
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

HAPPY 30th ANNIVERSARY!

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ABN: - 97 049 119 071

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</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Public Officer & Registrar</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>
<i>Erin Taylor</i>	<i>Canteen Manager</i>	<i>96229357</i>

The following position is still vacant: -
Records Officer

If you are interested in taking on the above position, 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, 4th September, 2008 – 8.00pm – Kings Langley Primary School (This will be preceded by computer training for editing the website at 7.00pm)

GO GIRRA!



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

Girrawee Is 30 Years Young!

Welcome to our 30th Anniversary edition of the Girrawee Athlete. On 30th September, 1978 our great club had its first competition day and it has been going ever since. This month we have our two big celebrations with our bowls and dinner function on Sunday, 21st September and our Pentathlon & Relay competition day on Saturday, 27th September. We will have three special guests at our dinner in Joan Wheeler (widow of our founder John), Merv Lee-Archer (West Metropolitan Founder) and Nathan Rees MP (state member for Toongabbie & former Girrawee member) so if you would like to attend and haven't indicated yet, it is not too late. Just let either myself or Steve Williams know.

Our very enjoyable 2008 winter season ends on 6th September with the annual relay & presentation day at West Auburn. It is expected that a number of our athletes will win awards and that is indicative of the good performances put in by all. We hope that you have enjoyed the experience and hope that you will continue to compete with us when our summer season starts on Saturday, 13th September at C.V. Kelly.

Until next month, run well but most of all, enjoy yourself!

Yours in Athletics
GARRY WOMSLEY

Results From The State Road Relays!

Saturday, 2nd August, 2008 – Flagstaff Point – Wollongong.

Another good day was had at this very scenic location. While we didn't win any medals, all of our athletes tried hard and did their very best on the day. The weather was fine, cool and windy.

Male: -

55+

Denis Andrew (156) - 16:41

Ken Scalley (6012) - 17:15

Robert Eager (166) - 20:07

Clive Kidson (169) - 17:28

(Total Time: - 71:31)

45+ (A)

Garry Womsley (1158) - 16:01
Graham Sheargold (1157) - 16:03
Steve Williams (1162) - 16:47
Peter Matthews (161) - 14:39
(Total Time: - 63:30)

45+ (B)

Mark Ingram (6237) - 19:51
Joe Butler (167) - 21:57
Steve Blunden (1247) - 18:17
Roger Mar (160) - 24:33
(Total Time: - 83:38)

Open (A)

Nick Hanna (168) - 15:13
Michael Grogan (559) - 15:20
Wayne Thurlow (159) - 14:58
Geoff Sheargold (1248) - 14:03
(Total Time: - 59:34)

Open (B)

Richard Frost (1323) - 15:50
Chris Mackey (6298) - 16:29
Rachel Evans-Ingram (6361) - 23:54
Roger Mar (160) - 24:53
(Total Time: - 81:06)

U/20

Brad Milosevic (1203) - 12:22
Adam Sinclair (823) - 15:39
Ethan Womsley (1139) - 22:45
Andrew Blunden (1270) - 13:47
(Total Time: - 64:33)

Female: - Open

Elizabeth Sutton (6016) - 19:27
Katrina Russell (6014) - 20:58
Carly Eager (6018) - 20:46
Lisa Grant (1160) - 16:34
(Total Time: - 77:45)

Results From Sri Chinmoy Road Race

Series! – Sunday, 3rd August, 2008 – Gipps Road Reserve & Surrounds (12km).

All four of our members who contested this race did well. Nick Hanna, Michael Grogan and Garry Womsley all made the top ten while Terry Rose placed 2nd in his age category. The weather was cool but fine.

- | | |
|---------------------|---------------------|
| 1) NICK HANNA – | 49:54 (5th overall) |
| 2) MICHAEL GROGAN – | 50:52 (7th overall) |

- 3) GARRY WOMSLEY – 51:40 (8th overall)
4) TERRY ROSE – 58:26 (2nd over 50's)

32 Members Complete The City2Surf!

Sunday, 10th August, 2008.

Another healthy contingent of Girraween athletes contested this year's City2Surf. On a fine but cool day, 32 of our current members ran or walked their way to Bondi Beach. Six of our members beat the magical 60 minute mark.

- 1) GEOFF SHEARGOLD - 53:42 (355)
- 2) ANDREW BLUNDEN - 54:34 (420)
- 3) PETER MATTHEWS - 56:57 (673)
- 4) MICHAEL GROGAN - 59:08 (1029)
- 5) RICHARD FROST - 59:12 (1043)
- 6) GRAHAM SHEARGOLD - 59:30 (1086)
- 7) GARRY WOMSLEY - 60:46 (1333)
- 8) LISA GRANT - 61:03 (1395)
- 9) CLIVE KIDSON - 63:16 (1910)
- 10) DAVID PERRY - 64:04 (2123)
- 11) ADAM SINCLAIR - 64:45 (2313)
- 12) STEPHEN MIFSUD - 65:18 (2427)
- 13) STEVE PARKINS - 65:33 (2538)
- 14) STEVE WILLIAMS - 65:59 (2656)
- 15) STEVE BLUNDEN - 67:49 (3274)
- 16) STEVE O'DONNELL - 68:05 (3360)
- 17) MONICA JUHART - 68:28 (3748)
- 18) GRACIELA LAMAS - 72:01 (6809)
- 19) GREG SARGEANT - 72:12 (6602)
- 20) LONNIE BALINSKI - 73:28 (6469)
- 21) RICHARD LAMAS - 74:21 (5347)
- 22) TERRY ROSE - 75:10 (5484)
- 23) ROGER MAR - 79:49 (9366)
- 24) EDDIE MAKKI - 79:56 (7211)
- 25) SURESH RAJU - 80:30 (12751)
- 26) KYLIE SMYTHE - 81:14 (10295)
- 27) LINDA BALINSKI - 81:39 (9778)
- 28) CARLY EAGER - 85:59 (22736)
- 29) JOE BUTLER - 86:06 (12505)
- 30) ROB EAGER - 86:33 (22968)
- 31) CHERI WOMSLEY - 144:04 (41391)
- 32) ETHAN WOMSLEY - 144:07 (41419)

Results From West Metropolitan Week

***14! – Saturday, 16th August, 2008 – North Bank of Parramatta River,
Rydalmere.***

2km: -

- 1) ADAM SINCLAIR - 6:53 (9)
- 2) WAYNE THURLOW - 7:09 (13)
- 3) MICHAEL GROGAN - 7:20 (16)
- 4) GARRY WOMSLEY - 7:37 (23)

5) STEVE BLUNDEN -	8:03	(30)
6) DAVID PERRY -	8:05	(32)
7) STEVE O'DONNELL -	8:15	(34)
8) RICHARD LAMAS -	8:58	(43)
9) STACEY ARGENT -	9:17	(48)
10) RENEE JUHART -	9:26	(49)
11) ROGER MAR -	9:27	(50)
12) MARK INGRAM -	9:36	(52)
13) JILL WOODRUFF -	10:56	(56)
14) RACHEL EVANS-INGRAM -		
	11:22	(59)
15) EDDIE McLEAN -	11:43	(63)
16) LAUREN SINCLAIR -	14:09	(65)

4km: -

1) MICHAEL GROGAN -	15:49	(16)
2) CHRIS MACKEY -	16:04	(18)
3) GARRY WOMSLEY -	16:36	(21)
4) DAVID PERRY -	17:07	(26)
5) STEVE PARKINS -	17:09	(27)
6) CARLY EAGER -	21:03	(38)
7) ROGER MAR -	21:04	(39)
8) MARK INGRAM -	22:54	(42)
9) RACHEL EVANS-INGRAM -		
	25:36	(45)
10) ELIZABETH SUTTON -	26:11	(47)

8km: -

1) NICK HANNA -	31:49	(8)
2) LISA GRANT -	34:22	(16)
3) CLIVE KIDSON -	34:32	(17)
4) MICHAEL FREE -	34:54	(18)
5) STEVE WILLIAMS -	35:11	(19)
6) DENIS ANDREW -	35:15	(20)
7) KEN SCALLEY -	36:03	(22)
8) GREG SARGEANT -	37:23	(24)
9) LONNIE BALINSKI -	40:07	(28)
10) ROBERT EAGER -	42:12	(30)
11) KYLIE SMYTHE -	43:55	(32)
12) ROGER MAR -	45:31	(34)
13) LINDA BALINSKI -	47:43	(35)

Results From Lake Gillawarna!

Bankstown Hidden Half & Mayoral Fun Run (21.1km & 5km)

Nine of our athletes contested the very popular races at Lake Gillawarna this morning. While it was quite chilly, the weather was fine and sunny. Besides 4 age group medals, our members also cleaned up in the lucky draw prizes. Full results as follows: -

<u>Half Marathon</u>	<u>Time</u>	<u>Overall Placing</u>	<u>Category Placing</u>
1) MICHAEL FREE	1:59:27	85 th	24 th (40-49)
2) ROGER MAR	2:21:15	109 th	16 th (50-59)

<u>5km</u>	<u>Time</u>	<u>Overall Placing</u>	<u>Category Placing</u>
1) NICK HANNA	19:24	17 th	2 nd (20-29)
2) MICHAEL GROGAN	19:51	19 th	3 rd (30-39)

3) GARRY WOMSLEY	20:43	24 th	3 rd (40-49)
4) STEVE MIFSUD	21:14	27 th	4 th (50-59)
5) DAVID PERRY	21:20	28 th	4 th (40-49)
6) MICHAEL CHRISTIE	24:02	41 st	6 th (40-49)
7) ETHAN WOMSLEY	30:42	66 th	2 nd (10-12)

Results From West Metropolitan Week

15! – Saturday, 23rd August, 2008 – Ford Park.

2km

1	W. Thurlow	7.12
2	M. Grogan	7.17
3	S. Blunden	8.34
4	R. Lamas	9.04
5	R. Mar	9.38
6	V. Adams	9.48
7	J. Woodruff	11.34
8	E. McLean	11.56
9	L. Sinclair	13.29
10	E. Sutton	18.19

4km

1	P. Matthews	15.05
2	W. Thurlow	15.40
3	M. Grogan	15.48
4	M. Christie	18.40
5	G. Lamas	18.58
6	E. Sutton	19.48
7	C. Eager	20.17
8	K. Russell	20.58
9	R. Mar	21.26
10	M. Ingram	23.34

8km

1	T. Molesworth	29.03
2	M. Free	35.37
3	K. Scalley	36.38
4	S. Blunden	37.03
5	Lonnie Balinski	40.22
6	R. Mar	44.46
7	Linda Balinski	45.23
8	J. Butler	45.24

3 Representatives At The Australian Cross Country Championships – Saturday, 23rd August, 2008 – Eastern Park, Geelong.

Three of our members ventured to Geelong to contest the Australian Cross Country Championships. The course was quite challenging with a number of inclines as well as many twists and turns. Despite showers the previous night and also on the morning of the races, the course was quite firm and there was no rain while the races were in progress. All three of our members were happy with their performances and will be better for the experience.

U/20 – Male (8km)

1) BRAD MILOSEVIC – 26:02 (14th Overall)

Open – Male (12km)

1) NICK HANNA – 51:28 (79th Overall)

2) GARRY WOMSLEY – 54:25 (81st Overall)

Results From Trevor Lonard Memorial Handicap! – Saturday, 30th August, 2008 – Prospect Reservoir.

<u>2km: -</u>	<u>Time</u>	<u>Handicap</u>	<u>Position</u>
1) JILL WOODRUFF	10:37	2:47	4 th
2) MICHAEL CHRISTIE	8:30	5:38	6 th
3) EDDIE McLEAN	11:35	2:44	8 th
4) STEVE O'DONNELL	8:08	7:41	18 th
5) ROGER MAR	9:41	6:19	23 rd
6) DAVID PERRY	7:54	8:10	24 th
7) GARRY WOMSLEY	8:00	8:22	27 th
8) JONAS WILLIAMS	7:10	9:20	28 th
9) NICK HANNA	7:31	9:20	30 th

<u>4km: -</u>	<u>Time</u>	<u>Handicap</u>	<u>Position</u>
1) MARK INGRAM	19:45	0:51	1 st (1 st overall trophy)
2) ADAM SINCLAIR	15:24	6:13	2 nd (2 nd overall trophy)
3) MICHAEL GROGAN	15:28	7:34	5 th
4) STEVE PARKINS	17:31	5:35	6 th
5) PETER MATTHEWS	15:04	10:11	12 th
6) ETHAN WOMSLEY	23:10	2:11	13 th (1 st Male U/16 trophy)
7) CHRIS MACKEY	19:55	11:18	16 th
8) DARREN GOULD	20:07	11:18	17 th
9) ROGER MAR	22:04	11:18	18 th

8km

For the second year in a row, Linda Balinski won the Trevor Lonard Trophy. Robert Eager was also awarded the 3rd place trophy. Congratulations to all our athletes who participated.

<u>Placing</u>	<u>Athlete</u>	<u>Adjusted Time</u>	<u>Actual Time & Handicap</u>	
1	Lisa Grant	34.23	48.06	13.43
2	Richard Frost	35.01	47.24	12.23
3	Michael Free	35.52	48.15	12.23
4	Clive Kidson	36.31	45.48	9.17

5	Ken Scalley	39.45	45.30	5.45
6	Rob Eager	41.55	44.48	2.53
7	Linda Balinski	44.01	44.01	0.00
8	Lonnie Balinski	45.00	48.59	3.59
9	Joe Butler	46.42	48.41	1.59

Trevor Lonard Trophy

1st	Linda Balinski
2nd	David McEwan (Hills)
3rd	Robert Eager

Our Athletes Run At Lake MacQuarie!

Lake MacQuarie 10.5km Fun Run – Sunday, 31st August, 2008 – Warner's Bay.

Four of our members contested the very popular Lake MacQuarie Fun Run. This race has been going for many years and many athletes from Sydney and the Central Coast travel up to the outskirts of Newcastle for it. After staying overnight at Wallsend, our intrepid quartet were well rested and ready for a big performance. They had to contend with heavy rain for almost the whole race. However, it was not a really cold morning so that was a bonus. Nick Hanna was our first runner home and placed first in the 20-24 age category). He was followed by Michael Grogan (9th in 30-34 age category), Garry Womsley (10th in 45-49 age category) and David Perry (12th in 45-49 age category). All were happy with their times and performances. Full results as follows: -

	<u>Time</u>	<u>Category Position</u>	<u>Overall Position</u>
1) NICK HANNA	43:54	1 st (20-24)	25 th
2) MICHAEL GROGAN	44:59	9 th (30-34)	35 th
3) GARRY WOMSLEY	48:24	10 th (45-49)	81 st
4) DAVID PERRY	49:19	12 th (45-49)	99 th

This race was run in conjunction with the Lake MacQuarie Half Marathon and 10.5km Walk and there were over 1100 athletes in total competing today. For all four of our members to place in the top 100 was an outstanding achievement.

Happy Birthday!

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

2nd: - Greg Sargeant
 3rd: - Brenda Micallef
 11th: - Louise Cuthbert
 14th: - Ken Scalley
 19th: - Robert Eager
 21st: - Adam Sinclair
 22nd: - Viv Manwaring
 25th: - Katrina Russell

Upcoming Events!

Club Events

Sat - 6th September - West Metropolitan - Relay & Presentation - West Auburn
 Sat - 13 Sept - Week A Grading with distance event 1500m (C.V. Kelly)
 Sat - 20 Sept - Week B Grading with distance event 3000m (C.V. Kelly)
 Sat - 27 Sept - Girraween 30th Anniversary Pentathlon & Relays (C.V. Kelly)

ANSW Events

Sat – 13th September – ANSW All-Comers (Intro. To Club Athletics) – Glendale

Sat – 20th September – ANSW All-Comers (Intro. To Club Athletics) – Homebush

AA Events

Sun - 21 September - NSW & Australian Marathon Championships - Sydney

Fun Runs & Other Events of Interest

Sat – 6th September – Sydney Striders 10k Series – North Head – 7.00am

Sun – 7th September – Sri Chinmoy Sydney Series – Cooks River – (4km, 8km & 16km) – 8.00am

Sun – 7th September – Fathers Day 5 – Sydney Olympic Park – 9.00am

Sun – 14th September – Bridge to Bridge – Kissing Point Park, Gladesville – (5km & 10km) – 9.00am

Sun – 14th September – Hills Fun Run – Fred Caterson Reserve, Castle Hill – (4km & 8km) – from 8.00am

Sun – 21st September – Blackmore's Sydney Marathon & Running Festival – (4km, 9km, Half Marathon & Marathon) – Start under the north side of the Sydney Harbour Bridge – from 6.30am

Sat – 27th September – Fitzroy Falls Fire Trail Runs – (Marathon, 10km & 5km) – Morton National Park – from 8.00am

Sun – 28th September – Campbelltown Joggers Club Handicap Series (10km) – Bradbury Oval – 7.00am

Sun – 28th September – St. Marys Spring Festival Fun Run (6.2km) – Blair Oval – St. Marys – 9.00am

Girraween Club Summer 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, Tuesdays & Wednesdays – Fitness & Sprint Training with Wayne Thurlow & Gary Micallef – 6.00-7.30pm at C.V. Kelly.

Mondays & Wednesdays – Middle Distance Training with Garry Womsley – 6.30-8.00pm at C.V. Kelly.

Tuesdays – Middle Distance/Steplechase Training with Garry Womsley – 6.00-7.45pm at Homebush.

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

From the dawn of time, mankind has shown his athletic abilities in many ways. For example: - hunting for food, running away from dangerous predators, travelling between towns, dodging spears and arrows and conveying messages. Nowadays, with all our creature comforts and technology, we need a little more help to stay athletic and that's where coaching comes in. All human beings have athletic ability of some kind. Some are fast over short distances others are fast over long distances, while others can run incredible distances and not tire. Others can throw well and still others can jump. Whatever your event, coaching can bring out the best in all athletes. However, there is always room for more coaches. Therefore, if you think you have an interest in bringing the best out of others and even staying fit yourself give Roger Green a call at the Australian Track & Field Coaches Association on 9520-9324. The Level One Basic Course is the first step in becoming a coach. It is a two day course over one weekend. On completion of this course, you can then attempt a Level Two Event Specific Course. This is also a two day course where you get to specialise in your selected event or events. All of this year's courses are listed at the bottom of this story. As a coach since July 2004, I can tell you that it has been a thoroughly enjoyable and fulfilling experience bringing the best out of the athletes I have coached and see them go on and do personal bests, win medals, win championships and also just generally improve and get more confident. That is what coaching is all about. However, you must be personally

motivated, enthusiastic, prepared to get your hands dirty as well as being prepared to take the odd setback or two. I never said that it is always easy but it is definitely fulfilling. If you feel that you have what it takes, give Roger a call or drop him an email on ragreen@digisurf.net.au. It is also worth noting that on successful completion of your course, Girraween will pay for your course fees. (Providing you are a member and are willing to join our coaching team).

Happy Coaching!

GARRY WOMSLEY (Level 3 Coach)

The following courses will be held in 2008: -

LEVEL 2

6-7 Sept – Westfield Sports High

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

Training Form!

Tuesday, 5th August – Homebush (2 x 600m & 2 x 150m)

Ethan Womsley – 3:09, 3:22 (600m), 0:35, 0:40 (150m)

Garry Womsley – 3:09, 3:22 (600m), 0:34, 0:36 (150m)

Wednesday, 13th August – Mississippi Road (2 x 600m)

Steve Blunden – 1:22, 1:16

Michael Grogan – 1:23, 1:18

Garry Womsley – 1:28, 1:26

David Perry – 1:25, 1:28

Chris Mackey – 1:27, 1:44

Roger Mar – 1:56, 1:45

Tuesday, 19th August – Homebush (1130m CC, 1 x 600m & 3 x 60m Track)

Ethan Womsley – 6:25 (1130m), 3:22 (600m), 13.72sec, 13.83sec, 13.37sec

Garry Womsley – 6:20 (1130m), 3:22 (600m), 13.72sec, 13.83sec, 13.37sec

Wednesday, 20th August – Premier Street (5 x 150m)

Steve Blunden – 23sec, 23sec, 22sec, 22sec, 21sec

Michael Grogan – 24sec, 24sec, 24sec, 23sec, 23sec

Garry Womsley – 28sec, 26sec, 23sec, 26sec, 24sec

Roger Mar – 29sec, 29sec, 28sec, 28sec, 28sec

Wednesday, 27th August – Burrabogee Road (3 x 200m)

Michael Grogan – 26sec, 26sec, 24sec

Chris Mackey – 25sec, 25sec, 26sec

David Perry – 27sec, 26sec, 26sec

Roger Mar – 31sec, 31sec, 30sec

Nick Hanna – untimed, 27sec, 25sec

Clara Moussa – 31sec, 30sec, untimed

Garry Womsley – 32sec, 30sec, 29sec

Mid-Week Training Programme For September!

WEEK ONE

Monday, 1st September, 2008 (C.V. Kelly) – 6.30pm

Easy run via Targo Road & Railway Footbridge. Proceed along Wentworth Ave, Binalong and Fitzwilliam Roads. Continue along Wentworth Avenue until you get to the footbridge and return to C.V. Kelly the same way.

Tuesday, 2nd September, 2008 (Homebush) – 6.00pm

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

Wednesday, 3rd September, 2008 (C.V. Kelly) – 6.30pm

- 1) Run to Mississippi Road – warm up
- 2) Drills on grass
- 3) 3 x 600m on footpath which follows the perimeter of the football ground
- 4) Return to C.V. Kelly – warm down

WEEK TWO

Monday, 8th September, 2008 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 3 x 600m
- 4) Warm down – track

Tuesday, 9th September, 2008 (Homebush) – 6.00pm

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

Wednesday, 10th September, 2008 (C.V. Kelly) – 6.30pm

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

WEEK THREE

Monday, 15th September, 2008 (C.V. Kelly) -6.30pm

- 1) 3km Road – warm up
- 2) Drills on grass
- 3) 1 x 400m, 2 x 200m & 2 x 60m
- 4) Warm down – track

Tuesday, 16th September, 2008 (Homebush) – 6.00pm

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

Wednesday, 17th September, 2008 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) 2 x 600m, 1 x 500m
-

4) Warm down - track

Note: - As I will be away on business, I won't be able to attend tonight. It would be much appreciated if someone could lead the group tonight.

WEEK FOUR

Monday, 22nd September, 2008 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 1 x 800m, 2 x 600m
- 4) Warm down – track

Tuesday, 23rd September, 2008 (Homebush) – 6.00pm

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

Wednesday, 24th September, 2008 (C.V. Kelly) – 6.30pm

- 1) 3km Road – warm up
- 2) Drills on grass
- 3) 1 x 400m, 1 x 300m, 1 x 200m & 2 x 60m
- 4) Warm down - track

WEEK FIVE

Monday, 29th September, 2008 (C.V. Kelly) – 6.30pm

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

Tuesday, 30th September, 2008 (Homebush) – 6.00pm

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

Wednesday, 1st October, 2008 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) 1 x 1000m, 1 x 800m, 1 x 600m
 - 4) Warm down – track
-

Olympic Notes!

15th August

Heptathlete Kylie Wheeler placed 5th in her heat of the 100m hurdles in a time of 13.68sec. She also jumped 1.89m in the High Jump which was the second highest in her group.

Madeleine Pape placed 6th in her heat of the 800m in a time of 2:03.09 while Tamsyn Lewis placed 4th in her heat in a great time of 1:59.67sec. She qualified for the semi finals.

Tyson Gay, Usain Bolt and Asafa Powell all breezed through the first two rounds of the 100m and will take their place in the semi finals tomorrow.

Mitchell Kealey placed 11th in his heat of the 1500m (3:46.31) while Jeffrey Riseley placed 12th in a time of 3:53.95.

Scott Martin (19.75m) and Justin Anlezark (19.91m) both failed to qualify for the Shot Put finals.

16th August

American 100m hopeful Tyson Gay missed out on the final of the 100m. He finished 5th in the semi final in a time of 10.05sec. Asafa Powell (9.91sec) and Usain Bolt (9.85sec) got through safely.

Usain Bolt won the 100m final in a great time of 9.69sec which was a world record. The scary thing was that he stopped racing with 5m to go, looked around and gestured as he crossed the line in a jog.

Benn Harradene placed 17th in his group in the Discus with a best of 58.55m.

Alana Boyd placed 8th in the Pole Vault with a best of 4.30m.

Heptathlete Kylie Wheeler threw 43.81m in the Javelin and jumped 6.11m in the Long Jump.

Jared Tallent placed 3rd in the 20km Walk to get our first athletics medal of the meet in a time of 1:19:42. Luke Adams placed 6th (1:19:57). Chris Erickson was disqualified.

A tearful Tamsyn Lewis bowed out of the 800m semi finals with a last placed run in 2:01.41. This was after she placed 4th in her heat of the 400m (52.38sec) and just failed to make the semi finals.

17th August

Dani Samuels qualified for the Discus final with a throw of 61.72m in the preliminary round. Her first two attempts were fouls.

Youcef Abdi qualified for the 3000m Steeplechase final with his 6th placing in his heat. He achieved a personal best of 8:17.97 despite a stumble at the last hurdle.

Long Jumper Fabrice Lapierre finished in 16th place in the Long Jump. His leap of 7.90m was just 4cm short of qualifying for the final.

18th August

Joel Milburn qualified for the next round of the 400m with a time of 44.80sec while Sean Wroe also qualified with a time of 45.17sec.

Usain Bolt cruised through the 200m first round with a time of 20.64sec. He then did 20.29sec in the second round.

Dani Samuels placed 9th in the Discus final with a throw of 60.15sec.

Sally McLellan qualified for the 100m Hurdles final with a time of 12.70sec.

Youcef Abdi placed 6th in the 3000m Steeplechase final. It was again a personal best for Abdi.

19th August

Bronwyn Thompson placed 17th in the Long Jump with a best of 6.53m.

Jamaican Usain Bolt cruised into the final of the 200m with a great time of 20.09sec.

Sally McLellan earned our first track medal with a fantastic 2nd place in the 100m Hurdles final. She was always in a good position throughout and fought on well to take the silver in a time of 12.64sec.

20th August

Joel Milburn placed 3rd in his semi final of the 400m in a time of 45.06sec but didn't qualify for the final. Sean Wroe placed 7th in a time of 45.56sec and also didn't qualify for the final.

21st August

Jarrold Bannister qualified for the final in the Javelin with a 5th placing in his group. His best distance was 79.79m.

Jane Saville (1:31:17) placed 20th, Claire Woods (1:33:02) placed 28th and Kellie Wapshott (1:37:59) placed 40th in the 20km Walk.

22nd August

Australia placed 4th in their heat of the men's 4 x 400m relay in a time of 3:00.68 and qualified for the final.

Jared Tallent got his second medal of the Games with his silver in the 50km Walk in a time of 3:39:27. Luke Adams placed 10th in a time of 3:47:45 and Adam Rutter did not finish.

23rd August

Steve Hooker won the final of the Pole Vault with a great leap of 5.96m. He becomes our first track and field gold medallist of this Olympics.

24th August

Lee Troop placed 60th in the Marathon in a time of 2:27:17.

Jarrold Bannister placed 6th in the Javelin and became our highest ever placed finisher in this event in the history of the Games. Only injury prevented him getting a higher placing. His best was 83.45m.

Australia placed 6th in the 4 x 400m Relay final with a time of 3:00.02. The team of Wroe, Steffensen, Hill and Milburn produced the second fastest time for an Australian team in the history of the Games.

Lots Of Girraween Gear At Discounted Prices!

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

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

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

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

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

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

GARRY WOMSLEY

LOST & FOUND!

Nothing to report.

GARRY WOMSLEY

Can Anybody Provide Work To One Of Our Members?

One of our members, Roger Mar, lost his job recently due to a lack of work at his company. Roger has had no luck over the last few years and has been redundant on at least three occasions. He is a hard worker who just needs to be given a chance. He is very experienced in all types of labouring work and would like to get a job as soon as possible. Can you help or do you 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 6 editions so far and can be viewed on the ANSW Website.

The magazine will be released electronically approximately every 2 months.

We hope you enjoy it!

Trophies!

The following members still have trophies to collect: -

David Wallis

Please call Garry Womsley on 0405586961 to organise collection.

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

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

GARRY WOMSLEY

THIS SPACE IS FOR HIRE!

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

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

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	<h3><i>Hip 2 Bear Square</i></h3> <p>ABN: 15 751 358 981</p>	
<h4><i>Teddy Bear Quilt Patterns</i></h4> <p><i>Beary Easy To Sew ! Beary Addictive ! Beary Fun !</i></p> <p><i>200 Patterns for all Occasions</i></p> <p><i>We design Teddy Bears Mascots Too !</i></p> <p>Contact Cheri Womsley on www.hip2bearsquare.com mail@hip2bearquare.com 02 96366017 0404722806 Mon-Fri 9am-3pm Saturday 9am-12pm</p>		
		

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



Great Athletes of the Past!

By Garry Womsley

Clarence Houser (1901-1994)

Lemuel Clarence ("Bud") Houser was born on 25th September, 1901 in Winigan, Missouri. He went to college in Oxnard, California and between 1920 and 1922 he participated in the California State Track meets. His six wins in the Shot Put and Discus, each time breaking a state record, made him the most successful competitor in the meet's history.

During this time he developed a discus throwing style of one and a half rapid turns in the circle before release. Before Houser, the thrower stood in one place, only moving his arms. Houser's style has been copied by many later athletes and is now regarded as the best way to throw the discus.

At the 1924 Olympics in Paris, Houser won the gold medal in the Shot Put ahead of fellow Americans Glenn Hartanft and Ralph Hills. He then won the gold medal in the Discus ahead of Finn Vilho Niitymaa and another fellow American Thomas Lieb. While it was common in the early days of the modern Olympics, this was the last time that an athlete won both the Shot Put and Discus gold at the same Olympics.

During these Games, Houser became friends with British coach Robert Starkey, a Scotsman and former throws champion. Houser presented Starkey with the brass Shot that he used to claim the gold medal. Starkey in turn presented it to the Crieff Highland Gathering. This Shot can now be viewed to this day in the Visitor's Tent whenever the Helmsdale Scottish Highland Games are held.

Houser won National Championships in the Discus in 1925, 1926 and 1928. During this time he also held the World Record for the Discus with a throw of 48.20m set in Palo Alto. He held the record from 3rd April, 1925 until 9th March, 1929 when it was beaten by fellow American Eric Krenz. This was a real golden age for Americans in Discus and they continued to dominate up until the outbreak of World War 2. Houser also won the National Championship in Shot Put in 1921 and 1925.

At the 1928 Olympics in Amsterdam, he was flag bearer for the United States team. There he retained his title in the Discus by defeating Finn Antero Kivi and American James Corson.

After his retirement, Houser became a dentist and had a practice in Palm Springs, California. He was inducted into the US Track & Field Hall of Fame in 1979. He died on 1st October, 1994 in Gardena, California.

Reference: - Wikipedia – on-line encyclopaedia.
