
THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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Welcome Our Club Committee For 2009/2010!

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, NSW Delegate, Publicity Officer</i>	<i>9636-6017</i>
<i>Graham Sheargold</i>	<i>Registrar</i>	<i>9636-4389</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>Geoff Sheargold</i>	<i>NSW Delegate & Junior Committee</i>	<i>9636-4389</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>Nick Hanna</i>	<i>Fundraising Committee</i>	<i>9621-7895</i>
<i>Brad Milosevic</i>	<i>Fundraising Committee</i>	<i>0402656288</i>
<i>Stacey Argent</i>	<i>Fundraising Committee</i>	<i>9636-3879</i>
<i>Carly Eager</i>	<i>Fundraising Committee</i>	<i>9675-2167</i>
<i>Lisa Grant</i>	<i>Fundraising Committee</i>	<i>9631-1236</i>
<i>Adam Sinclair</i>	<i>Fundraising Committee</i>	<i>0431372445</i>
<i>Lauren Sinclair</i>	<i>Fundraising Committee</i>	<i>0401463560</i>
<i>Jean Davis</i>	<i>Records Officer</i>	<i>0421753456</i>
<i>Steve O'Donnell</i>	<i>Records Officer</i>	<i>0412175642</i>
<i>Michael Grogan</i>	<i>General Committee</i>	<i>0404008102</i>
<i>Cheri Womsley</i>	<i>General Committee</i>	<i>9636-6017</i>
<i>Wayne Thurlow</i>	<i>General Committee</i>	<i>0458240959</i>

The following positions are still vacant: - Coaching Co-Ordinator & Canteen Manager. If anyone is interested in filling these positions please contact Garry Womsley or Steve Williams.

Next Meeting: - Thursday, 6th August, 2009 – Toongabbie Sports & Bowling Club – 7.30pm

GO GIRRA!



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

Welcome To Our Mid-Winter Edition!

Welcome to our July edition of the Girrawee Athlete. Despite a lot of rain during most weeks recently, we have been fairly fortunate on race days to have fine weather. It hasn't even been as cold as it normally is for this time of year so it has been quite pleasant to run on a Saturday.

The only representative fixture during the month was the Long Course Cross Country Championships held in Nowra. We only had a small contingent but all members ran well. West Mets continues to be keenly contested and the 2km in particular has been very popular with our members.

As you know, the State Road Relays are on Saturday, 11th July at Wollongong. If you are an ANSW registered athlete, you are eligible to compete in this event. If you are interested in competing, please let me know asap and we will put you in a team. The representative season concludes on the 18th July with the Short Course Cross Country Championships at Upjohn Park.

Our fundraising committee has again organised fundraising chocolates for this year. If you haven't received your box yet, please see Stacey or Cheryl Argent on race days and they will give you one to sell. The winner of the guessing competition (how many lollies in the jar) was won by Steve O'Donnell.

Until, next month, happy running & stay well!

GARRY WOMSLEY.

Girraween Club Award Winners From Winter 2008 & Summer 2008/2009!

Winter 2008 Awards

Stacey Argent – 1st – U/20 – Short, Stephanie Russell – 2nd – U/20 – Short

Lauren Sinclair – 1st – Senior – Short

Michael Grogan – 1st – Senior – Short

Garry Womsley – 1st – Master – Short, Wayne Thurlow – 2nd – Master – Short, David Perry – 3rd – Master – Short

Jonas Williams – 1st – U/20 – Medium, Adam Sinclair – 2nd – U/20 – Medium, Ethan Womsley – 3rd – U/20 – Medium

Carly Eager – 1st – Senior – Medium, Elizabeth Sutton – 2nd – Senior – Medium

Peter Matthews – 1st – Master – Medium, Greg Sargeant – 2nd – Master – Medium, Mark Ingram – 3rd – Master – Medium

Katrina Russell – 1st – Master – Medium, Rachel Evans-Ingram – 2nd – Master – Medium

Tim Molesworth – 1st – Senior – Long, Richard Frost – 2nd – Senior – Long, Nick Hanna – 3rd – Senior – Long

Kylie Smythe – 1st – Senior – Long, Lisa Grant – 2nd – Senior – Long

Michael Free – 1st – Master – Long, Steve Williams – 2nd – Master – Long, Clive Kidson – 3rd – Master – Long

Linda Balinski – 1st – Master – Long

Denis Andrew – 1st – Golden Oldies – Long, Ken Scalley – 2nd – Golden Oldies – Long, Joe Butler – 3rd – Golden Oldies – Long

Summer 2008/2009 Awards

Matt Modini – 1st – U/20, Ethan Womsley – 2nd – U/20

Charlotte Stenning – 1st – U/20

Danny Martins – 1st – Senior, Jack Howard – 2nd – Senior, Michael Grogan – 3rd – Senior

Lisa Grant – 1st – Senior, Cheri Womsley – 2nd – Senior

Jean Davis – 1st – Masters, Andrea Hendley – 2nd – Masters

Peter Matthews – 1st – Masters, Wayne Thurlow – 2nd – Masters, Roger Mar – 3rd Masters

Peter Matthews – 1st Male – Overall Pointscore

Jean Davis – 1st Female – Overall Pointscore

Club Champion: - Jean Davis

Best Performed

The following athletes received certificates for being the best performed in the following events: -

Male

100m: - Chol Acuoeth, 200m: - Chol Acuoeth, 400m: - Phillipe Blemith, 800m: - Phillipe Blemith, 1500m: - Phillipe Blemith, 3000m: - Phillipe Blemith, 5000m: - Phillipe Blemith, 1500m Walk: - Connor Vernon, Long Jump: - Tim Evans, Triple Jump: - Peter Kimpton, High Jump: - Tim Evans, Javelin: - Brendan Stinten, Discus: - Lajos Joni, Shot Put: - Lajos Joni

Female: -

100m: - Amanda Giesler, 200m: - Lynette Smith, 400m: - Charlotte Stenning, 800m: - Lynette Smith, 1500m: - Lisa Grant, 3000m: - Lisa Grant, 5000m: - Lisa Grant, 1500m Walk: - Lisa Grant, 3000m Walk: - Lisa Grant, Long Jump: - Charlotte Stenning, Triple Jump: - Charlotte Stenning, High Jump: - Lynette Smith, Javelin: - Lynette Smith, Discus: - Andrea Hendley, Shot Put: - Lynette Smith

Records

The following athletes received certificates for breaking records during the summer season: -

Club Competition: -

Connor Vernon – U/12 – 1500m Walk, Lisa Grant – Senior – 1500m Walk, Lisa Grant – Senior – 3000m Walk, Lynette Smith – Masters – Javelin, Steve Blunden – Masters – 1500m Walk, Katrina Russell – Masters Plus – 5000m, Katrina Russell – Masters Plus – Long Jump, Viv Manwaring – Golden Oldies – Javelin, Don Porter – Veterans – 100m, Don Porter – Veterans – 200m, Don Porter – Veterans – Long Jump, Don Porter – Veterans – Triple Jump

Modified Competition: -

Charlotte Stenning – U/18 – 2000m, Matthew Modini – U/20 – 1000m, Stephen Parkins – Masters – Shot Put Throw, Lajos Joni – Masters Plus – Standing Long Jump, Joe Butler – Veteran – Standing Long Jump, Joe Butler – Veteran – 300m, Don Porter – Veteran – Standing Long Jump, Don Porter – Veteran – 60m

Representative Award: -

Lynette Smith advised that there was a slight change in how we determined the winners of this award. In the past, it was awarded on 1st, 2nd and 3rd overall. However, the placings have been dominated by Masters athletes as they have more opportunities to compete and score points. At our last committee meeting, it was decided that we would award it on 1st underage (U/23), 1st Open & 1st Masters. As a result, medals were awarded to the following athletes: -

Underage: - Brad Milosevic

Open: - Garry Womsley

Masters: - Lynette Smith

Visiting Athlete's Award: -

Every summer season we award the highest scoring visiting athlete who competes at our events. The winner for the 2008/2009 season was Graham Ryan. He was awarded a medal by President Steve Williams.

Complete Results From ANSW State Cross Country Relays! - Saturday, 30th May, 2009 – Miranda Park.

55+ Men – 4 x 4km

- 1) TERRY ROSE – 18:36
 - 2) ROBERT EAGER – 21:20
 - 3) CLIVE KIDSON – 18:48
 - 4) DENIS ANDREW – 20:34
- Total time: - 79:18 (7th)

Open Women – 4 x 4km

- 1) LISA GRANT – 16:36
 - 2) ROCHELLE MACKENZIE – 22:06
 - 3) STEPHANIE RUSSELL – 24:01
 - 4) CARLY EAGER – 20:47
- Total time: - 83:29 (16th)

Open Men (A) – 4 x 4km

1) BRAD MILOSEVIC - 12:58
2) ADAM SINCLAIR - 17:40
3) ANDREW ELLIS - 14:16
4) GEOFF SHEARGOLD - 15:31
Total Time: - 1:00:25.0 (21st)

Open Men (B) – 4 x 4km

1) NICK HANNA - 17:29
2) DANNY MARTINS - 18:11
3) MICHAEL GROGAN - 18:03
4) MARK AMIN - 16:54
Total Time: - 1:10:37.0 (29th)

Open Men (C) – 4 x 4km

1) MATTHEW PATON - 19:32
2) ETHAN WOMSLEY - 24:18
3) EDDIE MAKKI - 22:07
4) JEAN DAVIS - 22:55
Total Time: - 1:28:52 (31st)

35+ Men (A) – 4 x 4km

1) WAYNE THURLOW - 16:44
2) MICHAEL FREE - 16:54
3) ZAC ELLIOT-WATSON - 18:28
4) ED BRATOVIC - 16:24
Total Time: - 1:08:30.0 (11th)

35+ Men (B) – 4 x 4km

1) RACHEL INGRAM - 25:13
2) STEVE O'DONNELL - 18:55
3) RICHARD FROST - 18:50
4) JOE BUTLER - 25:28
Total Time: - 1:28:26.0 (21st)

45+ Men (A) – 4 x 4km

1) GARRY WOMSLEY - 17:21
2) GRAHAM SHEARGOLD - 17:58
3) STEVE PARKINS - 19:04
4) STEVE BLUNDEN - 18:58
Total Time: - 1:13:21.0 (17th)

45+ Men (B) – 4 x 4km

1) GREG SARGEANT - 20:33
2) MICHAEL CHRISTIE - 20:48
3) RICHARD LAMAS - 20:47
4) ROGER MAR - 20:12
Total Time: - 1:22:20.0 (23rd)

45+ Men (C) – 4 x 4km

1) VINCE ADAMS - 23:17
2) MARK INGRAM - 20:55
3) VIV MANWARING - 20:50
4) ROBERT EAGER - 23:53
Total Time: - 1:28:55.0 (26th)

Results From The Great Nosh! -

Sunday, 31st May – Lindfield Oval to Seaforth Oval (11km)

- 1) MICHAEL FREE – 78:41 (43)
- 2) ROGER MAR – 122:11 (314)

Results From West Mets –

WEEEEK 7! – Saturday, 6th June, 2009 – Col Sutton park – Winston hills.

After quite a bit of rain in recent weeks, it was great to see the sun shining today for the challenging races at Winston Hills. The course is totally on concrete footpaths with plenty of ups and downs. While the start is slightly treacherous, there is now enough room for athletes to take the tight first corner. Andrew Ellis was our fastest in the 2km while Ed Bratovic had a great battle with Wayne Thurlow in the 4km with Wayne finishing just in front. Geoff Sheargold was the stand out in the 8km. A number of our athletes put in good performances and despite the difficulty of the course, it was still better than what was experienced at Miranda last week. We had 27 runners in the 2km and a very good 22 runners in the 8km but we were a little down in the 4km with only 16. The 2km has certainly been very popular this year and there has been more interest shown in the 8km recently. Full results as follows: -

2km: -

- 1) ANDREW ELLIS – 6:34 (2)
- 2) ED BRATOVIC – 7:39 (8)
- 3) WAYNE THURLOW – 7:43 (9)
- 4) RICHARD LAMAS – 8:31 (23)
- 5) DAVID PERRY – 8:35 (26)
- 6) STEVE MIFSUD – 8:40 (28)
- 7) CAITLIN THURLOW – 8:50 (32)
- 8) GREG SARGEANT – 8:56 (34)
- 9) STEVE O'DONNELL – 9:00 (36)
- 10) JAMIE BRATOVIC – 9:07 (39)
- 11) TERRY ROSE – 9:09 (40)
- 12) HEIDI JUHART – 9:23 (44)
- 13) STEVE BLUNDEN – 9:27 (47)
- 14) REBECCA NORTON – 9:46 (53)
- 15) RENEE JUHART – 10:06 (56)
- 16) BRADLEY ELLIOT-WATSON – 10:11 (58)
- 17) CLAIRE DUFFY – 11:14 (73)
- 18) CATHY DUFFY – 11:15 (74)
- 19) LOUISE ELLIOT-WATSON – 11:36 (77)
- 20) JILL WOODRUFF – 11:45 (78)
- 21) EDDIE MAKKI – 12:54 (86)
- 22) ANTOINETTE MIFSUD – 14:27 (94)
- 23) ERIN BRATOVIC – 14:38 (95)
- 24) REBECCA MIFSUD – 15:11 (96)
- 25) NELSON INGRAM – 15:38 (97)
- 26) MARK INGRAM – 15:39 (98)
- 27) RACHEL INGRAM – 15:43 (99)

4km: -

- 1) WAYNE THURLOW – 16:59 (28)
- 2) ED BRATOVIC – 17:04 (31)
- 3) ZAC ELLIOT-WATSON – 17:11 (33)
- 4) MICHAEL GROGAN – 18:03 (39)
- 5) STEVE PARKINS – 18:07 (41)
- 6) RYAN NOBLE – 18:09 (42)
- 7) MICHAEL CHRISTIE – 18:52 (48)
- 8) DAVID PERRY – 18:56 (50)
- 9) DARREN GOULD – 19:11 (51)
- 10) RICHARD LAMAS – 19:47 (53)
- 11) CARLY EAGER – 20:14 (Completed the 4km during the 8km race)
- 12) STACEY ARGENT – 21:08 (58)
- 13) ETHAN WOMSLEY – 21:22 (60)
- 14) RACHEL INGRAM – 22:13 (61)
- 15) JEAN DAVIS – 22:48 (63)
- 16) STEVE O'DONNELL – 22:49 (64)

8km: -

- 1) GEOFF SHEARGOLD – 29:56 (5)
- 2) MARK AMIN – 32:49 (12)
- 3) PETER MATTHEWS – 32:51 (13)
- 4) LISA GRANT – 32:56 (15)
- 5) MICHAEL FREE – 33:24 (17)
- 6) GARRY WOMSLEY – 34:25 (23)
- 7) NICK HANNA – 34:54 (24)
- 8) GRAHAM SHEARGOLD – 34:57 (25)
- 9) A. SEGULA – 37:34 (30)
- 10) CLIVE KIDSON – 37:47 (31)
- 11) KEN SCALLEY – 38:37 (32)
- 12) ZAC ELLIOT-WATSON – 39:04 (34)
- 13) STEVE PARKINS – 39:17 (35)
- 14) DENIS ANDREW – 39:43 (36)
- 15) MICHAEL GROGAN – 40:20 (39)
- 16) STEVE BLUNDEN – 40:34 (40)
- 17) MARK INGRAM – 41:17 (41)
- 18) STEVE O'DONNELL – 42:45 (42)
- 19) LONNIE BALINSKI – 43:46 (43)
- 20) GREG SARGEANT – 43:57 (45)
- 21) LINDA BALINSKI – 47:35 (48)
- 22) JOE BUTLER – 51:12 (50)

Results From Striders 10km Race

– Saturday, 6th June, 2009 – North Head.

- 1) MICHAEL FREE – 41:25 (136)

Our Up & Coming Champions Are In Good Hands!

Athletics NSW and the NSW Institute of Sport have organised a number of meets around Sydney and Newcastle for athletes who have been selected to represent Australia in the World Youth, World University and World Championships which are all being conducted this year.

It has given athletes the opportunity to get in some specialised training and some competition before they depart overseas for their respective championships. It appears to be a good initiative and the young athletes involved appear to be getting a lot out of it.

Two of our officials, Garry & Cheri Womsley officiated at the meet held at the Homebush Warm-up track on Saturday, 6th June. They helped out at a number of events including Discus, 110m Hurdles, 800m, High Jump and Long Jump. Their duties included recording, retrieving, measuring, starting, timing and raking. It gave them a taste of officiating at different events in a more relaxed atmosphere than they would experience at All-Comers or Club Premiership events.

Looking at the athletic talent on show, the future of Australian Athletics looks very promising indeed. The main thing is that all involved in the sport, that is administrators, coaches and officials need to make the young athlete's experience a good one so that they stay in the sport and not give up as has happened in the past. ANSW and NSWIS have shown that they are on the right track.

RESULTS FROM WEST METS –

Week 8! – Saturday, 13th June, 2009 – North Ryde

Common.

The rain stayed away today but the course was pretty muddy at North Ryde Common. This made for slower times than usual but everybody got through it to the best of their ability. Ed Bratovic was our fastest in the 2km and again the 4km while Geoff Sheargold continued his strong form in the 8km. Full results as follows: -

2km: -

- 1) ED BRATOVIC – 7:38 (8)
- 2) WAYNE THURLOW – 8:00 (13)
- 3) DAVID PERRY – 8:36 (27)
- 4) STEVE MIFSUD – 8:44 (30)
- 5) TERRY ROSE – 8:45 (31)
- 6) GREG SARGEANT – 8:49 (32)
- 7) RICHARD LAMAS – 8:50 (33)
- 8) STEVE O'DONNELL – 9:01 (37)
- 9) JAMES ELLIOT-WATSON – 9:03 (38)
- 10) STEVE BLUNDEN – 9:14 (44)
- 11) HEIDI JUHART – 9:36 (50)
- 12) RENEE JUHART – 9:42 (51)
- 13) ROGER MAR – 10:01 (56)
- 14) BRADLEY ELLIOT-WATSON – 10:56 (65)
- 15) JILL WOODRUFF – 11:11 (Completed the 2km during the 4km race)
- 16) STEPHANIE RUSSELL – 11:12 (Completed the 2km during the 4km race)
- 17) KATRINA RUSSELL – 11:55 (Completed the 2km during the 4km race)
- 18) EDDIE MAKKI – 13:16 (78)
- 19) HAIM ELLIAS – 14:08 (86)
- 20) REBECCA MIFSUD – 14:19 (88)
- 21) NELSON INGRAM – 14:35 (89)
- 22) MARK INGRAM – 14:36 (90)
- 23) RACHEL INGRAM – 14:37 (91)
- 24) LAUREN SINCLAIR – 15:23 (92)
- 25) ANTOINETTE MIFSUD – 16:19 (93)

4km: -

- 1) ED BRATOVIC – 17:07 (31)
- 2) WAYNE THURLOW – 17:46 (36)
- 3) STEVE PARKINS – 18:36 (44)

- 4) RYAN NOBLE – 18:42 (47)
- 5) DANNY MARTINS – 19:16 (51)
- 6) DAVID PERRY – 19:20 (53)
- 7) MICHAEL CHRISTIE – 19:22 (54)
- 8) DARREN GOULD – 19:39 (56)
- 9) RICHARD LAMAS – 20:38 (60)
- 10) ETHAN WOMSLEY – 20:45 (61)
- 11) ROGER MAR – 21:22 (64)
- 12) STACEY ARGENT – 21:55 (69)
- 13) JEAN DAVIS – 22:49 (71)
- 14) STEVE O'DONNELL – 22:49 (72)
- 15) GREG SARGEANT – 23:59 (75)
- 16) RACHEL INGRAM – 26:16 (79)

8km: -

- 1) GEOFF SHEARGOLD – 31:49 (10)
- 2) PETER MATTHEWS – 33:06 (14)
- 3) MARK AMIN – 33:13 (15)
- 4) LISA GRANT – 33:34 (17)
- 5) MICHAEL FREE – 33:52 (18)
- 6) GARRY WOMSLEY – 35:41 (22)
- 7) MICHAEL GROGAN – 36:44 (25)
- 8) CLIVE KIDSON – 39:46 (27)
- 9) DENIS ANDREW – 39:55 (28)
- 10) KEN SCALLEY – 40:44 (31)
- 11) DAVID PERRY – 40:49 (32)
- 12) STEVE WILLIAMS – 42:29 (34)
- 13) STEVE BLUNDEN – 43:16 (36)
- 14) MARK INGRAM – 44:04 (37)
- 15) STEVE O'DONNELL – 44:32 (38)
- 16) ROGER MAR – 45:54 (40)
- 17) ROBERT EAGER – 46:02 (41)
- 18) DANNY MARTINS – 46:28 (43)
- 19) GREG SARGEANT – 49:20 (45)
- 20) LINDA BALINSKI – 52:01 (46)
- 21) JOE BUTLER – 52:12 (47)

Results From Minimos Fun Run! -

Sunday, 14th June, 2009 – Mosman & Surrouns (5km)

Three of our members ventured over to the north side to compete in the very popular Mini-Mos Fun Run. Nick Hanna, Garry Womsley & Steve Mifsud all competed in the 5km event and all ran strongly. Steve won the 50-59 age category and received a nice medal. Nick and Garry narrowly missed a placing in their respective age categories on the very challenging, hilly course. Full results as follows: -

- 1) NICK HANNA - 21:44 (21)
- 2) GARRY WOMSLEY - 22:22 (31)
- 3) STEVE MIFSUD - 22:54 (38)

Results From Bankstown – Tuesday, 16th

June, 2009 – The Crest (2km)

The Womsley family ventured to the Crest on a very cold and rainy night. Representing Athletics NSW, Garry was observing a timing system in use under race conditions in order to assist with the decision making process of the board on whether or not to purchase a similar system for some of their events. He also helped out further as the starter of all three races (2km, 4km & 6km).

Ethan competed in the 2km and was 3rd home in a personal best time of 10:42. The timing system worked well and it was great to see it get such a thorough workout under race conditions. Full results as follows: -

1) ETHAN WOMSLEY – 2km – 10:42 (3)

Results From The ANSW Long Course CC CHAMPIONSHIPS! -

Saturday, 20th June, 2009 – Wilandra Estate, Camberwarra

Women – Open – 8km

1) LISA GRANT – 35:01 (12)

Men

55-59 (8km)

1) ROBERT EAGER – 47:54 (14)

60-64 (8km)

1) DENIS ANDREW – 42:19 (12)

34 & Under (12km)

1) BRAD MILOSEVIC – 41:49 (8)

2) NICK HANNA – 1:01:59 (35)

40-44 (12km)

1) MICHAEL FREE – 55:12 (15)

2) WAYNE THURLOW – 58:38 (20)

45-49 (12km)

1) PETER MATTHEWS – 54:52 (10)

2) STEVE PARKINS – 1:04:10 (17)

50-54 (12km)

1) STEVE WILLIAMS – 1:09:16 (14)

2) ROGER MAR – 1:10:45 (16)

Results From SMC – Sunday, 21st June, 2009 – Rosford Reserve & Surrounds.

30km: -

1) BRENDAN DAVIES - 2:00:10.11 (6)

2) MARK INGRAM - 3:05:58.81 (78)

3) LINDA BALINSKI - 3:26:13.40 (85)

4) RACHEL INGRAM - 3:29:52.40 (86)

10km: -

- 1) RICHARD FROST - 42:33.4 (9)
- 2) GARRY WOMSLEY - 42:50.78 (13)
- 3) ROGER MAR - 54:43.11 (47)
- 4) RENAE ISLAUB - 58:03.11 (52)
- 5) JOE BUTLER - 1:05:48.78 (66)

5km: -

- 1) STEVE MIFSUD - 20:09.65 (6)
- 2) MICHAEL GROGAN - 20:43.43 (9)
- 3) NICK HANNA - 21:23.93 (10)
- 4) TERRY ROSE - 22:21.62 (15)
- 5) MICHAEL CHRISTIE - 22:48.93 (16)
- 6) ROCHELLE MACKENZIE - 29:24.84 (25)

Race Calendar for 2009/2010

- 1) Sunday, 25th October, 2009 – 5km run & walk, 10km & 21.1km
- 2) Sunday, 22nd November, 2009 – 5km run & walk, 10km & 21.1km
- 3) Sunday, 20th December, 2009 – 5km run & walk, 10km & 21.1km
- 4) Sunday, 17th January, 2010 – 5km run & walk, 10km & 21.1km
- 5) Sunday, 21st February, 2010 – 5km run & walk, 10km & 25km
- 6) Sunday, 21st March, 2010 – 5km run & walk, 10km & 30km
- 7) Sunday, 18th April, 2010 – 5km run & walk, 10km & 21.1km
- 8) Sunday, 23rd May, 2010 – 5km run & walk, 10km & 25km
- 9) Sunday, 20th June, 2010 – 5km run & walk, 10km & 30km

The 2009/2010 season will see a new electronic timing system and a new fee structure: -

MEMBERSHIP FEE: -

Member Registration Fee: - \$10.00

Permanent Race Chip: - \$5.00

Running Cap: - \$20.00

Bib: - Nominal

Total: - \$35.00

MEMBER ONLY RACE PACK PRICING: -

Race Pack	Short Run	Long Run	Free Races
3 Races	\$21.00	\$33.00	0
6 Races	\$36.00	\$55.00	2
9 Races	\$49.00	\$77.00	3

CASUAL RACE PRICING: -

5km Run & Walk - \$12.00

10km Run - \$15.00

Long Run - \$18.00

There will be a registration day to be held on 13th September 2009 where we will register runners, issue member packs and test run the new timing system. There will also be a free BBQ and a mob run.

Results From The Woodford to Glenbrook! – Sunday, 29th June, 2009 (25km).

Two of our members contested this very well organised but gruelling run today. This event has been on the calendar for a number of years now and raises funds for Careflight which is a great cause. The weather was fine throughout and the track was relatively dry but no less rocky or rough than in previous years.

Garry Womsley, after battling the flu in recent weeks was able to overcome fatigue late in the race to finish in a time of 2:05:04. He was 196th overall. Michael Free showed a lot of courage to finish on the day despite being physically ill on a couple of occasions. He finished 330th in a time of 2:24:01. Full results as follows: -

- 1) GARRY WOMSLEY – 2:05:04 (196)
- 2) MICHAEL FREE – 2:24:01 (330)

ANSW GIVE US A BRONZE RATING!

ANSW have just released the results for the 2007/2008 Clubs on Track scheme. Unfortunately, despite getting a gold rating in 2006/2007, we had to settle for a bronze rating this time. Due to a re-weighting of the points, we struggled in the area of technical officials (we had none) and also with membership growth (we fell from 104 to 83). However, despite the disappointments of 2007/2008, we have since improved in both areas with 102 members in 2008/2009 and the acquisition of 3 qualified officials.

HAPPY BIRTHDAY!

We would like to wish the following members a happy birthday: -

- 7th: - Renee Juhart
- 13th: - Darren Gould
- 15th: - Nick Hanna
- 22nd: - Viv Manwaring
- 24th: - Chelsea Kimpton
- 26th: - Garry Womsley
- 28th: - Jonas Williams
- 31st: - Steve Blunden

Qualified Officials Required!

Over the last few years, ANSW have introduced the “Clubs on Track” scheme. This is where all affiliated clubs are rated in different areas to determine their overall rating (Gold, Silver or Bronze). Last year we received a gold rating but there has been a re-weighting of the points system this year directed towards clubs being able to supply qualified technical officials to ANSW events. Unfortunately, we currently have only three qualified technical officials and this is affecting our rating with ANSW.

If you need more proof on how rewarding it is, read the following testimony: -

Being an accredited official really has its rewards. You can give something back to the sport and really, the sky is the limit as to how far you can go. Who knows? One day you may be officiating at a Commonwealth or Olympic Games. I've been an official for about 8 months now and I'm glad I made

the commitment. I've found it really rewarding and it has really helped me to have more an understanding of what goes on behind the scenes on competition days. If you become an official, you will always have plenty to do and you will learn on the job. There are always plenty of fellow officials to help you if you are feeling a little overawed or have any questions. I've now got my "C" Grade certificates in both Walks and Out of Stadium and I will be sitting for more exams in the future. It is the best move I've ever made since I've been involved in athletics.
Garry Womsley.

Is anybody from our club interested in becoming a technical official? If so, ANSW will be holding regular seminars & exams over the next few months. We will supply more information on these when they are announced: -

Seminars:

LEVEL B & C WALKS SEMINAR

When: Sunday 12th July 2009

Where: Ken Brown Room 2 Sports House
6 Fig Tree Drive, Sydney Olympic Park

Time: Registration: 9:15am

Seminar: 9:30am – 11:30am

Exam: 12:30pm – 2:30pm

Cost: Free. Tea and coffee provided. Lunch is at participant's cost.

What: This seminar is designed for people with an interest in becoming an walks official and for current walks officials wishing to prepare for walks exams.

RSVP: Tuesday 30th June 2009

Mary Macaluso - mary.macaluso@nswathletics.org.au or 9746 1122

PLEASE NOTE: You must attend the walks seminar before attempting a walks exam.

Exams:

If you would like to complete an exam/s in any of the following exam sessions, please register. If you are unable to attend any of the sessions available please contact Mary Macaluso (Officials, Volunteers & Operations Manager) at mary.macaluso@nswathletics.org.au or 9746 1122.

The exams are available in the following categories: -

Date	Venue	Time	Closing Date
Thursday 25 th June	Pacific Room Level 1 Sports House – 6A Figtree Drive Sydney Olympic Park	6:15pm for 6:30pm start	Friday 19 th June
Sunday 12 th July	Ken Brown Room 2 Sports House – 6A Figtree Drive Sydney Olympic Park	12:15pm for 12:30pm start	Tuesday 20 th June
Sunday 26 th July	Hunter Sports Centre, Glendale	8:45am for 9am start	Friday 17 th July

- Track
- Walks**
- Throws
- Jumps
- Out of Stadium
- Administration
- Technical

Upcoming Events!

Club Events

Sat – July 4th – WEST METS 10 – Prospect Reservoir

Sat – July 25th – WEST METS 11 – River Road Reserve (Emu Plains)

ANSW Events

Sat - July 11th - Road Relays (Wollongong)

Sat - July 18th - Short Course Cross Country – Upjohn Park

Fun Runs & Other Events of Interest

Sat – July 4th – Sydney Striders 10km Series – 7.00am – check website for venue details

Sun – July 5th – Gold Coast Marathon Festival – Marathon, Half Marathon, 10km, Community Walk & Junior Dash – check website for further details

Sun – July 5th – Shoalhaven King of the Mountain – 32km – Cambewarra to Kangaroo Valley – check website for further details

Sun – July 5th – Berowra Bush Runners – 10km hcp road run – 7.15am – Warrina Street Oval Carpark, Berowra

Sun – July 12th – Sri Chinmoy Sydney Series Race 4 – Dolls Point – start at Peter Depena Reserve – 8.00am (5km, 10km & 21.1km)

Sun – July 26th – Westlink M7 Cities Marathon – Ash Road, Prestons to Blacktown Olympic Park – Marathon & Marathon (2 runner) Relay – 7.00am, Kid's Marathon (2.195km) – 8.00am

Girraween Club Winter Training Days & Times

As we still do not have a coaching co-ordinator, the following procedures have been put in place for Mondays & Wednesdays: -

- 1) Little A's training at C.V. Kelly will now start at 6.00pm and finish at 7.00pm.

Peter Matthews leads the group on Mondays & Wayne Thurlow leads the group on Wednesdays.

2) All senior athletes are welcome to warm up at 6.00pm with the Little A's group. They are then welcome to complete the rest of the session with Little A's or follow the senior programme which has been organised for each week.

Garry Womsley will be present on Tuesdays at C.V. Kelly as normal and will conduct the following programme: -

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

Remaining West Mets & Winter Championship Dates For 2009!

Sat – August 1st – WEST METS 12 – Cowell's Lane Reserve (Ermington)

Sun – August 9th – City to Surf

Sat – August 15th – WEST METS 13 – Gipps Road Reserve (Greystanes)

Sun - August 16th - State Half Marathon (Lake Gillawarna)

Sat – August 22nd – WEST METS – TREVOR LONARD MEMORIAL HANDICAP – North Bank of Parramatta River (Rydalmere)

Sat - August 29th - Australian Cross Country - Nowra

Sat – August 29th – WEST METS – non-point score – Prospect Reservoir

Sat – September 5th – WEST METS RELAYS & PRESENTATION DAY – West Auburn (Duck Creek)

Sun – September 21st – NSW Marathon Championships (Sydney)

Note: - The above could be subject to change.

Not Going To The Aust. CC Champs. & Don't Fancy Doing A Non-Pointscore Event At West Mets?

Then this event could be for you!

Sutherland Half Marathon & Supporting Events! – Saturday, 29th August, 2009.

Run along the beautiful Lady Carrington Drive in the Royal National Park.

There is a distance to suit all athletes: - 1km, 2km, 3km, 5km, 10km as well as the Half Marathon.

Runs commence at 11.45am with the Half Marathon at 1.00pm

For more details visit: - www.sutherlandathletics.com or e-mail publicity@sutherlandathletics.com

Please Give To A Good Cause!

Hi Everyone,

As most of you know, I will be contesting my 13th City2Surf this year.

This year I am raising funds for Breast Cancer Australia.

Why not check out my website as follows: -

http://city2surf.everydayhero.com.au/garry_womsley_0

GARRY WOMSLEY.

Coaching Courses For 2009!

There are only a few courses left in 2009 so be quick if you are interested in doing a course. The club will refund your fees if you pass and intend to share your coaching skills at Girraween. We are still looking for a coaching co-ordinator and you need to have at least a level one coaching certificate. Most courses only go for two days and the exams are all multiple choice and "open book". If you require more information, please contact Garry Womsley on 0405586961 or bigwombat1@hotmail.com.

LEVEL ONE – BASIC

July 25-26 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 13/07/09

August 29-30 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 17/08/09

LEVEL TWO

July 11-12 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 29/06/09

August 15-16 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 03/08/09

September 12-13 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 01/09/09

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 bigwombat1@hotmail.com (please note the recent change of e-mail address). 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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Great Athletes of the Past!

By Garry Womsley

Maureen Caird (1951-)

Maureen Caird was born in Cumberland, NSW. She took up athletics at an early age and was quite successful over a number of different events. At the age of just 9 she was winning titles at primary school, at 13 she won the NSW Senior & Junior schoolgirl championships over 100 yards and at 14 she smashed the Australian junior record for the 80m hurdles with a time of 11sec.

In 1967, competing in the NSW titles, she lowered that mark to 10.6sec. Coincidentally, on the other side of the country on the same day, Pam Kilborn won the WA title in the exact same time. They had both equalled Shirley Strickland's world and Australian record time that she achieved in the Melbourne Olympics of 1956.

As time went on, 80m Hurdles and the Pentathlon were to be her most successful events. Coached by June Ferguson who coached the great Betty Cuthbert, Caird went on to win both the U/18 80m Hurdles and the Pentathlon at the Australian Championships in 1967. In the 1968 Australian Championships, she also contested the Long Jump and won that event as well.

Caird's performances earned her selection in the Australian team to compete at the summer Olympics in 1968 in Mexico City. She had only just turned 17 (17 years & 19 days) when the team arrived in Mexico City. The pre-Games favourite for the gold in the event was fellow Australian Pam Kilborn.

In pre-Games competition in Mexico City, Caird had clocked a personal best time of 10.5sec, one tenth of a second outside of the world record, but felt she was easing up at the finish. Kilborn injured a shoulder in a bad fall in Melbourne just before departure for the Games. As a result, she did not compete in any pre-Games events.

The two Australian girls won their heats in the fastest times of the round, sharing a new Olympic record of 10.4sec, and went on to win their respective semi finals. Of course this meant that they both qualified for the final which would have 8 starters.

The race plan set down for Caird by Ferguson was simple but effective. "Reach the first hurdle in front, and you won't be headed". In heavy rain, Caird made a better get away than Kilborn and led all the way. However, a stray raindrop blurred her vision for the last hurdle so she merely guessed where the hurdle was and luckily she was right. Caird equalled the world record of 10.3sec to defeat Kilborn for the first time in her career. Kilborn, 12 years her senior, had been undefeated since the 1964 Tokyo Olympics. This remains the only time that Australians have placed 1st and 2nd in an athletics event at an Olympics.

After these Games, the hurdles distance was lengthened to 100m and the height of the hurdles increased from 2ft6in to 2ft9in. This meant that Caird's time will forever remain an Olympic record.

Caird competed at the 1970 Edinburgh Commonwealth Games, and despite suffering from glandular fever, she still managed silver behind Kilborn. Before leaving for the 1972 Munich Olympic Games, she held the Australian 100m record and the world 200m record. Munich was not a happy Olympic Games for Caird. She finished 5th in the first round of the 100m Hurdles and was eliminated. She was also part of the 4 x 100m relay squad which made the final and placed 6th. This was to be her last international competition.

Shortly after Munich at the age of 21, Maureen Caird retired due to continuing stomach problems. These problems turned out to be cancer. She needed all of her courage that she showed on the track to beat this disease and she did so.

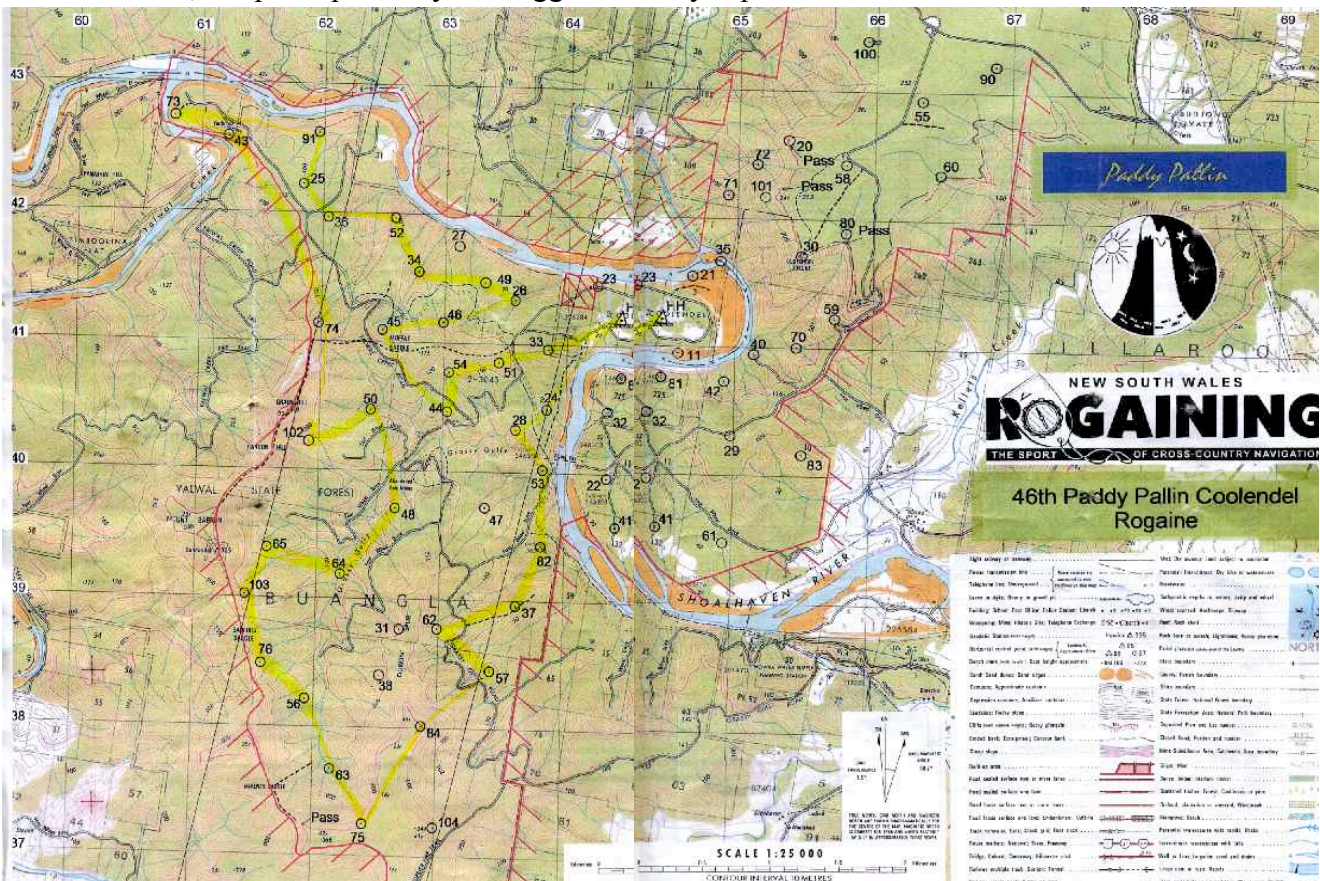
She later married, becoming Maureen Jones and moved to New Zealand where she still lives. In 1986, she was inducted into the Sport Australia Hall of Fame. In 2008, she was named in top 100 of Australian Olympians.

References: - Sport Australia Hall of Fame website, Wikipedia, the free on-line encyclopedia, [www.womenaustralia](http://www.womenaustralia.com.au) – biographical entry & Australian Women at the Olympic Games by Dennis H. Phillips.

Rogaining Adventure

I thought that I was clever introducing Lisa Grant to orienteering (Where she came 2nd in the open women division of the Sydney summer series during her first season!) and teaming up with her for 2 Urban Adventure races. The first of which (UrbanMax Sydney 2008) we struggled a little, placing 20th/92 in the mixed category and 47th/190. At our second attempt we went well finishing 12th/328 overall at Sydney CityChase 2009.

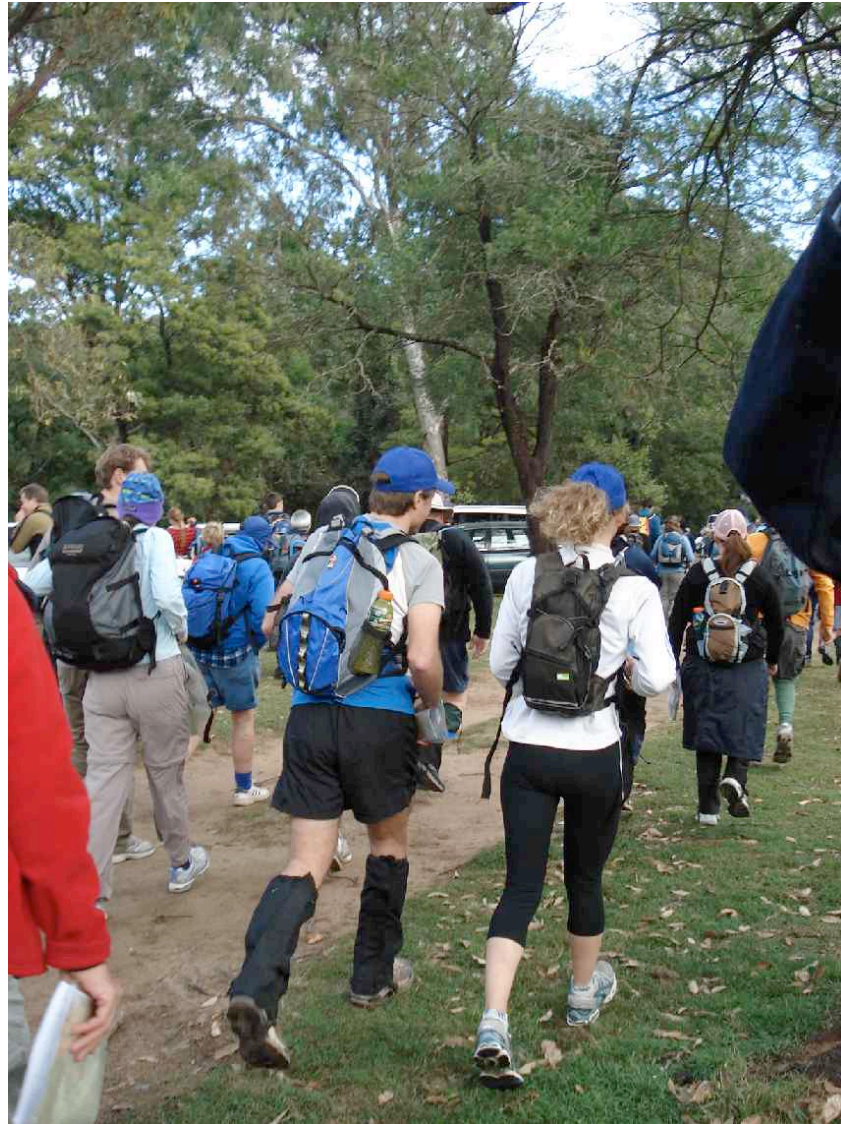
To understand my reaction I should explain what Rogaining is. Well, it's kind of like what a mad scientist would do to orienteering. In the summer series orienteering events, you usually get a 1:10,000 scale map, with lots of detail, and 45 minutes to run around and see how many (easy to find once you learn how to read the map) 'controls' you could get. A kind of 'traveling salesman problem' for runners.



My first reaction to the map was just surprise. Even though I had looked at previous maps, I just wasn't sure I could navigate to controls so far away from ground features. We planned a route trying to be very conservative about how we 'attacked' each control so as to minimise the risk of not finding them. We were prepared to run further to make the navigation easier. The hour and a half whizzed past, and I didn't really feel that we had enough time to be prepared.

A little secret to tell here, although I do a fair bit of orienteering, the other people I compete against tend to think of me as a runner. I have made some legendary navigation errors, and given that I take an aggressive devil may care approach, sometimes I end up in situations that don't give me an optimal score. (e.g. run into lakes, across freeways, off the map, into the mangrove swamp, etc). One particular recurring error I make is I go too hard at the start and miss the first control. Obviously, my usual minimal navigation, maximal running approach wasn't going to cut it in a Rogain.

So its 9a.m. and we are on our way. We start marching off towards our first control. Lisa suggests we start running, and once the congestion of 221 teams starts to clear we start to jog along. We follow a track for a bit, pick a bearing to intersect with a watercourse where we will find our first control and away we go. We follow the watercourse for a couple of hundred meters and it becomes clear that I got the bearing wrong and we missed the control. Oh dear, not a confidence inspiring start.



We are away!

Well we just keep going; we find a track that should lead to our 'second' control. When we get to what we think is the right height, we take a bearing and start bashing through the bush. Um, no control in sight. "Shouldn't it be about here?". "Lets try a little higher". "There it is!". So after 21 minutes to our great relief we have got some points, we are on our way.

Although I knew the navigation was going to be hard, it somehow wasn't until now that it changed from something I knew, to something that was real to me. We had to be seriously careful with the navigation.

From this point on we started to pick up controls reasonably regularly. At the fourth control ('gully'), I confidently pointed in the direction where we would find the fifth control. Lisa looked at me suspiciously and gently screwed up her nose. I looked at my compass, oh yes, that would be north at the top of the map, not south. Only 180 degrees out, phew, glad someone was on the ball.

At 11:25 something unusual happened. We navigated from one control to the next in a straight line, in 3 minutes. Woo-hoo, things were looking up.



Control 36 – Don't bother with photos – let's go – Scouts lurking!

At three hours (Half way) into the event we had scored 610 points (to put this in perspective, the ultimate winners scored 1670 points, but out of the 220 teams only 115 would score more for the whole event, and doing the same again over the next three hours would deliver us 16th overall)

However, it didn't pan out that way. On the next run we lost map contact (didn't know where on the map we were anymore!) and as a result ended up attacking the next control from a more risky angle. To make matters worse this control was not where it was marked, eventually we found the bugger, but it had been 43 minutes since the previous control.

As we headed towards the next control, I had a fair bit of trepidation. I definitely had got a better sense of what to do, and I had come to the conclusion that this was the sort of control you should not even try for. It was just too far from any other features to use to navigate from. My trepidation was well placed. Eventually we gave up on the control, while several other souls tramped around the bit of bush that it was in, somewhere.

From there we navigated to our next control, and were a little surprised when we found it. It was possible we were on a different watercourse than the one that led to the control, but not so. Alas, it was 53 minutes since our last control, it was 1:36 and we needed to make sure that we picked a route that would get us back before the 6 hour (3:00p.m.) cut off.

and so it continued, till the end, we only picked up one more control but did manage to get back at 2:58p.m. So we didn't lose any points for being late.



Finished! 5:58 minutes after the start!

I have to think that fatigue contributed to poor navigating in the second half of the event, we were still both running strongly at the end, but perhaps the thinking got too much.

Our final result was 78th/221 Overall, 41st/135 in the Mixed Division and 5th/29 in the novice division. This sounds like a better result than it is, as this type of event attracts lots of laid back teams that really are going for a bush-walk as opposed to trying to win.

The biggest surprise for me personally was that I felt fine at the end of the 6 hours. I really thought it would be a bit of a trial, but with the lower exertion level and making sure you eat enough food and drink it really was fine.

I think it is pretty likely that we will have another go at this type of event, and I'm pretty sure that having done it once will make us much better the second time. Hopefully I will get to experience the feeling as we went from control '36' to control '25' (in 3 minutes) a few more times.

Stop Press!

The results for West Mets held at Crestwood on 27th June – will appear in the August edition of the Girraween athlete.

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

