

The GIRRAWEEN Athlete



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THE OFFICIAL NEWSLETTER OF THE GIRRAWEEN ATHLETIC CLUB

Welcome to the first issue of our new monthly newsletter. It is a great way of keeping our growing membership informed about what is going on in our club. We will also bring you race reports from the different events that our athletes are involved in. If any of our members have stories, reports or anything else that they would like to see included, please give myself or Doug Perrott a call or see us on race days. Another item we will be including each month, is a profile on one of our athletes. Any volunteers ? Don't worry, we will be chatting to a few of you over the next few weeks to get the ball rolling. Who knows ? It could be you ! We hope you enjoy our first issue.

Best regards,
Garry Womsley

BLACKTOWN CITY FUN RUN – Sunday, 30th May, 2004

It was a glorious day to have a run in the Golden West. It was cold early but once the sun came up, it turned out to be perfect. There was no wind to speak of. Girraween Runners turned out in force for the two races conducted (10km & 4km)

10KM

The 10km race started first and headed on a course from the car park along Eastern Road before heading into the beautiful Nuringingy Nature Reserve and then heading back the same way. Richard Frost took the honours for Girraween showing his best form since coming back from injury. He had a close tussle with Brad Milosevic with Doug Perrott not far behind. Vince Adams and Robert Eager had a fantastic battle with Vince showing his sprinting prowess in the last 50 metres. Roger Mar and Michael Christie also enjoyed their respective runs. In the females, Sarah Thew took the honours with Carly Eager (59:46) also running a strong race to win the U/16 age group.

4KM

The 4km race was a keenly contested affair with a number of speedy Girraween distance runners keen to do well. This race headed out through the car park before entering an adjacent playing field area. After a 2km loop, it headed back the same way. Girraween runners excelled themselves with four in the top 10:- Gary Howard (14:02 – 3rd), Bill Flanagan (14:15 – 5th & 1st in O/41 age group), Garry Womsley (14:26 – 6th & 1st in 26-40 age group) and David Wallis (8th & 2nd in 26-40 age group). Reece Diaz finished just outside the top 10 and got 2nd in the U/16 age group

in a fantastic effort. Camille Howard flew the flag for the females and broke the magical 20 minute barrier on her way to getting third in the 26-40 age group.

Congratulations to all who participated. You did the club proud !

LISA GRANT – SELECTED FOR WORLD JUNIOR ATHLETICS CHAMPIONSHIPS

Lisa Grant, our champion walker, has been selected to represent Australia at the World Junior Athletics Championships in July. In order to help raise funds for this trip, Lisa has organised a raffle. The prize is a framed, autographed training shirt signed by Wallaby Mat Rogers. Tickets are \$2.00 each or 3 for \$5.00. They can be purchased each Saturday at Wests Mets.

GARRY WOMSLEY & VICKI SAVAGE – ACCREDITED LEVEL 1 COACHES

Last month both Garry Womsley and Vikki Savage passed their Level 1 Basic Coaching Course and will continue their training at the Event Specific Course on the 5th & 6th of June where they will learn more about Middle & Long Distance Coaching. Girraween Athletic Club is striving to improve its training programme and the efforts of Garry and Vikki will continue the good progress already seen so far this season

COMING EVENTS

June 5 – Wests Mets – Crestwood Reserve, Baulkham Hills
June 12 – Wests Mets – Cowell Lane, Ermington
June 19 – NSW CC Championships, Nowra
June 26 – Wests Mets – Ford Park, South Enfield
