
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

GO GIRRA!



GIRRAWEE ATHLETICS CLUB Inc.

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

CELEBRATING OUR 30th YEAR!

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An Action Packed Start To The Year!

It is only the second month of 2008 but it has certainly been an action packed start to the year. We have had State Championships (Steeplechase & Pentathlon), All-Comers, Sydney Track Classic and the Dubbo New Year Carnival and our members have been involved in all of these events. This just goes to prove that if there is an athletic event, you can bet that there will be at least one representative sporting our blue & white colours. On the home front, despite the extreme weather conditions (heat & rain) there have been some keen battles at C.V. Kelly as well. However, there is still plenty of athletics to come this month with the State Open Championships, the "A" series as well as more All-Comers events. These events will all feature athletes from our club. We also have our Pentathlon event at C.V. Kelly on 10th February which will be held in conjunction with the Little A's Centre Championships. There are also still a few weeks of our Girraween All-Comers Competition to come so the month promises to be another exciting one. Our membership currently stands at 84 which is a little down on recent years but it's not too late to drum up interest. Bring along your friends and family to C.V. Kelly.

We are sure that they will enjoy the day and want to sign up with us in the winter season. Until next month, happy running and most of all, enjoy it!

GARRY WOMSLEY

Small Numbers At The Skins!

ANSW Skins Meet – Saturday, 22nd December, 2007 – The Crest, Bankstown.

ANSW came on board with Bankstown Sports to put this event on a Saturday for the first time. Normally held on a Tuesday night as “The Night of Miles”, the event was sponsored by Skins Compression Garments who provided a number of prizes to the place getters. There were special “skins” races where the last two in each race were eliminated until a final was held with the winner taking the prize in both the 60m and 100 yards races. However, the blue ribbon event was the 1 mile as it always has been. Other events have also been introduced in recent years to cater for distance runners and field athletes. While the open athletes seemed well catered for with the top 3 place getters getting prizes, the u/18’s and masters athletes were disadvantaged with only first place getting a prize despite paying the same entry fees. A number of athletes in these age categories knew before the start of their events that they had no chance of getting a prize. It really needs to be a level playing field across all age categories otherwise the organisers cannot expect larger attendances for any future events of this nature.

Another factor which prevented a larger attendance was the fact that a torrential downpour hit the track about an hour before the first event while another about an hour into the programme may have convinced some athletes to stay at home. After the downpours, the sun came out making conditions very steamy and uncomfortable. Being close to Christmas may have also seen some athletes doing their last minute Christmas shopping rather than compete on what is usually a free weekend on the calendar. Regardless of why the attendance was generally poor, three Girraween athletes competed on the day and acquitted themselves well against their opposition. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing/Category</u>
LYNETTE SMITH	Long Jump	4.31m	2 nd (Masters)
	Shot Put	10.25m	1 st (Masters)
	300m	45.00sec	3 rd (Masters)
NICK HANNA	3 mile	18:46.16	3 rd (Open)
GARRY WOMSLEY	300m	46.17sec	6 th (Masters)
	3 mile	19:35.28	2 nd (Masters)
	1 mile	6:00.60	4 th (Masters)

Denis & Clive Receive Belated State Medals!

We are pleased to advise that both Denis Andrew and Clive Kidson have received State medals for their great performances at the Blackmore’s Marathon held last September. This event doubled as the NSW Marathon Championships and both Denis and Clive placed in the 55+ age category. Denis placed 2nd and Clive placed 3rd. Well done guys on your fantastic effort!

That brings our State Medal tally for 2007-2008 to five (the others being the Men’s 35+ team at the Short Course Cross Country, Men’s 160+ 4 x 400m relay team, Men’s U/20 4 x 1500m relay team) with plenty of events to go during the rest of the summer.

Welcome To The New Year & 3 More State Medals!

Some of our athletes needed to keep training over the festive period as they had Championships and other races to get ready for. The first of the Championship events were on this weekend with the State Underage Steeplechase Championships and the State Masters Pentathlon. We had 3 representatives in total with Nick Hanna contesting the State U/23 Steeplechase and Garry Womsley and Matt Stenning contesting the State Masters Pentathlon. Garry also contested the All-Comers meet that was held on the Saturday in conjunction with the Championships.

State Underage Steeplechase Championships & NSW All-Comers – Saturday, 5th January, 2008 – Campbelltown.

In changeable conditions, the first competition day of 2008 was held. One minute it was hot and dry, the next it was cold, drizzly and windy. However, it was great just to get back out on the track again. The State Steeplechase Championships had larger numbers this year than it has ever had before in all age categories. For instance, the U/23 event had 5 in it this year which is the most since this age category was introduced a few years ago. NSW appear to be on a real winner with this event and running it in conjunction with the multi-events and walks championships really adds to the interest of a pretty full day of athletics.

Nick Hanna has not done a steeple race since last February and probably needed the run today. Despite getting tired, he tried hard and remained strong and kept a good technique particularly on the water jump. He placed 4th in the U/23 race in a time of 13:39. He still has a month before the State Open Steeple and will definitely be improved for this run.

Garry Womsley contested the 35+ 200m race in All-Comers and placed 3rd in a time 29.30sec in a tricky cross wind. This race certainly cleared a few cob webs and he is hoping that it will stand him in good stead for tomorrow's pentathlon.

Full results as follows: -

	<u>Event</u>	<u>Time</u>	<u>Placing/Category</u>
NICK HANNA	State 3000m Steeplechase	13:39	4 th (U/23)
GARRY WOMSLEY	All-Comers 200m	29.30sec	3 rd (35+)

State Masters Pentathlon – Sunday, 6th January, 2008 – Campbelltown

As in previous years, this event was again poorly attended. There were a grand total of 10 men and 4 women from the ages of 30 to 65 contesting this event and it's hard to know what NSW can do to make it any more attractive. NSW have tried combining it with the A.C.T. and the Queensland Championships in the past and they have even tried putting it on at different times during the season but it is usually the same small core of athletes who attend. This event now has a reputation as being an "everyone gets a medal" type event. Perhaps they should promote the fun and camaraderie element more rather than the competitive element but then again, it is a State Championship so they have to devise a campaign that strikes a happy medium which will attract the "have a go athlete" and the more competitive types.

The small numbers may also be a symptom of modern day coaching methods as most athletes are encouraged to specialise in one or two events and do them well rather than do a lot of events not as well. There are also not that many opportunities outside of championships to do multi-event competitions on a regular basis. Whatever the reason for the small numbers at Masters level, they were no better in the younger age categories. The 2 day Open Men's Decathlon had only 4 competitors and two of those were of Masters age!

The Open Women's Heptathlon also contested over 2 days, had only 3 competitors. Some of the underage multi-event championships had healthier numbers but overall the numbers were disappointing. We actually had the unusual situation where there were more officials than competitors which is unheard of in recent times.

The Masters Pentathlon would be an ideal event for a number of Masters age Girraween athletes who excel at a number of events on a regular basis at C.V. Kelly every Saturday. So why not have a go? You've got nothing to lose and who knows? You may pick up a state medal! The Senior Girraween Pentathlon is coming up later this month and this would be an ideal event to get an idea of what the State Masters Pentathlon is like. All athletes are welcome to come and have a jump, a throw and a run.

The weather today proved to be dangerously hot for a multi-event competition. The early cloud was soon burnt off by a very hot sun which made it almost unbearable to be exposed in the open for any more than a few minutes. The air temperature got to 38 degrees but it was closer to 50 degrees on the track surface. The competitors burnt their fingers on the track during the crouch start for the 200m and the longer event (800m – women & 1500m – men) was conducted during the hottest part of the day. The fact that the weather had not been this hot recently probably made it harder to cope with. Fortunately, there was plenty of water, ice and medical attention at the finish line to accommodate any distressed athletes.

We had 3 representatives at the Masters Pentathlon which was the highest of any club on the day and all picked up a State Medal for their efforts. This brought our State medal tally to 8 for 2007-2008. Lynette Smith (35-39 age category) was untroubled throughout the day to be the first placed female not only in her age category but also overall. She put together an impressive points tally of 2749 points. Matt Stenning (40-44 age category) in his first State competition, can now call himself a State Champion after winning his age category with 1751 points. Matt achieved personal bests in the Long Jump, Javelin and 1500m in an impressive showing. Defending Champion Garry Womsley didn't go down without a fight and failed to overhaul Matt by just 63 points after a determined showing in the 1500m. However, he had to settle for silver this year. Garry also achieved a personal best in the Javelin so all of our athletes took something positive away from this event. Full results as follows: -

	<u>Long</u>	<u>Javelin</u>	<u>200m</u>	<u>Discus</u>	<u>800m</u>	<u>Points</u>	<u>Placing</u>
LYNETTE SMITH (35-39)	4.68m (522)	34.14m (555)	28.94s (559)	34.86m (574)	2:42.97 (539)	2749	1 st
	<u>Long</u>	<u>Javelin</u>	<u>200m</u>	<u>Discus</u>	<u>1500m</u>	<u>Points</u>	<u>Placing</u>
MATT STENNING (40-44)	4.57m (396)	27.21m (309)	28.02s (525)	20.83m (288)	6:31.95 (233)	1751	1 st
GARRY WOMSLEY (40-44)	4.00m (280)	21.59m (221)	29.07s (451)	16.93m (215)	5:26.93 (521)	1688	2 nd

The Sydney Track Classic Was A Real Hit With Athletics Fans!

Sydney Track Classic – Saturday, 12th January, 2008 – Homebush

Sydney turned on a great day of athletics at Homebush today which culminated with the Sydney Track Classic. This event included some of our best elite athletes and some bright up and coming young athletes as well. In hot weather, the day started at 12.30pm with the NSW All-Comers programme which was well attended. Our only representative in the All-Comers was Lajos Joni who placed first in both of his events. As follows: -

	<u>Event</u>	<u>Distance</u>	<u>Overall Placing</u>	<u>Category</u>
LAJOS JONI	Shot Put	9.95m	1st	Masters
	Hammer	44.92m	1st	Masters

This was then followed by the “Diva Dash” which was a joint initiative between ANSW and LAANSW. All Little A aged girls were invited to spend time with Jana Rawlinson in a 400m jog around the track. This was followed by a talk on stretching, training and nutrition and ended with all involved participating in a series of 400m races. This was a great initiative and they couldn’t have got a better role model for young girls to follow than Jana. A number of our talented female Little A’s attended and stayed on for the rest of the night. The Classic programme started with a 2 x 100m relay which featured a number of our best Australian sprinters. This was followed by a 300m pro handicap race put on by the NSW Athletic League which included our very own Garry Womsley. Off a handicap of 44m, Garry needed to come 1st or 2nd in his heat to make the final but had to settle for 8th place on the night in a good time of 37.13sec. After the pro races were concluded, the main part of the Classic programme commenced. Sally McLellan had a great night taking out the 2 x 100m relay, the 100m and the 100m hurdles. Scott Martin threw a huge PB and an Olympic “A” qualifier in the Shot Put while Adam Miller was a surprise winner in the 100m as was Mark Dolphin (NZ) in the 200m. Lachlan Chisholm ran a fantastic 1500m to lead from start to finish. Tamsyn Lewis showed her old form to win the 800m and young Melinda Vernon took out the 1500m. The programme was well put together and well thought out. The public are not interested in watching a 5000m race on a night like this and it was a real masterstroke to drop this event for 2008 after it has featured in recent years. The State 5000m Championship on January 31st is coming up and will give the runners involved their opportunity to shine on a programme dedicated to them so they haven’t really missed out. Sadly, the night was marred by the last minute withdrawals of Sarah Jamieson, Josh Ross and Matt Shirvington (after the relays). In Jamieson’s and Ross’ cases, they were used as the faces of the meet and their withdrawal must have been particularly frustrating to the organisers. It was also apparent that John Steffensen was forgiven for his recent outburst against selection committee members as he acted as the on-track commentator and interviewer throughout the night. However, I think everybody would much rather see him run. The night also marked the comebacks of Lauren Hewitt and Daniel Batman after long absences. On the whole, the night was a great advertisement for athletics and the crowd of over 3000 really enjoyed it. ANSW probably went overboard with handing out the copious amounts of free tickets that were prevalent prior to and on the night as most people would have paid anyway to watch a very entertaining night of athletics.

Only The Dedicated Came Out To Compete Today!

Girraween All-Comers – Saturday, 12th January, 2008 – C.V. Kelly Park.

It appears that the hot weather kept away all but the regulars from C.V. Kelly today. Small numbers turned out for all events which is a shame with the track being in its best condition for at least 4 years. However, those who turned up had an enjoyable day of friendly competition. Some results as follows: -

100m

Men – Top 10

- 1) WAYNE THURLOW – 12.51 sec
- 2) STEVE PARKINS – 12.97 sec
- 3) MATT STENNING – 13.03 sec
- 4) STEVE O’DONNELL – 13.23 sec
- 5) PETER MATTHEWS – 14.81 sec
- 6) GRAHAM RYAN – 15.71 sec
- 7) JONAH STENNING – 17.59 sec
- 8) MICHAEL CHRISTIE – 18.79 sec
- 9) NATHANIEL STENNING – 19.79 sec
- 10) ETHAN WOMSLEY – 21.44 sec

100m

Women

- 1) JEAN DAVIS – 16.11 sec
- 2) ANDREA HENDLEY – 16.25 sec
- 3) BRENDA MICALLEF – 18.83 sec
- 4) KELLY MICALLEF – 21.29 sec

400m

Women

- 1) JEAN DAVIS – 1:24.10
- 2) ANDREA HENDLEY – 1:34.17
- 3) BRENDA MICALLEF – 1:42.87

<u>400m</u>	4) KYLIE ATTWOOD – 1:48.03
<u>Men – Top 10</u>	<u>Long Jump</u>
1) WAYNE THURLOW – 1:03.94	<u>Men – Top 3</u>
2) PETER MATTHEWS – 1:06.65	1) WAYNE THURLOW – 4.41m
3) STEVE O'DONNELL – 1:08.14	2) STEVE PARKINS – 4.23m
4) STEVE PARKINS – 1:09.55	3) PETER MATTHEWS – 4.00m
5) CLIVE KIDSON – 1:13.24	
6) MARK ATTWOOD – 1:13.26	<u>Women</u>
7) VIV MANWARING – 1:15.69	1) JEAN DAVIS – 3.36m
8) GRAHAM RYAN – 1:16.38	
9) MATT STENNING – 1:16.50	<u>Discus - Women</u>
10) MICHAEL CHRISTIE – 1:26.18	1) KELLY MICALLEF – 27.79m
	2) ANDREA HENDLEY – 23.69m
	3) BRENDA MICALLEF – 17.51m
<u>Triple Jump</u>	
<u>Men – Top 3</u>	<u>Shot Put</u>
1) WAYNE THURLOW – 9.62m	1) STEVE PARKINS – 7.68m
2) STEVE PARKINS – 8.85m	2) MATT STENNING – 7.62m
3) PETER MATTHEWS – 8.65m	3) WAYNE THURLOW – 7.35m
<u>Women</u>	
1) JEAN DAVIS – 7.72m	

Vince Scores Some Medals At Dubbo!

Dubbo New Year Carnival, Saturday 5th & 6th January, 2008 – Barden Park, Dubbo.

I thought I would pass on my results from the Dubbo Carnival on weekend 5/6 January. My arch rival, Mike Dooley from the Illawong club has moved into my age group and we had really close tussles in the 100m and 200m but I still just missed out on beating him in these two events. My results are:

100m	13.4 secs	2nd place
200m	28.4 secs	2nd place
400m	69.9 secs	1st place
Discus	22.32 metres	2nd place
Javelin	28.34 metres	1st place (all time best ever throw)

VINCE ADAMS

Garry Places 3rd In The World!

Garry Womsley received a pleasant surprise early in the New Year when he was advised that he placed 3rd out of 56 competitors in the 5km run category of the 2007 World Running & Treadmill Challenge. This event was put on over the internet by a British treadmill & gym supplies company. Each competitor had to submit their times for both races and training runs throughout the year. The competition, offered in different distance categories, was open to all athletes throughout the world and was an initiative to get people out there running and training on a regular basis. There was even a treadmill category. Garry received a nice certificate for his achievement.

The Rain Didn't Stop Us! – Girraween All-Comers, **Saturday, 19th January, 2008 – C.V. Kelly Park.**

Despite the constant rain during the day and for most of the previous night, the C.V. Kelly track was in fantastic condition. As a result, we decided to press ahead with an abbreviated programme despite the rain that never let up throughout the afternoon and the small numbers. It was deemed too dangerous to do the High and Long Jumps but the throws and the runs went ahead as usual. However, due to the wet conditions, we had to use the age old verbal start for the 800m and 3000m due to the starting gun getting constantly water logged. One of the finishing poles also made a great umbrella holder for those waiting their turn at the Discus. A towel also came in handy to keep the implements dry. Despite the small numbers, it was an enjoyable afternoon and showed that our Saturday afternoon competition will go ahead in most weather conditions. Full results as follows: -

200m – Men

1) ADAM SINCLAIR	28.18sec
2) VINCE ADAMS	34.19sec
3) GRAHAM RYAN	34.67sec
4) ROGER MAR	37.21sec
5) MICHAEL CHRISTIE	43.67sec

200m – Women

1) LAUREN SINCLAIR	55.09sec
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800m – Women

1) LAUREN SINCLAIR	5:09.22
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3000m

1) PETER MATTHEWS	11:44.45
2) DENIS ANDREW	12:47.99
3) MICHAEL HEHIR	12:59.50
4) CLIVE KIDSON	13:09.00
5) MICHAEL CHRISTIE	14:42.74
6) ROGER MAR	15:17.11

800m – Men

1) PETER MATTHEWS	2:33.16
2) ADAM SINCLAIR	2:46.57
3) MICHAEL HEHIR	3:05.95
4) VINCE ADAMS	3:08.75
5) ROGER MAR	3:11.47
6) GRAHAM RYAN	3:11.71
7) MICHAEL CHRISTIE	3:20.27

Shot Put – Women

1) CHERI WOMSLEY	4.60m
2) LAUREN SINCLAIR	4.45m

Discus – Men

1) PETER MATTHEWS	19.32m
2) VINCE ADAMS	19.05m
2) GRAHAM RYAN	19.05m
4) GARRY WOMSLEY	14.62m
5) MICHAEL HEHIR	12.01m
6) ETHAN WOMSLEY	5.78m

Beautiful Conditions For Athletics!- ANSW All- **Comers – Saturday, 19th January, 2008 – Homebush.**

Despite the rain, there was no wind tonight at Homebush. It was also cool but not too cool. It was certainly a relief after the couple of hot days we experienced during the week. It was great that athletics can go ahead despite the wet conditions and all of the competitors appreciated it. With the various State Championships coming up, it was great that all athletes could get some events under their belts. We had a healthy contingent of 5 athletes and all were happy with their performances. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Placing/Category</u>
LYNETTE SMITH	Discus	34.26m	1 st (Open)
	200m	28.20sec	2 nd (35+)
	800m	2:37.50	1 st (35+)
BRAD MILOSEVIC	5000m	16:16	9 th (Open)
GARRY WOMSLEY	200m	28.92sec	6 th (35+)
	800m	2:44.08	4 th (35+)

LAJOS JONI	Discus	35.54m	3 rd (35+)
MICHAEL HEHIR	800m	2:57.12	5 th (35+)

Another Huge Crowd At SMC!

***Sydney Marathon Clinic Road Race Series – Sunday, 20th January, 2008 –
Rossford Street Reserve, Smithfield.***

Fourteen of our members contested the SMC Road Race series held today at Smithfield. The conditions were very humid which made it very uncomfortable particularly for the athletes in the longer race. Nick Hanna (19:54) was the fastest in the 5km run, Brad Milosevic (43:40) was the fastest in the 10km, Geoff Sheargold (1:26:48) was the fastest in the 21.1km, while Cheri Womsley (52:32) was the fastest in the 5km walk. Full results as follows: -

5km Run

- 1) NICK HANNA - 19:54
- 2) GARRY WOMSLEY - 20:10
- 3) TERRY ROSE - 22:29
- 4) DAVID PERRY - 22:54
- 5) MICHAEL HEHIR - 22:55
- 6) MICHAEL CHRISTIE - 25:42
- 7) JOE BUTLER - 26:54
- 8) ETHAN WOMSLEY - 28:55

10km

- 1) BRAD MILOSEVIC - 43:40
- 2) ROGER MAR - 59:42

21.1km

- 1) GEOFF SHEARGOLD - 1:26:48
- 2) MICHAEL FREE - 1:41:35
- 3) GRAHAM SHEARGOLD - 1:47:52

5km Walk

- 1) CHERI WOMSLEY - 52:32

Some Great Performances Under Lights! – *ANSW All-Comers, Thursday, 24th January, 2008 – Homebush.*

Seven of our athletes competed tonight at Homebush in warm and humid conditions. Unfortunately, due to the Police/Fergie Concert, the parking and traffic were chaotic around the area but everybody got to and from the track safely. All of our athletes were happy with their performances particularly Lynette Smith (400m), Lajos Joni (Discus & Shot) and Garry Womsley (3000m Steeplechase) who won their respective age categories. Vince Adams won his heat of the 100m. Our Steeplechasers (Jamie Sherson, Garry Womsley & Nick Hanna) were all thrilled to get the opportunity to race with Martin Dent who has represented Australia at the 2006 Commonwealth Games and the 2007 World Cross Country Championships. Full results as follows: -

LYNETTE SMITH

Shot Put - 10.01m - 2nd (Open)
100m - 14.02sec - 2nd (Masters)
Discus - 36.02m - 5th (Open)
400m - 1:04.0 - 1st (Masters)

VINCE ADAMS

100m - 13.57sec - 4th (Masters)
400m - 1:07.05 - 4th (Masters)

LAJOS JONI

Shot Put - 11.50m - 1st (Masters)
Discus - 34.06m - 1st (Masters)

BRAD MILOSEVIC

1500m - 4:20.47 - 32nd (Open)

JAMIE SHERSON

3000m Steeplechase - 10:00.17 - 2nd (Open)

NICK HANNA

3000m Steeplechase - 13:10.35 - 4th (Open)

GARRY WOMSLEY

3000m Steeplechase - 12:45.88 - 1st (Masters)

Our Athletes Get Out & About On Australia Day! - Saturday, 26th January, 2008.

Australia Day Fun Run – Regatta Centre, Penrith.

We had a good representation out at the regatta centre. Clive Kidson, Denis Andrew, Richard Frost and Robert Eager did the 10km, Richard was the first Girraween athlete to complete the 10km and Terry Rose, Mark Attwood, Kylie Smythe (nee Atwood), Nick Hanna, Dave Perry and Michael Christie did the 5km, Nick was the first Girraween athlete to complete the 5km. The times are not yet available. All members were happy with their performances. It was a very warm day for running.

MICHAEL CHRISTIE

Illawarra Aquathon, Wollongong.

Garry Womsley contested this very popular event again this year. In very hot conditions he contested the short event (400m swim, 3km run) and finished in a time of 28:02. As usual, he got behind in the swim but flew home in the run. He passed several athletes on the run section (much to their frustration) while no one passed him.

Congratulations Adam!

Congratulations go to Adam Sinclair who completed his Higher School Certificate recently. We are pleased to report that Adam made the honours list that appeared in the Daily Telegraph late last year. Well done Adam on your fine achievement. Your hard work and study really paid off!

Please Mark Sunday – 10th February In Your Diary!

This is the date of our 2nd Annual Senior Pentathlon being held in conjunction with the Little A's Centre Championships. Like the State Masters Pentathlon held recently, the following events will be held: - Long Jump, Javelin, 200m, Discus and 1500m (Men)/800m (Women). These events will be scored according to the usual IAAF rules and there will be some small prizes for the placegetters. While this is a demonstration event to give both the Little A's and their parents more of an idea of what the Senior club is about, it would be great to make this event a real tradition like the Girraween Decathlon was in the early years of the club. Therefore, it is up to us to turn up and make this event a real showpiece and a regular event for years to come. More details will be available closer to the event.

Blacktown City All-Comers!

Blacktown City Rams invites you to compete at our two upcoming Allcomer meets at Blacktown Olympic Park on Wednesday evenings 13 and 27 February.

The cost will be \$5 per athlete and competition will commence at 7.00pm and conclude by 9.00pm. The following events will be contested.

13 February

7.00 1500m
7.00 Javelin
7.20 100m
7.30 Long Jump
7.50 400m
8.20 200H
8.30 Discus
8.40 3k

27 February

7.00 800m
7.00 Triple Jump
7.20 100H
7.40 High Jump
8.20 200m
8.30 Shot Put
8.45 1500 Walk

The Lithgow Flash Gift!

I've received information on the above event which is being held in Lithgow on Saturday, 23rd February.

There are pro-races being held in both 100m & 200m for men & women. These events close on 1st February.

There is also a mile race and a 5km team event. These events close at 10.00am on the day

This event is to commemorate "The Lithgow Flash" Marjorie Jackson.

For more information, go to: - www.lithgow.com/flashgift or phone 1300760276.

Happy Birthday!

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

3rd: - Lonnie Balinski

5th: - Michael Kammerer

15th: - Jill Woodruff

16th: - Carly Eager

16th: - David Perry

23rd: - Amanda Giesler

26th: - Andrew Blunden

Upcoming Events!

Club Events

Sat – 2 Feb – Modified Programme with distance event 2000m (C.V. Kelly) – 2.00pm

Sat – 9 Feb – Week B with distance event 5000m (C.V. Kelly) – 2.00pm

Sun – 10 Feb – Little A's Centre Championships incorporating Senior Pentathlon (C.V. Kelly) – start time TBA closer to the event day

Sat – 16 Feb – Modified Programme with distance event 1 mile (C.V. Kelly) – 2.00pm

Sat – 23 Feb – Week A with distance event 1500m (C.V. Kelly) – 2.00pm

ANSW Events

Sat – 2 Feb – ANSW All-Comers (inc. Champions League Rd 4) – Homebush

Fri – Sun 8 –10 Feb – ANSW State Open & U/18 Championships inc. State 10,000m Track Championships (Homebush)

Sun – 17 Feb – ANSW All-Comers – Bankstown

Sat – Sun 23-24 Feb – ANSW State U/16, U/20 & U/23 Championships – Homebush

AA Events

Sat – 16 Feb – Sydney "A" Series – Homebush

Fri – 22 Feb – Melbourne "A" Series – Olympic Park, Melbourne

Sat – 23 Feb – Australian 20km Road Walking Championships – Albert Park, Melbourne

Fri – Sun 29 Feb – 2 Mar – National Athletics Championships (QSAC, Brisbane)

Little A's Events

Sat-Sun – 2-3 Feb – MWM Zone Championships – Holroyd Sports Ground

Sat-Sun – 16-17 Feb – Region 3 Championships – venue TBA

Fun Runs & Other Events of Interest

Wed – 6 Feb – Sydney Summer Series no. 17 – Explosives Reserve – Castle Cove Oval – from 4.45pm

Thur – 7 Feb – Andrew Boy Charlton Biathlon Series (4km run, 300m swim) – Mrs Macquarie's Road, The Domain – 6.30pm

Wed – 13 Feb – Sydney Summer Series no. 18 – Balls Head – Waverton Park – from 4.45pm

Wed - 13 Feb - Blacktown City Rams All - Comers Meet – Blacktown Olympic Park (See separate story)

Thur – 14 Feb – Andrew Boy Charlton Biathlon Series (4km, 300m swim) – Mrs Macquarie's Road, The Domain – 6.30pm

Sun – 17 Feb – Sydney Marathon Clinic Road Race Series (5km, 10km & long race) – Rossford Street Reserve – from 7.00am

Wed – 20 Feb – Sydney Summer Series no. 19 – Flat Rock Track – Killarney Heights Oval – from 4.45pm
Thur – 21 Feb – Andrew Boy Charlton Biathlon Series (4km, 300m swim) – Mrs Macquarie’s Road, The Domain – 6.30pm
Sat – 23 Feb – The Lithgow Flash Gift – see separate article above
Sun – 24 Feb – Nepean Summer Classic Competition (2km, 5km, 7km) – River Road Reserve, Emu Plains – 8.00am
Wed – 27 Feb – Sydney Summer Series no. 20 – Glebe Point – Jubilee Park – from 4.45pm
Wed – 27 Feb – Blacktown City Rams All – Comers Meet – Blacktown Olympic Park (See separate story)
Thur – 28 Feb – Andrew Boy Charlton Biathlon Series (4km, 300m swim) – Mrs Macquarie’s Road, The Domain – 6.30pm

Summer Representative Calendar For 2007-2008!

Sat – 1 Mar – NSW All-Comers (Campbelltown)
Sat – Sun – 8-9 Mar – NSW State Masters Championships (Homebush)
Sat – 8 Mar – NSW State Club Championships (Homebush) – invitation only
Fri – Sun 14-16 Mar – Australian U/20 All-Schools, U/20 & U/23 Athletics Championships (Melbourne or Adelaide)
Sat – 15 Mar – NSW All-Comers (Blacktown)
Fri – Mon 21-24 Mar – National Masters Championships inc NSW State Weight Pentathlon (Blacktown)
Sun – 30 Mar – NSW Mountain Running Championships (Wollongong)

Draft 2008 Winter Representative Programme!

Sat – 26 Apr – Novice Cross Country Championships (Ramsgate)
Sat – 3 May – NSW Road Championships (Homebush) – Open, Masters, U/20 & U/18
Sat – 17 May – NSW Road Championships (Venue TBA) – U/16, U/14 & U/12
Sun – 18 May – NSW Half Marathon Championships (SMH) – may not be the state event – to be confirmed
Sat – 24 May – NSW Team Walks Championships (Venue TBA)
Sat – 31 May – NSW Cross Country Relays (Miranda)
Sat – 14 Jun – Australian Mountain Running Championships (Venue TBA)
Sat – 21 Jun – NSW Long Course Cross Country Championships (Nowra)
Sat – 28 Jun – NSW Short Walks (Venue TBA)
Sun – 29 Jun – Australian Half Marathon Championships (Gold Coast)
Sat – 19 Jul – NSW Short Course Cross Country Championships (Abbotsbury)
Sun – 20 Jul – NSW Long Walks (TBA)
Sat – 2 Aug – NSW Road Relays (Wollongong)
Sat – 23 Aug – Australian Cross Country Championships (TBA)
Sun – 24 Aug – Australian Road Walking Championships (TBA)
Sun – 21 Sept – NSW Marathon Championships (Sydney)

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>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Steve Blunden</i>	<i>Summer Competition</i>	<i>9636-7357</i>
<i>Lynette Smith</i>	<i>ANSW Delegate, Assistant Registrar & Records Officer</i>	<i>0419420393</i>
<i>Wayne Thurlow</i>	<i>Park Trust Delegate</i>	<i>0417216911</i>
<i>George Milosevic</i>	<i>Canteen Manager & Park Trust Delegate</i>	<i>9626-8586</i>
<i>Judy Milosevic</i>	<i>Canteen Manager</i>	<i>9626-8586</i>
<i>Cheri Womsley</i>	<i>Fundraising Officer</i>	<i>9636-6017</i>
<i>Brad Milosevic</i>	<i>Junior Committee</i>	<i>9626-8586</i>
<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>

Next Meeting: - Thursday, 7th February, 2008.

Girraween Club Training Days & Times

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

Mondays & Wednesdays – With the summer season now in progress, our integrated coaching at C. V. Kelly has resumed. Athletes can choose which event or events they would like to focus on each night. We meet at 6.15pm for a 6.30pm start. Please call Garry Womsley on 0405586961 for further details.

Tuesdays – (6.30-8.00pm) – Middle Distance & Steeplechase training at C.V. Kelly.

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

From the dawn of time, mankind has shown his athletic abilities in many ways. For example: - hunting for food, running away from dangerous predators, travelling between towns, dodging spears and arrows and conveying messages. Nowadays, with all our creature comforts and technology, we need a little more help to stay athletic and that's where coaching comes in. All human beings have athletic ability of some kind. Some are fast over short distances others are fast over long distances, while others can run incredible distances and not tire. Others can throw well and still others can jump. Whatever your event, coaching can bring out the best in all athletes. However, there is always room for more coaches. Therefore, if you think you have an interest in bringing the best out of others and even staying fit yourself give Roger Green a call at the Australian Track & Field Coaches Association on 9520-9324. The Level One Basic Course is the first step in becoming a coach. It is a two day course over one

weekend. On completion of this course, you can then attempt a Level Two Event Specific Course. This is also a two day course where you get to specialise in your selected event or events. All of this year's courses are listed at the bottom of this story. As a coach since July 2004, I can tell you that it has been a thoroughly enjoyable and fulfilling experience bringing the best out of the athletes I have coached and see them go on and do personal bests, win medals, win championships and also just generally improve and get more confident. That is what coaching is all about. However, you must be personally motivated, enthusiastic, prepared to get your hands dirty as well as being prepared to take the odd setback or two. I never said that it is always easy but it is definitely fulfilling. If you feel that you have what it takes, give Roger a call or drop him an email on ragreen@digisurf.net.au. It is also worth noting that on successful completion of your course, Girraween will pay for your course fees. (Providing you are a member and are willing to join our coaching team).

Happy Coaching! GARRY WOMSLEY (Level 1 Basic, Beginning Coaching General Principles, Level 2 – Distance & Walks, Sprints & Hurdles, Jumps, Throws, Coaching AWD's, General Principles of Coaching)

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, 24th December, 2007 – C. V. Kelly – Middle Distance (1 x 800m, 600m & 500m)

Roger Mar – 3:59 (800m), 2:46 (600m), 2:13 (500m)
Michael Christie – 3:27 (800m), 2:36 (600m), 2:14 (500m)
Garry Womsley – 3:19 (800m), 2:22 (600m), 2:03 (500m)

Monday, 31st December, 2007 – C.V. Kelly – Middle Distance (2 x 800m, 1 x 600m)

Garry Womsley – 3:30, 3:20 (800m), 2:22 (600m)
Roger Mar – 3:44, 3:38 (800m), 2:35 (600m)

Wednesday, 2nd January, 2008 – C.V. Kelly – Middle Distance (1 x 500m, 3 x 400m)

Andrew Blunden – untimed (500m), 1:09 (400m), untimed (2 x 400m)
Steve Parkins – 1:45 (500m), 1:19, 1:19, 1:25 (400m)
Steve Blunden – 1:47 (500m), 1:19, 1:15, 1:16 (400m)
Roger Mar – 2:03 (500m), 1:33, 1:34, 1:37 (400m)
Richard Frost – 1:57 (500m), 1:33, 1:36, 1:35 (400m)
Garry Womsley – 1:57 (500m), 1:30, 1:32, 1:21 (400m)
Nathaniel Stenning – untimed (3 x 400m)
Jonah Stenning – untimed (3 x 400m)

Monday, 7th January, 2008 – C.V. Kelly – Middle Distance (2 x 400m & 3 x 200m)

Michael Christie – 1:46, 1:40 (400m), 0:43, 0:41, 0:41 (200m)
Renee Juhart – 1:43, 1:55 (400m), 0:42, 0:50, 0:41 (200m)
Heidi Juhart – 1:44 (400m), 0:43, 0:50, 0:43 (200m)
Steve Parkins – 1:27, 1:21 (400m), 0:32, 0:32, 0:31 (200m)
Steve Blunden – 1:18, 1:13 (400m), 0:32, 0:32, 0:31 (200m)
Nick Hanna – 1:19, 1:19 (400m), 0:35, 0:33, 0:31 (200m)
Andrew Blunden – 1:09, untimed (400m), untimed, 0:31, 0:32 (200m)
Garry Womsley – 1:24, 1:20 (400m), 0:34, 0:33, 0:31 (200m)
Ray Harrison – untimed (All)

Wednesday, 9th January, 2008 – C.V. Kelly – Middle Distance (1 x 600m, 2 x 400m & 2 x 200m)

Garry Womsley – 2:26 (600m), 1:28, 1:24 (400m), 0:36, 0:33 (200m)
David Perry – 2:08 (600m), 1:20, 1:24 (400m), 0:35, 0:43 (200m)
Nick Hanna – 2:12 (600m), untimed (2 x 400m, 1 x 200m), 0:32 (200m)
Andrew Blunden – untimed (600m, 1 x 400m), 1:11 (400m), untimed (150m)
Roger Mar – 2:40 (600m), 1:37, 1:41 (400m), 0:39, 0:43 (200m)
Steve Blunden – 2:07 (600m), 1:00 (300m), 1:17 (400m), 0:31 (200m)
Doug Perrott – untimed (600m, 1 x 400m), 1:25 (400m)
Jye Perrott – untimed (1 x 600m, 1 x 400m)
Alyssa Perrott – untimed (1 x 600m, 1 x 400m)
Richard Frost – 2:30 (600m), 1:30, 1:31 (400m), 0:43, 0:40 (200m)

Monday, 14th January, 2008 – C.V. Kelly – Middle Distance (1 x 600m, 1 x 500m, 1 x 400m & 1 x 200m)

Richard Frost – 2:16 (600m), 1:57 (500m), 1:31 (400m), 0:41 (200m)
Garry Womsley – 2:09 (600m), 1:51 (500m), 1:30 (400m), 0:33 (200m)
Steve Parkins – 2:12 (600m), 1:54 (500m), 1:23 (400m), 0:31 (200m)
Michael Christie – 2:32 (600m), 2:15 (500m), 1:45 (400m), 0:44 (200m)
Heidi Juhart – 2:54 (600m), 2:37 (500m), 0:42 (200m)
Renee Juhart – 2:54 (600m), 2:35 (500m), 1:47 (400m), 0:43 (200m)
Steve Blunden – 2:03 (600m), 1:41 (500m), untimed (400m), 0:30 (200m)
Andrew Blunden – 1:56 (600m), 1:20 (400m), untimed (500m & 200m)

Wednesday, 16th January, 2008 – C.V. Kelly – Middle Distance (2 x 400m, 1 x 300m & 1 x 200m)

Garry Womsley – 1:33, 1:32 (400m), 1:02 (300m), 0:35 (200m)
Michael Christie – 1:44, 1:41 (400m), 1:10 (300m), 0:46 (200m)

Monday, 21st January, 2008 – C.V. Kelly – Middle Distance (3 x 400m, 1 x 200m)

Steve Parkins – 1:18, 1:18, 1:18 (400m), 0:32 (200m)
Steve Blunden – 1:18, 1:18, 1:15 (400m)
Andrew Blunden – 1:07, 1:10, 1:15 (400m), 0:27 (200m)
Richard Frost – 1:32, 1:36, 1:33 (400m), 0:43 (200m)
Garry Womsley – 1:32, 1:28, 1:29 (400m), 0:35 (200m)
Michael Christie – 1:53, 1:42, 1:39 (400m), 0:44 (200m)

Wednesday, 23rd January, 2008 – C.V. Kelly – Middle Distance (2 x 600m, 1 x 400m & 1 x 200m)

Michael Christie – 2:38, 2:36 (600m), 1:45 (400m), 0:40 (200m)
David Perry – 2:04, 2:09 (600m), 1:23 (400m), 0:35 (200m)
Steve Blunden – 2:11, 2:03 (600m), 1:14 (400m)
Roger Mar – 2:40, 2:50 (600m), 1:43 (400m), 0:38 (200m)
Renee Juhart – 3:05 (600m), 1:55 (400m), 0:39 (200m)
Heidi Juhart – 3:05 (600m), 1:55 (400m), 0:39 (200m)
Alex (Little A's) – untimed, 2:50 (600m), 1:42 (400m), 0:45 (200m)
Kaitlyn (Little A's) – untimed (1 x 600m), 1:46 (400m), 0:47 (200m)
Lauren Sinclair – 2:57 (600m), 2:54 (400m), 1:06, 1:02 (200m)
Jonas Stenning – 0:49 (200m)

Monday, 28th January, 2008 – C. V. Kelly – Middle Distance (3 x 600m, 1 x 200m with an optional 200m)

Garry Womsley – 2:24, 2:21, 2:17 (600m), 0:33, 0:31 (200m)
David Perry – 2:32, 2:13, 2:08 (600m), untimed, 0:34 (200m)
Nick Hanna – 2:12, 2:12, 2:09 (600m), 0:32 (200m)
Michael Christie – 2:44, 2:47, 2:48 (600m), 0:40 (200m)
Roger Mar – 2:38, 2:40, 2:45 (600m), 0:40, 0:37 (200m)
Steve Blunden – 2:10, 2:06, 2:05 (600m), untimed, 0:29 (200m)
Jye Perrott – untimed (2 x 600m & 1 x 200m)
Doug Perrott – untimed (3 x 600m)
Alyssa Perrott – untimed (2 x 600m)
Richard Frost – 2:23, 2:22, 2:21 (600m), 0:40 (200m)

Tuesday, 29th January, 2008 – C.V. Kelly – Middle Distance (2 x 600m)

Garry Womsley – 2:29, 2:23
Nick Hanna – 2:28, 2:22

Sunday Morning Training Group!

Due to a general lack of interest over recent months, it has been decided to discontinue the Sunday Morning Training Group. However, our other existing groups on Mondays, Tuesdays and Wednesdays will continue as normal.

Mid-Week Training Programme For February!

WEEK ONE

MONDAY, 4th February, 2008 (C.V. Kelly) – (6.15pm for 6.30pm start)

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 1 x 400m, 1 x 300m, 2 x 200m
 - 4) Warm down – track
-

TUESDAY, 5th February, 2008 (C.V. Kelly) – 6.30pm

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

WEDNESDAY, 6th February, 2008 (C.V. Kelly) – (6.15pm for 6.30pm start)

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 4 x 400m
 - 4) Warm down – track
-
-

WEEK TWO

MONDAY, 11th February, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 1 x 500m, 1 x 400m, 1 x 300m, 1 x 200m
 - 4) Warm down – track
-

TUESDAY, 12th February, 2008 (C.V. Kelly) – 6.30pm

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) Middle Distance & Steeplechase training – track
 - 4) Warm down – track
-

WEDNESDAY, 13th February, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 3 x 400m, 2 x 200m
 - 4) Warm down – track
-

WEEK THREE

MONDAY, 18th February, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 3 x 300m, 1 x 200m
 - 4) Warm down – track
-

Tuesday, 19th February, 2008 (C.V. Kelly) – 6.30pm

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) Middle Distance & Steeplechase training – track
 - 4) Warm down – track
-

Wednesday, 20th February, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 1 x 400m, 1 x 300m, 1 x 200m, 1 x 150m
 - 4) Warm down – track
-

WEEK FOUR

Monday, 25th February, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

-
- 1) 2km – road
 - 2) Drills on grass
 - 3) 4 x 200m
 - 4) Warm down – track
-
-

Tuesday, 26th February, 2008 (C.V. Kelly) – 6.30pm

- 1) 2km – road
 - 2) Drills on grass
 - 3) Middle Distance & Steeplechase training – track
 - 4) Warm down – track
-

Wednesday, 27th February, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

- 1) 2km road
 - 2) Drills on grass
 - 3) 4 x 300m
 - 4) Warm down - track
-

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

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

GARRY WOMSLEY

From The Athlete's Kitchen!

Barbecue Coriander & Pepper Prawns

Ingredients

700g green prawns, peeled and de-veined, tails intact
1 lemon, cut into wedges
For coriander & pepper paste : -
1 bunch coriander, with leaves, roots and stems roughly chopped
7 cloves garlic, roughly chopped
2 tsps black peppercorns
2 tsps white peppercorns
2 tsps salt flakes
2 tbs lemon juice
2 tbs extra virgin olive oil

Method

To make pepper & coriander paste, place all ingredients in a food processor and blend to a coarse paste. Coat prawns with the paste and leave to marinate for 20 minutes.
Heat a barbecue or char-grill plate.
Cook the prawns for between 1 and 2 minutes until well coloured, then turn them and cook for a further minute or two until they are just opaque all through.
Serve immediately with wedges of lemon.

Great Athletes of the Past!

By Michael Christie

Hector Hogan - Australia (1931-1960)

Hector or 'Hec' Hogan, as he was known through most of his sporting life, was born in Rockhampton, Queensland on 15 July 1931. He attended school in Brisbane and began his working life as a refrigeration mechanic, where he built up his fitness by riding a bike to and from work. He joined a local athletics club, Brothers Amateur Athletics Club, in 1948 and quickly developed into an up-and-coming sprinter. He became Queensland's 100 yards champion in 1951 and the next year he became Australian champion in the same event; the first of seven successive Australian titles in this event from 1952 to 1958. At this time he became known as 'Hustling Hec' due to his explosive starting technique. By today's standards he was not a big man for a sprinter, standing at 5ft 7 inches (170cm) and he weighed about 11 stone (70 kg). Nevertheless, it was apparent to all that a new talent had emerged on the scene. However, despite his Australian championship win in 1952, he suffered major disappointment in not being selected for the Australian Olympic team to Helsinki, as he finished second behind John Treloar at the Australian Olympic trials that year. However, he continued to train and compete not only in the 100 yards, but also the 220 yards and the long jump over ensuing years.

Early in 1954 he equalled the 100 yards world record in Sydney with a time of 9.3 on a grass track. This achievement thrilled Australia. He competed that year in the Empire Games in Vancouver, finishing third in the 100 yards in a time of 9.7, collecting the bronze medal. He also finished fifth in both the 220 yards and long jump. Yet he had not been at his peak, having injured himself beforehand in the United States where he had gone to train on cinder tracks, which he had been rarely exposed to in Australia. It had been a creditable effort given the circumstances. In 1955, Hogan married and shortly afterwards moved to Melbourne to prepare for the upcoming 1956 Olympic Games. In the lead-up to these Olympics he began to suffer from tiredness and loss of strength which was a mystery to him. He still made the 1956 Australian Olympic team.

At Melbourne, Hogan competed well in the heats of the 100m and made the final. As Jobling notes:

In the final he had one of his best starts, but 'went so fast I lost my balance at about 30 metres'
Jobling (1996, p 463)

However, despite this setback he still finished third behind the United States Bob Morrow, collecting a bronze medal in a time of 10.6. It was Australia's first male Olympic sprint medal since Stanley Rowley at Paris in 1900. Hogan's effort was a fine achievement. He also competed in the 200m where he was run out in the second round and was a member of the 4x100m relay team which was eliminated in the semi-finals.

In the years after Melbourne Hogan continued competing, capturing further Australian titles in 1957 and 1958. He made the Australian team to compete at the 1958 Cardiff Empire Games. He did not make the 100 yards final which at the time was considered most surprising. He was a member of the 4x100 yards relay team which collected the bronze medal. There was no doubt that his health was not what it should have been. After returning to Australia, his health was still an issue and in 1959 he failed to reach the final of the 100m at the Australian championships. He retired at the end of 1959. He was finally diagnosed with leukemia and after a battle with the disease he died at the age of twenty-nine on 2 September 1960 in Brisbane leaving a wife and four-year-old son. His death occurred ironically at the time the 1960 Rome Olympics were being held, a games that he had hoped to compete in. It is evident that he had been suffering from the early stages of leukemia well before the 1956 Melbourne Olympics, yet over the ensuing years continued to battle and compete with the best runners in the world, testament to his courage and ability.

A measure of Hogan's achievement is that since 1956, no Australian male has won a 100m medal at an Olympic Games or even looked like doing so. Sadly, this will still appear to be the case well into the future. Hogan's achievements in retrospect were amazing and the Hec Hogan story deserves to be better known. Hec Hogan was inducted into the Sport Australia Hall of

Fame in 1986, a recognition richly deserved. In this Olympic year may his achievements continue to inspire our young up-and-coming athletes - Hec Hogan would be pleased if this is the case.

Sources and Further Reading

Andrews, M 1996 *Australia at the Olympics*, ABC Books, Sydney.

Atkinson, G 1984 *Australian and New Zealand Olympians: The stories of 100 Great Champions*, The Five Miles Press, Canterbury, Victoria.

Donald, K & Seth, D 1957 *Olympic Saga: The Track and Field Story Melbourne 1956*, Futurian Press, Sydney.

Jenes, P 2001 *Fields of Green Lanes of Gold: The Story of Athletics in Australia*, Playright Publishing, Caringbah.

Jobling, I 1996 'Hector Denis Hogan' in *Australian Dictionary of Biography Vol 14 1940-1980 Di-Kel*, Melbourne University Press, Carlton South.

<http://www.sahoh.org.au/halloffame/memberprofile>, viewed 25 January 2008.

Athletics Trivia!

This month, we look at the beginnings of Athletics in Australia and some interesting "firsts": -

First Organised Club : -

The Sydney Harriers (later known as the Sydney Amateur Athletic Club) formed early in 1872.

First Australian Championship: -

1893 in Melbourne. Only athletes from NSW and Victoria entered with several competitors from New Zealand and officially the titles were known as the Australasian championships. Highlights included Edwin Flack winning the mile in 4:44 and sprinter Billy MacPherson winning the 100, 220 and 440 yards treble.

First Controlling Association: -

The Amateur Athletics Association of Australasia formed in October 1897 comprising NSW, Victoria, Queensland and New Zealand. New Zealand withdrew in 1927 and the body then became known as Australian Amateur Athletic Union.

First Athletics for Women: -

1926 at Manly. The meeting was partly staged to establish whether any athletes were of sufficient standard to be sent to the 1928 Amsterdam Olympic Games. Only one, Edie Robinson was selected and competed in the 100m and 800m. Incredibly, the 100m was won by an American girl by the same name!

First Australian Olympian: -

Edwin Flack was the sole Australian representative in Athens in 1896. He won the 800m and 1500m events and led the Marathon until a few kilometres from the finish.

First Woman Olympian: -

Edie Robinson in 1928 (see story above).

First Australian World Record Holder: -

Nigel Barker who clocked 48.5 sec for 440 yards on 11th November 1905. It stood until 1916 as the world record and until 1930 as the Australian Amateur record. Interestingly, Billy MacPherson ran a record breaking 9.8 sec in New Zealand for 100 yards and 24.6 sec for a straight 250 yards in 1891 but the times were never universally recognised.

First Australian to Break 10 sec for 100 yards: -

Billy MacPherson with his 9.9 sec run in Brisbane in 1892. It stood as a national amateur record until 1930.

First Australian to Break 4 min Mile Barrier: -

John Landy who clocked 3:57.9 at Turku, Finland in 1954.

First Australian Woman to Win an Athletics Olympic Medal: -

Shirley Strickland who won bronze medals in the 100m and 80m hurdles and silver in the 4 x 100m relay in London, 1948.

First Australian Woman to Win an Athletics Olympic Gold Medal: -

Marjorie Jackson when she won the 100m at Helsinki, 1952. Later in the Games she won the 200m and Shirley Strickland won the 80m hurdles but the 100m event was the first event of the three held.

First Australian Woman to Hold a World Record: -

Marjorie Jackson when she equalled the world 100 yards record of 10.8 secs held by Fanny Blankers-Koen (Holland) in 1950. In the same year she equalled the world 200 yards record at the Auckland Empire Games.

First Australian to Win Gold in the Steeplechase at a Major Championship: - Tony Vincent at the 1962 Perth Commonwealth Games. (I had to throw that one in! GW)

More interesting trivia next month.

GARRY WOMSLEY

World News!

3rd January

The US Olympic Committee have finally taken a tough stance with athletes who are caught taking performance enhancing drugs. Justin Gatlin has been told that he will not be considered for this year's Beijing Olympics even his upcoming appeal against a ban until May 2010 is successful. Gatlin, who blamed a testosterone based massage cream rubbed into his skin by an allegedly disgruntled massage therapist or a vitamin B-12 injection administered by his coach's assistant for his positive test in April 2006 is said to be devastated at more than likely not being able to defend the 100m title he won in Athens. America's stance is somewhat overdue in light of the fact that similar positive drug tests were hushed up and kept in-house over the past 20 or so years. (Particularly in the case of Carl Lewis who went on to win Olympic medals after a positive drug test that wasn't disclosed until well after his retirement). Perhaps with Marion Jones' recent confessions, the US authorities could ill afford another drug scandal. What is complicating things is the fact that Gatlin is still fighting an earlier positive test whilst at the World Youth Championships as a 19 year old. He tested positive there to amphetamines which were commonly found in a prescribed treatment for Attention Deficit Disorder he was taking at the time. The authorities fear that if this original conviction is overturned, his 4 year ban could be reduced to 2 years making it possible for him to be eligible for the Olympic trials scheduled for June this year. The normal conviction for a second offence is 8 years but Gatlin's ban was reduced due to his respectful demeanour and co-operation with the authorities. It appears that there will be more court action regardless of the result. However, it is quite clear that as an elite athlete, Gatlin should have been more aware of what was being rubbed into his skin, injected into his system or what is contained in the medications he takes!

4th January

Disgraced sprinter Marion Jones continues to fight against a jail term expected to be handed down next week for lying in court about her involvement in a cheque fraud case as well as the BALCO drug scandal. Her legal representatives argue that she has already suffered enough disgrace with her public confessions as well as being stripped of her Olympic medals. The fact that she has a young son to look after may have a bearing on any penalty she receives. However, the judge is expected to ignore these pleas and order Jones to serve a jail term on both offences. The athletics world waits in anticipation for this landmark decision.

6th January

Australian high jumper Claire Mallett is looking forward to the challenge of doing a PB in order to be selected for the Beijing Olympics. A representative in the 2006 Melbourne Commonwealth Games, Mallett needs to improve her PB by 10cm to be assured of a trip to Beijing. She starts her campaign at Homebush this Saturday during the Sydney Track Classic. She has been doing a lot of fitness work at the Wanda sand hills to be ready to beat arch rivals Petrina Price and Ellen Pettitt and earn her place. Her current PB stands at 1.86m. She has made good progress since taking up High Jump as a 17 year old after formerly specialising in sprint events.

12th January

Sally McLellan landed a triple treat at the Sydney Track Classic tonight. She ran an Olympic "A" qualifying time in the 100m and 100m hurdles and also partnered Crystal Attenborough to win the 2 x 100m relay. A crowd of over 3000 (which included a lot of free tickets!) enjoyed the night of athletics held at Homebush. Her 12.81sec time for the 100m hurdles was the fastest time ever on Australian soil. She followed it with an 11.26sec in the 100m. Joshua Ross was a late scratching which must have irritated organisers as they used him as one of the drawcards for the event.

South African double amputee Oscar Pistorius has vowed to fight on if denied the opportunity to compete again able bodied athletes in the lead up to the Olympics. He competes with two carbon fibre blades attached to his legs. The IAAF are expected to issue a decision tomorrow and it is expected that they will decide that his blades give an unfair advantage.

The decision on Marion Jones' criminal proceedings was finally handed down today. Despite last minute pleas by Jones and her lawyers, she was handed a 6 month jail sentence as well as 400 hours community service. New World Ant-Doping Agency president John Fahey said that this decision against such a high profile athlete should act as a worthwhile deterrent to all those athletes thinking that they can get away with taking performance enhancing drugs. Her sentence is a result of lying at two hearings, the first being the BALCO drug enquiry and the other an unrelated charge as a result of cheque fraud. The sentence, regarded as lenient under the circumstances, was the maximum under the plea deal struck between her lawyers and the court.

17th January

Sprinter John Steffensen's on-going drama with Athletics Australia and Glynis Nunn-Cearns has come to an end without any disciplinary action being taken against him. The Commonwealth 400m champion came under fire last month after an abusive conversation with Nunn-Cearns resulted in a complaint being made against him. Armed with folders of paperwork and with a QC by his side, Steffensen's charge was thrown out by AA after 4 long hours of legal argument that made proceedings impossible. The sad thing is that Nunn-Cearns would have been happy to have just received an apology from Steffensen whose out of character tirade was witnessed by a number of school children at December's National All-Schools at Homebush. Most people in athletics circles would now agree that Steffensen really needs to get out on the track and do his talking with his feet. It is believed that AA have given him a target of 3 races during the Grand Prix season in February and March to show to them that he is worthy of selection for the Beijing Olympics.

19th January

Ethiopian Haile Gebrselassie ran the second fastest time in history to win the Dubai Marathon in 2:04.53. However, he was chasing a US \$1 million incentive to break his own world record but paid the price for his energetic start, finishing just 27 sec outside the mark he set in Berlin in September. (2:04.26). Running in almost perfect conditions on one of the flattest courses in the world, he was inside world record pace right up until the final 7km. The victory earned him \$US 250000.00 from the world record prize money. Gebrselassie has revolutionised how the longer road distances are run since he retired from the track in 2006. He holds the world records for the Half Marathon and Marathon and is expected to be the first athlete to eventually go under the magical 2 hour mark.

21st January

Craig Mottram will get a good look at 2 of his Olympic challengers on home soil this month. Tariku Bekele and Abreham Fekede of Ethiopia will contest the A Series 5km race in Melbourne on February 21st which also doubles as the National Championship. Mottram who has already said that he will bypass the fun run circuit this year as well as any pre-race interviews in his lead up to Beijing is said to be relishing the thought of this challenge so early in the year. Whatever he does is a bonus at this early stage.

24th January

Sprinter Josh Ross is taking advantage of Asafa Powell's appearance in Australia later this month. He has requested to observe a training session involving Powell and his training partners in order to try and

improve his own preparations for races. Ross, who has had a succession of injuries lately, is particularly interested in how these athletes function so far away from home. This has been a problem for Ross in the past particularly last year during the gruelling European circuit and later at the World Championships.

27th January

Craig Mottram's year has opened with the fastest indoor 3000m ever run in America. His performance came at the Boston Indoor Games in a great boost for the 2 time World Cup winner who was keen to put last years' disappointments behind him. He broke Haile Gebreselassie's US all-comers record and his own Australian record by winning in 7:34.50. His previous best of 7:39.24 was set at the same event last year.

Australia's top 4 x 400m relay team have run the 5th fastest ever time by a National relay squad at the Canberra Athletics Classic. This should seal them a spot for Beijing. The squad of Joel Milburn, Dylan Grant, Mark Ormrod and Sean Wroe clocked 3:01.52 a time which only 6 other nations bettered in 2007. Kurt Mulcahy, Tristian Thomas, Daniel Batman and Clinton Hill should make up the rest of the Olympic relay squad.

Lots Of Girraween Gear At Discounted Prices!

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

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

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

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

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

They are \$25.00 each.

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

GARRY WOMSLEY

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

Also, there has been some interest from our newer members about purchasing Girraween tracksuit tops.

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

However, we would need at least 10 orders from our members to enable us to place an order.

Therefore, if you would like a Girraween tracksuit top, please let me know as soon as possible so we can get an idea on numbers.

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

Our Lightning Policy!

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

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

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

GARRY WOMSLEY

Media Watch!

9th January

The Parramatta Advertiser printed results of our athletes at the Skin's Event (Dec 22nd) and the All-Comers/State Steeplechase/Pentathlon (Jan 5th & 6th) in this week's edition.

16th January

The Parramatta Advertiser printed the results from our Girraween All-Comers meet last Saturday (12th January).

20th January

Our results from yesterday's Girraween All-Comers were published in both the Sunday Telegraph and Sun-Herald today.

23rd January

The Parramatta Advertiser printed the results from both our Girraween All-Comers meet and the ANSW All-Comers meet held last Saturday.

For Those Over 30 – A Date For Your Diary!

We are pleased to advise that next year's National Masters Championships will be held at Blacktown over Easter 2008 (21st-24th March). All athletes are eligible to compete who are over the age of 30. All track & field events are covered as well as cross-country. If you want to be part of this event, all you have to do is join the NSW Masters Club. The annual membership fee is only \$35.00 per year. Club members Vince Adams, Roger Mar, Joe Butler, Matt Stenning, Robert Stepanovich and Michael Christie have already taken up the offer and will compete at the Nationals. Hurry! If you want to compete at Nationals, join now. Entries close at the end of February. The Nationals can be entered either on-line or with a hard copy and payment by mail. If you would like further information or would like to join, please contact me by phone or e-mail. For those who have joined, a state uniform needs to be purchased if you intend to compete at Nationals. Please contact Lynette Smith for all your uniform needs. This event is a perfect dress rehearsal for the World Masters Games which will also be held in Sydney in 2009.

GARRY WOMSLEY – NSW Masters Club Registrar & Member of the 2008 Steering Committee.

...And Officials & Helpers Are Desperately Required!

Officials and helpers are badly needed for the Nationals to run smoothly. While it appears that we will have enough track officials, it is in the field where we are currently a bit short for people on each of the 4 days of the competition. We will also need a number of helpers for the cross country event to be held on the Monday. If you would like to help out on any of the days, please give me a call on 0405586961 and I will give you the relevant for to complete.

GARRY WOMSLEY

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!

Lost

David Perry lost his mobile phone at C.V. Kelly on Saturday, 3rd November. If anyone found this phone and didn't know who it belonged to, please return it as soon as possible to David.

One of the Little A's mums lost a gold wedding ring near the no. 1 discus cage on Friday, 14th December. If anyone finds this ring in this area, please call Garry Womsley on 0405586961 and he will organise its return to its rightful owner.

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 2 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!

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

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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Contact Cheri Womsley on

02 96366017 0404722806

Mon-Fri 9am-3pm

Saturday 9am-12pm



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

