
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

CELEBRATING OUR 30th YEAR!

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Our Club Committee For 2007-2008!

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

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

Next Meeting: - Thursday, 13th March, 2008 – Toongabbie Sports & Bowling Club – 7.30pm

GO GIRRA!



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

Welcome To Our New Look Format!

Welcome to the March edition of the Girrawee Athlete. As you can see, we've changed things around a bit. After a suggestion by one of our readers, the names and contact details of our Committee members now appear on the front of our newsletter making it easier than ever before to get in contact with us if you need to. Our committee is there for our members and we will help you in any way we can. February saw the end of a very wet and very frustrating summer season. More often than not our Saturday meets were either cancelled or curtailed due to rain. A lot of our mid week training sessions were also affected by rain and storms. While we had these frustrations to deal with, we continued to offer regular training and competition to our members. We look forward to a much drier winter cross country season. As usual, we will be holding three pre-season cross country meets at C.V. Kelly on 8th March, 15th March and 22nd March. This will give everyone the opportunity to get in some much needed practice before the West Mets season starts on 29th March. All of these meets will start at 3.00pm.

A number of our athletes also have some representative fixtures to come during March with the State Masters at Homebush (8th-9th March) and the National Masters at Blacktown (21st – 24th March). We are hopeful that our athletes will do well at both of these meets. For anyone still interested, it is not too late to enter the Nationals. Please give me call if you need any assistance.

Our athletes did well with a total of 3 medals at the State Open, U/20 & U/23 Championships. It was a good effort against strong opposition. We also have 3 athletes ranked in the top 10 in the State in open company. This month promises to be very exciting. Athletics NSW advise that they are accepting registrations for the 2008/2009 season from Tuesday, 4th March. You will be able to do this on-line from this date. Otherwise, fill in a hard copy and bring it along with your payment to one of our Cross Country meets at C.V. Kelly and we will do the rest. The great news is that the cost of registration has not changed from that of 2007/2008. We are still one of the cheapest clubs in town to join but with competition 50 weeks of every year, we are also the most economical.

Until next month, happy running and most of all, enjoy it!

Garry Womsley

Stormy Thursday! – ANSW All-Comers & State Open 5000m Championships – Thursday, 31st January, 2008.

Unfortunately Sydney's fickle weather again came to haunt us tonight. After a hot and sticky day, a severe electrical storm blew in from the west and wiped out nearly the entire programme. At around 6.45pm, the skies grew dark, the wind became gusty, there were huge bolts of lightning and claps of thunder. Then the Homebush area was subject to torrential rain and some hail. As a result, the programme was curtailed during the 5000m walk event. This was particularly frustrating for athletes and ANSW officials alike as the programme was built around the State Open 5000m Championships which have become very popular over recent years. However, in this modern age it is important that the safety and well being of all athletes is taken into account before events can go ahead in stormy conditions. Unfortunately, the storm front just didn't let up and the meet had to be postponed until Saturday. Garry Womsley (Mile), Nick Hanna (Mile) and Michael Hehir (5000m) all entered events tonight but didn't get a start. Our only representative fortunate enough to complete an event was Lynette Smith who placed 1st in the 35+ Javelin. Full details as follows: -

	<u>Event</u>	<u>Distance</u>	<u>Placing</u>	<u>Age Category</u>
LYNETTE SMITH	Javelin	35.88m	1 st	35+

A Low-Key Day At All-Comers! – ANSW All-Comers – Saturday, 2nd February, 2008 – Homebush.

Small numbers competed at All-Comers today. Despite having a number of events rescheduled from Thursday, the athletes generally stayed away. Even the rescheduled 5000m State Championship had a third of the runners that originally registered for it on Thursday. There were probably a number of reasons for the smaller numbers. Some athletes could have been saving themselves for the upcoming State Open & U/18 Championships as well as the "A" series. A number of the younger athletes also had Little A's Zone Championships. Another reason could have been the unsettled weather. The day started cool and cloudy, it then became drizzly during the early events, which progressed to heavy rain later. It then cleared up mid afternoon and became very humid.

Girraween had three representatives at Homebush today. Lynette Smith (High Jump & Shot Put) and Garry Womsley (1500m) won their respective events while Vince Adams was very happy with his performances. For the first time in a number of years, we had no representative in the 5000m State Open Championships. Full results as follows: -

	<u>Event</u>	<u>Time/Dist.</u>	<u>Placing</u>	<u>Age Category</u>
GARRY WOMSLEY	1500m	5:24.64	1 st	35+
	200m	29.16sec	9 th	35+
LYNETTE SMITH	Hammer	30.99m	2 nd	35+
	High Jump	1.50m	1 st	35+
	Shot Put	9.87m	1 st	35+
VINCE ADAMS	100m	13.82sec	9 th	35+
	200m	28.83sec	8 th	35+

Nothing Could Save Our Weekend This

Time! – *Girraween All-Comers & Senior Pentathlon – Saturday & Sunday, 9th & 10th February, 2008 – C.V. Kelly.*

After being able to conduct our programme a few weeks ago in continuous rain, it was thought that nothing could stop us from carrying on throughout this wet summer. How wrong we were! Due to the volume of rain over the last week, particularly on the Friday night, made any thoughts of competition impossible. On inspection on Friday night, it was thought that any further rain would put the weekend's events in jeopardy. Unfortunately, the rain came and never stopped all night in the Toongabbie-Girraween-Pendle Hill region and there were huge pools of water in the home straight and at the long jump area. The council and parks trust were right in closing the ground as safety is our number 1 priority. Despite the improved conditions during Saturday afternoon and Sunday, nothing could save our weekend but the rest did the ground the world of good. However, all was not lost as our Senior Pentathlon has been rescheduled for Sunday, 24th February. Weather permitting!

Another State Medal At The State Open

Championships! - *ANSW State Open Championships – Friday – Sunday, 8th – 10th February, 2008 – Homebush.*

We had three representatives at the State Open Championships held over the weekend and we reaped another State Medal. For the second year in a row, Jamie Sherson earned silver in the 3000m Steeplechase (9:53.16). This brings our State Medal tally to 9 for 2007-2008. Our other two representatives were Garry Womsley in the 3000m Steeplechase (9th in a time of 12:44.34) and Lajos Joni in the Hammer (6th in 39.74m). To have two Masters age athletes in the top 10 in the state at open level is a remarkable achievement by our club.

The State Open Championships saw a number of Australian representatives go through their paces on the road Beijing. Nick Bromley (800m), Martin Dent (3000m Steeplechase), Peter Nowill (3000m Steeplechase), Lee Troop (10000m), Youcef Abdi (1500m), Matt Shirvington (100m) and Daniel Batman (100m & 200m) all had impressive hit outs. There were also athletes from Korea, New Zealand, England and Hungary. It was great to see so many elite athletes competing side by side with the weekend athletes. NSW athletics needs more of this type of representation to their events.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Position</u>	<u>State Position</u>
Jamie Sherson	3000m Steeplechase	9:53.16	4 th	2 nd
Garry Womsley	3000m Steeplechase	12:44.34	9 th	7 th
Lajos Joni	Hammer	39.74m	6 th	5 th

Finally A Saturday With No Rain! – *Girraween*

All-Comers – Saturday, 16th February, 2008 – C.V. Kelly Park.

We were glad to get a full programme of events in today without any rain. In warm and windy conditions, our members enjoyed the modified events on offer. Andrew Blunden was the star after

winning every event he contested except the 1000m where he came 2nd and the Standing Long Jump where he came 3rd. It was a remarkable achievement from this very promising athlete. Jean Davis was another standout for the women with victories in every event. Several of our athletes used the day as one of the final preparations for their upcoming State Championships (U/20, U/23 & Masters).

Full results as follows: -

Men – 60m – Top 10

1) ANDREW BLUNDEN	7.81sec
2) ANDREW ELLIS	7.85sec
3) STEVE PARKINS	7.97sec
4) STEVE O'DONNELL	8.01sec
5) VINCE ADAMS	8.14sec
6) ADAM SINCLAIR	8.48sec
7) BOB FIELD	9.05sec
8) GRAHAM RYAN	9.07sec
9) PETER MATTHEWS	9.29sec
10) MICHAEL CHRISTIE	11.79sec

Women 300m

1) JEAN DAVIS	1:06.03
2) LAUREN SINCLAIR	1:25.36

Standing Long Jump – Men – Top 3

1) STEVE O'DONNELL	2.44m
1) ADAM SINCLAIR	2.44m
3) ANDREW BLUNDEN	2.29m

Standing Long Jump – Women

1) JEAN DAVIS	1.66m
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Scissors High Jump – Men – Top 3

1) ANDREW BLUNDEN	1.45m
2) STEVE O'DONNELL	1.30m
2) PETER MATTHEWS	1.30m

Shot Put Throw – Men – Top 3

1) ANDREW BLUNDEN	16.99m
2) STEVE O'DONNELL	16.49m
3) PETER MATTHEWS	15.74m

Men – Mile – Top 10

1) ANDREW BLUNDEN	5:40.60
2) PETER MATTHEWS	5:44.45
3) MATT MODINI	6:07.72
4) GARRY WOMSLEY	6:12.33
5) DAVID PERRY	6:19.15
6) DENIS ANDREW	6:36.40
7) TERRY ROSE	6:38.45
8) STEVE O'DONNELL	6:57.38
9) ROGER MAR	7:37.70
10) MARK ATTWOOD	8:04.77

Women – 60m

1) JEAN DAVIS	10.40sec
2) LAUREN SINCLAIR	13.55sec

Men – 300m – Top 10

1) ANDREW BLUNDEN	41.86sec
2) ANDREW ELLIS	44.64sec
3) STEVE PARKINS	46.07sec
4) ADAM SINCLAIR	46.90sec
5) VINCE ADAMS	47.09sec
6) STEVE O'DONNELL	47.18sec
7) PETER MATTHEWS	47.61sec
8) GARRY WOMSLEY	48.01sec
9) MICHAEL FREE	50.47sec
10) BOB FIELD	53.68sec

Men – 1000m – Top 10

1) ANDREW ELLIS	3:05.26
2) ANDREW BLUNDEN	3:15.14
3) PETER MATTHEWS	3:23.28
4) MATT MODINI	3:34.25
5) ADAM SINCLAIR	3:38.13
6) MICHAEL FREE	3:39.25
7) DAVID PERRY	3:44.32
8) GARRY WOMSLEY	3:53.69
9) STEVE O'DONNELL	4:00.57
10) TERRY ROSE	4:01.31

Shot Put Throw - Women

1) JEAN DAVIS	8.76m
2) CHERI WOMSLEY	6.16m

Women – 1000m

1) JEAN DAVIS	5:44.71
2) LAUREN SINCLAIR	7:57.77

Women – Mile

JEAN DAVIS	9:31.03
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Six Members Run Well At SMC!

Sydney Marathon Clinic Road Race Series (5km & 10km) – Rosford Street Reserve & Surrounds – Sunday, 17th February, 2008.

Our athletes continue to have a great presence at SMC. While our representation wasn't as big as normal, our athletes continue to show improvement. We had no representatives in the 5km walk or the long race today. In cool, cloudy conditions, Wayne Jeff was our first athlete home in the 5km while Roger Mar was our first athlete home in the 10km. Garry Womsley and Terry Rose both got age group placings in the 5km. Full results as follows: -

5km: -

1) WAYNE JEFF	19:27
2) GARRY WOMSLEY	20:05
3) TERRY ROSE	21:57
4) MICHAEL CHRISTIE	25:16
5) ETHAN WOMSLEY	29:36

10km: -

1) ROGER MAR	56:24
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Good Representation At Sunday All-

Comers!- ANSW All-Comers, Sunday, 17th February, 2008 – Homebush.

Athletics NSW should be applauded for putting on a small All-Comers meet today. It gave all of those athletes training for upcoming Championships another opportunity to get in some more practice. In sometimes drizzly and humid conditions, we had 5 representatives with Garry Womsley and Roger Mar travelling from SMC to get a further event in at Homebush. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Position/Category</u>
NICK HANNA	1500m	5:08.32	15 th (Open)
VINCE ADAMS	100m	13.66sec	10 th (Masters)
GARRY WOMSLEY	1500m	5:41.70	3 rd (Masters)
ROGER MAR	1500m	7:00.34	4 th (Masters)
LAJOS JONI	Hammer	42.04m	1 st (Masters)

Girraween Do Well In The ANSW Champions League!

Athletics NSW should be congratulated for trying a new initiative with the introduction of the Champions League. The competition was run over 4 rounds in conjunction with the All-Comers meets on 5th January, 12th January, 24th January and 2nd February. Comprising of two divisions (for clubs with 100 or more members in division 1 and those with less members in division 2 based on 2006/2007 figures), athletes were given points based on where they finished in their events. We are pleased to advise that Girraween finished a creditable 10th in the Open category in division 1. However, in the

Masters division Girraween placed 2nd. This was a fantastic effort by our small band of Masters and the result really shows that they are currently the strength of our club. It also shows that we are competitive against the other club. Well done everyone!

Two More State Medals At The U/20 & U/23 Championships! – *ANSW State U/20 & U/23 Championships – Saturday & Sunday, 23rd & 24th February, 2008 – Homebush.*

Brad Milosevic and Nick Hanna both earned medals at the State U/20 & U/23 Championships held at Homebush over the weekend. Brad placed 3rd in the U/20 5000m while Nick placed 2nd in the U/23 5000m. This brings our medal tally to 11 for 2007/2008 with the State Masters still to come. Brad also contested the U/20 1500m and placed 19th in a very hot field. Full results as follows: -

	<u>Event</u>	<u>Time</u>	<u>Position</u>	<u>Category</u>
BRAD MILOSEVIC	5000m	16:06.03	3 rd	U/20
	1500m	4:23.90	19 th	U/20
NICK HANNA	5000m	20:04.74	2 nd	U/23

Garry & Ethan Have A Ball At The Lithgow Flash Meet! – *Lithgow Flash Gift – Saturday, 23rd February, 2008 – Lithgow Showground.*

The Womsley family travelled to Lithgow for the weekend to participate in the Lithgow Flash Gift meet held at Lithgow Showground. With the large amount of prize money on offer, a number of other athletes made the trek from Sydney. There was something for everyone. There were junior races on the track, a 5km team challenge which took in the trotting track around the perimeter of the showground and the local streets, a mile race as well as the professional 100m and 200m races. The conditions started off cool but soon turned to hot and steamy. With its big grandstand, the Lithgow Showground proved to be an ideal venue for a meet of this calibre.

Ethan Womsley contested the U/13 1500m race and placed 3rd in a very good effort. He was presented with a commemorative bronze medal for his efforts. Garry Womsley was part of a local team in the 5km challenge. The team was made up of consistent masters age runners who were competitive on the challenging course. Garry was the second of his team across the line in a time of 20:32. This wasn't a bad effort considering that the race was held during the hottest part of the day. He then backed up later in the day in the Mile race and finished in a time of 6:08. He placed 6th in a very hot field.

This event was certainly a winner and is set to become a "must do" on the summer calendar for all serious athletes in the future.

Roger Places 5th In His Age Group At Sri Chinmoy! – *Sri Chinmoy Road Race Series, Sunday, 24th February, 2008 – Leichhardt Park & Surrounds.*

The Sri Chinmoy Road Races that were held "Around the Bay" at Leichhardt were a real institution during the late 1990's and the early part of this century. It was very sad to see these events come to an

end. However, it is great that this organization is again staging events around Sydney this year. The first was at the “spiritual home” of Sri Chinmoy at Leichhardt Park and the surrounding paths. Roger Mar who was a regular at these events in previous years, felt a lot of nostalgia in again competing here. He contested the 16km and placed 5th in the over 50’s category in a very hot field. He was pleased with his time.

Happy Birthday!

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

10th: - Monica Juhart
11th: - Michael Christie
11th: - Chris Mackey
12th: - Matt Modini
13th: - Kylie Attwood
14th: - Janice Mayhew
22nd: - Daniel Marks
22nd: - Chad Slocombe
30th: - Tim Molesworth
31st: - Chris O’Donnell

Upcoming Events!

Club Events

Sat – 1 Mar – Girraween All-Comers – C.V. Kelly – 2.00pm
Sat – 8 Mar – Girraween Pre-Season Cross Country Meet – C.V. Kelly – 3.00pm
Sat – 15 Mar – Girraween Pre-Season Cross Country Meet – C.V. Kelly – 3.00pm
Sat – 22 Mar – Girraween Pre-Season Cross Country Meet – C.V. Kelly – 3.00pm
Sat - 29th Mar - West Metropolitan no. 1 – Haberfield – 2.00pm

ANSW Events

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

Fun Runs & Other Events of Interest

Sat – 1 Mar – Sydney Striders 10km Series – 7.00am (North Head)
Wed – 5 Mar – Sydney Summer Series – Bushranger Reserve (East Killara) – from 4.45pm
Thur – 6 Mar – Andrew Boy Charlton Biathlon Series (Macquaries Road, The Domain) – 6.00pm
Sat – 8 Mar – Six Foot Track Marathon – Explorer’s Tree – Katoomba – from 8.00am
Sat – Sun – 8-9 Mar – NSW Police Games (Track & Field) – Blacktown. Note: - All NSW Masters Club members are eligible to compete! Why not get a good hit out before the Nationals?
Sun – 9 Mar – Nepean Classic Summer Running Competition – River Road, Emu Plains (2km, 5km & 7km) – 8.00am
Sun – 9 Mar – Campbelltown City Challenge Walk (6km & 12km) – Mount Annan Botanical Gardens – 8.00am
Wed – 12 Mar – Sydney Summer Series – Pottery Green (Lane Cove) – from 4.45pm
Thur – 13 Mar – Andrew Boy Charlton Biathlon Series (Macquaries Road, The Domain) – 6.00pm
Sun – 16 Mar – Sydney Marathon Clinic Road Race Series (Rosford Reserve) – from 7.00am

Sun – 16 Mar – Lindfield Rotary Club Annual Fun Run (5km & 10km) – Lindfield Oval – from 8.15am
Wed – 19 Mar – Sydney Summer Series – Butchers Block Point (Longueville) – from 4.45pm
Thur – 20 Mar – Andrew Boy Charlton Biathlon Series (Macquaries Road, The Domain) – 6.00pm
Mon – 24 Mar – Sri Chinmoy Sydney Series – Race 2 – Centennial Park (4km, 7km) – 8.00am
Wed – 26 Mar – Sydney Summer Series – Woolwich Dock (Woolwich) – from 4.45pm
Thur – 27 Mar – Andrew Boy Charlton Biathlon Series (Macquaries Road, The Domain) – 6.00pm

West Metropolitan Season

2008!

Girraween Pre-Season Cross Country Series: -

Sat - 8th March - C.V. Kelly (starts at 3.00pm)
Sat - 15th March - C.V. Kelly (starts at 3.00pm)
Sat - 22nd March - C.V. Kelly (starts at 3.00pm)

Winter West Metropolitan & Representative Season: -

Sat - 29th March - West Metropolitan no. 1 - Haberfield
Sat - 5th April - West Metropolitan no. 2 - Queen Elizabeth Park, Concord
Sat - 12th April - West Metropolitan no. 3 - North Bank of Parramatta River, Rydalmere
Sat - 19th April - West Metropolitan no. 4 - Rossford Reserve, Smithfield

Sat - 26th April - NSW Novice Cross Country Championships - Ramsgate

Sat - 3rd May - NSW Road Championships - Homebush

Sat - 10th May - West Metropolitan no. 5 - George Kendall Riverside Park, Ermington
Sat - 17th May - West Metropolitan no. 6 - Col Sutton Park, Winston Hills
Sat - 24th May - West Metropolitan no. 7 - Upjohn Park, Dundas

Sat - 31st May - NSW Cross Country Relays - Miranda

Sat - 7th June - West Metropolitan no. 8 - North Ryde Common
Sat - 14th June - West Metropolitan no. 9 - Crestwood Reserve, Baulkham Hills

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

Sat - 28th June - West Metropolitan no. 10 - Prospect Reservoir
Sat - 5th July - West Metropolitan no. 11 - River Road, Emu Plains
Sat - 12th July - West Metropolitan no. 12 - Cowell's Lane

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

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

Sat - 2nd August - NSW Road Relay Championships - Wollongong

Sat - 9th August - no competition

Sat - 16th August - West Metropolitan no. 14 - Meadowbank Park
Sat - 23rd August - West Metropolitan no. 15 - Ford Park, Enfield
Sat - 30th August - West Metropolitan - Trevor Lonord Memorial Handicap - Prospect Reservoir

Draft 2008 Winter Representative Programme!

Below are the draft dates for the winter season, which will be confirmed once Athletics Australia advises of the details of winter championships. This information is also available on the ANSW website under 'Other Links'.

The host club is shown in brackets.

Sunday, 20 April

NSW Mountain Running Championships (Kembla Joggers)

Saturday, 26 April

Novice Cross Country (St George) Scarborough Park

Saturday, 3 May NSW

Road Championships (Sydney Striders) Sydney Olympic Park

Sunday, 18 May

NSW Half Marathon Championships Sydney

Saturday, 25 May

NSW Teams Walks (Regal Racewalking) TBC

Saturday, 31 May

NSW Cross Country Relays (Illawong) Miranda Park

Saturday, 21 June

NSW Cross Country Championships (Nowra) Nowra

Sunday, 29 June

NSW Short Walks Championships (NSW Racewalking) TBC

Saturday, 29 June

Australian Half Marathon Championships Gold Coast

Saturday, 19 July

NSW Short Course Cross Country Championships (Bankstown) Western Sydney Regional Park

Sunday, 27 July

NSW Long Walks (NSW Racewalking) TBC

Saturday, 2 August

NSW Road Relays (Kembla Joggers) Wollongong

Saturday, 23 August

Australian Cross Country Championships (TBC) Melbourne

Sunday, 24 August

Australian Road Walking Championships (TBC) Melbourne

Sunday, 22 September

NSW & Australian (TBC) Marathon Championships Sydney

Girraween Club Training Days & Times

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

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

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

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

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

Happy Coaching!

GARRY WOMSLEY (Level 3 Coach)

The following courses will be held in 2008: -

LEVEL 1

3-4 May – Wangi Wangi
3-4 May – Westfield Sports High
31 May – 1 Jun – Westfield Sports High
28-29 Jun – Westfield Sports High
26-27 Jul – Westfield Sports High
16-17 Aug – Westfield Sports High

LEVEL 2

3-4 May – Wangi Wangi
31 May – 1 Jun – Westfield Sports High
28-29 Jun – Westfield Sports High
26-27 Jul – Westfield Sports High
26-27 Jul – Wangi Wangi
16-17 Aug – Westfield Sports High
6-7 Sept – Westfield Sports High

For further information, contact Roger Green on 0295209324 or ragreen@digisurf.net.au.

Garry Attains His Level 3 Coaching Certificate!

We are pleased to advise that Garry Womsley completed his Level 3 Coaching Course recently. After struggling with one last question on one of his last assignments, he finally answered it adequately to complete the course. The question on resistance training was very beneficial as it made him do further research and also ask questions of more experienced coaches. He learnt a lot from the course in all aspects of athletics and is confident that this will be beneficial in his on-going coaching commitments at Girraween. Former Olympic Gold Medallist Glynis Nunn-Cearns the current director of the Australian Track & Field Coaching Association was particularly helpful and supportive throughout the course. His mentor coach (Max Wilkinson) was also a great support. He now hopes to do his Level 4 course after some further coaching experience over the next couple of years.

Training Form!

5th February – Middle Distance – C.V. Kelly – 1 x 600m, 1 x 800m

Ethan Womsley – 3:13 (600m), 4:28 (800m)

Garry Womsley – 3:13 (600m), 4:28 (800m)

11th February – Middle Distance – C.V. Kelly – 1 x 500m, 1 x 400m, 1 x 300m, 1 x 200m

Garry Womsley – 1:56 (500m), 1:30 (400m), 0:57 (300m), 0:31 (200m)

Doug Perrott – 2:00 (500m), 1:17 (400m), 0:57 (300m)

Heidi Juhart – 2:31 (500m), 1:49 (400m), 1:19 (300m), 0:40 (200m)

Renee Juhart – 2:31 (500m), 1:56 (400m), 1:17 (300m), 0:41 (200m)

David Perry – 1:48 (500m), 1:31 (400m), 0:57 (300m), 0:33 (200m)

Richard Frost – 1:58 (500m), 1:32 (400m), 1:09 (300m), 0:40 (200m)

Nick Hanna – 1:51 (500m), 1:22 (400m), 0:57 (300m), untimed (200m)

Jordan (Little A's) – untimed (All)

Jonas (Little A's) – untimed (500m), 1:52 (400m), 1:09 (300m), 0:39 (200m)

Nicole (Little A's) – untimed (500m, 400m)

Louise Cuthbert – untimed (500m, 400m)

Alison (Little A's) – untimed (500m, 400m)

Mason (Little A's) – untimed (500m, 400m)

18th February – Middle Distance – C.V. Kelly – 3 x 300m, 1 x 200m

Garry Womsley – 0:58, 0:55, 0:57 (300m), 0:32 (200m)

Renee Juhart – 1:15, 1:16, 1:21 (300m), 0:40 (200m)

Heidi Juhart – 1:12, 1:16, 1:20 (300m), 0:42 (200m)

Vince Adams – 0:58, 0:58, 0:58 (300m), 0:34 (200m)

Steve Blunden – 0:53, 0:51, 0:51 (300m)

David Perry – 0:55, 0:55, 0:55 (300m), 0:38 (200m)

Richard Frost – 1:07, 1:05, 1:03 (300m), 0:40 (200m)

Vaidehi (Little A's) – untimed (300m), 1:15, 1:11 (300m), 0:43 (200m)

Anisha (Little A's) – untimed (300m), 1:16, 1:12 (300m), 0:44 (200m)

Nathaniel (Little A's) – untimed, 1:12 (300m)

Andrew Blunden – 0:45 (300m)

20th February – Middle Distance – C.V. Kelly – 1 x 400m, 1 x 300m, 1 x 200m, 1 x 150m

Garry Womsley – 1:36 (400m), 1:05 (300m), 0:34 (200m), 0:22 (150m)

Vince Adams – 1:28 (400m), 1:01 (300m), 0:37 (200m), 0:21 (150m)

Richard Frost – 1:28 (400m), 1:05 (300m), 0:41 (200m), 0:29 (150m)

Roger Mar – 1:42 (400m), 1:04 (300m), 0:36 (200m), 0:25 (150m)

Lauren Sinclair – 2:22 (400m), untimed (300m), 0:58 (200m), 0:38 (150m)

David Perry – 1:28 (400m), 1:00 (300m), 0:36 (200m), 0:23 (150m)

Steve Blunden – 1:16 (400m), 0:50 (300m), 0:30 (200m), 0:21 (150m)

Vaidehi (Little A's) – untimed (400m & 300m), 0:46 (200m), 0:30 (150m)

25th February – Middle Distance – C.V. Kelly – 4 x 200m

Garry Womsley – 0:34, 0:33, 0:30, 0:30

Vince Adams – 0:33, 0:33, 0:33, 0:32

Roger Mar – 0:42, 0:39, 0:37, 0:35, 0:40
Lauren Sinclair – 0:52, 0:51, 0:59, 0:55
David Perry – 0:33, 0:33, 0:34, 0:32
Harpreet (Little A's) – untimed (2 x 200m)
Richard Frost – 0:41, 0:42, 0:41, 0:41, 0:38
Heidi Juhart – 0:43, 0:41, 0:44, 0:43
Renee Juhart – 0:49, 0:40, 0:49, 0:41
Steve Blunden – 0:30, 0:30, 0:31, 0:29
Andrew Blunden – 0:28, untimed, 0:30
Louise Cuthbert – untimed (2 x 200m)
Caitlyn Dunn – untimed (2 x 200m)

Mid-Week Training Programme For March!

WEEK ONE

Monday, 3rd March, 2008 (C.V. Kelly) – 6.15pm for 6.30pm start

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

Tuesday, 4th March, 2008 (C.V. Kelly) – 6.30pm

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

Wednesday, 5th March, 2008 (C.V. Kelly) – 6.30pm

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

WEEK TWO

Monday, 10th March, 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, 11th March, 2008 (C.V. Kelly) – 6.30pm

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

Wednesday, 12th March, 2008 (C.V. Kelly) – 6.30pm

- 1) 1.7km – Road – Warm up
- 2) Drills on grass
- 3) 5 x 100m along straight section of Oramzi Road
- 4) 1.6km – Road – Warm down

WEEK THREE

Monday, 17th March, 2008 (C. V. Kelly) – 6.30pm

- 1) 1.7km – Road – Warm up
 - 2) Drills on grass
-

-
- 3) 3 x 400m up hill along Girraween Road
 - 4) 1.5km – Road – Warm down

Tuesday, 18th March, 2008 (C.V. Kelly) – 6.30pm

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

Wednesday, 19th March, 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 after 30 minutes)

WEEK FOUR

Monday, 24th March, 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 down

Tuesday, 25th March, 2008 (C.V. Kelly) – 6.30pm

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

Wednesday, 26th March, 2008 (C.V. Kelly) – 6.30pm

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

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

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

GARRY WOMSLEY

Athletics Trivia!

This month, we take an in depth look at the Olympic Games and its origins: -

The ancient Olympic Games can be traced back as far as the 13th century BC. From that date, for the next 1170 years, the Games were staged every 4 years (known as an Olympiad). In deference to the Games and its ideals, all battles were halted for the 5 days duration. They featured track and field events, wrestling, boxing and chariot racing and were always held at Olympia in Southern Greece in a horseshoe shaped stadium which was 210m long and 31m wide and held 40000 spectators. As the Greek civilisation declined, so did the Olympic Games and in AD 393 they were abolished by decree of the Roman Emperor.

A little over 15 centuries were to pass before the Olympic Games were brought back to life. The revival was the brainchild of a French Baron, Pierre de Coubertin. 3 years later after making his intention public, the first modern Olympic Games were held appropriately in Athens in the spring of 1896. Events at Athens included: - 100m, 400m, 800m, 1500m, 5 miles (8km), Marathon, 110m

Hurdles, High Jump, Standing High Jump, Pole Vault, Long Jump, Standing Long Jump, Triple Jump, Discus, Discus Greek Style, Javelin, Shot Put and Throwing the Stone.

Subsequent venues have been: -

1900 – Paris
1904 – St. Louis
1908 – London
1912 – Stockholm
1920 – Antwerp
1924 – Paris
1928 – Amsterdam
1932 – Los Angeles
1936 – Berlin
1948 – London
1952 – Helsinki
1956 – Melbourne
1960 – Rome
1964 – Tokyo
1968 – Mexico City
1972 – Munich
1976 – Montreal
1980 – Moscow
1984 – Los Angeles
1988 – Seoul
1992 – Barcelona
1996 – Atlanta
2000 – Sydney
2004 – Athens

The tradition continues in Beijing on 08/08/08.

War has caused the cancellation of the Games on 3 occasions: - 1916 (Berlin), 1940 (Tokyo/Helsinki), 1944 (London). The Games has grown steadily from its modest beginnings in Athens where 59 athletes from 10 countries competed. There was also an unofficial Olympics celebration held in Athens in 1906.

More interesting trivia next month!

Garry Womsley

World News!

3rd February

John Steffensen has three opportunities to impress during the Australian season. He will run the Sydney Athletics Grand Prix on Feb 16th, the IAAF World Athletics Tour meet in Melbourne on Feb 21st and the Olympic selection trials in Brisbane from Feb 28th – Mar 2nd. He is expected to clash with World Champion Jeremy Warriner on at least two occasions.

Kenyan born American Bernard Legat edged out Craig Mottram for the 2nd year in a row to win the Wanamaker Mile at the 101st Millrose Games indoor athletic meet. Legat defended his crown in a time of 3:57.51 with Mottram second in 3:57.90. NZ's Nick Willis placed 3rd in a great time of 3:58.14.

Sally McLellan pulled out of last night's Australia Cup meet in Brisbane due to back injury. The injury is not considered serious. Joshua Ross again pulled out which is becoming a regular occurrence in recent times. Some results as follows: -

Men's 100m: - A. Rouge-Serret (VIC) – 1st – 10.36sec

Men's 5000m Walk: - J. Talent (VIC) – 1st – 19:01.94

Men's 400m: - Clinton Hill (ACT) – 1st – 46.00sec
Men's Shot: - Scott Martin (VIC) – 1st – 20.57m
Men's 1500m: - M.Keally (QLD) – 3:44.84
Women's 100m: - M. Batimale (NZ) – 11.73sec
Women's 5000m Walk: - T. Holliday (ACT) – 23:00.73
Women's 400m: - Tamsyn Lewis (VIC) – 52.28sec
Women's 1500m: - Georgie Clarke (VIC) – 4:18.97

Jana Rawlinson is expected to spend just 6 days in Beijing in her quest for her 1st Olympic medal when she contests the 400m Hurdles. She hopes to do a lot of her final preparations somewhere in South East Asia before flying into China just before her event. After what happened in Athens, she is leaving nothing to chance. The reigning World & Commonwealth champion is expected to push on until the 2012 Olympics in London where she will be 29.

9th February

Martin Dent moved a step closer to Olympic standard with a runaway win in the NSW State Open 3000m Steeplechase at Homebush tonight. He clocked 8:33.98 which was just outside the B qualifying standard. Clinton Hill placed 2nd in the 400m in a time of 45.88sec. He was defeated by up and comer Joel Milburn in a time of 45.19sec. Milburn's victory was an Olympic A qualifier. Kurt Mulcahy (46.58sec) finished third. Matt Shirvington took out the 100m state title in a time of 10.51sec. Patrick Johnson and Josh Ross didn't race.

Sally McLellan continues to battle a hamstring tear and is out indefinitely.

Scott Martin and Tamsyn Lewis were standouts at the Victorian State Championships. Martin was again over 20m in the Shot Put, winning in a distance of 20.09m while Lewis was in a class of her own in winning the 400m in 51.98sec.

16th February

Jeremy Wariner starts his preparations for the 400m tonight in Sydney in the 200m. His ultimate ambition is to be the first man to break 43sec for 400m. Remarkably, he was still playing football at school at the age of 18. At the age of 24 he is already world 400m champion and a personal best of 43.45sec just outside of Michael Johnson's record of 43.18sec. It is also helping that Johnson is one of his advisors.

Asafa Powell's coach believes that he hasn't won a major championship because he believed that he was a gift from God. He believed that if he was meant to get a championship then it would be God that gave it to him. He had no say in the matter. Stephen Francis now believes that Powell has a new attitude and that we will see that if he runs in Sydney tonight. That will all depend on whether or not his cut knee has recovered sufficiently.

17th February

Daniel Batman defeated Jeremy Wariner in the 200m at last night's A series meet in Sydney. He won in a time of 20.81sec. Matt Shirvington just hung on to defeat Darrel Brown of Trinidad in a time of 10.43sec. Tamsyn Lewis broke a 16 year meet record with her win in the 800m. She clocked 1:59.59 to defeat Madeline Pape who did a time of 1:59.92. They both achieved an "A" qualifier. Sean Wroe won the men's 400m race in a time of 45.84sec.

21st February

Asafa Powell won the 100m in Melbourne tonight at the World Athletics meet. He clocked a time of 10.04sec. Craig Mottram won the 5000m easily in what doubled as the National Championship.

27th February

Athletics Australia today named Daniel Batman in a very young 4 x 400m relay team for the World Indoor Athletics Championships in Valencia, Spain. Two time Olympian Batman (ACT) joins Joel Milburn (NSW), Dylan Grant (QLD), Sean Wroe (VIC) and Mark Ormrod (SA).

Sprinter Josh Ross has withdrawn from this weekend's Nationals in Brisbane due to a lack of motivation. This would seriously dent his hopes of making the Olympics.

The highlights of the upcoming Nationals: -

The 3000m will feature Craig Mottram.

Matt Shirvington will be striving for his 6th National career title.

Tamsyn Lewis and Madeline Pape clash in the 800m. 11 times National Champion Lewis faces the biggest challenge to her crown in years.

28th February

Chaos marred the men's 100m at the Olympic trials in Brisbane tonight with rookie sprinter Otis Gowa, a cancer survivor, beating two protests to win. Veteran sprinter Patrick Johnson will have to find another way to Beijing after stalling at the start of the event and finishing last in 10.81sec. He ran 10.45sec in the semi final well below Gowa's 10.63sec in the final. It was the slowest 100m race at a National titles since 1979. Both Johnson and Shirvington protested on the grounds of an unfair start. This was rejected by the race referee and a jury of appeal. Gowa is in remission from Hodgkin's Lymphoma.

Tamsyn Lewis qualified for Beijing with a strong win in the 400m. Her time of 51.44sec was a personal best. She is also determined to take the 800m title tonight.

Jarrold Bannister set an Australian record in winning the Javelin with a throw of 89.02m which was well ahead of his previous PB of 83.70m. In other news, Steve Hooker took out the Pole Vault with 5.55m in blustery conditions and Veronique Molan took out the 1500m.

1st March

Our men's 400m stocks look good at the moment with a fantastic final at the Nationals tonight. Young Joel Milburn (45.90sec) just shaded John Steffensen (46.17sec) and Sean Wroe (46.23). They are certainly in with a strong chance of gaining a medal in the 4 x 400m relay at Beijing. Patrick Johnson could not finish the 200m won by Daniel Batman in 20.89sec. Lachlan Renshaw is one step closer with a fine win in the 800m while Alana Boyd made the Olympic team by winning the Pole Vault with 4.45m. Dani Samuels threw a PB in the Discus with a throw of 62.95m.

Tamsyn Lewis claimed her 9th 800m title and her 13th Australian Championships victory in Brisbane tonight. She has now booked spots in both the 400m and 800m for Beijing. She flies out on Monday for the World Indoor Championships in Valencia, Spain. She won in a time of 2:02.12 ahead of pace setter Madeleine Pape (2:03.52).

Lots Of Girraween Gear At Discounted Prices!

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

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

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

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

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

They are \$25.00 each.

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

GARRY WOMSLEY

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

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

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

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

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

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

Retro T-Shirts!

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

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

2 x size 16

They are \$10.00 each.

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

If anyone is interested, please let me know.

GARRY WOMSLEY

Our Lightning Policy!

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

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

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

GARRY WOMSLEY

Media Watch!

6th February

The Parramatta Advertiser included our results in their special results section.

11th February

Our senior training squad were thrilled to be part of a photographic session for an upcoming edition of Runner's World. The story will be on weight loss and the subject was Garry Womsley who was 122kg before he took up walking in 1986 and eventually running in 1998. They took photos of him both in his capacity as an athlete and also as coach. His athletes were very willing participants in the session. The photographer was very impressed with our set up.

13th February

The Parramatta Advertiser included our results in their special results section.

20th February

The Parramatta Advertiser included our results in their special results section.

26th February

Garry Womsley's photograph appeared in the sports section of today's Lithgow Mercury. The photo was taken during the 5km team challenge race held during the Lithgow Flash Gift.

27th February

The Parramatta Advertiser included our results in their special results section.

From The Athlete's Kitchen

Veal With Fennel Salt

- Crush 1 tablespoon of sea salt flakes with 1 teaspoon of fennel seeds.
- Brush veal cutlets with olive oil and rub with the salt mixture.
- Char-grill or cook in a hot frying pan for 3-4 minutes on each side or cooked to your liking.
- Serve with a green salad and thinly sliced fennel dressed with olive oil and a squeeze of lemon.

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

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

GARRY WOMSLEY

LOST & FOUND!

Lost

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

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

Found

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

1 large grey long sleeve jumper with a white & black stripe around the "V" neck.

1 large dark blue men's t-shirt (Bond's brand).

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

GARRY WOMSLEY

Can Anybody Provide Work To One Of Our Members?

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

GARRY WOMSLEY

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

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

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

ANSW Magazine!

ANSW have launched an official e-zine.

There have been 2 editions so far and can be viewed on the ANSW Website.

The magazine will be released electronically approximately every 2 months.

We hope you enjoy it!

ATHLETICS NSW ANNUAL AWARDS DINNER!

Saturday, 12th April, 2008

Dedes Restaurant, Sydney Rowing Club, 613 Great North Road,
Abbotsford – 6.30pm for 7.00pm start
Dress Code – Smart Casual

Tickets: - \$80 per person or \$840 for a table of 12 (\$70 per person)

Book by: Wednesday, 26th March, 2008

Trophies!

The following members still have trophies to collect: -

David Wallis
Linda Balinski
Lonnie Balinski

Please call Garry Womsley on 0405586961 to organise collection.

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

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

GARRY WOMSLEY

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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!

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



Stop Press!

Results from ANSW All-Comers at Campbelltown – Saturday, 1st March, 2008.

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing/Category</u>
CHERI WOMSLEY	Shot Put	3.99m	2 nd (Open)
	Discus	8.70m	3 rd (Open)
LYNETTE SMITH	Shot Put	10.09m	1 st (Masters)
	Discus	25.48m	2 nd (Masters)
NICK HANNA	3000m Steeplechase	13:15.60	5 th (Open)
GARRY WOMSLEY	3000m Steeplechase	13:09.30	1 st (Masters)

Our Members Help Out At The Kids Try-Athlon!

– Weetbix Kids Try-Athlon – Sunday, 2nd March, 2008 – Homebush.

Six of our members got up bright and early this morning to help out at this great event held at Homebush today. Kids from 7 years old up to 15 contested this event and all seemed to enjoy it. For a lot of them, it was their first taste of a Triathlon and we are sure that it won't be their last. Our members made sure that their experience on the day was a positive one. They helped out in such diverse areas as check-in, packing up, crowd control, policing pedestrian walk ways and as encouragers for those finishing. They helped out from 6.30am until approximately 12.00 noon. Their help was much appreciated by the organisers, parents and competitors alike and raised some much needed funds for our club. Fundraising such as this helps keep our club going and offering competition 50 weeks of every year for our members. Many thanks go to George Milosevic, Brad Milosevic, Nick Hanna, Garry Womsley, Cheri Womsley and Ethan Womsley.

Great Athletes of the Past!

By Garry Womsley

Chris Brasher CBE (1928 – 2003) – Great Britain

Chris William Brasher was born in Georgetown, Guyana. He moved to England with his family at a young age and soon settled into the English way of life. He was a student at the Duke of York's Royal Military School and was later a graduate of St. John's College, Cambridge.

While his athletics career proved to be an inspiration to all, he proved to be a pioneer in many other areas in the latter part of his life after his own athletics career wound down. For years he was simply a capable Middle Distance runner (3:54.0 for 1500m and 14:22.4 for 3 miles) who appeared to lack that extra something which is required by the top liners.

Realising his limitations on the flat, he switched his attentions to the Steeplechase. He likened the challenge of Steeplechase to that of mountaineering which was another of his pastimes. (In fact, he was so good at it that he was once short listed to climb Mount Everest with a British expedition.) In his first attempt at the Steeple, he clocked a modest but promising 9:21.8 in 1951 and the next year won his way into the Olympic team. At Helsinki he improved by over 10 seconds on his best by clocking 9:03.2 in his heat and in the final hung on pluckily to 11th after injuring himself on the 2nd lap.

Throughout the next two seasons he became better known as Roger Bannister's pacemaker and training companion. In doing so, he cut his mile time to 4:09.0 in 1954. He paced the first two laps for Bannister on that fateful day at Iffley Road Stadium in Oxford when Bannister broke the 4 minute mile for the first time. He returned to serious Steeplechasing in 1955 and progressed to 8:49.2 that year. He improved to 8:47.2 by August 1956 but travelled to the Melbourne Olympics as the second string runner behind John Disley. Shortly before the Games, Brasher knocked almost 13 seconds off his best 2 mile (3.2km) flat time with 8:45.6. In the Olympic final, he ran the race of his life to take the Steeplechase Gold in a time of 8:41.2. At first, he was disqualified for an alleged obstruction of Ernst Larsen (Norway) but was reinstated by a jury of appeal. His Olympic Gold capped a great running career.

His other personal bests are as follows: -

1500m – 3:53.3

Mile – 4:06.8

3000m – 8:15.4

However, the Chris Brasher story doesn't end there. He became a prominent sports journalist after his retirement and was also the co-founder of the London Marathon. He was also one of the pioneers of Orienteering in Britain and can claim the first public mention of the sport in an article in The Observer in 1957. His distinguished career in journalism included stints as Sports Editor for The Observer newspaper and in broadcasting as a reporter for the Tonight programme. In 1978 he designed the innovative Brasher Boot which was a walking boot with the comfort of a running shoe. He was awarded a CBE in 1996. He died aged 74 in 2003 after a short illness. He is truly one of the legends of not only athletics but of life itself!

References: - Encyclopedia of Athletics 4th Edition – Mel Watman – 1977 & Wikipedia, the on-line encyclopedia.
