
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

GO GIRRA!



GIRRAWEE ATHLETICS CLUB Inc.

ENCOURAGING ATHLETES OF ALL AGES & ABILITIES SINCE 1978.

CELEBRATING OUR 30th YEAR!

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Happy 30th Year!

Welcome to the first edition of 2008. 2008 promises to be a special year for our club as it will be our 30th year! Our great club has survived some ups and downs but is now going strong thanks to you, our members. We look forward to another enjoyable year. We would like to wish our athletes all the best in their first competitions of 2008 at Dubbo, The State Underage Steeplechase Championships at Campbelltown and The State Masters Pentathlon at Campbelltown. Our own competition resumes at C.V. Kelly on 5th January. The ground has not looked this good for many years so we hope the attendances will improve during the rest of the season. The highlight of December was definitely the successful retention of the Girraween versus Blacktown Championship. We were out in force to defend our title while Blacktown's athletes were quite small in numbers. We are very grateful that our members showed pride in our singlet, its colours and rose to the occasion. Our membership is still a bit down on previous years, so please encourage your family and friends to join. There is still 3 months to go in this summer season so encourage others to come down to C.V. Kelly and have a go. We guarantee they will enjoy the experience. Our club would like to wish all our members and supporters

and their families a Happy New Year and hope it is a healthy and happy time throughout. Until next month, run well and most of all, enjoy it! GARRY WOMSLEY.

Our Athletes Continue To Fly The Flag!

ANSW Club Premiership Round 5 – Saturday, 1st December, 2007 – Homebush

Our small band of athletes again did very well at the club Premiership today. In sometimes drizzly and humid conditions, our athletes continue to do the club and its colours proud against more fancied rivals. In fact, Lynette Smith and Brad Milosevic won their events outright while our other athletes were all prominent in the placings. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing/Age</u>
BRAD MILOSEVIC	1500m	4:18.65	1st (U/20)
LYNETTE SMITH	100m	14.19sec	5th (Masters)
	200m	28.48sec	5th (Masters)
	400m	1:06.04	3rd (Masters)
	Long Jump	4.67m	3rd (Masters)
	Shot Put	10.15m	1st (Masters)
	Discus	28.98m	1st (Masters)
VINCE ADAMS	100m	13.80sec	5th (Masters)
	200m	29.05sec	8th (Masters)
GARRY WOMSLEY	3000m Steeple	12:20.09	2nd (Masters)
LAJOS JONI	Shot Put	10.62m	2nd (Masters)
	Discus	32.74m	4th (Masters)

Andrew Does Well At The Nationals! - AA

Australian All-Schools – Thursday, 6th December, 2007 – Homebush.

Andrew Blunden contested the U/16 2000m Steeplechase at the National All-Schools tonight. In warm and steamy conditions he placed 8th (in a huge field of 24!) in a great time of 6:31.66 which was only a few seconds outside his PB. He was also the highest placed from NSW. This was a fine achievement from Andrew and really gave him some good experience at this level.

Girraween Wins The 2nd Annual Championship Against Blacktown!

Girraween versus Blacktown Championship – Saturday, 8th December, 2007 – C.V. Kelly.

Girraween members were out in force today at C.V. Kelly for the annual championship against our friends from Blacktown. Unfortunately, Blacktown did not have similar numbers which made for a very one sided contest. However, all athletes seemed to enjoy the day and it was definitely a win for the development of athletics in the local area. The Parramatta Advertiser sent a photographer who was impressed with our set up and the standard of our competition. While the day was cool and the track was slushy in some areas, the races were close and the times were impressive. Wayne Thurlow's 100m was the highlight as he broke his own O/40's record. After the competition, a sumptuous BBQ was

cooked by our chef George Milosevic and ably assisted by Kevin Sherson and Ethan Womsley.
Congratulations to all those who took part in the day!

Full results as follows: -

Men

100m

U/30: - S.Tripney (Blacktown) 11.75sec, J. Sherson (Girraween) 12.46sec, A. Blunden (Girraween) 12.70sec

O/30: - D.Brien (Blacktown) 11.82sec, W. Thurlow (Girraween) 12.13sec, R. Giesler (Girraween) 12.84sec

Other Good Performances: - V. Adams (Girraween) 12.84sec, D. Beacroft (Blacktown) 12.94sec, S. Blunden (Girraween) 13.13sec

400m

U/30: - J. Sherson (Girraween) 55.05sec, A. Blunden (Girraween) 57.69sec, D. Beacroft (Blacktown) 1:07.25

O/30: - D. Brien (Blacktown) 58.35sec, W. Thurlow (Girraween) 1:04.37, S. Blunden (Girraween) 1:05.29

Other Good Performances: - P. Matthews (Girraween) 1:06.75, G. Womsley (Girraween) 1:08.99, M. Grogan (Blacktown) 1:09.02, C. Kidson (Girraween) 1:11.19

1500m

U/30: - J. Sherson (Girraween) 4:48.57, A.Blunden (Girraween) 5:00.82, B.Milosevic (Girraween) 5:04.71

O/30: - P.Matthews (Girraween) 5:07.42, G. Sheargold (Girraween) 5:24.84, M. Free (Girraween) 5:29.41

Other Good Performances: - D. Beacroft (Blacktown) 5:10.05, D. Brien (Blacktown) 5:31.57, G. Womsley (Girraween) 5:32.30, M. Grogan 5:49.00 (Blacktown)

Long Jump

S. Tripney (Blacktown) 5.27m, J. Sherson (Girraween) 5.01m, S. Blunden (Girraween) 4.72m

Triple Jump

S. Tripney (Blacktown) 11.46m, J. Sherson (Girraween) 11.13m, A. Blunden (Girraween) 10.15m

High Jump

J. Sherson (Girraween) 1.60m, D. Brien (Blacktown) 1.35m, D. Beacroft (Blacktown) 1.35m

Shot Put

S. Tripney (Blacktown) 10.59m, A. Vanderent (Blacktown) 10.19m, S. Blunden (Girraween) 9.70m

Discus

A. Blunden (Girraween) 38.66m, J. Sherson (Girraween) 23.90m, D. Brien (Blacktown) 21.65m

Javelin

A. Blunden (Girraween) 31.17m, R. Vanderent (Blacktown) 29.86m, J. Sherson (Girraween) 24.6m

Women

100m

U/30: - R. Pederson (Blacktown) 12.95sec, A. Giesler (Girraween) 13.95m, S. Russell (Girraween) 16.31sec

O/30: - J. Davis (Girraween) 15.52sec, A. Hendley (Girraween) 15.68sec, W. Hord (Blacktown) 16.01sec

Other Good Performances: - K. Russell (Girraween) 17.14sec, B. Milcalef (Girraween) 17.92sec, L. Sinclair (Girraween) 21.17sec

400m

U/30: - R. Pederson (Blacktown) 1:00.95, S. Russell (Girraween) 1:36.92, L. Sinclair (Girraween) 2:05.34

O/30: - J. Davis (Girraween) 1:19.88, W. Hord (Blacktown) 1:25.84, A. Hendley (Girraween) 1:27.20, K. Russell (Girraween) 1:31.9

1500m

U/30: - R. Pederson (Blacktown) 5:44.50, S. Russell (Girraween) 8:42.61

O/30: - J. Davis (Girraween) 7:07.09, K. Russell (Girraween) 7:41.38, A. Hendley (Girraween) 8:21.95, W. Hord (Blacktown) 8:26.44

Long Jump

R. Pederson (Blacktown) 4.39m, J. Davis (Girraween) 3.50m, W. Hord (Blacktown) 2.29m

Triple Jump

R. Pederson (Blacktown) 9.83m, J. Davis (Girraween) 7.98m

High Jump

R. Pederson (Blacktown) 1.40m, J. Davis (Girraween) 1.25m, S. Russell (Girraween) 1.15m, W. Hord (Blacktown) 1.00m, A. Hendley (Girraween) 1.00m

Shot Put

A. Hendley (Girraween) 7.72m, B. Micallef (Girraween) 6.32m, J. Davis (Girraween) 6.09m

Discus

A. Hendley (Girraween) 23.49m, B. Micallef (Girraween) 18.94m, M. Wicks (Blacktown) 18.93m

Javelin

A. Hendley (Girraween) 15.85m, W. Hord (Blacktown) 15.07m, K. Russell (Girraween) 14.16m

Mixed Relay

4 x 100m: - Girraween "A" - 52.23sec, Blacktown 53.45sec, Girraween "B" 1:02.48, Girraween "C" DNF

Final Point Score: -

Girraween 1337 points

Blacktown 775 points

Five Contest Emu Plains!

Nepean Summer Classic – Sunday, 9th December, 2007 – River Road Reserve, Emu Plains.

Girraween again had the biggest representation among the clubs at Emu Plains today. In warm and humid conditions, our members again did the club proud. Full results as follows: -

2km

1) GARRY WOMSLEY – 8:00

2) ETHAN WOMSLEY – 12:02

5km

1) ROGER MAR – 28:33

7km

1) WAYNE JEFF – 29:24

2) TERRY ROSE – 31:32

As promised, please find below, the official times from last month: -

2km

1) ETHAN WOMSLEY – 11:09

5km

1) MICHAEL CHRISTIE - 28:38

7km

1) GARRY WOMSLEY – 27:09

2) PETER MATTHEWS – 27:35

3) TERRY ROSE – 31:38

4) ROGER MAR – 45:41

Club Premiership Concludes! – ANSW Club

Premiership Round 6 – Saturday, 15th December, 2007 – Homebush.

Seven of our athletes contested the final round of the Club Premiership. Unfortunately, most clubs have “voted with their feet” with the Club Premiership in its current form. In a lot of cases, it comes down to a numbers game as opposed to quality performances with a few of the larger clubs dominating events and scoring more points. Numbers at all 6 rounds were smaller than in previous years and perhaps ANSW need to look at the current format and come up with some new ideas to make it more interesting for all clubs because it is certainly not a level playing field in its current format. It also goes against those clubs that have their own competition on a Saturday afternoon. Another problem today was the seeding system used in the events where there is more than 1 heat required. Basically, with the “honesty” system now in place, athletes can nominate any time they like when entering. As a result, a number of athletes gave slower times than they can do just to get in a slower heat. Great examples of these discrepancies were in the Masters 200m and 400m where the first 3 in the slower heat beat the last runner in the faster heat by a large margin. This certainly goes against the spirit of the sport and perhaps times over the season need to be consulted in future when athletes enter. In warm, dry conditions, our athletes all put in solid performances and were competitive against their opposition. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Placing/Category</u>
Garry Womsley	200m	28.42sec	12th (Masters)
Garry Womsley	400m	1:06.83	7th (Masters)
Garry Womsley	800m	2:43.25	7th (Masters)
Brad Milosevic	3000m	9:43.45	1st (U/20)
Jamie Sherson	3000m	DNF	no placing
Nick Hanna	3000m	11:10.09	9th (Open)
Richard Frost	3000m	11:45.20	10th (Open)
Lajos Joni	Discus	33.07m	3rd (Masters)
Lajos Joni	Javelin	23.67m	13th (Masters)

Our Athletes Again Show Good Form At

SMC! – Sydney Marathon Clinic Road Race Series – Rossford Reserve & Surrounds – Sunday, 16th December, 2007.

Girraween athletes continue to do well at this monthly competition. In cloudy and warm conditions, our athletes continue to be competitive in their respective age categories. This competition continues to get bigger and better through word of mouth. SMC is like one big happy family and they are always looking for new members. Full results as follows: -

5km: -

Nick Hanna - 19:34
Garry Womsley - 20:04
Terry Rose - 21:48
David Perry – 22:18
Michael Christie – 25:23
Joe Butler - 27:57

10km: -

Brad Milosevic - 42:26
Roger Mar - 56:06

21.1km: -

Tim Molesworth - 1:20:16
Graham Sheargold - 1:36:06

Happy Birthday!

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

1st – Ater Mgok
2nd – Geoff Sheargold
3rd – Jessica Baitieri
4th – Terry Rose
8th – Ethan Womsley
9th – Kathy Austin
11th – Tim Evans
16th – Joe Butler
16th – Richard Frost
21st – Vince Adams
21st – Erika Hendley
23rd – Bruce Harrison
26th – Tracey Cubis
26th – Reece Diaz
31st – Melanie Dunn

Upcoming Events!

Club Events

Sat - 5 Jan - Modified Programme with distance event 1 Mile (C.V. Kelly) - Including special Teen Athletics Programme
Sat - 12 Jan - Week A with distance event 1500m (C.V. Kelly)

Sat - 19 Jan - Week B with distance event 3000m (C.V. Kelly)

Sat - 26 Jan - Week A with distance event 1500m (C.V. Kelly)

ANSW Events

Sat-Sun - 5-6 Jan - NSW Combined Event Championships (Campbelltown)

Sat - 5 Jan - ANSW All-Comers (inc. Champions League Rd1) (Campbelltown)

Sat - 5 Jan - ANSW 10,000m Track Walks & Underage Steeplechase Championships (Campbelltown)

Sun - 6 Jan - Masters Pentathlon (Campbelltown)

Sat - 12 Jan - ANSW All-Comers (inc. Champions League Rd2) (Homebush)

Sat - 12 Jan - Sydney Track Classic (Homebush)

Sat - 19 Jan - ANSW All-Comers (Homebush)

Thur - 24 Jan - ANSW All-Comers (inc. Champions League Rd3) (Homebush)

Sat-Sun - 26-27 Jan - NSW Country Championships (Glendale, Newcastle)

Sat - 26 Jan - Canberra "A" Series (Canberra)

Thur - 31 Jan - ANSW State 5000m Track Championships & All-Comers (Homebush)

AA Events

Sat - 19 Jan - Australian Club Championships (Hobart)

Sun - 20 Jan - Australian Relay Championships (Hobart)

Fun Runs & Other Events of Interest

Wed - 2 Jan - Sydney Summer Series no. 12 - Wallumatta Bay (Gladesville Reserve) - 4.45-6.45pm

Fri - 4 Jan - Sydney Summer Twilight Series (5km, 7km, 10km) (Drummoyne Rowers Club - 7.00pm)

Wed - 9 Jan - Sydney Summer Series no. 13 - Tarban Creek (Reserve - cnr Mary St & Gladesville Rd, Hunters Hill) - 4.45-6.45pm

Thur - 10 Jan - Andrew Boy Charlton Biathlon Series (4km run followed by 300m swim) - 6.30pm (Mrs Macquarie Road, The Domain)

Wed - 16 Jan - Sydney Summer Series no. 14 - Two Creeks Track (East Lindfield Park) - 4.45-6.45pm

Thur - 17 Jan - Andrew Boy Charlton Biathlon Series (4km run followed by 300m swim) - 6.30pm (Mrs Macquarie's Road, The Domain)

Sun - 20 Jan - Sydney Marathon Clinic Road Race Series (5km, 10km, 21.1km) - Rossford Reserve & Surrounds - from 7.00am

Wed - 23 Jan - Sydney Summer Series no. 15 - Dee Why Lagoon (James Meehan Reserve, Dee Why) - 4.45- 6.45pm

Thur - 24 Jan - Andrew Boy Charlton Biathlon Series (4km run followed by 300m swim) - 6.30pm

Sat - 26 Jan - Australia Day Illawarra Aquathlon 200m swim/2km run (junior), 400m swim/3km run or 800m swim/7.2km run - 8.40am - Belmore Basin, Wollongong Harbour

Sat - 26 Jan - Menai Marketplace Fun Run (3.2km & 8.2km) - 8.00am - Menai Park

Sat - 26 Jan - Penrith Lakes Australia Day Fun Runs (incorporating Nepean Summer Classic) - 5km & 10km - 7.30am

Wed - 30 Jan - Sydney Summer Series no. 16 - Parramatta Gaol (Off Fleet St, North Parramatta) - 4.45-6.45pm

Thur - 31 Jan - Andrew Boy Charlton Biathlon Series (4km run followed by 300m swim) - 6.30pm

SUMMER REPRESENTATIVE CALENDAR FOR 2007-2008

Sat - 2 Feb - ANSW All-Comers (inc. Champions League Rd4) (Homebush)

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

Sat - 16 Feb - Sydney "A" Series (Homebush)

Sun - 17 Feb - ANSW All-Comers (Bankstown)

Fri - 22 Feb - Melbourne "A" Series (Olympic Park, Melbourne)

Sat - 23 Feb - Australian 20km Road Walking Championships (Albert Park, Melbourne)

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

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

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)
 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 - National Masters Championships inc. NSW State Weight Pentathlon (Blacktown)

DRAFT 2008 WINTER REPRESENTATIVE PROGRAMME!

Sun 30 Mar – NSW Mountain Running Championships (Wollongong)
 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 (TBA) (U/16, U/14 & U/12)
 Sun 18 May – NSW Half Marathon (SMH) – may not be state event in 2008
 Sat 24 May – NSW Team Walks Championships (TBA)
 Sat 31 May – NSW Cross Country Relays (Miranda)
 Sat 14 Jun – Australian Mountain Running Championships (TBA)
 Sat 21 Jun – NSW Long Course Cross Country Championships (Nowra)
 Sat 28 Jun – NSW Short Walks (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!

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

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

Next Meeting: - Thursday, 24th January, 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 under way, 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. (Please note the change in venue for this training session).

Training Form!

Wednesday, 5th December, 2007 – (1 x 600m, 1 x 400m, 2 x 200m) – C.V. Kelly

Garry Womsley – 2:17 (600m), 1:22 (400m), 0:30, 0:29 (200m)

Mark Attwood – 2:29 (600m), 1:22 (400m), 0:33, 0:33 (200m)

Roger Mar – 2:29 (600m), 1:33 (400m), 0:38, 0:39 (200m)

Rob (new member) – 2:34 (600m), 1:26 (400m)

Ray Harrison – untimed (All)

Richard Frost – 2:21 (600m), 1:24 (400m), 0:41, 0:40 (200m)

Jonas (Little A's) – untimed (1 x 600m, 1 x 400m, 1 x 200m)

Jeshurun (Little A's) – untimed (All)

Doug Perrott – untimed (1 x 600m, 1 x 400m, 1 x 200m)

Alyssa Perrott – untimed (1 x 600m)

Monday, 10th December, 2007 – (1 x 500m, 3 x 200m) – C.V. Kelly

Garry Womsley – 1:53 (500m), 0:36, 0:34, 0:33 (200m)

Vince Adams – 2:03 (500m), 0:35, 0:33, 0:34 (200m)

Renee Juhart – 2:28 (500m), 0:48, 0:44, 0:46 (200m)

Lauren Sinclair – 3:08 (500m), 1:03, 1:06 (200m)

Richard Frost – 1:53 (500m), 0:42, 0:41, 0:41 (200m)

Tuesday, 11th December, 2007 – Middle Distance – C.V. Kelly

Garry Womsley – 2:13, 1:54 (500m), 0:47, 0:48, 0:49, 0:33, 0:32, 0:30 (200m)

Ethan Womsley – 2:17 (500m), 0:54, 0:59, 0:51 (200m)

Nick Hanna – 1:53 (500m), 0:32, 0:31, 0:29 (200m)

Wednesday, 12th December, 2007 – (2 x 600m & 2 x 500m) – C.V. Kelly

Richard Frost – 2:18, 2:16 (600m), 1:58, 1:59 (500m)

Roger Mar – 2:51, 2:48 (600m), 2:21, 2:16 (500m)

Garry Womsley – 2:36, 2:17 (600m), 1:56, 1:56 (500m)

Vince Adams – 2:52, 2:44 (600m), 2:10, 2:17 (500m)

Caitlyn (Little A's) – untimed (2 x 600m)

Monday, 17th December, 2007 – (1 x 400m & 3 x 300m) – C.V. Kelly

Garry Womsley – 1:28 (400m), 0:59, 0:58, 0:48 (300m)

Vince Adams – 1:27 (400m), 0:58, 0:57, 0:54 (300m)

David Perry – 1:18 (400m), 0:56, 0:54, 0:49 (300m)

Richard Frost – 1:29 (400m), 1:00, 1:01, 1:00 (300m)

Michael Christie – 1:38 (400m), 1:04, 1:04, 1:09 (300m)
Renee Juhart – 1:52 (400m), 1:07, 1:07, 1:09 (300m)

Sunday Morning Group!

Due to a lack of numbers over the last few months to our Sunday morning training runs, we have decided to revamp the programme. As a number of our members attend fun runs on a Sunday, I have included a suggested fun run where applicable. I have only scheduled training runs when there are no fun runs scheduled for that day. As follows: -

Sunday, 6th January, 2008

ANSW Masters State Pentathlon (Campbelltown) – open to all fully ANSW registered athletes over the age of 30.

Sunday, 13th January, 2008 – C.V. Kelly – 7.00am for 7.15am start

Meet at C.V. Kelly. Run along Toongabbie Road & cross Great Western Highway, run along Greystanes Road until Pemulwhuy is reached. Run up the steep hill. Return to C.V. Kelly the same way. (Try to negative split).

Sunday, 20th January, 2008

Sydney Marathon Clinic Road Race Series (5km, 10km, 21.1km) – Rossford Reserve & Surrounds – from 7.00am

Sunday, 27th January, 2008

Blacktown Australia Day Athletics Carnival – Francis Park, Blacktown

Mid- Week Training Programme For January!

JANUARY 2008 – WEEK ONE

TUESDAY, 1st January, 2008

NO TRAINING TODAY – PUBLIC HOLIDAY

WEDNESDAY, 2nd January, 2008 (C.V. KELLY) – (6.15pm for 6.30pm start)

- 1) 2km – road
- 2) Drills on grass
- 3) Long Programme: - 1 x 500m, 3 x 400m. Short Programme: - 1 x 300m, 2 x 200m & 1 x 150m
- 4) Warm down – track

WEEK TWO

MONDAY, 7th January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

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

TUESDAY, 8th January, 2008 (C.V. KELLY) – 6.30pm

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

WEDNESDAY, 9th January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

- 1) 2km Road Run
- 2) Drills on grass
- 3) 1 x 600m, 2 x 400m & 2 x 200m
- 4) Warm down – track

MONDAY, 14th January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

- 1) 2km Road Run
- 2) Drills on grass
- 3) 1 x 600m, 1 x 500m, 1 x 400m & 1 x 200m
- 4) Warm down – track

TUESDAY, 15th January, 2008 (C.V. KELLY) – 6.30pm

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

WEDNESDAY, 16th January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

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

MONDAY, 21st January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

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

TUESDAY, 22nd January, 2008 (C.V. KELLY) – 6.30pm

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

WEDNESDAY, 23rd January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

- 1) 2km Road Run
- 2) Drills on grass
- 3) 2 x 600m, 1 x 400m, 1 x 200m
- 4) Warm down – track

MONDAY, 28th January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

- 1) 2km Road Run
- 2) Drills on grass
- 3) 3 x 600m, 1 x 200m
- 4) Warm down – track

TUESDAY, 29th January, 2008 (C.V. KELLY) – 6.30pm

- 1) Warm up – road
 - 2) Drills on grass
-

-
- 3) Middle Distance & Steeplechase Training – track
 - 4) Warm down – 2 laps – track

WEDNESDAY, 30th January, 2008 (C.V. KELLY) – 6.15pm for 6.30pm start

- 1) 2km Road Run
- 2) Drills on grass
- 3) 3 x 400m, 1 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 their dogs to the spout of the bubbler for a drink which they subsequently licked. Drink from this bubbler at your own risk!
GARRY WOMSLEY

From The Athlete's Kitchen!

Prawn Cocktail

Ingredients

8 large King prawns peeled
1 small cucumber peeled in to thin strips & soaked in salted water
1/2 avocado cut into chunks
1/4 of iceberg lettuce finely sliced
3 tbsp of olive oil & 1 tbsp of lemon juice
1 lemon cut in wedges
A splash of tabasco sauce
A splash of Worcestershire sauce
A dusting of cayenne pepper
Salt & freshly ground black pepper
The dressing
1 free range or organic egg yolk
The juice of 1/2 a lemon
1/2 tsp of French mustard
100ml hazelnut oil
200ml olive oil
1 tbsp Heinz Ketchup
1 splash of Tabasco sauce

Method

To make the dressing

Place the egg yolk, lemon juice & mustard into a bowl, season with salt & pepper, start to slowly whisk in the olive oil & the hazelnut oil to form a mayonnaise, add the ketchup & the Tabasco sauce & thin down with a little hot water if necessary.

To serve

Add prawns to mayonnaise dressing. Dress the other ingredients with the olive oil & lemon mix, season with salt & freshly ground black pepper, place in a glass & drizzle with the mayonnaise, sprinkle with cayenne pepper & serve with lemon wedges.

Athletics Trivia!

Did you know that the current popular song "Hey There Delilah" by the American band Plain White T's was actually inspired by a steeplechaser? It sounds strange but it is true. Singer and songwriter Tom Higgenson met Columbia University graduate and steeplechaser Delilah DiCrescenzo in 2006 and was immediately infatuated with her. Unfortunately, DiCrescenzo did not show the same interest in him but the lasting impression she made on Higgenson inspired the song. DiCrescenzo has mixed feelings about the song that was inspired by her and is focussing on qualifying for the 2008 Beijing Olympics instead. Her biggest race victory to date was in August 2006 where she won the 3000m Steeplechase in the Canadian Championships in Ottawa in a time of 10:16.16. The Chicago native has no ties to Canada but was allowed to compete as a guest after the race she had entered in Cardiff, Wales had been cancelled.

World News!

5th December

The A-Series to be held in Sydney and Melbourne should attract big crowds with the news that Asafa Powell and a few of his training partners will compete in the series. Entries from our elite 100m sprinters are also expected to reach an all time high as they clamber to compete against the world record holder.

12th December

Further good news was delivered to athletics fans today with World Champion 400m sprinter Jeremy Warriner declaring that he will be a starter during the Australian domestic season. This comes on top of last week's news that Asafa Powell will also compete during our season which should be a real bonanza for fans and the state athletics bodies hosting the events.

14th December

Commonwealth 400m Champion John Steffensen and his management have come to an agreement with Athletics Australia over how he is to qualify for the Beijing Olympics. Steffensen, who has been training by himself in Sydney after splitting with his American coach is said to be happy with the outcome of the talks. However, he is still facing possible discipline over a confrontation with selector Glynis Nunn-Cearns at last week's Australian All-Schools at Homebush.

Lots Of Girraween Gear At Discounted Prices!

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

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

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

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

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

They are \$25.00 each.

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

GARRY WOMSLEY

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

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

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

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

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

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

Retro T-Shirts!

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

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

2 t-shirts: -

2 x size 16

They are \$10.00 each.

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

If anyone is interested, please let me know.

GARRY WOMSLEY

Media Watch

12th December

We got a small amount of publicity in this week's Parramatta Advertiser about last Saturday's Girraween versus Blacktown Championship. There are two photos (Brenda Micallef & Vince Adams) as well as a small story and all of the results. Our results from the cross country race at Emu Plains on Sunday have also been included.

19th December

Our results from Homebush and SMC appear in the results section of this week's Parramatta Advertiser.

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 membership fee is only \$35.00 per year. Club members Vince Adams, Roger Mar, Joe Butler and Michael Christie have already taken up the offer and will compete at the Nationals. Hurry! If you want to compete at the Nationals, join now. Entries close at the end of February. If you would like further information or would like to join, please contact me by phone or e-mail.

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

Officials Also Urgently Needed!

Official 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 four 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 four days, please give me a call on 0405586961 and I will give you the relevant form to complete.

GARRY WOMSLEY

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

Do you have a friend or a family member who you think may be interested in receiving our newsletter?

If so, please let me know their postal or e-mail address and I will make sure they receive a copy each month. Who knows? It may give them the incentive to take up athletics and join us! GARRY WOMSLEY

LOST & FOUND!

Lost

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

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

Found

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

One large Grey Long Sleeve Jumper with a white & black stripe around the "V" neck.

One large Dark Blue Men's T-Shirt (Bonds brand).

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

GARRY WOMSLEY

Can Anybody Provide Work To One Of Our Members?

One of members, Roger Mar, lost his job recently due to lack of work at his company. Roger has had no luck over the last few years and has been made redundant on at least three occasions. He is a hard worker who is very experienced in all types of labouring work and would like to get another 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 your details on 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 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 part of the large Wentworth estate. Girraween is Aboriginal for "where the flowers grow". (It fits in very nicely next to Toongabbie which means "where the waters meet"). C.V. Kelly Park seems to have been established around 1967/1968.

GARRY WOMSLEY

ANSW Launch A New Magazine!

Welcome to Inside Athletics, the official e-zine of Athletics NSW.

The magazine, which will be released approximately every two months and will promote and showcase our vibrant sport, with a focus on local athletes and events.

Inside the first edition we cover all of the action from the recent World Championships, including a unique insight into the championships from Jane Saville. We get a similar perspective of the World Youth Championships from Ryan Gregson as well as pieces on the National Cross Country, plyometric training and more!

Viewing Instructions

http://www.nswathletics.org.au/answ/inside_athletics/Inside_Athletics_Issue_01.pdf

Inside Athletics is available to open by left clicking the link above. To save the file onto your computer (~6 MB) right click and choose 'Save Target As'.

The magazine is designed to be viewed as a double page spread. To optimise your viewing, please make sure that within Adobe Reader you select:

View >> Page Display >> Two-Up and

View >> Page Display >> Show Cover Page during Two-up

We hope you enjoy the magazine!

Trophies!

The following members still have trophies to collect: -

David Wallis
Linda Balinski
Lonnie Balinski

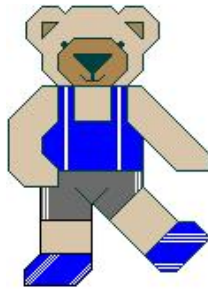
Please call Garry Womsley on 0405586961 to organise collection.

MORE SPACES FOR HIRE!

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

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

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



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02 96366017 or 0404722806*



Great Athletes of the Past

By Michael Christie

Yvette Corlett (nee Williams) New Zealand (1929-)

Yvette Corlett (nee Williams) was born on 25 April 1929 in Dunedin, New Zealand and spent her childhood in this South Island city. She showed potential at school and by the late 1940's had secured minor places in the long jump (or broad jump as it was known then) in various Otago athletic championships. Her improvement was such however that under the coaching of Jim Bellwood she made tremendous strides and began to win national championships in various disciplines. By the time the 1950 Empire Games were held in Auckland she had made the New Zealand team. She was such a success that she won the gold medal in the long jump with a new games record of 5.90m, an outstanding leap given the weather conditions. During these games she also collected a silver medal in the javelin.

It was now evident that the long jump was her strength and this was the event that she was to concentrate on leading up to the Helsinki Olympics in 1952. She was also now based in Auckland so she could continue to be coached by Jim Bellwood. However she still competed in other field events such as shot put and discus over this period. At Helsinki, she made the long jump final with a leap of 6.16m in the preliminaries. Yet in the final her first two jumps were fouls - one more and she was out. Her third jump thankfully was a solid 5.90m which placed her in fourth place with three jumps to go.

Her fourth jump was an amazing 6.24m and shot her into the lead in unfavourable conditions and just outside the world record. It was enough. Her opposition could not respond and she was Olympic champion at twenty-three, New Zealand's first female Olympic gold medalist - it still remains one of the great moments in New Zealand Olympic history. Williams also competed in the shot put at these Games placing a creditable sixth in the final with a throw of 13.35 competing against athletes who were specialists, again demonstrating her versatility.

By 1954, she was one of the finest athletes in the world and continuing to gather national championships at will. Early that year, she competed in a meet at Gisborne. In her first jump of the competition she exploded with a leap of 6.28, a new world record by 3cm, adding another achievement to her resume.

She headed off to the Vancouver Empire/Commonwealth Games in fine form with plans to compete in a number of events. Amazingly, she won gold medals in three events, the shot put, long jump and discus. She also made the final of the 80m hurdles. As she noted with classic understatement:

'I was very very busy in Vancouver. I did three field events and also the hurdles. I remember one day having to run back and forth between the long jump and discus. You had to be careful or you'd miss a round. I guess they were scheduled for the same afternoon because it was unusual for a jumper to also be a thrower.' (<http://www.olympics.org.NZ/Athletes>)

By the time the 1956 Olympics in Melbourne were held, Williams had retired, married Buddy Corlett and was planning to start a family. Despite having touched briefly on only a couple of career highlights, it should also be mentioned that she won national championships in hurdles, long jump,

shot put, discus and javelin and also set twenty seven national records across shot put, discus and long jump, achievements which in themselves are breathtaking over her career.

Corlett raised four children after her career concluded, taught physical education in various schools and also helped start the Pakuranga Athletics club in 1967. She had been awarded an MBE in 1953, had been inducted into the New Zealand Hall of Fame in 1990 and was voted Otago sportsperson of the century in 2000. Where does she stand overall in the pantheon of great New Zealand sportspeople? At or near the top! Peter Heidenstorm in his iconic history of New Zealand athletics makes the following point:

‘While hot of spirit and ice cold of nerve, she seemed have been inoculated against defeat and her fight back at Helsinki compares with anything of Oerter’s. Winning with competition and winning without it made no difference. Records with competition, records without, it made no difference. Long jump or shot put, hurdles or discus, pentathlon or javelin, it made no difference. She was a champion in all of them She was the consummate athlete. Heidenstrom (1992, p210)

It is little wonder then that he named her as New Zealand’s athlete of the century, even in front of an athlete like Peter Snell. Corlett was extraordinary and undoubtedly ahead of her time. One can only wonder how good she would have been as a heptathlete today. There is little doubt she would have succeeded in whatever she put her mind to today. She was that good - it’s as simple as that.

Sources and further reading

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

Heidenstrom, P 1992 *Athletes of the Century: 100 Years of New Zealand track and field*, GP Publications Ltd, Wellington.

<http://www.olympics.org.nz/Athletes>, viewed 27 November 2007.

http://en.wikipedia.org/wiki/Yvette_Williams, viewed 27 November 2007.
