) (Reserve)

Open (A) (3.00pm)  
Wayne Thurlow (159)  
Nick Hanna (168)  
Geoff Sheargold (1248)  
Michael Grogan (559)

Open (B) (3.00pm)  
Richard Frost (1323)  
Chris Mackey (6298)  
Joe Butler (167)  
Rachel Evans-Ingram (6361)

U/20 (3.00pm)  
Brad Milosevic (1203)  
Andrew Blunden (1270)  
Adam Sinclair (823)  
Ethan Womsley (1139)

Female: -

Open (1.50pm)  
Elizabeth Sutton (6016)  
Carly Eager (6018)  
Lisa Grant (1160)  
Katrina Russell (6014)  
Rachel Evans-Ingram (6361) (Reserve)

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## **Happy Birthday!**

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

7th: - Gemma Maldigri  
7th: - Richard Lamas  
9th: - Justin Smythe  
11th: - Linda Balinski  
11th: - Robert Field  
16th: - Clive Kidson  
17th: - Teresa Truman

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# Upcoming Events!

## Club Events

Sat - 16th August - West Metropolitan no. 14 – North Bank – Parramatta River - Rydalmere

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

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

## ANSW Events

Sat - 2nd August - ANSW Road Relay Championships – Wollongong

## AA Events

Sat – 23rd August - Australian Cross Country Championships – Geelong

Sun – 24th August – Australian Walks Championships - Geelong

## Fun Runs & Other Events of Interest

Sat – 2nd August – Sydney Striders 10km Series – Lane Cove (7.00am)

Sun – 3rd August – Sri Chinmoy Sydney Series Race 6 – Gipps Road Reserve & Surrounds (6km, 12km & 24km) (8.00am)

Sun – 10th August – Sun-Herald City2Surf (14km) – 9.00am

Sun – 17th August – Bankstown Half Marathon & 5km Mayoral Run/Walk – Lake Gillawarna – from 7.30am

Sat – 23rd August – Mount Wilson to Bilpin Bush Run (35km) – Silva Plana Park, Mount Wilson – 10.00am

Sat – 23rd August – Sutherland Half Marathon & Carnival Day (1km, 2km, 3km, 5km, 10km & 21.1km) – Royal National Park – from 11.45am

Sat – 23rd & Sun 24th August – Mudgee Marathon Weekend – 5km, 10km (Sat – 3.00pm), Half & Full Marathon (Sun – 7.00am) – Walker’s Park, Mudgee.

Sun – 24th August – 16th Annual Pub 2 Pub Fun Run (13km) – Dee Why Beach – 8.00am

Sun – 24th August – Campbelltown Joggers Handicap Series (10km) – Bradbury Oval – 7.00am

Sun – 31st August – Lake Macquarie Half Marathon (10.5km & 21.1km) – Warners Bay – 7.00am

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# West Metropolitan Season

## 2008!

### Winter West Metropolitan & Representative Season: -

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

Sun - 21 September - NSW & Australian Marathon Championships Sydney

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# 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 – (6.00-8.00pm) – Middle Distance at Homebush.

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# **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](mailto:ragreen@digisurf.net.au). It is also worth noting that on successful completion of your course, Girraween will pay for your course fees. (Providing you are a member and are willing to join our coaching team).

Happy Coaching!

GARRY WOMSLEY (Level 3 Coach)

The following courses will be held in 2008: -

## **LEVEL 1**

16-17 Aug – Westfield Sports High

## **LEVEL 2**

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](mailto:ragreen@digisurf.net.au).

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## **Training Form!**

### **Tuesday, 1st July – Homebush (Middle Distance)**

Ethan Womsley – 10:52 (2km), 6:48, 6:32 (1200m)

Garry Womsley – 10:52 (2km), 6:48, 6:32 (1200m), 28:55 (5km)

Mark Ingram – 5:43, 5:42 (1200m)

Nick Hanna – 28:55 (5km)

### **Monday, 14th July – Mississippi Road (5 x 400m up hill)**

Steve Blunden – 1:08, 1:08, 1:06, 1:03

Chris Mackey – 1:07, 1:07, 1:09, 1:12

Ande Reid – untimed (3 x 400m), 1:39, 1:31

Roger Mar – 1:34, 1:26, 1:28, 1:29, 1:25

Richard Frost – 1:25, 1:19, 1:20, 1:21, 1:17

David Perry – 1:11, 1:11, 1:12, 1:25, 1:13

Michael Christie – 1:40, 1:35, 2:09

Garry Womsley – 1:25, 1:38, 1:21

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**Tuesday, 15th July – Homebush (Middle Distance)**

Heidi Juhart – 2:44, 2:40 (2 x 600m)

Garry Womsley – 2:38, 2:36 (2 x 600m)

Ethan Womsley – 2:53 (1 x 600m)

**Tuesday, 21st July – Girraween Monthly Time-Trial**

4.2km

1) Steve Blunden – 18:01

2) Garry Womsley – 20:11

3) Michael Christie – 21:37

**Tuesday, 22nd July – Bateman's Bay (Middle Distance)**

Ethan Womsley – 10:00 (1500m warm up), 2:28, 2:24 (500m), 5:28 (1000m), 6:00 (1000m warm down)

Cheri Womsley – 10:00 (1500m warm up), 15 hurdle repeats, 6:00 (1000m warm down)

**Tuesday, 22nd July – Homebush (Middle Distance)**

Nick Hanna – 4:38, 4:28 (1200m)

Garry Womsley – 4:49, 4:41 (1200m)

**Wednesday, 23rd July – Premier Street (6 x 150m up hill)**

Michael Grogan – 0:25, 0:24, 0:24, 0:23, 0:22

Garry Womsley – 0:27, 0:26, 0:25, 0:25, 0:23

Roger Mar – 0:28, 0:27, 0:27, 0:27, 0:27

Graham Sheargold – untimed (4 x 150m), 0:26

Richard Frost – 0:31, 0:29, 0:28, 0:29, 0:28

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## **Mid-Week Training Programme For August!**

**WEEK ONE**

**Monday, 4th August, 2008 (C.V. Kelly)**

Easy run to Dorothy Street via Targo Road, Wentworth Ave & Binalong Road. Run up “Heartbreak Hill” twice at race speed. After a short recovery, return to C.V. Kelly the same way.

**Tuesday, 5th August, 2008 (Homebush) – 6.30pm**

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

**Wednesday, 6th August, 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)

**WEEK TWO**

**Monday, 11th August, 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, 12th August, 2008 (Homebush) – 6.00pm**

- 1) 2km Road – warm up
  - 2) Drills on grass
  - 3) Middle Distance training
  - 4) Warm down
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**Wednesday, 13th August, 2008 (C.V. Kelly) – 6.30pm**

- 1) Run to Mississippi Road – warm up
- 2) Drills on grass
- 3) 2 x 600m on footpath which follows the perimeter of the football ground
- 4) Return to C.V. Kelly – warm down

**WEEK THREE****Monday, 18th August, 2008 (C. V. Kelly) – 6.30pm**

Easy run to Mississippi Road. Continue up the steep hill on the main road picking up speed as you go. After a short recovery, return to C. V. Kelly the same way.

**Tuesday, 19th August, 2008 (Homebush) – 6.00pm**

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

**Wednesday, 20th August, 2008 (C.V. Kelly) – 6.30pm**

- 1) 2km run to Burrabogee Road via Wentworth Ave
- 2) Drills on grass
- 3) 3 x 200m sprints uphill
- 4) 2km run return to C.V. Kelly

**WEEK FOUR****Monday, 25th August, 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, 26th August, 2008 (Homebush) – 6.00pm**

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

**Wednesday, 27th August, 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
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# **World News!**

**6th July**

LaShawn Merritt won the 400m final at the US trials in a time of 44sec. He defeated Olympic favourite Jeremy Warriner who finished in a time of 44.20sec.

**7th July**

Tyson Gay's bid to become the first man in 24 years to sweep the Olympic Games 100m and 200m titles came crashing down at the 2008 US Olympic Trials on Saturday afternoon. Gay the 2007 world 100m and 200m champion, collapsed to the track less than 70m into his 200m quarter final. He had to be carted off the track and was diagnosed with a severe cramp in his left hamstring. It doesn't appear that he had any long term damage. Unfortunately, the injury puts an end to Gay's quest to duplicate Carl Lewis' 100m-200m 1984 Games double. He has already made the US Olympic team in the 100m after winning last Sunday's final in a wind aided 9.68 seconds, the fastest 100m in history under any conditions. However, the 200m was considered his best event.

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### **8th July**

Winners of the events conducted yesterday at the US Olympic trials: -

Men: -

200m – Walter Dix – 19.86sec

1500m – Bernard Lagat – 3:40.37

110m Hurdles – David Oliver – 12.95sec

Triple Jump: - Aarik Wilson – 17.43m

Javelin: - Bob Smith – 76.06m

Discus: - Ian Waltz – 65.87m

Women: -

200m – Allyson Felix – 21.82sec

1500m – Shannon Rowbury – 4:05:48

100m Hurdles – Lolo Jones – 12.29sec

20km Walk – Joanne Dow – 1:35:11

Pole Vault – Jenn Stuczynski – 4.92m

### **9th July**

Steve Hooker our major Pole Vault hope states that his injured back is now 99% and will be even better by the Olympics. He has had problems with bulging discs after a weight training accident recently. In his first competition since the injury in Poland last week, he jumped an encouraging 5.81m. He has another event in Germany next week. While he has recovered quickly from his injury, he was worried his rivals would get ahead of him in preparation. This obviously is not the case.

The women's 400m Hurdles at the Olympics will be a weakened affair with a number of the front line contenders falling by the wayside with the news today that Jana Rawlinson will not be competing due to her troublesome toe and associated problems. She will join Yuliya Pechonkina (heart problems), world no. 1 Lashinda Demus (failed to qualify), world no. 3 Christine Spence (failed to qualify) and Olympic champion Fani Halkia (hip) on the sidelines. The favourites would now be Tiffany Ross-Williams of the US who beat both Demus and Spence to qualify for the event in a time of 54.03sec and Poland's Anna Jesien who defeated Rawlinson in her only race in the last 12 months recently in a time of 54.86sec. Jesien placed 3rd behind Rawlinson in the World Championships last year.

World 200m champion Tyson Gay expects to be fully recovered from a leg injury in time for next month's Olympics despite dramatically breaking down at the US Trials. Gay, the 100m trial winner, was dumped out of the quarter finals of the 200m on Sunday when he pulled up with a left hamstring cramp and strain. Under strict USA Track & Field qualifying procedures, only the 3 finalists in an event make the American team.

World Champion Bernard Lagat won the 1500m to set up an Olympic double bid and World Champion Allyson Felix won the 200m yesterday. The Kenyan born Lagat won in a time of 3:40.37 while Felix qualified for Beijing by winning the 200m in 21.82sec.

### **13th July**

Russian Yelena Isinbayeva has broken the world Pole Vault record. She had broken the previous record 3 years ago. She cleared 5.03m at the Golden Gala meeting in Rome yesterday improving on her previous mark of 5.01m set at the 2005 World Championships in Helsinki. American Pole Vaulter Jenn Stuczynski set an American record of 4.92m at the US Olympic trials during the week to improve her second place standing on the all-time list, pressuring Isinbayeva to respond before Beijing. She had repeatedly tried to clear 5.02m over the past few seasons and decided with her new coach that a switch to 5.03m might give her a psychological boost. She cleared the height with ease on her second attempt. She could be capable of much more. She has worked hard to get on top of her physical and psychological problems which have plagued her since 2005. This was her first outdoor meet of the year and her first meet since her indoor title in Spain in April. She has dominated the event since 2004. She has set 12 world records outdoors and ten indoors and is the only woman in history to clear 5m.

A new documentary about Peter Norman's role in the "black power salute" by two American negroes at the 1968 Mexico Olympics has been released it is called "Salute". Norman was Australia's best ever sprinter (he died in 2006), even though his last Olympics was 40 years ago. While Norman's silver medal in the 200m final at the 1968 Mexico Olympics is mighty impressive (his finishing time of 20.06sec would have won gold at the Sydney Games), this achievement has overshadowed what happened at the medal presentation. On a world stage surrounded by civil rights unrest in the US and

many other countries, as well as Vietnam War protests and much social disquiet, Norman stood alongside Afro-American athletes Tommie Smith and John Carlos on the winners' podium. Through intimate interviews with all three men, archival footage and other testimonies, "Salute" recounts how committed Christian Peter Norman was involved with Smith and Carlos' "Black Power" protest during their medal ceremony. From the outside, it looks like Norman was history's passenger but as his friends Smith and Carlos have stated many times since, Norman wore an "Olympic Project for Human Rights" badge in solidarity and also suggested how the gloves would be worn for the clenched fist salute. The fallout from this global stance was swift and far reaching. Smith and Carlos were banished from the Games and Norman was never selected for an Olympics again despite qualifying 15 times over the next four years. This documentary goes a long way to clearing up any mystery that still existed over one of the most enduring memories in Olympic history.

#### **15th July**

World 100m record holder Usain Bolt ran the fastest time in the 200m this year, winning in 19.67sec yesterday at the Tsiklitiria Athens Grand Prix track meet. He was previously unsure if he would do the 200m at Beijing but as the 5th fastest man of all time he would be silly not to.

#### **July 16th**

Patrick Johnson continues to fight his omission from the Olympics. It is difficult to understand the grounds for his appeal as he has done no qualifying times recently.

With Jana Rawlinson's withdrawal from the Games, Sally McLellan carries the hopes of our female athletes for a medal. However, first timers Dani Samuels (Discus) and Donna MacFarlane can be regarded as rough hopes as well.

Dwain Chambers' legal battle to race at the Beijing Olympics meant the British Olympic Association named just one instead of three 100m sprinters in their China-bound squad yesterday. Chambers is seeking an injunction against a BOA lifetime Olympics ban on drug cheats. He hopes to be named in the team if the injunction succeeds.

Reigning Olympic 100m champion Justin Gatlin was noticeably absent when the US track and field team for Beijing was officially named yesterday. Gatlin, who is serving a four year ban for using steroids, tried unsuccessfully last month to get the US courts to permit him to compete in the US Olympic trials.

Britain's world marathon record holder Paula Radcliffe is fighting a race against time to be fit for the Olympics after meeting medical experts yesterday. She will continue training after specialists in London checked a stress fracture of the left femur that was first diagnosed in May.

#### **17th July**

Australia's fastest 800m runner will not be competing in Beijing. He is now 63 years old! When Ralph Doubell cut through Mexico's thin air to record victory in the Olympic 800m in 1968, there were two things he could never have forecast. That his time of 1:44.4 would still be an Australian record 40 years later and, even more remarkably, Australia would not have a single male track and field gold medallist in those four decades. Many of Australia's athletics records have "cobwebs" on them. Jana Rawlinson won two 400m Hurdle World Titles but Debbie Flintoff-King's record has not been claimed. The long standing records are as follows: -

Men: -

Peter Norman – 200m – 20.06sec (Mexico 1968)

Ralph Doubell – 800m – 1:44.4 (Mexico 1968)

Darren Clark – 400m – 44.36sec (Seoul 1988)

Women: -

Debbie Flintoff-King – 400m Hurdles – 53.17sec (Seoul 1988)

Charlene Rendina – 800m – 1:59 (Melbourne 1976)

Long Jumper Fabrice Lapierre will be going to Beijing after successfully appealing against his Olympic non-selection. The tribunal upheld his appeal and the national selectors agreed to nominate him for selection. However, Patrick Johnson again missed out and only has one more avenue open to him. Unfortunately, it appears that time has run out for our fastest ever 100m runner.

#### **18th July**

Australia's Olympic track and field team may have found its saviour. Just a week after Jana Rawlinson's withdrawal a new queen of the track has emerged in Sally McLellan. She will be making her Olympic debut in Beijing at the age of 21. She has really put herself in the mix for the 100m



hurdles final with her latest performance ranking her 8th in the world. She defeated reigning Olympic Champion Joanna Hayes on her way to victory in yesterday's Grand Prix meet in Lucerne, Switzerland. In the process, she smashed her own previous Australian record and her time of 12.58sec would have been good enough to win gold at three of the previous four Olympics. The record also earned her the "Diamond Jackpot", a one-carat diamond worth \$15400.00 offered by meet organisers for the best performance of the night. The girl from Sydney has done it hard over the years. Coming from a single parent family and moving to the Gold Coast at eight she has thrived under the guidance of self-taught coach Sharon Hannan since she was in Little A's. At age 14 she won the Australian U/20 100m title and in 2003 she became the youngest Australian athlete when selected for the 4 x 100m relay at the World Championships in 2003.

Gold Medallists & their times for the last 4 Olympics are as follows: -

2004 – Athens

Joanna Hayes (USA) – 12.37sec

2000 – Sydney

Olga Shishigina (Kaz) – 12.65sec

1996 – Atlanta

Ludmila Engquist (Swe) – 12.58sec

1992 – Barcelona

Paraskevi Patoulidu (Gre) – 12.64sec

Young up and coming sprinter Joel Milburn also did a personal best in Lucerne. He was able to go under the 45sec barrier for the first time.

Double amputee sprinter Oscar Pistorius fell short of the 400m qualifying time for the Olympics yesterday, though his lifetime best run could yet get him to Beijing in the 4 x 400m relay. The South African shrugged off the pre-race distraction of threatening legal action against the IAAF to finish 3rd in his heat in 46.25sec. He finished outside the Olympic individual qualifying standard of 45.55sec but was still 11-hundredths faster than his previous best time. The South African selectors will choose their team for the August 8-24 Games this weekend and could invite him to join the 6 man roster for the 4 x 400m relay. To do so would defy a request from the IAAF not to pick Pistorius, who has prosthetic limbs, because it believes he is a threat to his and other athletes' safety. His aspiration of attempting to qualify was made possible in May when he won an appeal at the Court of Arbitration for Sport to overturn an IAAF ban that prevented him from competing against able-bodied runners.

#### **20th July**

The Golden League Meet in Paris this weekend saw some Australian representatives get in some much needed practice for Beijing next month. Jarrod Bannister placed second in the Javelin with a best throw of 84.76m, Steve Hooker won the Pole Vault with a best leap of 5.70m, Tamsyn Lewis finished 8th in the 800m in a time of 2:00.94 and Sarah Jamieson placed 4th in the 1500m in a time of 4:02.94. Unfortunately, Georgie Clarke could not finish the 5000m race.

Dani Samuels will use the tragedy of losing her father and uncle recently to fire her up at the Games. The baby of the team at just 20 has shown maturity beyond her years in handling the two deaths in the family.

Jeremy Warriner got a psychological victory over arch rival LaShawn Merritt at the Golden League meet in Paris. After being defeated in the US trials it was a great comeback from the World Champion.

Middle Distance athlete Jeff Riseley is the luckiest athlete in the Australian Olympic Athletics team after receiving a late call-up on Friday. He achieved an "A" qualifier in the 1500m after nominations had closed but after the withdrawal of Jana Rawlinson, he was given the vacant spot on the team.

#### **22nd July**

Nathan Deakes was in shock last night after being forced to withdraw from the Olympic Games. The world champion walker ruptured his hamstring last week while training in Switzerland and will fly back to Sydney for surgery. His withdrawal has rocked the athletics team who are still coming to terms with the withdrawal of Jana Rawlinson last week. He has been plagued with hamstring injuries throughout his career but this is a completely new injury. Deakes who won the 20km bronze in Athens does not want his career to end this way and will probably press on. He has won world championship gold, Olympic bronze and four Commonwealth Games gold medals. The 41 member athletics team could ill afford to lose an athlete of Deakes' experience. The team includes 26 debutantes. It is unclear

who will step up to take his place in the 50km event. It is expected to be between Luke Adams and Chris Erickson.

### **23rd July**

Former 100m World Record holder Asafa Powell got a confidence boosting win on current holder Usain Bolt in Stockholm today. Powell won in a time of 9.88sec with Bolt about half a metre behind. Bolt is still undecided if he will attempt the 100m/200m double at the Olympics. He is expected to make a decision at the last minute. Powell will face fellow contender Tyson Gay at Crystal Palace on Friday.

Sprint great Merlene Ottey at the age of 48 has narrowly missed qualifying in the 100m for her 8th Olympics. Representing Slovenia in recent years, she placed 2nd in an Olympic trial but her time did not qualify her for what would have been a record for representation at an Olympics.

With the withdrawals of Nathan Deakes and Jana Rawlinson and the injury to John Steffensen, our best chances of medalling at Beijing are as follows: -

Steve Hooker (Pole Vault) – He has passed the 6m barrier this year and is now injury free.

Craig Mottram (5000m) – He hasn't missed a training session since November and is expected to run the race of his life.

Sally McLellan (100m Hurdles) – smashed her Australian record and her time of 12.58sec is the 8th fastest in the world this year.

Donna MacFarlane (3000m Steeplechase) – put herself in the mix by winning in Doha, Qatar in May then setting an Oceania record (9:18.35) when finishing 3rd in the strongest 3000m Steeplechase field in history in Oslo.

Jarrod Bannister (Javelin) – his throw of 89.02m in the Nationals is world class. It remains the longest in the world this year.

Of the others, Tamsyn Lewis may be a chance in the 800m but has not come back well after her World Indoor Title earlier in the year. Marathoners Lee Troop and Benita Johnson are capable of top 10 finishes.

### **24th July**

Cathy Freeman's 400m victory at the Sydney 2000 Olympics was voted best of Australia's sporting achievements in today's Daily Telegraph.

John Steffensen is running against time in getting 100% fit before the Beijing Olympics. He tore his hamstring 3 weeks ago and is still struggling. He placed 6th in the B race today at Stockholm in a time of 47.15sec. He was upstaged by Sean Wroe who won in a personal best time of 45.20sec. Joel Milburn the National title holder became only the 7th Australian to break 45sec with his 44.99 win in Lucerne, ran a cautious 6th in the A race in 45.49sec won by US Olympic title holder Jeremy Warriner (44.29).

Craig Mottram had a confidence boosting 3000m win in Stockholm. He clocked 7:37.73. Sally McLellan placed 3rd in the 100m hurdles in 12.73sec behind US Champion Lolo Jones (12.64).

### **26th July**

Craig Mottram had his last hit out before the Olympics with a 4th in the Grand Prix mile race at Crystal Palace today. His time was a very good 3:55.44. Mitchell Kealey finished 9th in a time of 3:57.27.

Victoria Mitchell finished 9th in the 3000m Steeplechase in a time of 9:47.43. Meanwhile, the big clash between Asafa Powell and Tyson Gay did not eventuate with Gay withdrawing due to a leg problem.

Powell won the race in a time of 9.94sec.

### **27th July**

Results from the London Grand Prix meet at Crystal Palace: -

Steve Hooker (Pole Vault) – 5.97m (2nd on countback)

Sally McLellan (100m Hurdles) – 12.61sec (2nd)

Fabrice Lapierre (Long Jump) – 7.96m (3rd)

Kylie Wheeler (Multi-Event – 4 discipline) (5th)

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

We have just received a new shipment of Girraween singlets. These are available in all sizes and they are still at the very reasonable price of \$30.00.

However, we still have some of the older singlets in the following sizes: -

Size 12 (Open Mesh) – 2  
Size 14 (Open Mesh) – 7  
Size 16 (Open Mesh) – 6

All of the above are at the discounted price of \$10.00.

We still have two retro t-shirts in the old colours (brown, white & light blue) 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

We also still have other articles of the Girraween signature gear available: -

Socks  
T-Shirts

If anyone is interested in the socks, please see Steve Williams. If anyone is interested in purchasing a T-Shirt, please see Michael Christie.

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## **Reflective Vests For Sale!**

Now that daylight saving is finished and most of our training sessions are conducted on the dark and poorly lit roads around the local area, it is imperative for the safety of our members and the motorists that we are visible when we are training. Therefore, it is essential that all our members wear bright clothing or a reflective vest. We have reflective vests on sale at the very reasonable price of \$5.00 each. If you would like to purchase one, please contact Garry Womsley.

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## **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

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## **LOST & FOUND!**

Nothing to report.

GARRY WOMSLEY

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## **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

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## **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!

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## **Trophies!**

The following members still have trophies to collect: -

David Wallis

Please call Garry Womsley on 0405586961 to organise collection.

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## **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](mailto:gwomsley@olex.com.au). My after hours e-mail address is now [gowombat@hotmail.com](mailto: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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### **THIS SPACE IS FOR HIRE!**

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

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

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



## **Great Athletes of the Past!**

**By Garry Womsley**

### Merlene Ottey (1960- )

Merlene Joyce Ottey was born on 10th May, 1960 in Hanover, Jamaica. She is regarded as one of the all-time greats of women's sprinting for both success and longevity. However, she has had her share of controversy. She began her career representing Jamaica but since 2002, she has represented Slovenia where she now lives. She is ranked 4th on the list of all-time female athletes on the 100m and 3rd on the 200m list. Ottey also holds the record for

being the oldest track medallist ever (Silver for the 4 x 100m in Sydney 2000 at 40 years of age) and for running the fastest Women's Indoor 200m (21.87sec).

Ottey was born the fourth of seven children in Cold Spring, Hanover, Jamaica. She was introduced to the sport by her mother who bought her a manual on track and field. She frequently competed barefooted in local races during her school years. Her inspiration came from listening to the track and field broadcast from the 1976 Summer Olympics in Montreal where Donald Quarrie ran in the sprint finals. Her athletics career took off when she emigrated to the US and attended the University of Nebraska in 1979 where she joined the track team. She represented Jamaica in the 1979 Pan American Games, winning a bronze medal in the 200m. She graduated from University with a Bachelor of Arts Degree and married fellow athlete Nathaniel Page in 1984. The couple later divorced.

In the 1980 Moscow Games, Merlene Ottey became the first female English speaking Caribbean athlete to win an Olympic medal. Back in Jamaica, she was awarded an Officer of the Order of Nation, and the Order of Distinction for 'services in the field of sport'. In the 1982 Commonwealth Games, Ottey won a gold medal in the 200m and silver in the 100m. Nearly a decade later, in the 1990 Commonwealth Games, she won gold in both events. Ottey was named Ambassador of Jamaica after her gold medal win in the 1993 World Championships. She has also been named Jamaican Sportswoman of the Year 15 times between 1979 and 1997.

Throughout her career, she won nine Olympic medals, the most by any woman in track and field history. These include 3 silver and 6 bronze medals. She never won an Olympic gold medal but lost by as little as a thousandth of a second in the 100m in 1996 and by a hundredth of a second on numerous occasions to different athletes. She won 14 World Championship medals between 1983 and 1997 which is more than any athlete (male or female). Unfortunately, her failure to win many gold medals in major international competitions earned her the nickname "the Bronze Queen" in racing circles. She won a total of three gold, three silver and eight bronze medals in the 4 x 100m relay, the 100m and 200m. She was appointed Ambassador at Large by the Jamaican government in 1993.

In 1999, during a meet in Lucerne, Switzerland, a urine sample submitted had returned positive for the banned anabolic steroid nandrolone. Her "B" sample also contained higher than normal levels of the substance. She was subsequently banned by the IAAF from competing in the upcoming 2000 Olympics in Sydney. She also pulled out of the World Championships in Seville, Spain. Ottey, however, fought to clear her name, asserting that the charge was a terrible mistake and that she was innocent of knowingly taking steroids. In the summer (northern hemisphere) of 2000, Ottey was cleared of all charges by the IAAF and Jamaica Amateur Athletic Association, and the laboratory who had tested her sample came under severe criticism.

In Jamaica, at the National Senior Trials prior to selection for the Olympics, Ottey placed a disappointing 4th. According to the rules, only athletes who had finished top three at the trials were eligible to run at the Olympics, she was only qualified to run in the 4 x 100m relay team. Ottey asked that she be included in place of another team member, a courtesy that had been extended to others in the past. The JAAA's decision to replace Peta-Gaye Dowdie with Ottey caused widespread controversy. Dowdie's team mates and many Jamaicans believed that Ottey bullied her way on to the team. She was construed as an aging icon trying to retain power by usurping the place of a younger and equally worthy athlete. Jamaican 400m Olympian Gregory Haughton led the notorious "Games Village Protests" to oust Ottey. The protest ended when the ICC threatened to throw the Jamaicans out of the Games.

At the 2000 Olympics, Ottey finished 4th in the 100m she had fought so hard to be a part of. She was beaten for 3rd by fellow Jamaican Tayna Lawrence. The race was won by Marion Jones (10.75sec), followed by Ekaterina Thanou of Greece (11.12sec), Lawrence (11.18sec) and Ottey (11.19sec). In the 4 x 100m relay, the Jamaican team of Lawrence, Veronica Campbell and Beverly MacDonald was anchored by Ottey to a silver medal. This medal gave Ottey her 8th medal, the most ever for a female athlete. However, in 2007 when Marion Jones was stripped of her medals from Sydney 2000 for drug use, Ottey was awarded a belated

bronze medal for the 100m bringing her total to nine. Due to all the controversy she was subjected to in 2000, she decided never to represent Jamaica again.

In 1998, Ottey moved to Slovenia and began training with Slovene coach Srdjan Djordjevic. She became a citizen in 2002. She resides in a town called Ljubljana. She competed for Slovenia in the 100m at the 2004 Athens Olympics where she reached the semi finals and at age 46, she competed in the 2006 European Championships. She finished 4th in the 100m semi finals.

Remarkably, at the age of 48, Merlene Ottey was still chasing her Olympic dream to represent at Beijing. She narrowly missed qualifying in the 100m which would have been her 8th Olympics. She placed 2nd in an Olympic trial but her time did not qualify her for what would have been a record for representation at an Olympics. In fact, she missed out by just 28 one hundredths of a second. Is this the end? Only time will tell. However, with an athlete like Merlene Ottey whose longevity has been unmatched by anyone else in the history of athletics, it would not be surprising to see her still striving to represent her adopted country again in the very near future!

#### Records & Achievements: -

- 1) Ranks at no.3 on the list of all time in the 200m and no. 4 in the 100m.
- 2) Has won a record number of medals at the World Indoor Championships with six.
- 3) Is the first female athlete to run 60m under 7sec, 100m under 11sec (a feat she accomplished 67 times) and 200m (Indoor) under 22sec.
- 4) Has 57 consecutive wins in 100m (the most consecutive wins over 100m for a female) and 34 consecutive wins in 200m.
- 5) Is the fastest in the world among all female athletes over 30. She has recorded the fastest time for any female athlete at age 30, 31, 32, 33, 34, 35, 36, 37, 38, 39 and 40. (she also hold two world masters records).
- 6) Is the first from the Western Hemisphere (outside the USA) to win two individual medals from the same Games.
- 7) At the 1995 World Championships, Ottey became the oldest ever female athlete to win a gold medal (35 years & 92 days) and at the 1997 World Championships, she became the oldest female medallist ever at 37 years and 90 days when she took bronze. In 2000, at age 40, she became the oldest track and field medallist when she anchored the 4 x 100m Jamaican team to silver at the Sydney Olympics.
- 8) Is one of two athletes to win 20 medals at Olympics & World Championships (combined).
- 9) Holds the record for running the fastest indoor 200m (21.87sec).
- 10) Was the first Caribbean female to win an Olympic medal.
- 11) Olympic Medals: - nine, World Championship Medals: - 14

#### References: -

Wikipedia – on-line encyclopedia  
Stuff.co.nz  
Merlene Ottey – a Tribute Website

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## **Stop Press!**

### Results From The Sutherland to Surf – Sunday, 27th July, 2008.

- 1) NICK HANNA – 42:22 (135)
- 2) MICHAEL GROGAN – 43:18 (173)
- 3) RICHARD FROST – 43:58 (202)
- 4) GARRY WOMSLEY – 46:13 (305)
- 5) DAVID PERRY – 46:49 (347)
- 6) ROGER MAR – 58:41 (1595)

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