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# THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



**INCORPORATED**

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

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**ABN:** - 97 049 119 071

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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.

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

*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:** Thursday, 19<sup>th</sup> June at Toongabbie Sports & Bowling Club.

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**GO GIRRA!**



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

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## ***Great Weather For Running!***

Welcome to the June edition of the Girrawee Athlete. After a very wet and uncomfortable summer, the weather has turned magnificent during May. While the nights are cool, the days have been warm and sunny making it great weather for running. We have been getting good numbers at West Mets and we now have 59 members so far this season which is quite a healthy number for this time of year. The representative season also continued during May with the NSW Road Championships at Homebush, the NSW Half Marathon Championships in Sydney (in conjunction with the SMH Half Marathon) and the NSW Cross Country Relays. We have had good representation at all of these events as well as a number of fun runs around the place which is great to see. Our members are among the most well known participants in Sydney with our very prominent uniform standing out. Joe Butler has earned our first state medal of the new season with his gold at the Road Championships at Homebush. Amazingly, we currently have 6 State Champions in various events (Matt Stenning - Pentathlon, Lynette Smith - Throws & Jumps, Lajos Joni - Throws, Cheri Womsley - Long Jump, Garry Womsley - Steeplechase & Mountain Running and Joe Butler - 10km Road) which is a fantastic achievement from a club still on the way up. We also had our AGM and awards night during May. However, unlike last year, we still have a few vacancies. If anyone is interested in taking on these positions, please contact either myself or Steve Williams. During June, we have the very challenging Long Course Cross Country Championships at Nowra. We usually have a very good representation down there and it should be no different this year. It is a great day out (and the pumpkin soup is great after a big run!) West Mets also continues this month and the competition is keen in all age groups. However, with the mostly narrow starts and increased numbers, it is very important that we think of the safety of our fellow runners and perhaps start a bit slower so that no one gets knocked over. Everybody deserves to have a good, safe run with no accidents. A steady start is a safe start. We also need helpers each week to act as marshals and recorders. If you can spare some time, that would be greatly appreciated. Until next month, happy running and most of all, enjoy it!

GARRY WOMSLEY

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# **RESULTS FROM STATE ROAD**

## **CHAMPIONSHIPS! – *ANSW State Road Championships***

### **(10km) – Sydney Olympic Park & Surrounds – Saturday, 3<sup>rd</sup> May, 2008.**

ANSW look to be on a real winner at Homebush with this event. After a nomadic existence over the last 10 years which has included venues at Holsworthy, Kurnell, Abbotsbury and Appin, this event appears to have found a home that everyone is happy with. The race was held on the many roads around the Sydney Olympic Park Precinct and while it was challenging, it was predominately a flat course. The 10km event attracted over 500 competitors and with the high tech timing system provided by the Sydney Striders, the athlete didn't have to worry about anything except his or her race. The parking was a breeze and there was plenty of room to warm up and warm down. Hopefully ANSW's foray into the fun run market was also successful in getting other runners who are not with a club but participating under the Strider's banner into the wonderful world of club athletics.

On a cool but fine day, our 16 athletes who took part really excelled today in a great show of strength from our club. ANSW were very impressed with our representation and helped keep our name and colours out there for all to see. Geoff Sheargold was our 1<sup>st</sup> runner home while Lisa Grant was our 1<sup>st</sup> female home.

Full results as follows: -

10km: -

- 1) Geoff Sheargold - 37:29.58 (116)
- 2) Nick Hanna - 38:25.79 (145)
- 3) Wayne Thurlow - 39:00.27 (163)
- 4) Peter Matthews - 40:10.05 (203)
- 5) Garry Womsley - 41:54.60 (259)
- 6) Michael Grogan - 42:13.86 (268)
- 7) Michael Free - 43:16.49 (300)
- 8) Lisa Grant - 43:36.50 (305)
- 9) Clive Kidson - 44:21.70 (322)
- 10) Steve Williams - 44:48.03 (338)
- 11) Graham Sheargold - 47:00.45 (391)
- 12) Ken Scalley - 47:41.61 (408)
- 13) Steve O'Donnell - 48:25.45 (429)
- 14) Robert Eager - 54:32.41 (508)
- 15) Roger Mar - 54:49.37 (512)
- 16) Joe Butler - 56:57.65 (532)

## **...And Joe Scores Our First State Medal**

### **Of The Season!**

Joe Butler has been in outstanding form so far in 2008. He did well at the Nationals and he has carried that form into the new season. Now in the 70-74 age category, Joe ran an outstanding time of 56:57 to claim the gold medal and our first state medal of the new season. Well done Joe on your outstanding achievement!

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## **Medals & Prizes For Our Members At**

### **Lake Gillawarna – Heart of the Lake Fun Run (3km & 10km) –**

#### **Sunday, 4<sup>th</sup> May, 2008.**

On a cool but fine day, 8 of our members competed in the very good Heart of the Lake fun runs at Lake Gillawarna this morning and we are pleased to report that 4 picked up age category medals. In the 3km race, Michael Grogan was our first athlete across the line in 11:22 and picked up 1<sup>st</sup> place in the 30-39 age category. Garry Womsley (11:37) earned 2<sup>nd</sup> in the 40-49 age category, Terry Rose (12:34) took out 3<sup>rd</sup> in the 50-59 age category while Cheri Womsley (25:31) grabbed 3<sup>rd</sup> in the 30-39 age category. Michael Christie (14:10) also participated in the 3km while Ethan Womsley got a personal best of 14:54 in the same race. David Perry (43:59) and Roger Mar (54:27) participated in the 10km race.

Our club members also did well in the lucky draw held after the presentation of the awards. Garry Womsley won a box of fruit, Ethan Womsley won a cap and towel, Terry Rose won a sports bag, Roger Mar won some gym equipment and David Perry won a night for two in Berridale (near Cooma). It just goes to prove, if you stay around after a fun run, even if you know you didn't win an award in your category, you can still take home something worthwhile.

Despite a rather disorganised and bumbling presentation by the Western Districts Joggers Committee (people given the wrong medals, people being called back after being awarded medals by mistake, a person awarded an age group medal who didn't actually compete etc), nothing could be taken away from the events which were well marked out and well martialled as normal. It is a run organised by runners at a reasonable price for this day and age. It is also conducted in a friendly, family orientated atmosphere which caters for the serious and not so serious equally. This run is another "must do" for next year's diary.

Full results as follows: -

#### 3km: -

- 1) MICHAEL GROGAN – 11:22 (1<sup>st</sup> in 30-39 age)
- 2) GARRY WOMSLEY – 11:37 (2<sup>nd</sup> in 40-49 age)
- 3) TERRY ROSE – 12:34 (3<sup>rd</sup> in 50-59 age)
- 4) MICHAEL CHRISTIE – 14:10
- 5) ETHAN WOMSLEY – 14:54
- 6) CHERI WOMSLEY – 25:31 (3<sup>rd</sup> in 30-39 age)

#### 10km: -

- 1) DAVID PERRY – 43:59
- 2) ROGER MAR – 54:27

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## **Results From West Metropolitan Race 5!**

### **George Kendall Riverside Park, Ermington – Saturday, 10<sup>th</sup> May, 2008.**

#### 2km: -

- 1) WAYNE THURLOW – 7:09 (5)
- 2) PETER MATTHEWS – 7:14 (6)
- 3) MICHAEL GROGAN – 7:35 (10)
- 4) GARRY WOMSLEY – 7:54 (15)
- 5) DAVID PERRY – 8:09 (18)
- 6) STEVE O'DONNELL – 8:21 (22)
- 7) TERRY ROSE – 8:23 (23)
- 8) STEVE BLUNDEN – 8:35 (28)
- 9) BRADLEY MATTHEWS – 8:58 (32)
- 10) MONICA JUHART – 9:08 (35)
- 11) MICHAEL CHRISTIE – 9:29 (41)

- 12) STACEY ARGENT – 9:37 (46)
- 13) VINCE ADAMS – 9:38 (47)
- 14) ROGER MAR – 9:41 (49)
- 15) MARK INGRAM – 9:42 (50)
- 16) STEPHANIE RUSSELL – 10:31 (60)
- 17) RACHAEL EVANS-INGRAM – 12:08 (72)
- 18) EDDIE MAKKI – 13:34 (81)
- 19) LAUREN SINCLAIR – 13:49 (83)

4km: -

- 1) JONAS WILLIAMS – 15:22 (14)
- 2) PETER MATTHEWS – 15:34 (21)
- 3) WAYNE THURLOW – 15:41 (23)
- 4) STEVE MIFSUD – 16:31 (38)
- 5) MICHAEL GROGAN – 17:25 (50)
- 6) STEVE PARKINS – 17:49 (54)
- 7) GARRY WOMSLEY – 17:51 (55)
- 8) DAVID PERRY – 18:24 (58)
- 9) GREG SARGEANT – 19:13 (63)
- 10) STEVE O'DONNELL – 19:25 (65)
- 11) DARREN GOULD – 19:56 (69)
- 12) RICHARD LAMAS – 20:42 (73)
- 13) EDDIE MAKKI – 21:06 (76)
- 14) ROGER MAR – 21:32 (81)
- 15) KATRINA RUSSELL – 21:46 (82)
- 16) MICHAEL CHRISTIE – 23:41 (87)
- 17) MARK INGRAM – 25:17 (88)
- 18) RACHEL EVANS-INGRAM – 25:22 (89)

8km: -

- 1) TIM MOLESWORTH – 28:48 (2)
  - 2) ANDREW BLUNDEN – 31:30 (7)
  - 3) NICK HANNA – 32:55 (10)
  - 4) BRAD MILOSEVIC – 33:02 (12)
  - 5) RICHARD FROST – 34:34 (18)
  - 6) GRAHAM SHEARGOLD – 35:02 (19)
  - 7) PETER MATTHEWS – 35:22 (20)
  - 8) MICHAEL FREE – 35:41 (22)
  - 9) CLIVE KIDSON – 36:26 (24)
  - 10) DENIS ANDREW – 36:36 (26)
  - 11) STEVE WILLIAMS – 38:52 (29)
  - 12) STEVE PARKINS – 39:02 (30)
  - 13) STEVE MIFSUD – 39:06 (31)
  - 14) KEN SCALLEY – 39:58 (32)
  - 15) STEVE BLUNDEN – 40:44 (35)
  - 16) MONICA JUHART – 40:55 (36)
  - 17) GREG SARGEANT – 41:59 (37)
  - 18) JOE BUTLER – 45:46 (39)
  - 19) RICHARD LAMAS – 47:21 (40)
  - 20) ROBERT EAGER – 47:56 (41)
  - 21) KYLIE SMYTHE – 48:53 (42)
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## **Our Members Out In Force At**

### **Parramatta Park! – Mothers Day Classic (8km run, 4km run & 4km walk) – Sunday, 11<sup>th</sup> May, 2008.**

14 of our members contested this very popular fun run for a good cause. This event is now in its second year at Parramatta and its 11<sup>th</sup> overall. The day was cool but fine and proved to be very suitable for running this challenging course.

<u>8km</u>	<u>Time</u>	<u>Overall Position</u>	<u>Age Position</u>	<u>Age Category</u>
1) NICK HANNA	31:40	16 <sup>th</sup>	2 <sup>nd</sup>	20 & under
2) RICHARD FROST	33:17	26 <sup>th</sup>	6 <sup>th</sup>	21 to 29 years
3) GARRY WOMSLEY	34:03	31 <sup>st</sup>	4 <sup>th</sup>	40 to 49 years
4) LISA GRANT	35:09	35 <sup>th</sup>	2 <sup>nd</sup>	21 to 29 years
5) TERRY ROSE	37:10	58 <sup>th</sup>	4 <sup>th</sup>	50 to 59 years
6) KEN SCALLEY	40:43	111 <sup>th</sup>	10 <sup>th</sup>	50 to 59 years
7) MICHAEL CHRISTIE	44:00	193 <sup>rd</sup>	26 <sup>th</sup>	40 to 49 years

There were 495 finishers in this race. Our first member home was Nick Hanna in a great time of 31:40. All of our members did well in their respective age categories.

<u>4km</u>				
1) MICHAEL GROGAN	16:29	29 <sup>th</sup>	5 <sup>th</sup>	30 to 39 years
2) STEPHEN MIFSUD	17:02	32 <sup>nd</sup>	1 <sup>st</sup>	50 to 59 years
3) DAVID PERRY	17:09	33 <sup>rd</sup>	1 <sup>st</sup>	40 to 49 years
4) RICHARD FROST	17:09	34 <sup>th</sup>	4 <sup>th</sup>	21 to 29 years
5) ROGER MAR	20:49	97 <sup>th</sup>	3 <sup>rd</sup>	50 to 59 years
6) ETHAN WOMSLEY	21:42	116 <sup>th</sup>	13 <sup>th</sup>	15 & under
7) GARRY WOMSLEY	21:43	117 <sup>th</sup>	5 <sup>th</sup>	40 to 49 years

There were 382 finishers in this race. Our first member home was Michael Grogan (16:29). Stephen Mifsud (50-59) and David Perry (40-49) won their respective age categories. Amazingly, there was only just over 5 minutes between our first and last runners.

#### 4km Walk

Cheri Womsley and Antoinette Mifsud participated in the 4km walk and finished in a very respectable 43 minutes.

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## **Results From West Metropolitan Race 6!**

### **Col Sutton Park, Winston Hills – Saturday, 17<sup>th</sup> May, 2008.**

#### 2km: -

- 1) ANDREW BLUNDEN – 6:33 (1)
- 2) WAYNE THURLOW – 7:12 (6)
- 3) JONAS WILLIAMS – 7:16 (7)
- 4) PETER MATTHEWS – 7:23 (8)
- 5) JYE PERROTT – 7:32 (10)
- 6) MICHAEL GROGAN – 7:37 (15)
- 7) GARRY WOMSLEY – 8:05 (22)
- 8) DAVID PERRY – 8:21 (27)
- 9) STEVE O'DONNELL – 8:43 (33)
- 10) STEVE BLUNDEN – 8:53 (36)
- 11) TERRY ROSE – 9:00 (40)
- 12) RICHARD LAMAS – 9:40 (45)
- 13) DARREN GOULD – 9:47 (58)
- 14) STACEY ARGENT – 9:58 (63)

- 15) SURESH RAJU – 10:00 (64)
- 16) MICHAEL CHRISTIE – 10:07 (66)
- 17) HEIDI JUHART – 10:09 (67)
- 18) STEPHANIE RUSSELL – 10:36 (76)
- 19) TERESA TRUMAN – 10:59 (77)
- 20) STEVE WILLIAMS – 11:00 (78)
- 21) MARK INGRAM – 11:09 (80)
- 22) JILL WOODRUFF – 12:15 (88)
- 23) RACHEL EVANS-INGRAM – 12:24 (90)
- 24) LAUREN SINCLAIR – 14:14 (92)

4km: -

- 1) PETER MATTHEWS – 15:37 (12)
- 2) WAYNE THURLOW – 15:38 (13)
- 3) ADAM SINCLAIR – 17:32 (32)
- 4) MICHAEL GROGAN – 17:36 (33)
- 5) DAVID PERRY – 18:00 (38)
- 6) STEVE PARKINS – 18:05 (39)
- 7) DOUG PERROTT – 19:06 (48)
- 8) GREG SARGEANT – 19:19 (50)
- 9) STEVE O'DONNELL – 19:54 (53)
- 10) DARREN GOULD – 20:45 (57)
- 11) EDDIE MAKKI – 21:19 (58)
- 12) CARLY EAGER – 21:45 (61)
- 13) ETHAN WOMSLEY – 22:06 (62)
- 14) KATRINA RUSSELL – 22:22 (63)
- 15) RICHARD LAMAS – 22:56 (64)
- 16) SURESH RAJU – 23:13 (65)
- 17) MICHAEL CHRISTIE – 23:34 (67)
- 18) MARK INGRAM – 25:54 (69)
- 19) RACHEL EVANS-INGRAM – 26:02 (70)

8km: -

- 1) TIM MOLESWORTH – 28:41 (3)
- 2) NICK HANNA – 32:26 (9)
- 3) PETER MATTHEWS – 34:39 (14)
- 4) LISA GRANT – 35:17 (15)
- 5) MICHAEL FREE – 35:26 (16)
- 6) ANDREW BLUNDEN – 36:14 (18)
- 7) CHOL ACUOTH – 36:45 (19)
- 8) STEVE WILLIAMS – 38:40 (21)
- 9) STEVE PARKINS – 39:07 (22)
- 10) MICHAEL GROGAN – 39:33 (24)
- 11) KEN SCALLEY – 39:43 (25)
- 12) STEVE BLUNDEN – 39:51 (28)
- 13) DAVID PERRY – 40:01 (29)
- 14) GREG SARGEANT – 41:48 (30)
- 15) STEVE O'DONNELL – 42:06 (31)
- 16) ROBERT EAGER – 44:07 (32)
- 17) ROGER MAR – 44:53 (33)
- 18) JOE BUTLER – 46:29 (35)
- 19) KYLIE SMYTHE – 48:12 (37)

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## ***A Small Representation At The Half!***

***Sydney Morning Herald Half Marathon – Sunday, 18<sup>th</sup> May, 2008 – Sydney CBD.***

Just 6 current members took on the 21.1km of the Sydney Morning Herald Half Marathon this year. With a new starting area, the event has taken on a streamlined look. Everything is now a lot more

professional with the baggage area much improved, plenty of refreshments and fruit and even the medals now having a ribbon for hanging around the neck. Even the officials and the security personnel seemed happier and more helpful. This seemed to filter through to the runners who were friendlier out on the course than in previous years. The start in College Street made a huge difference with more room to move and a larger area to warm up. Even the port-a-loos were more accessible and also cleaner. All in all, the organisers of this event, which attracts a crowd of over 7000, have really put their thinking caps on and started to think about the runners and how they can improve the event. Not before time!

Geoff Sheargold continued his great form to be our first runner home. He was followed by Graham Sheargold, Garry Womsley and Richard Frost who finished within 30 seconds of each other. Denis Andrew was happy with his time while Steve Mifsud, carrying a knee injury, was happy to finish. Our 35+ team of Graham Sheargold, Garry Womsley, Denis Andrew and Steve Mifsud placed 7<sup>th</sup> in the NSW State Half Marathon Championship held in conjunction with the event. Full results as follows: -

- 1) GEOFF SHEARGOLD – 83:21 (127)
- 2) GRAHAM SHEARGOLD – 94:31 (691)
- 3) GARRY WOMSLEY – 94:40 (706)
- 4) RICHARD FROST – 94:47 (713)
- 5) DENIS ANDREW – 102:10 (1410)
- 6) STEVE MIFSUD – 117:42 (3600)

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

### **18<sup>th</sup> June**

Terry Rose contested the Sri Chinmoy 8km race at Iron Cove today and finished 2<sup>nd</sup> in the 50-59 age category in a time of 38:11.

### **25<sup>th</sup> June**

Vince Adams placed 1<sup>st</sup> in his 60m race at Narrabeen in a great time of 8.00 seconds.

### **30<sup>th</sup> May**

Ethan Womsley contested the District Cross Country Championships today at Central Gardens, Merrylands. Representing Toongabbie West Public School he finished 41<sup>st</sup> in the Boys' 11 years 3km race in a time of 12:12. His time was a personal best by almost 2 minutes. There were 63 competitors in his race representing 21 schools in the area. Ethan, who has shown great improvement over the last 18 months due to regular racing and coaching, was happy with his effort and will be better for the experience.

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## ***Results From West Metropolitan Race 7!***

**Saturday, 24<sup>th</sup> May, 2008 – Upjohn Park.**

**2km:** -

- 1) WAYNE THURLOW – 7:27 (4)
- 2) PETER MATTHEWS – 7:43 (6)
- 3) MICHAEL GROGAN – 7:49 (11)
- 4) GARRY WOMSLEY – 8:21 (16)
- 5) DAVID PERRY – 8:25 (17)
- 6) STEVE BLUNDEN – 8:53 (23)
- 7) STEVE O'DONNELL – 8:56 (24)
- 8) GREG SARGEANT – 9:17 (34)
- 9) TERRY ROSE – 9:19 (35)
- 10) BRADLEY MATTHEWS – 9:43 (40)
- 11) STACEY ARGENT – 9:58 (45)
- 12) ROGER MAR – 10:03 (48)
- 13) DARREN GOULD – 10:04 (49)
- 14) HEIDI JUHART – 10:15 (55)
- 15) VINCE ADAMS – 10:21 (58)
- 16) MICHAEL CHRISTIE – 10:28 (61)



- 17) MARK INGRAM – 10:39 (64)
- 18) JILL WOODRUFF – 12:02 (78)
- 19) RACHEL EVANS-INGRAM – 12:51 (83)
- 20) EDDIE MAKKI – 13:21 (90)
- 21) LAUREN SINCLAIR – 13:22 (91)

4km: -

- 1) JONAS WILLIAMS – 16:03 (18)
- 2) WAYNE THURLOW – 16:04 (19)
- 3) PETER MATTHEWS – 16:24 (25)
- 4) ADAM SINCLAIR – 16:44 (32)
- 5) STEPHEN MIFSUD – 17:15 (42)
- 6) MICHAEL GROGAN – 17:43 (48)
- 7) DAVID PERRY – 18:19 (52)
- 8) STEVE PARKINS – 18:27 (54)
- 9) STEVE O'DONNELL – 20:10 (67)
- 10) GREG SARGEANT – 20:45 (70)
- 11) DARREN GOULD – 21:13 (73)
- 12) EDDIE MAKKI – 22:00 (75)
- 13) ROGER MAR – 22:22 (76)
- 14) CARLY EAGER – 22:39 (77)
- 15) ETHAN WOMSLEY – 23:32 (82)
- 16) MARK INGRAM – 23:57 (84)
- 17) MICHAEL CHRISTIE – 24:14 (86)
- 18) RACHEL EVANS-INGRAM – 26:38 (89)

8km: -

- 1) TIM MOLESWORTH – 31:24 (8)
- 2) ANDREW BLUNDEN – 32:52 (11)
- 3) WAYNE THURLOW – 33:49 (13)
- 4) PETER MATTHEWS – 34:26 (14)
- 5) GEOFF SHEARGOLD – 34:54 (16)
- 6) GRAHAM SHEARGOLD – 36:12 (23)
- 7) NICK HANNA – 36:25 (25)
- 8) MICHAEL FREE – 36:56 (26)
- 9) LISA GRANT – 38:09 (31)
- 10) CLIVE KIDSON – 38:47 (33)
- 11) DENIS ANDREW – 39:19 (36)
- 12) STEVE PARKINS – 40:02 (37)
- 13) KEN SCALLEY – 40:36 (39)
- 14) STEVE BLUNDEN – 40:48 (40)
- 15) STEVE O'DONNELL – 42:59 (44)
- 16) STEVE WILLIAMS – 45:46 (46)
- 17) ROBERT EAGER – 45:56 (47)
- 18) ROGER MAR – 48:17 (48)
- 19) KYLIE SMYTHE – 51:27 (50)

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## ***Results From SMC Race 9!***

***Sydney Marathon Clinic Road Race Series – Sunday, 25<sup>th</sup> May, 2008.***

8 of our members contested the last Sydney Marathon Clinic race of the 2007/2008 season. The conditions were cool and cloudy. While a number of members and regulars contested the Blacktown Fun Run, there were still good numbers in each race. All of our members were happy with their efforts. The series will have a slight programming change in future years with the series to run from October to June instead of September to May. Garry Womsley was our first finisher in the 5km run while Roger Mar was our first finisher in the 10km and Cheri Womsley did a personal best in finishing first in the 5km walk.

#### 5km Run

- 1) GARRY WOMSLEY – 20:21
- 2) STEPHEN MIFSUD – 20:25
- 3) TERRY ROSE – 22:21
- 4) MICHAEL CHRISTIE – 25:38
- 5) ETHAN WOMSLEY – 27:21
- 6) JOE BUTLER – 28:14

#### 10km

- 1) ROGER MAR – 56:12

#### 5km Walk

- 1) CHERI WOMSLEY – 46:06

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## ***Results From The Blacktown Fun Run!***

***Sunday, 25<sup>th</sup> May, 2008 Blacktown Olympic Park & Surrounds.***

12 of our members contested the Blacktown Fun Runs today. The fact that our club provided a total of 20 representatives at different runs today is a real compliment to the club and shows that we are right into our running and love getting out there and having a go. The Blacktown Fun Run has taken on a more professional appearance. The distances are now more accurate and the timing is all electronic. Gone are scraps of paper with times written on them. No results got lost or put out of order. The course was as pleasant as usual. Michael Grogan, Adam Sinclair and Carly Eager earned age category awards in the 4km while Lisa Grant won her age category in the 10km race. Well done everyone!

#### 4km

- 1) MICHAEL GROGAN – 16:27 (2<sup>nd</sup> in 25-39 age category)
- 2) ADAM SINCLAIR – 17:03 (1<sup>st</sup> in 17-24 age category)
- 3) DAVID PERRY – 17:42
- 4) ROBERT GIESLER – 21:14
- 5) CARLY EAGER – 21:58 (2<sup>nd</sup> in 17-24 age category)
- 6) DARREN GOULD – 23:16

#### 10km

- 1) NICK HANNA – 40:14
- 2) RICHARD FROST – 43:33
- 3) LISA GRANT – 43:40 (1<sup>st</sup> in 17-24 age category)
- 4) MICHAEL GROGAN – 47:32
- 5) DAVID PERRY – 47:59
- 6) GREG SARGEANT – 50:10
- 7) SURESH RAJU – 54:00
- 8) ROBERT EAGER – 57:31

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## ***9 Teams Compete At The State Cross***

***Country Relays! – ANSW Cross Country Relays – Miranda –  
Saturday, 31<sup>st</sup> May, 2008.***

We had a great time at Miranda today with many great performances by our members. The weather was fine and warm and the surface was mainly dry with a couple of muddy spots. The undulating course was as challenging as normal. Full results as follows: -

#### Men: -

##### OPEN (A)

BRAD MILOSEVIC – 12:58

##### OPEN (B)

MICHAEL GROGAN – 16:59

NICK HANNA – 15:21  
ANDREW BLUNDEN – 14:09  
GEOFF SHEARGOLD – 14:36  
Total Time: - 57:04

RICHARD FROST – 16:59  
ADAM SINCLAIR – 16:22  
STEVE PARKINS – 18:14  
Total Time: - 68:34

35+ (A)

MICHAEL FREE – 16:51  
STEVE O'DONNELL – 17:55  
DARREN GOULD – 19:33  
GARRY WOMSLEY – 16:28  
Total Time: - 70:47

35+ (B)

ROGER MAR – 21:17  
JOE BUTLER – 22:21  
RACHEL EVANS-INGRAM – 24:49  
MARK INGRAM – 21:47  
Total Time: - 90:14

45+ (A)

PETER MATTHEWS – 15:46  
DAVID PERRY – 17:13  
STEVE MIFSUD – 16:49  
GRAHAM SHEARGOLD – 16:51  
Total Time: - 66:39

45+ (B)

STEVE PARKINS – 18:30  
STEVE BLUNDEN – 17:10  
GREG SARGEANT – 19:04  
STEVE WILLIAMS – 18:47  
Total Time: - 73:31

45+ (C)

VINCE ADAMS – 21:34  
ROBERT EAGER – 20:57  
KATRINA RUSSELL – 22:28  
ROGER MAR – 21:04  
Total Time: - 86:03

55+

DENIS ANDREW – 17:19  
KEN SCALLEY – 18:04  
EDDIE MAKKI – 20:23  
CLIVE KIDSON – 18:04  
Total Time: - 73:50

Women: -

OPEN

LISA GRANT – 16:48  
STACEY ARGENT – 22:04  
KYLIE SMYTHE – 22:56  
CARLY EAGER – 22:04  
Total Time: - 83:52

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### ***3 Tackle The Nosh! – The Great Nosh (15km) – Sunday, 1<sup>st</sup> June, 2008 (Lindfield Oval to Seaforth Oval).***

The Great Nosh is now in its 34<sup>th</sup> year which means it was around before our great club existed. That both have survived is a great effort. There is no other run like this one. Beautiful bush settings, ups and downs, plenty of rocks and tree branches to scramble over as well as the odd creek. The first 5km is pleasant enough but the trek upward to Roseville Bridge can be a real killer for those who start too fast. The descent off the bridge back into the bush can also create a false sense of security. However, the next 8km soon throws all that out the window. Steep climbs, rocky trails, slippery moss covered areas, quick down hill sections and long upward sections where athletes are reduced to climbing and scrambling over rocks are the order of the day. It's only in the last 2km that the trail evens itself out but it still has some twists and turns all the way to Seaforth Oval. It is certainly not for the faint hearted but it will certainly be exciting for those with a sense of adventure! A lot of athletes use it as a great lead up to such races as The Woodford to Glenbrook, Mount Wilson to Bilpin and even the City2Surf.

This year's event was staged in varying weather conditions. The sun was quite warm at the start but this soon gave way to drizzle and cloudy spells. At the finish it was cool and breezy. The course was muddy in parts due to some overnight rain but it was certainly drier than it has been. The barbecue and hot showers were certainly welcome at the end. While overall and age group awards consist of coffee mugs and T-Shirts (as well as the lucky draw prizes), this is the only negative to this very good regular race on the yearly running calendar.

Girraween had three representatives in this year's race. Garry Womsley was our first runner home in a time of 1:19:25. He was followed by Michael Free in a time of 1:23:35. Roger Mar survived a nasty fall about 8km into the race to finish in a time of 1:52:27. He kept going despite a couple of nasty grazes to his arm, leg and nose.

Full results as follows: -

- 1) GARRY WOMSLEY – 79:25
- 2) MICHAEL FREE – 83:35
- 3) ROGER MAR – 112:27

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## **Wedding Anniversaries!**

Congratulations to the following having wedding anniversaries this month: -

10<sup>th</sup> June – Garry & Cheri Womsley – 2 years

28<sup>th</sup> June – Stephen & Antoinette Mifsud – 25 years

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## **Happy Birthday!**

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

9<sup>th</sup> – Ray Harrison

10<sup>th</sup> – Phil Bowden

22<sup>nd</sup> – Lauren Sinclair

25<sup>th</sup> – Peter Matthews

25<sup>th</sup> – Matthew Dunn

26<sup>th</sup> – Jamie Sherson

29<sup>th</sup> – Eddie Makki

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## **Upcoming Events!**

### **Club Events**

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

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

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

### **ANSW Events**

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

### **Fun Runs & Other Events of Interest**

Sun – 1<sup>st</sup> June – MS Walk & Fun Run – 8km run - Bradfield Park, Milsons Point (5 1/2km, 9km or 16km walk) – 8.00am

Sun – 1<sup>st</sup> June – The 34<sup>th</sup> Great Nosh Foot Race – 15km – from Lindfield Oval to Seaforth Oval – 10.00am

Sat – 7<sup>th</sup> June – Sydney Striders 10km Series – North Head, Manly – 7.00am

Sun – 8<sup>th</sup> June – Manly Beach Soft Sand Classic – 21km (7.00am), 9km (10.00am) & 1.6km (11.00am)

Sun – 8<sup>th</sup> June – Epping Fun Run – 3km & 8km (8.00am) – The Epping Club & Surrounds

Sun – 15<sup>th</sup> June – Bay to Bay Fun Run – 12km – Woy Woy to Gosford – 8.00am

Sun – 15<sup>th</sup> June – Mini-Mosmarathon – 5km & 10km – Mosman Public School – 7.30am

Sun – 22<sup>nd</sup> June – Sri Chinmoy Sydney Series Race 4 – Mirambeena (Lake Gillawarna) – 16km, 8km & 2 Miles – from 7.00am

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Sun – 22<sup>nd</sup> June – Campbelltown Joggers Handicap Series (10km) – 7.00am – Bradbury Oval.  
Sun – 22<sup>nd</sup> June – Canada Fun Run for Cancer (5km & 10km) – 10.00am – Yarralumla, ACT  
Sun – 29<sup>th</sup> June – Woodford to Glenbrook Classic (25km) – Woodford Railway Station – 10.00am  
Sun – 29<sup>th</sup> June – Gold Coast Half Marathon (Australian Half Marathon Championships)

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## West Metropolitan Season

### 2008!

#### Winter West Metropolitan & Representative Season: -

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

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

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

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

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

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## Girraween Club Winter Training

### Days & Times

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

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

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

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## *Are You Interested In Becoming A*

### *Coach? It Is A Rewarding Experience!*

From the dawn of time, mankind has shown his athletic abilities in many ways. For example: - hunting for food, running away from dangerous predators, travelling between towns, dodging spears and arrows

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

Happy Coaching!

GARRY WOMSLEY (Level 3 Coach)

The following courses will be held in 2008: -

#### LEVEL 1

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

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

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## **Training Form!**

Monday, 5<sup>th</sup> May – Girraween Road – 4 x 400m hill sprints

ANDREW BLUNDEN – 0:58, 0:53, 1:05, 0:54

STEVE BLUNDEN – 1:04, 1:03, 0:59, 1:06

MICHAEL GROGAN – 1:05, 1:07, 1:04, 1:05

ADAM SINCLAIR – 1:03, 1:00, 1:00, 0:58

NICK HANNA – 1:04, 1:00, 1:05, 1:00

CHOL – 0:59, untimed, 1:05, untimed

GARRY WOMSLEY – 1:20, 1:15, 1:11, 1:10

DAVID PERRY – 1:19, 1:13, 1:11, 1:10

ROGER MAR – 1:24, 1:19, 1:17, 1:16

Tuesday, 6<sup>th</sup> May – Homebush – 3 x 1200m track

GARRY WOMSLEY – 4:35, 4:47, 4:41

NICK HANNA – 4:23, 4:25, 4:26

RABIH SABA – 4:29, 4:37, 4:36

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Tuesday, 13<sup>th</sup> May – Homebush – Middle Distance

ETHAN WOMSLEY – 5:13, 5:10 (1000m), 3:00 (600m)

GARRY WOMSLEY – 5:13, 5:10 (1000m), 3:00 (600m), 4:42, 4:38 (1200m)

NICK HANNA – 4:34, 4:27, 4:28 (1200m)

Wednesday, 14<sup>th</sup> May – Wiltona Place – 7 x 100m hill sprints

GARRY WOMSLEY – 17, 17, 17, 17, 16, 16, 16 sec

MICHAEL GROGAN – 17, 17, 16, 16, 16, 16, 15 sec

STEVE BLUNDEN – 17, 16, 16, 15, 15, 15, 15 sec

GRAHAM SHEARGOLD – 22, 21, 21, 21, 21, 19, 21 sec

ROGER MAR – 19, 18, 18, 20, 19, 18, 19 sec

NICK HANNA – 17, 17, 16, 16, 16, 16, 15 sec

DAVID PERRY – 18, 17, 16, 17, 16, 17, 17 sec

ANDREW BLUNDEN – untimed (7 x 100m)

CHOL – untimed (7 x 100m)

Monday, 19<sup>th</sup> May – Mississippi Road – 3 x 400m hill sprints

STEVE BLUNDEN – 1:14, 1:10, 1:06

ADAM SINCLAIR – 1:14, 1:10, 1:03

DAVID PERRY – 1:23, 1:25, 1:17

ROGER MAR – 1:33, 1:31, 1:27

NICHOLAS PERRY – 2:06, 1:55

Monday, 26<sup>th</sup> May – Monthly Time Trial

CHRIS MACKEY – untimed (4.2km)

RACHEL EVANS-INGRAM – 25:51 (4.2km)

STEVE BLUNDEN – 24:03 (5.1km)

ADAM SINCLAIR – untimed (5.1km)

GARRY WOMSLEY – 36:33 (6.8km)

ROGER MAR – 36:34 (6.8km)

Tuesday, 27<sup>th</sup> May – Homebush – Middle Distance

NICK HANNA – 4:31, 4:25, 4:27 (1200m)

GARRY WOMSLEY – 4:45, 4:49, 4:43 (1200m)

LEANNE BOURKE – 5:05, 5:12, 5:15 (1200m)

CHERI WOMSLEY – 13:50 (1600m)

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

**WEEK ONE – JUNE**

**Monday, 2<sup>nd</sup> June, 2008 (C.V. Kelly) – 6.30pm**

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

**Tuesday, 3<sup>rd</sup> June, 2008 (Homebush) – 6.00pm**

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

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**Wednesday, 4<sup>th</sup> June, 2008 (C.V. Kelly) – 6.30pm**

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- 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)
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**WEEK TWO****Monday, 9<sup>th</sup> June, 2008 (C.V. Kelly) –6.30pm**

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

**Tuesday, 10<sup>th</sup> June, 2008 (Homebush) – 6.00pm**

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

**Wednesday, 11<sup>th</sup> June, 2008 (C.V. Kelly) – 6.30pm**

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- 1) 1.7km – Road – Warm up
  - 2) Drills on grass
  - 3) 8 x 100m uphill at Wiltona Place
  - 4) 1.5km – Road – Warm down
- 

**WEEK THREE****Monday, 16<sup>th</sup> June, 2008 (C. V. Kelly) – 6.30pm**

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

**Tuesday, 17<sup>th</sup> June, 2008 (Homebush) – 6.00pm**

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

**Wednesday, 18<sup>th</sup> June, 2008 (C.V. Kelly) – 6.30pm**

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- 1) Stretching & warm up
  - 2) 1 hour run to Seven hills and back via Targo, Station & Best Roads (Turn around 30 minutes)
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**WEEK FOUR****Monday, 24<sup>th</sup> June, 2008 (C.V. Kelly) – 6.30pm**

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

**Tuesday, 25<sup>th</sup> June, 2008 (Homebush) – 6.00pm**

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- 1) 2km Road – warm up
  - 2) Drills on grass
  - 3) Middle Distance training
  - 4) Warm down
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**Wednesday, 26<sup>th</sup> June, 2008 (C.V. Kelly) – 6.30pm**

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

There's a bronze sculpture outside Melbourne's Vodafone Arena called "Sportsmanship". It honours a deed judged by the Sport Australia Hall of Fame as the most significant national sporting moment of the 20<sup>th</sup> century. But John Landy has always struggled to see what all the fuss is about. In 1956, he competed in the mile at the National Championships at Olympic Park shortly before the Games arrived in the Victorian capital. A young Ron Clarke fell and Landy, the world record holder, tried to jump over him. His spikes caught Clarke and he stopped, went back, apologised and made sure Clarke wasn't seriously hurt. With 20000 spectators roaring him on, Landy reined in the 7 second break he had conceded. He won the race in a time just 6 seconds off his world mark. Olympic Historian Harry Gordon predicted Landy's "senseless piece of chivalry" would be remembered as one of the finest actions in the history of sport. He was right! More interesting trivia next month.

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## **World News!**

### **30<sup>th</sup> April**

Steeplechase hopeful Donna MacFarlane has vowed to take to the Beijing event the words of her late coach "run hard right to the finish line". Max Cherry died of a heart attack on Monday. They were at the track together a day before he died. MacFarlane is obviously devastated by his death but will continue to work hard. She won the bronze in the 3000m steeplechase at the 2006 Melbourne Commonwealth Games.

World 100m record holder Asafa Powell has pulled a chest muscle and has withdrawn from all competition until at least June. He is expected to recover in time for his 100m clash with Tyson Gay which will be the highlight of the Beijing Games.

Former 100m national champion Josh Ross has been added to a 6 man 4 x 100m relay squad to race on May 10 in Osaka. He did not contest any of the domestic events during the latter part of the summer due to stress and motivational problems but has had a change of heart to try and help the Australian team qualify for the Olympics.

### **1<sup>st</sup> May**

John Steffensen has dumped his latest coach Larry Wade. It is not viewed as being a great move in an Olympic year but Wade, a convicted drug cheat, was a controversial choice by Steffensen in the first place.

The preferred line up for Australia's 4 x 100m relay team will be decided at a squad camp in Sydney on Monday and Wednesday next week. The team hopes to run faster than 39 seconds in the Osaka Grand Prix on May 10 in a bid to secure Australia's eligibility to compete as one of only 16 relay teams at the Beijing Olympics. The squad members are Isaac Ntiamoah, Matt Davies, Adam Basil, Aaron Rouge-Serret, Josh Ross and Otis Gowa.

### **5<sup>th</sup> May**

Antonio Pettigrew, a 4 time world champion, who helped the US 4 x 400m relay team win gold in Sydney has been named as a user of performance enhancing drugs in a witness list of noted coach Trevor Graham. The timing of the offence is unclear at this stage.

### **6<sup>th</sup> May**

Craig Mottram notched a confidence building win in a substantial personal best time in the 10000m at Stanford University yesterday. Racing in the Payton Jordan Invitational, named after the great Stanford coach, he clocked 27:34.48 and sliced more than 15 seconds off his lifetime best set 5 years ago. He has been selected in the 5000m for Beijing and has no intentions of stepping up to the distance despite doing an A qualifying time. It was a real confidence boost after his poor showing in Edinburgh recently.

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Benita Johnson won a road 10km race in Edinburgh yesterday. She clocked 32:20 to win by 13 seconds.

**8<sup>th</sup> May**

Olympic gold medal hope Nathan Deakes has suffered a setback in the countdown to Beijing, returning to Australia with a hamstring injury. Deakes the world 50km race walk champion and world record holder, is out of this weekend's IAAF World Cup 20km race in Russia.

Disgraced former 100m world record holder Tim Montgomery was yesterday denied bail on heroin distribution charges. A US district court judge told Montgomery he was a danger to the community and would face trial on July 9. He also faces sentencing on May 16 after pleading guilty in a cheque fraud scheme. He faces up to 46 months jail on that charge.

**12<sup>th</sup> May**

Australia made light of the absence of the injured Nathan Deakes to claim the men's 20km team bronze medal in the World Race Walking Cup held in Russia yesterday. Luke Adams guaranteed Australia a podium finish, fighting back from 15<sup>th</sup> place at the halfway mark to finish 7<sup>th</sup> in a personal best of 1:19:15. Jarred Tallent was 10<sup>th</sup> in 1:19:48.

**14<sup>th</sup> May**

World 100m record holder Asafa Powell resumed training yesterday after a chest injury and should be back to full fitness in time for the Olympics. Powell pulled a pectoral muscle last month sidelining him for 2 weeks. Last week fellow countryman Usain Bolt ran the 2<sup>nd</sup> fastest 100m ever finishing in 9.76sec.

**18<sup>th</sup> May**

Former 100m world record holder Tim Montgomery's once celebrated life continued its long downward spiral on Friday when a judge sentenced the former Olympic champion to nearly 4 ½ years in jail for dealing in fraudulent cheques. However, it doesn't finish there. He could be in for further punishment in Virginia in a case still pending over allegedly being caught selling heroin.

Marathoner Kate Smyth wants to be remembered more for her performance in Beijing than her guts and determination displayed in Melbourne at the Commonwealth Games. Her last agonising steps were a stumbling mess as she veered from one side of the track to the other before falling over the line. She wants to make amends after doing an A qualifier recently in Japan. Her 2:28 effort in placing 2<sup>nd</sup> should be enough to be selected beside Benita Johnson.

**20<sup>th</sup> May**

Olympic bronze medallist Jane Saville and marathon runner Benita Johnson who proved they have recovered from injuries, are among 6 athletes nominated yesterday for Australia's athletics team for the Beijing Olympics. They have joined walker Chris Erickson and Marathon runners Lee Troop, Kate Smyth and Lisa-Jane Weightman in the expanded squad.

**21<sup>st</sup> May**

Marathon world record holder Paula Radcliffe was selected for Britain's athletics team for the Beijing Olympic Games. She was picked despite having her training interrupted by treatment for a hip injury. She failed to finish the Marathon in Athens 4 years ago. Beijing will be her 4<sup>th</sup> Olympics.

Steve Hooker is hoping that his clean living will help him in his quest for gold in the Pole Vault in Beijing. He has been in bed early, eating healthy and training well. His campaign begins in Frankfurt on 12<sup>th</sup> June and culminates on 22<sup>nd</sup> August when he hopefully will be at his best. He has been sprinting well clocking 15.5sec for 150m recently. He has also been doing some 300m sprints which will help with his strength.

Women's world Hammer record holder Tatiana Lysenko has been banned for 2 years for failing a drug test. She tested positive for "6a-methylandrosterone", an anti-oestrogenic agent that can increase testosterone in women. Not only will she miss Beijing but she will lose her record mark of 78.61m. Her record (77.80m) from August 2006 still stands.

Medal hope John Steffensen has had emergency surgery to remove his appendix while training in the US. He still holds the key to Australia's chances of again securing a medal in the 4 x 400m relay in Beijing. However it is definitely a setback. He is believed to have been in pain for some time. History is certainly on his side as Ethiopian Adebek Bikila retained the Olympic Marathon title in Tokyo in 1964 just 6 weeks after having his appendix removed.

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### **23<sup>rd</sup> May**

Cathy Freeman believes that fallen champion Marion Jones will never live her jail conviction and her drug taking down. While she sympathises with her plight, she believes that she has brought the sport and her family name into disrepute. She is liable to be in further hot water when former coach Trevor Graham faces 3 charges of lying in the BALCO case.

### **24<sup>th</sup> May**

World marathon record holder Paula Radcliffe is in danger of missing the Beijing Olympics due to a low grade stress fracture in her left femur. An MRI scan revealed the injury which has been affecting her hip.

### **25<sup>th</sup> May**

Dual Australian Discus champion Benn Harradine has received a confidence boost in the lead up to Beijing by breaking his National record in California. He threw 66.37m to beat his previous best in the US by a metre. His effort improved his world ranking to no. 6. It also gave him the Victorian record which was previously held by self confessed drug cheat Werner Reiterer.

400m Relay member Clinton Hill is training well and hopes to improve on the silver he earned in Athens in 2004. He has always aspired to be as good as his role model Michael Johnson with whom he raced against twice as the world record holder's career wound down. Despite glimpses of great form over the years, injuries have cut him down at various stages. A fit Hill will join Joel Milburn, John Steffensen, Dylan Grant, Mark Ormrod, Daniel Batman and Kurt Mulcahy in the team for Athens. Patrick Dwyer, part of the team in Athens, has retired.

### **26<sup>th</sup> May**

Australian Shot Putter Justin Anlezark strengthened his claims for a Beijing berth with a gold medal performance in Haile, Germany yesterday. Anlezark, who finished 7<sup>th</sup> at the Athens Games, was just 1cm short of another "A" qualifier with a 20.29m throw to win gold. Australian Jarrod Bannister placed 2<sup>nd</sup> in the Javelin with a throw of 81.76m.

### **28<sup>th</sup> May**

Hurdler Sally McLellan has improved so much during her recovery from a hamstring tear that her comeback has been brought forward to perhaps next week overseas. Her coach who is impressed with her current turn of speed could not hold her back any longer. Now concentrating on the 100m Hurdles, she is one of our big hopes for an Olympic medal in Beijing.

### **29<sup>th</sup> May**

World champion Jana Rawlinson believes she is not as advanced as she wanted to be with just 72 days to go before the Olympics. The 400m hurdler hasn't raced for 9 months and remains uncertain when she will return. After a minor toe operation has taken longer to heal, she hasn't ruled out running in the IAAF Grand Prix in New York on Saturday.

The man who coached Florence Griffith Joyner to smash the world sprint records is now coaching John Steffensen. American Bobby Kersee is the most successful coach in history and his decision to coach Steffensen is a real lift for his confidence in his lead up to Beijing. After a minor setback, he is now ready to race in New York on Saturday. He is also working with another legend of the track in Valerie Brisco. Steffensen who reached the final of the 2005 World Championships and won the 2006 Commonwealth Games 400m, was coached briefly by Larry Wade after splitting with the high profile John Smith.

World Indoor 800m Champion Tamsyn Lewis will have her first hit out in Berlin on July 1.

### **30<sup>th</sup> May**

Former Commonwealth Games Shot Put champion Justin Anlezark was among 4 track & field athletes added to the Australian team for the Beijing Olympics. The other nominees were Discus national record holder Benn Harradine and 1500m runners Lisa Corrigan and Sarah Jamieson. Anlezark secured an upset victory at the National Olympic Trials in March.

### **31<sup>st</sup> May**

Athletics coach Trevor Graham was found guilty of perjury yesterday and could face up to 5 years jail and a \$260000 fine. However, the former Jamaican athlete who coached 3 disgraced sprinters (Marion Jones, Tim Montgomery & Justin Gatlin) could face a heavier sentence if found guilty on all charges.

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

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

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

Size 12 (Open Mesh) – 4  
Size 12 (Mock Mesh) – 3  
Size 12 (Cotton) - 1  
Size 14 (Open Mesh) – 7  
Size 14 (Mock Mesh) – 1  
Size 16 (Open Mesh) – 7  
Size 16 (Cotton) – 2

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.

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## **Reflective Vests For Sale!**

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

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## **Media Watch!**

**30<sup>th</sup> April**

Our results from Ramsgate appeared in the sports results section of this week's Parramatta Advertiser.

**4<sup>th</sup> May**

Our results from the State Road Championships appear in today's Sun-Herald.

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**7<sup>th</sup> May**

Our results from the State Road Championships and the Heart of the Lake Fun Run appeared in the sports results section of this week's Parramatta Advertiser.

**11<sup>th</sup> May**

Our results from yesterday's events at Ermington appeared in today's Sunday Telegraph.

**14<sup>th</sup> May**

Our results from Ermington appeared in the sports results section of this week's Parramatta Advertiser.

**18<sup>th</sup> May**

Our results from yesterday's events at Winston Hills appeared in today's Sun-Herald.

**21<sup>st</sup> May**

Our results from Winston Hills as well as our results from the SMH Half Marathon, appeared in the sports results section of this week's Parramatta Advertiser.

**25<sup>th</sup> May**

Our results from yesterday's events at Upjohn Park appeared in today's Sun-Herald.

**28<sup>th</sup> May**

Our results from Upjohn Park appeared in the sports results section of this week's Parramatta Advertiser.

**29<sup>th</sup> May**

There is a story on Lynette Smith on page 16 of the latest edition of Inside Athletics. It talks about her great achievements at the recent Bundanoon Highland Games.

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## ***From The Athlete's Kitchen***

### **CHESTNUT & CARROT SOUP WITH FRESH HERBS**

**Ingredients**

300g chestnuts, bases scored with a sharp knife  
1 tbsp butter  
1 tbsp extra virgin olive oil  
300g carrots, peeled & chopped  
1 onion, peeled & chopped  
2 sticks celery, sliced  
1 bay leaf  
2 sprigs thyme  
2 sprigs flat leaf parsley  
4 cups chicken stock  
Salt & cracked black pepper  
½ cup light pouring cream (optional)  
2 tbsp coarsely chopped flat-leaf parsley

**Method**

Microwave the chestnuts on high for 2 to 3 minutes until the shells open and the flesh is soft, or bake at 200C for about 15 minutes until the shells open. Peel while still warm and chop.

Melt butter in a large saucepan with olive oil over medium heat, then add carrots, onion, celery, bay leaf, thyme and flat-leaf parsley. Cook, stirring often for 4-5 minutes.

Add chestnuts, chicken stock, salt and pepper and simmer, covered, for about 20 minutes or until chestnuts are tender.

Remove herbs and reserve 2 tablespoons of vegetable and chestnut mixture.

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Process remaining vegetables and stock in a food processor or blender until smooth, then return to saucepan.

Add cream (optional) and stir continually to heat through. Do not boil. Check seasoning. Ladle soup into 4 warm bowls, top with reserved chestnuts and vegetables and sprinkle with flat-leaf parsley.

Serves 4.

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## **Do You Know Anyone Who Would Like To Receive Our Newsletter?**

Do you have a friend or a family member who you think may be interested in receiving our newsletter? If so, please let me know their postal or e-mail address and I will make sure they receive a copy each month. Who knows? It may give them the incentive to take up athletics and join us!

GARRY WOMSLEY

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## **LOST & FOUND!**

Nothing to report.

GARRY WOMSLEY

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## **Can Anybody Provide Work To One Of Our Members?**

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

GARRY WOMSLEY

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

Michael Christie and I have decided to write a book on the history of our club and we would like your help. We are currently at the information gathering stage and envisage that the project will take a couple of years to come together. Any information, photos or anecdotes on the club and C.V. Kelly Park (particularly on how it got its name) would be much appreciated.

You can contact myself by phone or see me on race days. We look forward to hearing from you. Interesting facts uncovered so far: -

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

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## **ANSW Magazine!**

ANSW have launched an official e-zine.

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

The magazine will be released electronically approximately every 2 months.

We hope you enjoy it!

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## **Trophies!**

The following members still have trophies to collect: -

David Wallis

Please call Garry Womsley on 0405586961 to organise collection.

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

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

GARRY WOMSLEY

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## THIS SPACE IS FOR HIRE!

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

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

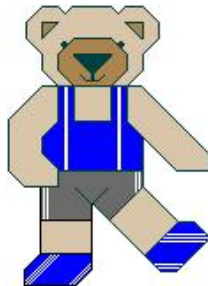
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Until next month, it's goodbye from Girra the Girraween bear. Happy Running!





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

**By Garry Womsley**

## **Hannes Kolehmainen (Finland) (1889-1966)**

Hannes Kolehmainen, the father of the “Flying Finns” was born on 9<sup>th</sup> December, 1889. He came from a family of talented runners who all took up running simply to improve their cross country skiing. Willie Kolehmainen won professional long distance events on both sides of the Atlantic and broke 2:30 in 1912 for a world professional marathon record. Tatu Kolehmainen competed with Hannes in the 1912 and 1920 Olympics and set a world record for 20000m in Helsinki in 1913.

Hannes Kolehmainen began running in his teens and soon won the British 4 mile Championship (approximately 6.4km) in 1911 at the age of 22. Kolehmainen ran with a smooth stride, holding his arms high and twirling them in an unusual motion. He trained hard and observed a vegetarian diet.

“Hannes the Mighty” led the onslaught of the legendary Finnish long and middle distance runners who dominated the sport for 30 years. He set the standard for speed, style and endurance which became a hallmark of the immortal victories of all the “Flying Finns”. Men like Paavo Nurmi and Lasse Viren, two Finnish world champion endurance runners, attribute their early incentive to the feats of Johannes Kolehmainen and his running style.

In the 1912 Stockholm Games this legendary Finn with the elegant body carriage and fluid, low stride become the focal point of the athletics world. To win gold in the 5000m and 10000m track events, the 12000m individual cross country event and take silver in the cross country team event, Kolehmainen had to run a total of 45km in 6 races over 9 days and he broke the tape in every event he entered. While he was representing Finland, the country was still ruled by Russia so he ran under the Russian flag at these Games. However, he was able to put the politics aside.

In the inaugural Olympic 10000 event Kolehmainen led from the 2<sup>nd</sup> lap and ran the first 5000m far quicker than the world record pace. The speed and searing heat told on the opposition and Kolehmainen eased to win as he liked by 45.8sec.

The scene was set for an exciting 5000m when Jean Bouin of France ran an Olympic record of 15:05 in the heats. Bouin also held the world record in the 10000m which stood until 1921. In the final, Kolehmainen beat the Frenchman by just 0.1sec in a race that is remembered as one of the best in history. Kolehmainen and Bouin ran the race from the front. They matched each other stride for stride throughout. Bouin made his move first but made the mistake of looking over his shoulder with just 20m to go and it was enough for the Finn to take the race in a new world record of 14:36.6. This was the first sub 15 minute 5000m and stood until 1922. Ironically, it was another great Finn, Paavo Nurmi who broke it, and then by just 1.2 seconds. Again, the venue was Stockholm.

Kolehmainen earned his 3<sup>rd</sup> gold medal in the 12000m individual cross country event by more than half a minute. He missed a 4<sup>th</sup> gold medal at the 1912 Games in the 3000m teams’ race. He ran his heat in world record time (8:36.8) but his team mates were unable to give him support and they failed to qualify for the final.

From 1913 to 1921, Hannes Kolehmainen moved to the United States where he won 5 national championships. Had World War 1 not prevented the 1916 Olympic Games from taking place in Berlin, he may have had more medals to his credit. However, he was never idle and set many records in both indoor and outdoor races.

Kolehmainen competed at the 1920 Games in Antwerp for his home country and won the Marathon in a time of 2:32:35.8. His magnificent victory was the fastest marathon on record. Although the course was later found to be 555m longer than the recognised marathon distance (approx. 42750m), his Olympic time was not bettered until 1932. 10<sup>th</sup> in the race was his brother Tatu. He also had to cope with driving rain throughout.

Long after his career ended, Kolehmainen was honoured with lighting the Olympic flame in 1952 at Helsinki after receiving the torch from Paavo Nurmi who lit a trackside candelabrum. He died on January 11, 1966 at the age of 76.

References: - "100 Greatest Olympians From 1896" by Jim Tracy & Britannica On-Line.

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