THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -

INCORPORATED

CELEBRATING OUR 30th YEAR!

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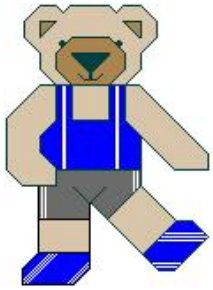
Welcome To Our Club Committee For 2008-2009!

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

Steve Williams	***President***	***0425227669***
Garry Womsley	***Secretary, Coaching Co-ordinator, ANSW Delegate, Publicity Officer & Temporary Registrar***	***9636-6017***
Viv Manwaring	***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***	***0419420393***
Peter Matthews	***Park Trust Delegate***	***9636-7352***
George Milosevic	***Park Trust Delegate***	***9626-8586***
Cheri Womsley	***Fundraising Officer***	***9636-6017***
Wayne Thurlow	***General Committee***	***0417216911***
Stephen Mifsud	***General Committee***	***0247303450***
Nick Hanna	***Junior Committee***	***9621-7895***

The following positions are still vacant: -
Registrar
Records Officer
Canteen Manager
If you are interested in taking on any of these positions, please contact Garry Womsley or Steve Williams. There are also positions open for those who want to join as General Committee or Junior Committee members.
Next Meeting: Committee: - Thursday, 7th August. Anniversary Sub-Committee: - Thursday, 3rd July.

GO GIRRA!



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

Welcome To Our 50th Issue!

Welcome to the 50th issue of the Girraween Athlete. We've come a long way since our first 2 page issue in 2004. It would have to be longest running monthly newsletter for any athletics club in Australia and we are very proud that we have been able to keep it going for so long and hope to keep it going for many years to come.

It has been another month of many highlights for our club. We have earned 2 State Medals (1 Silver, 1 Bronze) through our 35+ team (Wayne Thurlow, Peter Matthews, Garry Womsley & David Perry) who placed 3rd at the Nowra Cross Country Championships and Connor Vernon who earned silver at Penrith in the Short Walks Championships. Michael Grogan is the Blacktown Advocate Sports Person of the Month and our members picked up a swag of awards at the SMC Presentation Night (See separate story). It seems to all be happening at the moment.

Our membership has been steadily growing during the last few months and currently stands at 62. However, we would like to improve on this before the winter season is over so if any of your family or friends would like to try athletics in a friendly environment, please get them to come along. We would also like to ask all those that have been competing at West Mets but have not yet signed up to do so as soon as possible so that you are adequately covered by insurance.

The West Mets competition has proved popular with our members so far this season with an average of over twenty competing in all distances recently. Just one thing about dealing with officials at West Mets, please remember that they are all volunteers and some actually do a lot of work behind the scenes before the actual competition day so that you get to compete in a safe and secure environment. Under no circumstances are any of them to be abused. If any of our members have grievances, they should address them to either myself, Steve Williams or one of our other committee members.

Lastly, it is now time to get your RSVP's back to us for our 30th Celebration activities to be held in September. Please get them to us as soon as possible. We also still have a few boxes of fundraising chocolates awaiting an owner. Remember, there is a prize for the member who sells the most boxes. Until next month, happy running and most of all, enjoy it!
GARRY WOMSLEY.

Results From West Metropolitan Race 8!

Saturday, 7th June, 2008 – North Ryde Common.

2km: -

1) PETER MATTHEWS - 7:40 (5)
2) WAYNE THURLOW - 7:53 (6)
3) MICHAEL GROGAN - 8:00 (8)
4) GARRY WOMSLEY - 8:19 (19)
5) DAVID PERRY - 8:26 (21)
6) MICHAEL FREE - 8:39 (25)
7) TERRY ROSE - 9:27 (43)
8) CAITLIN THURLOW - 9:32 (45)
9) RICHARD LAMAS - 10:29 (64)
10) ROGER MAR - 10:30 (65)
11) MICHAEL CHRISTIE - 10:49 (72)
12) MARK INGRAM - 11:07 (73)
13) JILL WOODRUFF - 12:17 (Did the 2km during the 4km race)
14) RACHEL EVANS-INGRAM - 13:17 (87)
15) LAUREN SINCLAIR - 15:31 (91)

4km: -

1) PETER MATTHEWS - 15:53 (14)
2) JONAS WILLIAMS - 16:38 (20)
3) STEPHEN MIFSUD - 17:34 (35)
4) ADAM SINCLAIR - 17:41 (37)
5) MICHAEL GROGAN - 17:43 (38)
6) NICK HANNA - 17:45 (39)
7) DAVID PERRY - 18:18 (46)
8) STEVE PARKINS - 18:19 (48)
9) GREG SARGEANT - 19:35 (56)
10) DARREN GOULD - 20:51 (63)
11) RICHARD FROST - 22:19 (65)
12) ROGER MAR - 22:43 (68)
13) ETHAN WOMSLEY - 22:54 (71)
14) KATRINA RUSSELL - 24:30 (74)
15) MICHAEL CHRISTIE - 24:51 (75)
16) MARK INGRAM - 26:23 (76)
17) RACHEL EVANS-INGRAM - 27:27 (77)

8km: -

1) TIM MOLESWORTH - 30:23 (10)
2) PETER MATTHEWS - 34:14 (15)
3) DENIS ANDREW - 39:08 (27)
4) CLIVE KIDSON - 39:43 (30)
5) RICHARD FROST - 39:44 (31)
6) LEANNE BOURKE - 39:46 (32)
7) STEVE PARKINS - 40:30 (33)
8) KEN SCALLEY - 42:12 (39)
9) STEVE WILLIAMS - 43:01 (40)
10) GREG SARGEANT - 43:50 (41)
11) ROBERT EAGER - 48:17 (44)
12) RICHARD LAMAS - 49:07 (45)

13) KYLIE SMYTHE - 50:33 (48)
14) ROGER MAR - 51:35 (49)
15) JOE BUTLER - 52:37 (50)

Teething Problems During A New Fun Run! ***– Epping Club to Club Fun Run – Sunday, 8th June, 2008 – The Epping Club to North Epping Park – 3km & 8km.***

Epping Running Club (formerly Cumberland Ryde-Hornsby) took on the monumental task of introducing a new fun run to the calendar and I think it would be kind to say that they had a number of teething problems. There were huge line ups when registration opened well within an hour before the race, there were no chest bibs (just small stickers with a number on it), the start was on a busy street without adequate traffic control, there was another dangerous traffic area about 1km into the race, there were no marshals after the 3km mark for the athletes in the 8km race and there was just one recorder at the finish again causing huge line ups. Basically, everything that probably should not be done when organising a fun run was done today. Fun runs take a lot of planning but this race seems to have been badly planned from the start. Publicity only started a few weeks ago, there were no pre or on-line entries and the entry form appeared to have been copied from the ANSW trialling member form. A lack of age categories also meant that most athletes would go home empty handed on the day. Another drawback was the distance from where the race started to where it finished. As a result, most athletes did not stay for the presentation as they wanted to get back to their cars and some dry clothing. The number of runners that turned up seemed to take them by surprise. What they thought would be a small low key local fun run with a small field ended up being a long way from the mark. A total of at least 200 athletes competed in the 2 races today.

However, in saying that, the runs themselves were very challenging and very enjoyable. The hilly streets of Epping provided a fantastic setting for a fun run. There were plenty of ups and downs in both races to keep everyone on their toes. The free food and drinks at the end were also a nice touch and much appreciated. They also had the local State Member of Parliament (Greg Smith) in attendance as well as the local newspaper (The Times) on side. Hopefully, the organisers will take note of the many shortcomings and work on them for next year's race. I've been doing fun runs for 10 years and I am usually easy to please as long as the race is well organised and marshalled. Unfortunately, today wasn't one of those days. Having organised an event (8km cross country at Nationals) myself recently, I know how much work needs to go into them to make them work. You really need to put yourself in the athlete's shoes and make sure they are looked after. They don't need added concerns as running a race is hard enough. In my opinion, the course gets a 6 out of 10 (I would have rated it higher if there were more marshals) but the organization would rate a 3 out of 10. Let's see if it improves in time for 2009.

A good attendance of 11 Girraween members competed in today's races. Our club probably had the biggest attendance out of all the clubs represented which again showed that we like to get out and about and show our colours. Nick Hanna was our first runner home in the 8km while Michael Christie was our first runner home in the 3km race. Full results as follows: -

3km: -

1) MICHAEL CHRISTIE – 14:53
2) ETHAN WOMSLEY – 15:35
3) RENEE JUHART – 16:13
4) CHERI WOMSLEY – 23:39

8km: -

1) NICK HANNA – 30:25
2) MICHAEL GROGAN – 32:06
3) GARRY WOMSLEY – 32:22
4) DAVID PERRY – 39:59
5) RICHARD FROST – 40:01

6) TERRY ROSE – 42:27
7) ROGER MAR – 47:23

Results From West Metropolitan Race 9!

Crestwood Reserve & Surrounds – Saturday, 14th June, 2008.

2km: -

1) WAYNE THURLOW – 7:20 (3)
2) PETER MATTHEWS – 7:21 (4)
3) MICHAEL GROGAN – 7:42 (6)
4) GARRY WOMSLEY – 8:01 (10)
5) LEWIS BOURKE – 8:04 (11)
6) DAVID PERRY – 8:31 (21)
7) ANDREW BLUNDEN – 8:37 (22)
8) STEVE BLUNDEN – 8:50 (25)
9) STEVE O'DONNELL – 8:54 (27)
10) TERRY ROSE – 9:01 (30)
11) RICHARD LAMAS – 9:40 (38)
12) STACEY ARGENT – 10:08 (46)
13) VINCE ADAMS – 10:10 (47)
14) ROGER MAR – 10:11 (48)
15) MICHAEL CHRISTIE – 10:12 (49)
16) HEIDI JUHART – 10:16 (50)
17) RENEE JUHART – 10:18 (51)
18) MARK INGRAM – 10:21 (52)
19) TERESA TRUMAN – 10:51 (57)
20) STEVE WILLIAMS – 10:52 (58)
21) STEPHANIE RUSSELL – 10:57 (59)
22) RACHEL EVANS-INGRAM – 12:19 (65)
23) LAUREN SINCLAIR – 15:17 (73)

4km: -

1) ANDREW BLUNDEN – 15:14 (7)
2) JONAS WILLIAMS – 15:40 (10)
3) PETER MATTHEWS – 15:46 (12)
4) WAYNE THURLOW – 16:12 (18)
5) ADAM SINCLAIR – 16:39 (23)
6) MICHAEL GROGAN – 16:55 (27)
7) STEVE MIFSUD – 17:10 (29)
8) NICK HANNA – 17:14 (31)
9) DAVID PERRY – 17:56 (36)
10) STEVE PARKINS – 17:57 (37)
11) LEANNE BOURKE – 18:20 (40)
12) GREG SARGEANT – 18:52 (44)
13) CHRIS MACKEY – 19:07 (45)
14) STEVE O'DONNELL – 20:08 (52)
15) DARREN GOULD – 20:10 (53)
16) RICHARD LAMAS – 21:10 (55)
17) CARLY EAGER – 21:39 (56)
18) ROGER MAR – 21:47 (57)
19) KATRINA RUSSELL – 22:19 (59)
20) ELIZABETH SUTTON – 23:22 (60)
21) MICHAEL CHRISTIE – 22:56 (62)
22) ETHAN WOMSLEY – 23:32 (64)
23) MARK INGRAM – 24:46 (65)
24) RACHEL EVANS-INGRAM – 25:20 (67)

8km: -

1) TIM MOLESWORTH – 29:17 (4)
2) PETER MATTHEWS – 33:25 (11)
3) WAYNE THURLOW – 34:56 (19)
4) LISA GRANT – 36:03 (23)
5) MICHAEL FREE – 36:36 (24)
6) CLIVE KIDSON – 37:25 (27)
7) DENIS ANDREW – 37:36 (29)
8) MICHAEL GROGAN – 38:02 (31)
9) KEN SCALLEY – 38:14 (32)
10) MONICA JUHART – 38:22 (34)
11) STEVE PARKINS – 38:34 (35)
12) DAVID PERRY – 38:48 (36)
13) STEVE WILLIAMS – 39:06 (37)
14) STEVE BLUNDEN – 39:20 (39)
15) GREG SARGEANT – 42:13 (42)
16) STEVE O'DONNELL – 44:29 (43)
17) ROBERT EAGER – 44:59 (44)
18) LONNIE BALINSKI – 45:44 (45)
19) ALLISON GILMORE – 45:50 (46)
20) RICHARD LAMAS – 47:55 (48)
21) ROGER MAR – 48:07 (49)
22) JOE BUTLER – 48:51 (50)
23) LINDA BALINSKI – 54:16 (52)

Out & About!

1st June

Terry Rose contested the MS Fun Run at Balls Head today. He placed 82nd in the 8km race in a time of 37:25. He also placed 2nd in the 50-59 category.

7th June

Three of our runners contested the Sydney Striders race at North Head this morning: -

1) GEOFF SHEARGOLD – 37:36 (61st)
2) GRAHAM SHEARGOLD – 41:39 (138th)
3) MICHAEL FREE – 44:23 (200th)

Vince Adams ran at Winter All-Comers this morning at The Ridge. He placed 3rd in the 100m in a time of 13.38 sec and 2nd in the 200m in a time of 27.89 sec.

8th June

Stephen Mifsud contested the mile race at the Soft Sand Classic at Manly Beach today. He placed 2nd in the 50-59 category in a time of 12:36.

15th June

Nick Hanna placed 33rd in the 10km Minimosmarathon Fun Run today in a time of 40:13. Garry Womsley contested the same race and placed 85th in a time of 44:01. Stephen Mifsud contested the 5km and placed 35th overall in a time of 23:43. He also placed 2nd in the 50-59 age category.

29th June

Garry Womsley, Monica Juhart and Roger Mar contested the very challenging Woodford to Glenbrook Classic (25km) on a fine but cool day. Despite a fall at the 17km mark, Garry Womsley was our first runner home in a time of 2 hours & 2 minutes. Monica Juhart was next home in 2 hours & 10 minutes which was an outstanding result for her first race on the demanding course. Roger Mar improved on last year's time by 16 minutes to finish in a time of 2 hours & 46 minutes.

Another State Medal At Nowra!

ANSW Long Course Cross Country Championships – Saturday, 21st June, 2008 Camberwarra (Near Nowra).

A number of our members made the trip to Nowra today. The weather was clear, cool and sunny and the course was muddy and slushy in parts from the recent rain. All of our athletes were competitive on the day with Brad Milosevic's 4th placing in the U/20 race being the best individual performance. We were more successful in the teams category with our O/35 men's team of Peter Matthews, Wayne Thurlow, Garry Womsley and David Perry taking the bronze medal with 321 points just in front of Kembla Joggers. This was an outstanding result as Kembla usually dominate in all age groups. We have now earned 2 State medals so far in 2008/2009 with hopefully many more to come. Full results as follows: -

12km – Men

1) PETER MATTHEWS – 52:41 (63)
2) WAYNE THURLOW – 53:34 (68)
3) NICK HANNA – 54:46 (75)
4) GARRY WOMSLEY – 57:14 (88)
5) MICHAEL GROGAN – 58:06 (92)
6) RICHARD FROST – 58:41 (95)
7) DAVID PERRY – 1:00:44 (102)
8) STEVE WILLIAMS – 1:06:46 (117)
9) CHRIS MACKEY – 1:09:16 (122)
10) ROGER MAR – 1:12:04 (124)

8km (55+ & U/20 Men, Open Women)

1) BRAD MILOSEVIC – 28:04 (4)
2) LISA GRANT – 37:19 (24)
3) DENIS ANDREW – 40:46 (39)
4) ROBERT EAGER – 49:16 (42)

2km Fun Run

1) ROGER MAR – 10:33 (22)

4km Fun Run

1) ROBERT EAGER – 22:53 (93)
2) CARLY EAGER – 23:02 (95)

More Wrong Turns!

Sri-Chinmoy Race Series – Sunday, 22nd June, 2008 – Lake Gillawarna (2 mile, 8km & 16km).

For the second time in three weeks, athletes got lost due to poor marshalling in a fun run. On a beautiful sunny day and in beautiful surroundings, 6 of our members contested the various races held today. While Sri Chinmoy races are usually well organised, this one wasn't. An area where the path goes off in two directions was unmanned which resulted in some athletes taking a wrong turn and getting lost. Unfortunately, some took a short cut while others ended up doing longer than they should have. Athletes were particularly disadvantaged in the 8km and 16km races. Some of the award winners in these races openly admitted that they did shorter yet still took their trophies home. This definitely goes against the spirit of athletics and the organisers have promised that this won't happen again. They have even offered free entry to all those inconvenienced in their next race at Dolls Point on July 13.

Despite all of the problems, our members had a successful day with Ethan Womsley (2nd – 2 mile), Terry Rose (1st – 8km), Leanne Bourke (4th – 8km) and Roger Mar (2nd – 16km) all picked up awards in their respective age categories. Garry Womsley also achieved a personal best in the 16km race. Cheri Womsley was also happy with her race in the 2 mile event.

Full results as follows: -

2 Mile	Time	Age Category Position
1) ETHAN WOMSLEY	17:06	2nd (U/13)
2) CHERI WOMSLEY	25:49	7th (17 & Over)

8km	Time	Age Category Position
1) TERRY ROSE	37:05	1st (50-59)
2) LEANNE BOURKE	40:44	4th (U/50)

16km	Time	Age Category Position
1) GARRY WOMSLEY	1:10:46	9th (U/50)
2) ROGER MAR	1:36:43	2nd (50-59)

Michael Grogan Gets Sportsperson Of The Month!

We are pleased to report that Michael Grogan is the Blacktown Advocate Sportsperson of the Month. Michael who has been in great form all season, also did well at both the State and National Masters Championships held earlier this year. He is a deserving winner of this month's award. Well done Michael!

Results From West Metropolitan Race 10! – Saturday, 28th June, 2008 – Prospect Reservoir (Western Course)

2km: -
1) WAYNE THURLOW - 6:55 (6)
2) PETER MATTHEWS - 6:59 (7)
3) MICHAEL GROGAN - 7:08 (10)
4) JYE PERROTT - 7:25 (14)
5) GARRY WOMSLEY - 7:40 (20)
6) LEWIS BOURKE - 7:44 (22)
7) DAVID PERRY - 7:54 (26)
8) STEVE BLUNDEN - 8:09 (32)
9) TERRY ROSE - 8:13 (33)
10) STEVE O'DONNELL - 8:15 (34)
11) RICHARD LAMAS - 8:47 (44)
12) STACEY ARGENT - 8:57 (47)
13) ROGER MAR - 9:20 (52)
14) RENEE JUHART - 9:21 (53)
15) MARK INGRAM - 9:27 (54)
16) MICHAEL CHRISTIE - 9:30 (56)
17) HEIDI JUHART - 9:33 (57)
18) TERESA TRUMAN - 9:54 (61)
19) STEVE WILLIAMS - 9:55 (62)
20) STEPHANIE RUSSELL - 9:59 (63)
21) ELIZABETH SUTTON - 10:49 (69)
22) LEANNE BOURKE - 11:20 (76)
23) RACHEL EVANS-INGRAM - 11:50 (79)
24) LAUREN SINCLAIR - 12:46 (81)
25) EDDIE MAKKI - 13:07 (85)

4km: -
1) PETER MATTHEWS - 14:50 (15)
2) JONAS WILLIAMS - 15:06 (19)
3) NICK HANNA - 15:10 (20)
4) MICHAEL GROGAN - 15:40 (27)
5) CHOL ACHUOTH - 16:15 (34)
6) ADAM SINCLAIR - 16:18 (35)
7) STEVE MIFSUD - 16:21 (37)
8) STEVE PARKINS - 16:47 (41)
9) DAVID PERRY - 16:49 (42)
10) LEANNE BOURKE - 17:25 (48)
11) CHRIS MACKEY - 17:54 (50)
12) TERRY ROSE - 18:21 (53)
13) STEVE O'DONNELL - 19:34 (58)
14) ELIZABETH SUTTON - 19:37 (60)
15) RICHARD LAMAS - 20:11 (62)
16) ETHAN WOMSLEY - 20:29 (66)
17) CARLY EAGER - 20:44 (68)
18) ROGER MAR - 20:53 (69)
19) KATRINA RUSSELL - 21:05 (70)
20) SURESH RAJU - 21:31 (71)
21) MICHAEL CHRISTIE - 22:14 (72)
22) MARK INGRAM - 23:10 (73)
23) RACHEL EVANS-INGRAM - 25:18 (77)

8km: -
1) TIM MOLESWORTH - 28:51 (5)
2) ANDREW BLUNDEN - 31:23 (9)
3) RICHARD FROST - 33:06 (14)
4) LISA GRANT - 34:30 (21)
5) GRAHAM SHEARGOLD - 35:03 (24)
6) MICHAEL FREE - 35:34 (26)
7) KEN SCALLEY - 35:58 (27)
8) CLIVE KIDSON - 35:59 (28)
9) DENIS ANDREW - 36:15 (29)
10) STEVE WILLIAMS - 36:48 (30)
11) MICHAEL GROGAN - 37:02 (31)
12) STEVE BLUNDEN - 37:05 (32)
13) DAVID PERRY - 37:14 (33)
14) STEVE PARKINS - 37:47 (36)
15) MONICA JUHART - 37:59 (37)
16) LONNIE BALINSKI - 41:17 (38)
17) STEVE O'DONNELL - 41:59 (39)
18) EDDIE MAKKI - 43:35 (40)
19) MARK ATTWOOD - 43:45 (41)
20) ROB EAGER - 44:48 (42)
21) KYLIE SMYTHE - 45:19 (44)
22) JOE BUTLER - 45:26 (45)
23) ROGER MAR - 46:59 (47)
24) LINDA BALINSKI - 49:57 (48)

Connor Earns Our 3rd State Medal Of The Season! ***- NSW Short Walks Championships, Sunday, 29th June, 2008 – Penrith.***

I would just like to advise that one of our new members Connor Vernon contested the NSW Short Walks Championships at Penrith yesterday and I'm pleased to advise that he earned a silver medal for placing 2nd in the U/12 1km race in a time of 5:59.

His mum says, "Unfortunately he missed coming first and even moving up in the group because he tripped over his shoelace. Not to worry, his time was 5.59, not his personal best but a good effort nonetheless. He was very pleased with the Silver medal that he got. Onwards and upwards!"

Congratulations Connor on your fantastic effort!

GARRY WOMSLEY

Girraween Members Rake In The Awards At The SMC Presentation!

Girraween members capped off a great season at SMC by picking up a huge number of awards at their presentation night held at the Wetherill Park Community Centre on 28th June. On a memorable night, our members picked up the following awards: -

5km Handicap Award – MICHAEL CHRISTIE – 2nd Male
Race Record – BRAD MILOSEVIC – Junior Male – 10km
5km Walk – CHERI WOMSLEY – 6 Races completed
5km Run – MICHAEL CHRISTIE – 9 Races completed
5km Run – TERRY ROSE – 9 Races completed
10km Run – ROGER MAR – 9 Races completed
Long Run – TIM MOLESWORTH – 1st Outright Male
5km Run – ETHAN WOMSLEY – 2nd U/15 Male
5km Run – MICHAEL GROGAN – 3rd 25-34 Male
5km Run – GARRY WOMSLEY – 1st 35-44 Male
5km Run – STEVE MIFSUD – 1st 45-54 Male
5km Run – DAVID PERRY – 3rd 45-54 Male
5km Run – TERRY ROSE – 1st 55+ Male

Well done everyone. You did the club proud!

Happy Birthday!

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

7th – Renee Juhart
13th – Darren Gould
15th – Nick Hanna
26th – Garry Womsley
31st – Steve Blunden

Upcoming Events!

Club Events
Sat - 5th July - West Metropolitan no. 11 - River Road, Emu Plains
Sat - 12th July - West Metropolitan no. 12 - Cowell's Lane
Sat - 26th July - West Metropolitan no. 13 - Gipps Road Reserve, Greystanes
ANSW Events
Sat - 19th July - ANSW Short Course Cross Country Championships - Abbotsbury
Fun Runs & Other Events of Interest
Sat – 5th July – Sydney Striders 10 km Series (Sydney Olympic Park) – 7.00 am
Sun – 13th July – Sri Chinmoy Series Race 5 (Dolls Point) (5 km, 10 km & 21.1 km) – 8.00 am
Sun – 27th July – Westlink M7 Cities Marathon – (Prestons to Glenwood)
Sun – 27th July – Campbelltown Joggers Club Handicap Series (Bradbury Oval) (10 km) – 7.00 am
Sun – 27th July – Sutherland to Surf (11 km) (Sutherland Entertainment Centre to Wanda Beach)
Sun – 27th July – Bay Run (Near Leichhardt Rowing Club) (8 km) – 8.00 am

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West Metropolitan Season 2008!

Winter West Metropolitan & Representative Season: -
Sat - 2nd August - ANSW Road Relay Championships - Wollongong

Sat - 9th August - no competition

Sat - 16th August - West Metropolitan no. 14 – North Bank – Parramatta River - Rydalmere
Sat - 23rd August - West Metropolitan no. 15 - Ford Park, Enfield
Saturday, 23 August
Australian Cross Country Championships (TBC) Melbourne
Sat - 30th August - West Metropolitan - Trevor Lonard Memorial Handicap - Prospect Reservoir
Sat - 6th September - West Metropolitan - Relay & Presentation - West Auburn
Sunday, 22 September
NSW & Australian (TBC) Marathon Championships Sydney

Girraween Club Winter Training Days & Times

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

Mondays & Wednesdays – (5.30-6.30pm) – Training with Wayne Thurlow and Gary Micallef for juniors and newcomers. (6.30-8.00pm) – Training with Garry Womsley for seniors.
Tuesdays – (6.00-8.00pm) – Middle Distance at Homebush.

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

From the dawn of time, mankind has shown his athletic abilities in many ways. For example: - hunting for food, running away from dangerous predators, travelling between towns, dodging spears and arrows and conveying messages. Nowadays, with all our creature comforts and technology, we need a little more help to stay athletic and that's where coaching comes in. All human beings have athletic ability of some kind. Some are fast over short distances others are fast over long distances, while others can run incredible distances and not tire. Others can throw well and still others can jump. Whatever your event, coaching can bring out the best in all athletes. However, there is always room for more coaches. Therefore, if you think you have an interest in bringing the best out of others and even staying fit yourself give Roger Green a call at the Australian Track & Field Coaches Association on 9520-9324. The Level One Basic Course is the first step in becoming a coach. It is a two day course over one weekend. On completion of this course, you can then attempt a Level Two Event Specific Course. This is also a two day course where you get to specialise in your selected event or events. All of this year's courses are listed at the bottom of this story. As a coach since July 2004, I can tell you that it has been a thoroughly enjoyable and fulfilling experience bringing the best out of the athletes I have coached and see them go on and do personal bests, win medals, win championships and also just generally improve and get more confident. That is what coaching is all about. However, you must be personally motivated, enthusiastic, prepared to get your hands dirty as well as being prepared to take the odd setback or two. I never said that it is always easy but it is definitely fulfilling. If you feel that you have what it takes, give Roger a call or drop him an email on ragreen@digisurf.net.au. It is also worth noting that on successful completion of your course, Girraween will pay for your course fees. (Providing you are a member and are willing to join our coaching team).
Happy Coaching!
GARRY WOMSLEY (Level 3 Coach)

The following courses will be held in 2008: -

LEVEL 1

26-27 Jul – Westfield Sports High
16-17 Aug – Westfield Sports High

LEVEL 2

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!

Tuesday, 10th June – Homebush (Middle Distance)
NICK HANNA – 4:22, 4:19, 4:18 (1200m)
GARRY WOMSLEY – 4:43, 5:02, 4:40 (1200m)
MARK INGRAM – 5:45, 5:42, 5:24 (1200m)
RACHEL EVANS-INGRAM – 7:10, 6:42, 6:38 (1200m)

Wednesday, 11th June – Wiltona Place (8 x 100m up hill)
LEANNE BOURKE – 20 sec, 19 sec, 18 sec, 18 sec, 18 sec, 19 sec, 19 sec, 19 sec
NICK HANNA – untimed (8 x 100m)
ROGER MAR – 19 sec, 20 sec, 19 sec, 19 sec, 19 sec, 19 sec, 20 sec, 20 sec

CHRIS MACKEY – 17 sec, 16 sec, untimed, 16 sec, untimed, 16 sec, untimed
STEVE BLUNDEN – 15 sec, 15 sec, 16 sec, 15 sec, 15 sec, 15 sec, 16 sec, 15 sec
MICHAEL GROGAN – 16 sec, 16 sec, 16 sec, 16 sec, 16 sec, 16 sec, 16 sec, 16 sec
GARRY WOMSLEY – 18 sec, 16 sec, 16 sec, 17 sec, 17 sec, 18 sec, 18 sec, 18 sec

Monday, 16th June – Mississippi Road (4 x 400m up hill)
ANDREW BLUNDEN – untimed (4 x 400m), 0:58
STEVE BLUNDEN – 1:03, 1:03, 1:08 (400m), untimed (200m)
WAYNE THURLOW – 1:02, 1:01, 1:03, 1:04
CHRIS MACKEY – 1:08, 1:12, 1:19, untimed
PETER MATTHEWS – 1:04, 1:05, 1:05, 1:08
ADAM SINCLAIR – untimed (3 x 400m), 1:02
GARRY WOMSLEY – 1:24, 1:18, 1:20, 1:14

Tuesday, 17th June – Homebush (Middle Distance)
ETHAN WOMSLEY – 13:50 (3 km road), 3:08 (600m), 5:26 (1000m)
GARRY WOMSLEY – 13:46 (3 km road), 3:12 (600m), 5:26 (1000m)

Monday, 23rd June – Monthly Time Trial
4.2 km
(1) CHRIS MACKEY – 14:18

6.8 km

(1) ANDREW BLUNDEN – 27:41
(2) WAYNE THURLOW – 27:51
(3) NICK HANNA – 28:08
(4) ADAM SINCLAIR – 29:31
(5) RICHARD FROST – 29:41
(6) GARRY WOMSLEY – 30:51
(7) STEVE BLUNDEN – 31:05
(8) DAVID PERRY – 31:10
(9) LEANNE BOURKE – 31:27
(10) ROGER MAR – 37:51

Tuesday, 26th June – Homebush (Middle Distance)
ETHAN WOMSLEY – 6:28, 6:28 (1200m)
GARRY WOMSLEY – 6:28, 6:28, 5:20, 5:18 (1200m)
NICK HANNA – 4:40, 4:31, 4:26 (1200m)
MARK INGRAM – 5:51, 6:40, 6:05 (1200m)
CHERI WOMSLEY – 6:30 (800m)

Wednesday, 25th June – Premier Street (5 x 150m up hill)
ANDREW BLUNDEN – 20 sec, 20 sec, 20 sec, 21 sec, 19 sec
CHRIS MACKEY – 21 sec, 21 sec, 22 sec, 21 sec, 21 sec
STEVE BLUNDEN – 22 sec, 22 sec, 21 sec, 22 sec, 21 sec
MICHAEL GROGAN - 23 sec, 23 sec, 23 sec, 23 sec, 21 sec
DAVID PERRY – 23 sec, 24 sec, 24 sec, 24 sec, 27 sec
ROGER MAR – 28 sec, 28 sec, 29 sec, 28 sec, 28 sec
GARRY WOMSLEY – 25 sec, 24 sec, 24 sec, 25 sec, 23 sec

Monday, 30th June – Quix Hill (4 x 600m up hill)
MICHAEL CHRISTIE – 2:25, 2:27, 2:33, 2:22
ANDE REID – untimed, 3:00, 3:00, 3:00
STEVE BLUNDEN – 1:54, 1:49, 1:57, 1:54
ADAM SINCLAIR – 1:56, 1:49, 1:52, 1:45
RICHARD FROST – 2:06, 2:10, 1:59, 2:04
CHRIS MACKEY – 2:23
ROGER MAR – 2:31, 2:41, 2:39, 2:35

Mid-Week Training Programme For July!

WEEK ONE

Monday, 30th June, 2008 (C.V. Kelly)

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

Tuesday, 1st July, 2008 (Homebush) – 6.30pm

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

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

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

WEEK TWO

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

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

Tuesday, 8th July, 2008 (Homebush) – 6.00pm

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

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

1) 1.7km – Road – Warm up
2) Drills on grass
3) 9 x 100m uphill at Wiltona Place
4) 1.5km – Road – Warm down

WEEK THREE

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

1) 3km warm up run to Mississippi Road
2) Drills on grass
3) 5 x 400m uphill sprints along footpath
4) 3km warm down return to C.V. Kelly

Tuesday, 15th July, 2008 (Homebush) – 6.00pm

5) 2km Road – warm up
6) Drills on grass
7) Middle Distance training

8) Warm down

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

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

WEEK FOUR

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

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

Tuesday, 22nd July, 2008 (Homebush) – 6.00pm

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

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

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

WEEK FIVE

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

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

Tuesday, 29th July, 2008 (Homebush) – 6.00pm

2km Road – warm up

Drills on grass

Middle Distance training

Warm down

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

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

World News!

4th June

Quite a bit has been happening in the athletics world recently. The Reebok Games in New York saw Jamaica's Usain Bolt lower the 100m world record to an impressive 9.72 seconds. The Beijing 100m final is going to be huge with Bolt, Asafa Powell and Tyson Gay all vying for gold (and the world record!)

Some Australian athletes also competed at the New York meet. Eloise Wellings placed 13th in the 5000m in a time of 16:02.36, John Steffensen placed 7th in the 400m in a time of 46.99 seconds while Lisa Corrigan placed 2nd behind Sarah Jamieson in the 1500m in a time of 4:07.57. It was just short of her season best which was a remarkable achievement as she twisted her ankle while warming up in Central Park.

In Algeria, Youcef Abdi placed 1st in the 3000m Steeplechase in a time of 8:28.35. It was a welcome return to the country of his birth. The race was run in windy conditions. He still has a little work to do to convince the selectors that he is worthy of selection for Beijing.

In Europe, Lachlan Chisholm competed at the British Milers Club meet in Manchester. He finished 10th in a time of 3:45.32. The race was won by Australian champion Mitch Kealey who finished in a time of 3:40.78.

NSW 400m Hurdles champion James Roff finished 7th in the 400m Hurdles at the Bedford International Games in 53.63s.

Competing for the University of Florida in the NCAA East Regional meet, Rebecca Lowe finished 2nd in the 5000m in 16:14.47. She will be competing in the NCAA Championships in Des Moine, Iowa from 11-14 June.

5th June

Outside a major global championship, and there haven't been too many of those for this event, the line-up for the women's 3000m Steeplechase at the Exxon Mobil Bislett Games in Oslo, Norway on Friday 6th June, is perhaps the greatest ever assembled.

The meeting in Oslo is the second leg of the IAAF Golden League and it is fitting that the venue is Bislett Stadium as it has a great reputation for staging some exciting distance events in the past. The stadium, both before and since its rebuild has seen some amazing distance running features. The warm, still, light nights of many Scandinavian summers have provided ideal conditions for events especially from 800m to 10000m with plenty of world records. The venue has witnessed 50 world records in its history.

Oslo last saw a Steeplechase World Record in 1975 when Sweden's Anders Garderud ran 8:10.4. The next year in Montreal he became the Olympic champion. In 1976, women were not yet doing the event at the top level. It became an official event for World Record purposes on 1st January, 2000 and has only been contested at the last 2 world championships. Beijing will be the first Olympics where this event has been held for women.

As a result, Friday's race has attracted a high class field. Many will be there to try and gain qualification for the Olympics while others will be trying to break the World Record. The big names are as follows: -

Russia: - Gulnara Samitova-Galkina (World Record Holder – 9:01.59), Yekaterina Volkova (World Champion – 9:06.51) & Tatyana Petrova (World Silver Medallist – 9:09.19)

Kenya: - Ruth Bisibori Nyangau (World Junior Record Holder & African Championship Bronze Medallist – 9:24.51) & Eunice Jepkorir (African Area Record Holder, World Bronze Medallist & World Athletics Final Winner – 9:14.52)

Ethiopia: - Zemzem Ahmed (African Championship winner – 9:32.53) & Mekdes Bekele (African Championship runner up – 9:32.05)

Australia: - Melissa Rollison (Oceania Record Holder – 9:24.29) & Donna MacFarlane (Current season world leader: - 9:29.93)

The only notable names missing are 2005 World Champion Dorcas Inzikuru of Uganda, who has become a mother as well as battling injury and illness and Belarus' European Champion Alesya Turova who has not competed since not finishing her heat in the World Championships in Osaka.

We look forward to a great race!

Chicago is tipped to host the 2016 Olympic Games. The IOC has began a 3 day meeting in Athens to shortlist candidate cities. 7 cities have submitted bids: - Prague, Tokyo, Rio de Janeiro, Baku, Doha and Madrid. The final election will be made in October 2009 in Copenhagen.

The IOC is keen to decide how to re-allocate medals won by disgraced US athlete Marion Jones in Sydney 2000.

Benita Johnson has put her overseas races on hold after returning to Australia due to the death of her father. She is fresh from winning a 5km road race in the US last Saturday.

Two time world 400m Hurdles Champion Jana Rawlinson is finally back to full fitness after her toe injury and will race for the first time in 9 months in Italy tomorrow night. Her surgery in January on her toe has prevented her from racing ever since. Her husband and coach Chris is satisfied that she is now ready. She will run at the Primo Nebiolo Memorial in Turin and again at the Golden Spike meet in Ostrava on June 12. She will then continue with more training.

6th June

It appears than Jana Rawlinson has further drama to deal with in her bid to be Australia's great hope of an athletics gold at the Beijing Olympics. After not coming back as early as she would have liked from her toe operation, she had a scare with Ross River Fever. She still hasn't raced since September and it now appears to be another month before she does. Due to the toe operation, her running style and mechanics have changed which is putting pressure on her achilles tendon. No date has been set for her first race at this stage.

Pole Vaulter Steve Hooker has also had an injury scare after lifting too much weight during a gym session. He now has two bulging discs. He now won't compete overseas until later this month.

8th June

Jeffrey Riseley placed 6th in the 800m in a time of 1:46.40 at the Golden league Meet at Oslo while Mitchell Keeley placed 2nd in the 1500m in a time of 3:36.21. Jarrod Bannister threw a best of 76.8m in finishing 8th in the Javelin while Donna MacFarlane scored a huge PB in the 3000m Steeplechase and finished 3rd in a great time of 9:18.35. Tamsyn Lewis placed 8th in the 800m in a time of 2:01.06. The world record for the women's 5000m was broken by Tirunesh Dibaba in a time of 14:11.15.

9th June

Jamaican sprinter Asafa Powell, who lost his world record to countryman Usain Bolt on May 31, said he would prefer a gold medal in Beijing to being known as the fastest man in the world.

26th June

The Olympic athletics team was finalised today. The biggest surprise was that Australia's 4 x 100m relay team, despite being ranked 14th in the world, was not selected. It is the first time since 1980 that Australia has not been represented in the men's 100m, 200m or 4 x 100m relay. Steeplechasers Youcef Abdi and Victoria Mitchell, Pole Vaulter Paul Burgess and 400m sprinter Mark Ormrod have been added to the squad. The full team is as follows: -

Men

400m – JOEL MILBURN, JOHN STEFFENSEN, SEAN WROE
800m – LACHLAN RENSHAW
1500m – MITCH KEALEY
5000m – COLLIS BIRMINGHAM, CRAIG MOTTRAM
3000m Steeplechase – YOUCEF ABDI
4 x 400m – DYLAN GRANT, CLINTON HILL, JOEL MILBURN, MARK ORMROD, JOHN STEFFENSEN, SEAN WROE
20 km Walk – LUKE ADAMS, CHRIS ERICKSON, JARED TALLENT
50 km Walk – NATHAN DEAKES, ADAM RUTTER, JARED TALLENT
Marathon – LEE TROOP
Pole Vault – PAUL BURGESS, STEVEN HOOKER
Shot Put – JUSTIN ANLEZARK, SCOTT MARTIN
Javelin – JARROD BANNISTER
Discus – BENN HARRADINE

Women

400m – TAMSYN LEWIS
800m – TAMSYN LEWIS, MADELEINE PAPE
1500m – LISA CORRIGAN, SARAH JAMIESON
100m Hurdles – SALLY McLELLAN
400m Hurdles – JANA RAWLINSON
3000m Steeplechase – DONNA MacFARLANE, VICTORIA MITCHELL
20 km Walk – JANE SAVILLE, KELLIE WAPSHOTT, CLAIRE WOODS

Marathon – BENITA JOHNSON, KATE SMYTH, LISA-JANE WEIGHTMAN
Pole Vault – ALANA BOYD
Long Jump – BRONWYN THOMPSON
Discus – DANI SAMUELS
Heptathlon – KYLIE WHEELER

30th June
The fastest men in the world are following the script perfectly in the lead up to what looms as the greatest 100m race in Olympic history. A Beijing blockbuster is on the cards after reigning world champion Tyson Gay slipped up a gear at the US Olympic trials today, clocking the fastest 100m in history under any conditions. Gay ran an extraordinary 9.68sec but an illegal tailwind of 4.1m/sec denied him Usain Bolt's world record of 9.72sec which the Jamaican set on May 31 in New York. Earlier, in the quarter finals of the trials, Gay registered a new American record in the legal time of 9.77sec.

In the Jamaican Olympic trials, the clash of Bolt and former world record holder Asafa Powell went in favour of Bolt. Bolt took the honours in 9.85sec from Powell (9.97sec) who shut down with 20m to go. After coming back from injury, he was happy just to qualify. Powell was the previous record holder before Bolt at 9.74sec. Bolt backed up his 100m triumph in the 200m with an impressive 19.97sec. He is yet to decide on which events he will contest in China.

In other news: -
Veronica Campbell-Brown of Jamaica made up for her disappointment of not qualifying in the 100m by achieving the year's fastest time of 21.94sec in the 200m. Kerron Stewart took out the 100m.

At the US trials, Muna Lee won the 100m in 10.85sec from Tori Edwards (10.90sec) and Lauryn Williams (10.90sec).

Finally, after 9 months on the sidelines, Jana Rawlinson will begin her Beijing Olympic preparation tomorrow night at a low key meet in Poland. The reigning 400m hurdles champion, has endured a horror year with a toe injury not responding fully to surgery. However, in recent weeks she has been able to stretch out enough to test herself at race pace. After a 10 day lay off last month, the injury has not flared again. The event is the European Athletics Festival at Bydgosz. This is the same venue where she won the World Youth Championships title in 1999.

Lots Of Girraween Gear At Discounted Prices!

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

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

Size 12 (Open Mesh) – 2
Size 14 (Open Mesh) – 7
Size 16 (Open Mesh) – 6
Size 16 (Cotton) – 1

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

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

2 x Size 16

They are $10.00 each.

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

If anyone is interested, please let me know.

GARRY WOMSLEY

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

Socks
T-Shirts

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

Reflective Vests For Sale!

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

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!

Nothing to report.

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 you know anyone who can? If so, please give me a call as soon as possible and I will pass on your details to Roger.

GARRY WOMSLEY

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

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

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

ANSW Magazine!

ANSW have launched an official e-zine.

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

The magazine will be released electronically approximately every 2 months.

We hope you enjoy it!

Trophies!

The following members still have trophies to collect: -

David Wallis

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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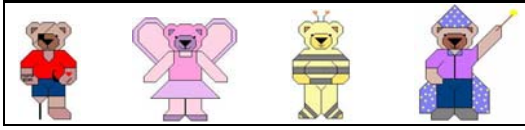

Until next month, it's goodbye from Girra the Girraween bear. Happy Running!

Great Athletes of the Past!

By Garry Womsley

Glenn Davis (USA) (1934-)

Glenn Ashby Davis is the only man to win the Olympic 400m Hurdles twice. Inexperienced in an event which is known as the ultimate test of a hurdler's technique, speed and stamina, Davis won his first Olympic gold medal just 7 months after competing in his initial serious 400m Hurdles race.

Born in Wellsburg, West Virginia on September 12, 1934 and known as "Jeep" because of his stamina and suppleness, Davis gave up athletics for football when he was 16. He later took up sprinting then hurdling, and recorded 54.4 sec for his 1st 400m Hurdles run. Two outings later he reduced his time to 50.8 sec. His 7th attempt at the event was at the US Olympic trials in June 1956 and he produced a world record time shaving 0.9 sec off the previous mark. As a result, he became the first man under the 50 sec barrier with his new time of 49.5 sec.

At the XVI Olympic Games in Melbourne the tall and stocky American (1.83m & 76.2 kg) won his first gold medal. The semi finals and final were programmed to be run 2 ½ hours apart on the same day. 18 year old American Eddie Southern won the first semi final in a new Olympic record time of 50.1 sec. Davis clocked 50.7 sec to take 2nd place behind his compatriot. He was happy to retain his strength for the final. Another fellow American called Josh Culbreath won the second semi final in 50.9 sec.

After 100m of the final, Southern and Lean (Australia) were ahead of Davis who had cleared the second hurdle awkwardly. Southern led at the 5th flight in a quick 22.5 sec. Potgeiter (South Africa) raced up to challenge the leaders but it was Davis who hit the front at the final curve. Always a strong finisher, Davis increased his lead in the home stretch to equal Southern's Olympic record. Southern finished 2nd 0.7 sec behind Davis and Culbreath collected the bronze to complete the American Trifecta. Russian Lituyev finished 4th while Lean faded to finish 5th and Potgeiter hit a barrier after looking good coming into the straight and finished last.

Davis used his immense power and strength to remain the world's top 400m hurdler. He was never a stylist but also blossomed into a world class 400m flat runner by 1958. He equalled the world 440 yd record with a time 45.8 sec and 3 weeks later, broke it by 1/10 of a second. Within another week Davis set a 440 yd hurdles record of 49.9 sec to win his 3rd American title. He wound up a remarkable 1958 with his second 400m hurdles world mark of 49.2 sec.

As favourite for the 1960 Olympic 400m hurdle title, Davis won the first semi final in 51.1 sec. In the final the next day he broke his own Olympic record and took gold in 49.3 sec again ahead of two Americans Clifton Cushman and Richard Howard. Janz of Germany finished 4th in 49.9 sec to become Europe's first sub 50 sec man. Davis backed up as a member of the 4 x 400m relay team. Selected to run the third leg, he had nearly a 2m lead over the German team when he took the baton. Running with an air of confidence, he allowed the German runner Johannes Kaiser to move up on him. He gave the German a false sense of security but instead ran him ragged. The tactics paid off as he handed the baton to namesake Otis Davis with a 6m lead. His leg was timed at a superb 45.4 sec. This culminated in America not only taking the gold but in a world record time of 3:02.2. They broke the record set by the Jamaicans in Helsinki in 1952 by 1.7 sec.

His 400m hurdles Olympic record time of 49.3 sec withstood all challengers until Britain's David Hemery slashed the world record to 48.1 sec in 1968. An athlete of great willpower, Davis produced fine performances in events other than his world record 400m and 440yd hurdle runs. He clocked 10.3 sec for 100m, 21 sec for 200m, 7.33m for the Long Jump and 1.92m for the High Jump. In 1960, his last season, he equalled the world record in the rarely

contested 200m hurdles. However, his athletic ability will always be remembered as being superb in one of the most gruelling events, the 400m hurdles. In 1958, he was the proud recipient of the prestigious James E. Sullivan award as the nation's top amateur athlete.

Believe it or not, Davis retired in his prime to take up professional football (Gridiron as we know it). He played wide receiver for the Detroit Lions in 1960 and 1961. He had 10 catches for 132 yards in his two NFL seasons. Since his retirement, Davis has been a long time resident of Barberton, Ohio and is the owner of Jeep's Olympic Driving School.

References: - Wikipedia, the free encyclopedia & "100 Greatest Olympians From 1896" by Jim Tracy.