
THE GIRRAWEEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

30 YEARS OLD & STILL GOING STRONG!

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VOLUME No. 6, ISSUE No. 59 – APRIL, 2009.

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, Publicity Officer & Temporary Registrar</i>	<i>9636-6017</i>
<i>Viv Manwaring</i>	<i>Public Officer</i>	<i>9631-8887</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Steve Blunden</i>	<i>Summer Competition</i>	<i>9636-7357</i>
<i>Lynette Smith</i>	<i>ANSW Delegate</i>	<i>0419420393</i>
<i>Peter Matthews</i>	<i>Park Trust Delegate</i>	<i>9636-7352</i>
<i>George Milosevic</i>	<i>Park Trust Delegate</i>	<i>9626-8586</i>
<i>Cheri Womsley</i>	<i>Fundraising Officer</i>	<i>9636-6017</i>
<i>Wayne Thurlow</i>	<i>General Committee</i>	<i>0417216911</i>
<i>Stephen Mifsud</i>	<i>General Committee</i>	<i>0247303450</i>
<i>Nick Hanna</i>	<i>Junior Committee</i>	<i>9621-7895</i>
<i>Erin Grogan</i>	<i>Canteen Assistant</i>	<i>96229357</i>

*The following positions are still vacant: -
Records Officer, Canteen Manager*

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, 7th May, 2009 at Toongabbie Sports & Bowling Club.

GO GIRRA!



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

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Welcome To The New Season!

Welcome to the April edition of the Girrawee Athlete. It is now time to get the cross country shoes out and put the track shoes away as we start into the West Mets competition on 4th April at Haberfield. It has been a great track season for our members culminating in the haul of 24 medals at the State Masters Championships. This gave us a tally of 37 state medals for the 2008/2009 season.

This current season, is a season on its own. It ends on 30th September. This is so the new alliance between ANSW & LAANSW can be started. This will result in the season running from 1st October until 30th September each year. Memberships are now open and can be done by hard copy or on-line. However, if you intend to do it on line, please give temporary registrar Garry Womsley a call so that he can give you your unique user id and password. We have had a healthy response so far with 36 members registering during the pre-season. We expect this figure to climb significantly in the coming weeks.

So why not get out and get a few cross country runs under the belt while the weather is still good. We would like to see the blue and white dominating the numbers at West Mets and showing the other clubs how it's done.

Until next month, happy running & most of all, enjoy it.

GARRY WOMSLEY

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 two qualified technical officials and this is affecting our rating with ANSW. 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. Exams will next be held as follows: -

Tuesday 14th April 2009

Sports House, Sydney Olympic Park

6:15pm for 6:30pm start

The exams available for both Level B and C are:

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

If you are interested in completing one or more of the above exams, please contact Mary Macaluso of ANSW.

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Brad Earns Gold In The U/23 Champs!

ANSW State U/16, U/20 & U/23 Championships – Saturday – Sunday, 7th – 8th March, 2009 – Homebush

It was great to see good numbers of athletes out at Homebush over the weekend. These age groups have struggled for numbers in the past but there was definitely an improvement this year. The U/23 category in particular has proved a lot more popular with athletes. Not everyone can make that huge jump from U/18 or U/20 straight to open age. The U/23 category allows for a more gradual integration.

Brad Milosevic contested the 5000m U/23 Championship and put in a fantastic performance to place 2nd in a strong field. However, the winner was from the ACT so Brad gets the gold medal and the title. His time of 15:30.61 was outstanding. He backed up well in the 1500m to place 4th in a good time of 4:33.74. Full results as follows: -

	<u>Event</u>	<u>Time</u>	<u>Age Category</u>	<u>Placing</u>
BRAD MILOSEVIC	5000m	15:30.61	U/23	2 nd (1 st NSW)
	1500m	4:33.74	U/23	4 th

Results From Girraween Pre-Season

Cross Country Series – Week 1!

Saturday, 7th March, 2009 – C.V. Kelly

2km

Adam Sinclair 7:18.1

Ed Bratovic 7:39.7

David Perry 7:52.3

Danny Martins 7:58.9

Michael Grogan 8:06.6

Venessa Separovich 8:47.9

Jamie Bratovic 8:51.2

Wayne Thurlow 8:51.2

Roger Mar 9:42.7

Vince Adams 9:49.9
 Heidi Juhart 9:51.7
 Stephanie Russell 10:07.4
 Ivana David 10:34.9
 Katrina Russell 10:41.2
 Andrea Hendley 10:51.2
 Ashleigh Thurlow 11:09.6
 Lauren Sinclair 12:50.1

4km

Andrew Ellis 14:12
 Ed Bratovic 17:00
 Mark Amin 17:51
 David Perry 18:02
 Michael Christie 18:32
 Danny Martins 20:02
 Jamie Bratovic 20:05
 Rochelle Mackenzie 20:05
 Fred Daniels 22:49
 Andrea Hendley 27:05

8km

Graham Sheargold 34:33
 Michael Grogan 36:33
 Richard Frost 37:18
 Denis Andrew 37:33
 Clive Kidson 38:07
 Ken Scalley 41:35
 Steve Blunden 41:46
 Roger Mar 41:47
 Lana Adams 42:06
 Steve Williams 48:48

More Medals At The State Masters

Weight Pentathlon!

Saturday, 7th March, 2009 – Campbelltown.

Our state medal tally for 2008/2009 increased today at Campbelltown. Lynette Smith (Gold – 35-39), Lajos Joni (Gold – 50-54) and Matt Stenning (Silver – 40-44) were all successful at the State Weight Pentathlon. Full results as follows: -

	<u>Hammer</u>	<u>Shot</u>	<u>Discus</u>	<u>Javelin</u>	<u>Weight</u>	<u>Total</u>	<u>Placing</u>
MATT STENNING (40-44)	25.75m	7.81m	25.59m	27.57m	9.21m	1831	2 nd
LAJOS JONI (50-54)	42.13m	11.25m	34.51m	25.37m	13.53m	2948	1 st
LYNETTE SMITH (35-39)	28.68m	9.72m	32.89m	33.62m	9.71m	2816	1 st



Silver Medals & Injuries At The Police

Games! – *NSW Police Games, Saturday-Sunday, 7th-8th March, 2009 – Blacktown Olympic Park.*

Both Garry & Cheri Womsley contested the NSW Police Games over the weekend but both sustained injuries which hampered their performances. Garry strained a calf muscle in the latter stages of the 5000m on Saturday while Cheri sustained hip and knee injuries during the 100m on Sunday. However, they both kept battling away to pick up 3 silver medals each. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Age Category</u>	<u>Placing</u>
GARRY WOMSLEY	5000m	21:01	45-49	2 nd
	10000m	46:33	45-49	2 nd
	1500m	6:04	45-49	2 nd
	400m	1:44	45-49	5 th
CHERI WOMSLEY	100m	30sec	30-34	2 nd
	Shot Put	4.14m	30-34	2 nd
	Long Jump	1.29m	30-34	2 nd

Michael & Lisa Tackle An Unusual

Event! – *City Chase – Sydney CBD & Surrounds – Saturday-Sunday, 7th-8th March, 2009.*

Lisa Grant and Michael Free entered as team "Girraween" in the "City Chase" event held this weekend in Sydney CBD and surrounds. We placed 12th out of 328 teams that completed the event. City Chase is an "Urban adventure race" with a format with some similarity to the TV show "The amazing race". It involves solving clues, navigating, running, using public transport and varied physical challenges.

The physical challenges included, Lisa doing some snake handling, three legged racing, the eating of Wasabi and anchovies (mmm) and Hopscotch with a bucket of balls balanced on our heads among others.

We did more than 12k of running, used buses and trains only on 3 occasions and completed the course in a little over two hours. Results are here:

<http://www.citychase.com.au/results.html>

MICHAEL FREE

Results From ANSW All-Comers!

Saturday, 14th March, 2009 – Homebush.

	<u>Event</u>	<u>Time</u>	<u>Grade</u>	<u>Position</u>
BRAD MILOSEVIC	3000m	8:57.37	A	2 nd
ROB GIESLER	100m	13.18sec	C	8 th (Heat 3)
	200m	27.01sec	C	2 nd (Heat 4)

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ROGER MAR	800m	3:10.71	C	7 th (Heat 2)
	200m	34.20sec	C	6 th (Heat 4)
	3000m	14:16.24	C	14 th

Graham Tackles Another 6 Foot Track!

Saturday, 14th March, 2009 – Katoomba Explorer's Tree to Jenolan Caves (45km).

Marathon man Graham Sheargold got another 6 Foot Track under his belt. This race is not for the faint hearted with a cut off of 7 hours. You can expect a lot of time on your feet, a lot of tiredness and a lot of pain. Those who have done it definitely have the right stuff and Graham has it bucket loads. He again finished in a very good time of 5 hours & 37 minutes. His official results are as follows: -

<u>Overall</u>		<u>Gun Time</u>	<u>Adjusted</u>	<u>Category & Position</u>
418	Graham SHEARGOLD	5:37:19	5:37:07	Male 50-59 46

Results From Girraween Pre-Season

Cross Country Series – Week 2!

Saturday, 14th March, 2009 – C.V. Kelly

2km

- 1) PETER MATTHEWS - 7:28.50
- 2) ED BRATOVIC - 7:35.50
- 3) DANNY MARTINS - 7:50.00
- 4) DAVID PERRY - 8:07.40
- 5) MICHAEL GROGAN - 8:15.70
- 6) CHARLOTTE STENNING - 8:38.90
- 7) WAYNE THURLOW - 8:43.50
- 8) GREG SARGEANT - 8:48.90
- 9) JAMIE BRATOVIC - 9:20.00
- 10) RAY COYNE - 9:36.90
- 11) VINCE ADAMS - 9:40.60
- 12) HEIDI JUHART - 10:05.40
- 13) PARTHIBAN SUBRANANIAN - 10:11.90
- 14) STEPHANIE RUSSELL - 10:11.90
- 15) BRADLEY MATTHEWS - 10:14.50
- 16) RENEE JUHART - 10:24.10
- 17) KATRINA RUSSELL - 10:34.20
- 18) GRAHAM RYAN - 11:24.70
- 19) ASHLEIGH THURLOW - 11:57.40
- 20) JILL WOODRUFF - 12:26.40
- 21) LAUREN SINCLAIR - 13:51.81

4km

- 1) PETER MATTHEWS - 16:09.04
- 2) LINDA GARD - 18:00.77
- 3) MARK AMIN - 18:13.69
- 4) MICHAEL CHRISTIE - 18:41.98
- 5) STEVE WILLIAMS - 19:16.20
- 6) CATHY DUFFY - 19:32.26
- 7) CARLY EAGER - 20:15.57
- 8) JAMIE BRATOVIC - 20:37.02
- 9) ED BRATOVIC - 20:49.56

- 10) DARREN GOULD - 20:59.05
- 11) GREG SARGEANT - 21:05.95
- 12) FRED DANIELS - 22:24.97
- 13) CHARLOTTE STENNING - 23:16.69
- 14) ETHAN WOMSLEY - 23:40.50

8km: -

- 1) MICHAEL FREE - 33:33.32
- 2) LISA GRANT - 34:24.75
- 3) MICHAEL GROGAN - 34:34.97
- 4) RICHARD FROST - 35:31.62
- 5) DAVID PERRY - 36:58.54
- 6) GARRY WOMSLEY - 37:05.13
- 7) CLIVE KIDSON - 37:14.66
- 8) DENIS ANDREW - 37:18.31
- 9) STEVE PARKINS - 40:03.21
- 10) KEN SCALLEY - 41:30.62
- 11) LANA ADAMS - 42:13.04
- 12) STEVE BLUNDEN - 42:51.53

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Results From Girraween Pre-Season

Cross Country Series – Week 3!

Saturday, 21st March, 2009 – C.V. Kelly

2km: -

- 1) ADAM SINCLAIR – 7:19.64
- 2) ED BRATOVIC – 7:32.72
- 3) DAVID PERRY – 8:17.60
- 4) CHARLOTTE STENNING – 8:46.25
- 5) JAMIE BRATOVIC – 8:52.96
- 6) GREG SARGEANT - 8:54.26
- 7) ROGER MAR – 9:36.86
- 8) VINCE ADAMS – 9:37.49
- 9) HEIDI JUHART – 9:47.92
- 10) VAIDEHI MAHAPATRA – 9:51.47
- 11) STEPHANIE RUSSELL – 9:53.16
- 12) KATRINA RUSSELL – 10:33.98
- 13) GEORGIA KIRKPATRICK – 10:51.45
- 14) ANGUS KIRKPATRICK – 10:53.43
- 15) JILL WOODRUFF – 11:00.74
- 16) LAUREN SINCLAIR – 11:30.74

4km: -

- 1) ED BRATOVIC – 17:00.38
- 2) MARK AMIN – 17:18.13
- 3) DAVID PERRY – 17:53.56
- 4) MICHAEL CHRISTIE – 18:25
- 5) STEVE WILLIAMS – 18:46
- 6) TERRY ROSE – 18:52
- 7) JAMIE BRATOVIC – 20:10
- 8) CARLY EAGER – 20:19
- 9) ETHAN WOMSLEY – 21:32
- 10) GREG SARGEANT – 21:33

- 11) JOE BUTLER – 24:07
- 12) JEAN DAVIS – 25:22
- 13) ROCHELLE MacKENZIE – 26:43

8km: -

- 1) LISA GRANT – 33:35
- 2) MICHAEL FREE – 33:38
- 3) GARRY WOMSLEY – 35:59
- 4) RICHARD FROST – 38:10
- 5) MATTHEW PATON – 38:18
- 6) STEVE PARKINS – 40:28
- 7) KEN SCALLEY – 41:36
- 8) ROGER MAR – 43:21
- 9) KYLIE SMYTHE – 47:57

Results From SMC!

Sunday, 22nd March, 2009 – Rosford Reserve.

<u>5km</u>	<u>Time</u>
1) NICK HANNA	20:46
2) MICHAEL GROGAN	21:27
3) STEVE MIFSUD	22:14
4) TERRY ROSE	22:38
5) MICHAEL CHRISTIE	22:42
6) JOE BUTLER	29:16
7) ETHAN WOMSLEY	32:30

<u>10km</u>	<u>Time</u>
1) GARRY WOMSLEY	44:22
2) RICHARD FROST	44:44
3) DAVID PERRY	45:18
4) MARK INGRAM	50:39
5) GREG SARGEANT	51:38
6) ROGER MAR	53:30
7) RACHEL EVANS-INGRAM	1:01:08

<u>30km</u>	<u>Time</u>
1) TIM MOLESWORTH	1:59:33

<u>5km Walk</u>	<u>Time</u>
1) CHERI WOMSLEY	50:55

Results From Girraween Pre-Season

Cross Country Series – Week 4!

Saturday, 28th March, 2009 – C.V. Kelly

2km

1 Adam Sinclair	7:02.91
2 Peter Matthews	7:06.12
3 Danny Martins	7:14.45
4 Ed Bratovic	7:31.93
5 David Perry	8:17.90
6 Wayne Thurlow	8:29.35
7 Greg Sargeant	8:32.47
8 Stephen O'Donnell	8:50.24
9 Jamie Bratovic	9:20.53
10 Heidi Juhart	9:32.79
11 Renee Juhart	10:08.07
12 Stephanie Russell	10:10.23
13 Vaidehi Mahapatra	10:12.53
14 Caitlin Dunn	10:26.14
15 Wayne Gard	10:42.98
16 Corinne Gard	10:44.07
17 Katrina Russell	10:45.63
18 Riley Gard	11:38.52
19 Linda Gard	11:41.17
20 Mark Attwood	11:49.79
21 Matt Dunn	12:39.82

4 km

1 Corinne Gard	15:56.08
2 Ed Bratovic	16:04.45
3 Michael Christie	17:57.09
4 David Perry	18:03.60
5 Wayne Thurlow	18:48.86
6 Wayne Gard	19:23.79
7 Cathy Duffy	19:45.45
8 Jamie Bratovic	19:53.79
9 Carly Eager	20:15.19
10 Greg Sargeant	20:19.33
11 Rochelle Mackenzie	21:46.14
12 Stacey Argent	23:10.81
13 Jean Davis	23:32.69
14 Joe Butler	23:56.22

8 km

1 Peter Matthews	32:50.98
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2 Lisa Grant	34:05.43
3 Richard Frost	34:33.56
4 Mark Amin	35:27.81
5 M Paton	36:23.95
6 Steve Parkins	39:23.55
7 Ken Scalley	40:31.41
8 Steve Williams	44:12.40
9 Steven O'Donnell	44:13.26
10 Robert Eager	45:42.54
11 Kylie Smythe	47:27.00

6 k m

NB: Linda Gard completed 6km of the 8km course in 27:56.13

24 Medals At State Masters!

ANSW State Masters Championships – Saturday & Sunday, 28th & 29th March, 2009 – The Crest, Bankstown

8 Girraween members competed at the State Masters this weekend in warm conditions. We are pleased to report that they earned a grand total of 24 medals consisting of 6 gold, 9 silvers and 9 bronze medals. Lynette Smith earned 4 gold (High Jump, Discus, Weight & Javelin) & 2 silver medals (Shot Put & Hammer), Lajos Joni earned 1 gold (Hammer) & 2 silver medals (Weight Throw & Shot Put), Garry Womsley earned 1 gold medal (3000m Steeplechase), Michael Grogan earned 3 silver (Discus, Javelin & Shot Put) & 2 bronze medals (1500m & 5000m), Matt Stenning earned 2 silver (Hammer & Weight Throw) & 1 bronze medal (Discus) while Cheri Womsley (Shot Put, Discus & Javelin) and Don Porter (100m, 60m & Long Jump) both earned 3 bronze medals each. Our final state medal tally from 1st April, 2008 to 31st March, 2009 was 37 which was a great effort. Congratulations to all those who competed over this successful weekend. Full results as follows: -

	<u>Event</u>	<u>Distance/Time</u>	<u>Overall Position</u>	<u>Age</u>
LYNETTE SMITH	High Jump	1.50m	1 st	35-39
	Shot Put	9.75m	2 nd	35-39
	Discus	30.75m	1 st	35-39
	Weight Throw	10.88m	1 st	35-39
	Hammer	31.53m	2 nd	35-39
CHERI WOMSLEY	Shot Put	3.87m	3 rd	30-34
	Discus	7.94m	3 rd	30-34
	Javelin	9.19m	3 rd	30-34
DON PORTER	100m	15.13sec	3 rd	70-74
	60m	9.48sec	3 rd	70-74
	Long Jump	3.03m	3 rd	70-74
LAJOS JONI	Javelin	24.07m	7 th	50-54
	Hammer	44.73m	1 st	50-54
	Weight Throw	14.71m	2 nd	50-54
	Shot Put	11.01m	2 nd	50-54
	Discus	33.53m	4 th	50-54
ROB GIESLER	100m	13.09sec	9 th	45-49

	400m	1:02.43	4 th	45-49
	60m	8.39sec	12 th	45-49
	200m	26.74sec	6 th	45-49
MICHAEL GROGAN	1500m	5:08.94	3 rd	30-34
	Discus	16.94m	2 nd	30-34
	Javelin	25.77m	2 nd	30-34
	5000m	20:48.66	3 rd	30-34
	Shot Put	6.63m	2 nd	30-34
MATT STENNING	Discus	27.32m	3 rd	40-44
	Hammer	27.94m	2 nd	40-44
	Javelin	28.47m	4 th	40-44
	Weight Throw	9.94m	2 nd	40-44
GARRY WOMSLEY	3000m Steeple	13:24.63	1 st	45-49
	5000m	21:07.07	4 th	45-49
	400m Hurdles	1:27.55	5 th	45-49

Other Fun Run Results!

Energise Belrose Fun Run 8/3/09 10km, 5km Run and Walk

10km

Michael Free 46.00

Michael Christie 53.05

Lindfield Rotary Fun Run 22/3/09 10km

Michael Free 44.25 75th overall & 13th 40-49 cat

Upcoming Events!

Club Events

Sat – April 4th – WEST METS 1 – Richard Murden Reserve (Haberfield)

Sat – April 11th – WEST METS 2 – Queen Elizabeth Park (Concord)

Sat – April 18th – WEST METS 3 – North Bank Parramatta River (Rydalmere)

Sat – April 25th – WEST METS 4 – Rosford Reserve (Smithfield)

Fun Runs & Other Events of Interest

Sat – April 4th – Sydney Striders 10km Series – Lane Cove National Park – 7.00am

Sun – April 5th – Fun Run for Wishes – Parramatta Park (near Tudor Gates) – 10.00am (9.6km run, 6.2km walk) – note: - there are no age category prizes at this event.

Sun – April 19th – Canberra Marathon & Ultra – 42.2km & 50km – Telopea Park School, ACT – 7.00am

Sun – April 26th – Sydney Marathon Clinic Road Series – 5km, 10km & 21km – Rosford Reserve & Surrounds – from 7.00am

Girraween Club Winter Training Days & Times

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

Mondays & Wednesdays – Fitness & Sprint Training with Wayne Thurlow & Gary Micallef – 6.00-7.30pm at C.V. Kelly.

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

Tuesdays – Middle Distance Training with Garry Womsley – 6.00-7.45pm at Blacktown Olympic Park

Draft West Mets & Winter Championship Dates For 2009!

Sat - May 2nd - Road Championships (Homebush)

Sat – May 9th - Novice Cross Country (Ramsgate)

Sat – May 16th – WEST METS 5 – George Kendall Reserve (Ermington) - confirmed

Sat – May 23rd – WEST METS 6 – Upjohn Park (Dundas) - confirmed

Sat - May 30th - Cross Country Relays (Miranda)

Sat – June 6th – WEST METS 7 – Col Sutton Park (Winston Hills)

Sat – June 13th – WEST METS 8 – North Ryde Common (Macquarie Hospital)

Sat - June 20th - Long Course Cross Country (Nowra)

Sat – June 27th – WEST METS 9 – Crestwood Reserve (Baulkham Hills)

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

Sat - July 11th - Road Relays (Wollongong)

Sat - July 18th - Short Course Cross Country (Camden)

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

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) - now confirmed

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

Sat - August 29th - Australian Cross Country (Camden)

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.

Training Form

Monday, 2nd March, 2009 – C.V. Kelly (Cross Country)

Garry Womsley – 2:17, 2:08, 2:10 (600m CC)

Heidi Juhart – 2:33, 2:33, 2:29 (600m CC)

Steve Blunden – 2:13, 1:57, 1:56 (600m CC)

Danny Martins – 1:58, 1:48, 1:55 (600m CC)

Roger Mar – 2:21, 2:15, 2:19 (600m CC)

Lionel (visitor) – 2:10, 1:41, 1:40 (600m CC)

Tuesday, 3rd March, 2009 – C.V. Kelly (Cross Country)

Garry Womsley – 12:22, 12:57 (2km CC), 3:10, 2:59, 2:59, 2:49, 2:21, 2:27, 2:17 (600m CC)

Ethan Womsley – 12:36, 13:10 (2km CC), 3:23, 3:06, 3:11 (600m CC)

Venessa Separovich – 2:27, 2:21, 2:15 (600m CC)

Monday, 9th March, 2009 – Wiltona Place (5 x 100m)

Steve Blunden – 15sec, 15sec, 15sec, 15sec, 15sec

Heidi Juhart – 19sec, 18sec, 17sec, 18sec, 18sec

Roger Mar – 18sec, 17sec, 17sec, 17sec, 17sec

Danny Martins – 15sec, 15sec, 15sec, 15sec, 14sec

Tuesday, 10th March, 2009 – C.V. Kelly (Cross Country)

Ethan Womsley – 5:23 (1km CC), 2:51, 2:51, 2:58, 2:58 (600m CC)

Tuesday, 17th March, 2009 – C.V. Kelly (Cross Country)

Garry Womsley – 11:59 (2km CC), 2:56, 2:47, 2:52, 2:52 (600m CC), 4:51, 5:03 (1200m CC)

Ethan Womsley – 12:16 (2km CC), 3:19, 2:50, 2:52, 2:57 (600m CC)

Danny Martins – 4:28, 4:41 (1200m CC)

Wednesday, 18th March, 2009 – Premier Street (5 x 150m)

Clara Moussa – 26sec, 26sec, 26sec, 26sec, 26sec

Danny Martins – 22sec, 21sec, 21sec, 21sec, 20sec

Michael Grogan – 24sec, 23sec, 22sec, 22sec, 24sec

Roger Mar – 25sec, 25sec, 25sec, 25sec, 27sec

Garry Womsley – 26sec, 26sec, 25sec, 25sec, 26sec

David Perry – 23sec, 23sec, 23sec, 24sec, 25sec

Monday, 23rd March, 2009 – Girraween Road (3 x 400m)

Garry Womsley – 1:22, 1:17, 1:15

Adam Sinclair – 1:05, 0:55, 0:53

David Perry – untimed, 1:09, 1:02

Danny Martins – 1:02, 0:59, 0:55

Roger Mar – 1:23, 1:19, 1:17

Tuesday, 24th March, 2009 – C.V. Kelly (Cross Country)

Garry Womsley – 12:33 (2km CC), 2:48, 2:51, 2:46 (600m CC), 4:55, 4:49 (1200m CC)

Ethan Womsley – 12:45 (2km CC), 2:54, 2:44, 2:50, 2:54 (600m CC)

Nick Hanna – 4:40, 4:31 (1200m CC)

Heidi Juhart – 2:26, 2:23 (600m CC)

Thursday, 26th March, 2009 – C.V. Kelly (Cross Country)

Garry Womsley – 14:57 (2km CC)

Ethan Womsley – 14:57 (2km CC), 2:58, 2:51, 2:55 (600m CC)

Monday, 30th March, 2009 – Monthly Time Trial

6.8km: -

1) David Perry – 31:10

2) Garry Womsley – 33:33

3) Roger Mar – 34:12

5.1km: -

1) Adam Sinclair – 24:00

Mid-Week Training Programme For April!

WEEK ONE

Monday, 6th April, 2009 (Mississippi Road) – 6.30pm

- 1) 1.5km warm-up run to Mississippi Road
- 2) Drills on grass
- 3) 3 x 400m along footpath
- 4) Return to C.V. Kelly

Tuesday, 7th April, 2009 (Blacktown) – 6.00pm

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

Wednesday, 8th April, 2009 (Dorothy Street & Back) – 6.30pm

Run to Dorothy Street via Targo Road & Wentworth Avenue. Run twice up “Heartbreak Hill” & return to C.V. Kelly

WEEK TWO

Monday, 13th April, 2009 (Wiltona Place) – 6.30pm

- 1) 2km Road – warm up
 - 2) Drills on grass
 - 3) 6 x 100m up hill, 6 x 100m down hill (recovery)
 - 4) Warm down - track
-

Tuesday, 14th April, 2009

NO TRAINING TONIGHT

Wednesday, 15th April, 2009 (1 Hour Run to Best Road & Back) – 6.30pm

1 hour run. Run to Best Road, Seven Hills via Targo & Station Roads. Turn around after 30 minutes.
(Try to negative split)

WEEK THREE

Monday, 20th April, 2009 (Long run via Great Western Highway) - 6.30pm

Long run via Great Western Highway. Return via Pendle Hill shops

Tuesday, 21st April, 2009 (Blacktown) – 6.00pm

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

Wednesday, 22nd April, 2009 (Hill Sprints at Premier Street) – 6.30pm

- 1) 1.7km run to Premier Street – warm up
- 2) Drills on grass
- 3) 6 x 150m up hill, 6 x 150m down hill (recovery)
- 4) Return to C.V. Kelly – warm down

WEEK FOUR

Monday, 27th April, 2009 (Quix Hill) – 6.30pm

- 1)
- 2) Drills on grass
- 3) 2 x 600m up hill & 2 x 600m down hill (recovery)
- 4) Warm down

Tuesday, 28th April, 2009 (Blacktown) – 6.00pm

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

Monday, 29th April, 2009 (Monthly Time Trial) – 6.30pm

- 1) 1.7km warm up
 - 2) Drills on grass
 - 3) Monthly time trial (6.8, 4.2 and 2.1km)
 - 4) 1.7km warm down
-

Coaching Courses For 2009!

As I will not be seeking re-election as Coaching Co-Ordinator at this year's AGM in May, we are looking for someone else to take over the coaching of our Monday and Wednesday groups after the AGM (I will still be coaching the Tuesday night group). If you are interested, you would need to hold at least a Level 1 coaching certificate. The dates and venues of the courses are listed below. If you are interested in doing coaching at Girraween and want to do one of the below courses, the club will pay the fee. Please let me or one of the other committee members know if you are interested.

GARRY WOMSLEY

LEVEL ONE – BASIC

May 2-3 – Wangi Wangi – contact: - Yvonne Puller (4975 4584) – closing date: - 20/04/09

May 2-3 – Wagga Wagga – contact: - Bill Jacob (02 6926 3239) – closing date: - 20/04/09

May 2-3 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 20/04/09

June 13-14 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 01/06/09

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

May 2-3 – Wangi Wangi – contact: - Yvonne Puller (4975 4584) – closing date: - 20/04/09

May 30-31 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 18/05/09

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

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 14 (Open Mesh) – 5

Size 16 (Open Mesh) – 5

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.

LOST & FOUND!

A pair of sunglasses was handed in at Prospect on 30th August.

If you lost a pair of sunglasses on that day, these could be yours.

The following items were left at C.V. Kelly on Saturday 29th November: -

- 1 pair of black Quiksilver thongs
- 1 Elements brand sports watch

If any of these items are yours, please give me a call on 0405586961.

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.

Does Anybody Know Anyone Who Teaches Violin?

One of our younger members would like to learn the violin. Is there anyone in our club who teaches this instrument or knows anyone who can?

If so, please contact Garry Womsley on 0405586961.

ANSW Magazine!

ANSW have launched an official e-zine.

There have been 7 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: -

Carly Eager
Rachel Evans-Ingram
Jonas Williams

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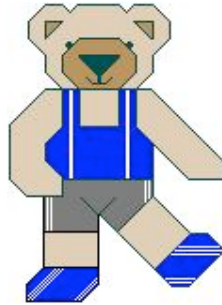
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Until next month, it's goodbye from Girra the Girraween bear. Happy Running!



Great Athletes of the Past!

By Garry Womsley

NOVA PERIS (1971-)

Nova Maree Peris was born on 25th February, 1971 in Darwin. She was the first Aboriginal Australian (and first Northern Territorian) to win a gold medal at the Olympic Games when she was part of the women's hockey team in Atlanta in 1996. She is also one of a few athletes to have represented their country in two different sports in separate Olympic Games after competing in athletics in Sydney in 2000.

As a small girl, Nova's first love was athletics and she had a go at a variety of events. However, she also did well at hockey and as time went by, she needed to make a choice. In the end, it came down to better coaching offered by hockey than athletics in the Territory. At 18, Peris became a mother when she gave birth to daughter Jessica in 1989 and for the most

part, raised her herself. Despite these early difficulties, she always had the goals of representing Australia at both hockey and athletics.

In 1992, she moved with Jessica to Perth to join the hockey programme at the Western Australian Institute of Sport. With the determination that came with her self-belief, she got on with the business of working, training and bringing up Jessica on her own. She made good friends who helped her juggle the load. While in Perth, she came under the watchful eye of the legendary Ric Charlesworth who was the Australian Women's coach at the time.

Like Nova, Charlesworth was also a very multi-talented individual. He represented Western Australia in cricket, earned a hockey silver medal at the 1976 Montreal Olympics, was Australia's most capped Hockey player when he retired in 1988, was a member of parliament at one stage as well as also somehow finding the time to become a qualified medical doctor. He and Nova clicked straight away and she was always going to be part of his plans for the 1996 Olympics.

In her early years, Peris was subject to discrimination but under Charlesworth, she played her best hockey because she felt that she played for someone who not only believed in her but was respectful and tolerant of those in the team who were a little different to the norm. He used these differences to the advantage of the team as they offered a lot more variety than is normally available. As you would expect from someone who has "been there and done that" Charlesworth was a hard taskmaster and knew what was needed to win Olympic gold after being so close himself a few times. However, he was also a fair man and this was what Nova liked as she was always happy to come to him to talk through her problems.

Her success in the Australian hockey team was nothing short of phenomenal. After the 1992 Olympics where a number of the squad members either retired or were discarded, Australia were in a rebuilding phase and the young but talented team were expected to take a while to blend. However, as part of the team Nova earned gold medals in the 1993 and 1995 Champions Trophy and the 1994 World Cup. It was just the lift the team needed for their tilt at the gold in Atlanta.

History shows that Australia went on to defeat South Korea in the hockey final in Atlanta and on that same night, she remarkably told the president of the Australian Olympic Committee John Coates that she was retiring from hockey immediately and switching to athletics. She worked very hard at her athletics and qualified for the 1998 Kuala Lumpur Commonwealth Games in the 200m and the 4 x 100m relay.

She made the final of the 200m and was pitted against fellow Australian Melinda Gainsford-Taylor who was favoured to win the gold medal despite being troubled by a knee injury. Gainsford-Taylor led for most of the race but her knee buckled in the shadows of the post and Peris took the race and the gold medal. Some have said that Peris went a little over the top in her celebrations and some thought that she was being disrespectful to Gainsford-Taylor but the truth is that despite being from the same country, they were both out there to win gold and Peris did nothing more than take the opportunity presented to her like any sportsperson would.

Her joy was not only for her achievement but for her family, her people and for the fact that she overcame her early hardships to achieve her goals in two sports. In hindsight, Gainsford-Taylor, who was in intense pain and obviously disappointed, may have misread the situation in the heat of the moment. Despite all this, Nova can be very proud of her achievement and had more joy when her 4 x 100m relay team also earned gold.

She represented Australia at the 1999 World Championships in the 200m and even though she was unplaced, she put in a good showing. However, it was thought that a switch to the 400m could be more to her liking.

Peris was now focussed on making Australia's athletics team for the Sydney Olympics in 2000. In the lead up to the Olympics, Nova was given the honour of being the first Australian to carry the Olympic torch on home soil. She ran in the shadows of Uluru in honour of the Mutitjulu people who are the traditional owners of the land. She was the first of over 10000 Australians to carry the torch on its journey around Australia before finishing at Homebush.

It was fitting that Nova Peris was selected to represent Australia in the 400m in 2000 as both the first person and the last person to carry the torch (Cathy Freeman) in 2000 were aboriginal and were our 400m representatives. During the lead up to the Games, a portrait of Peris was hung in the Archibald Prize painted by Glenda Jones.

In Sydney in 2000, Peris had a good meet. She made the semi finals of the 400m and also did well for the 4 x 400m relay team who finished 5th in the final. Perhaps her achievements were overshadowed by the great performance of Cathy Freeman who took out the final.

After the Olympics, Peris persisted with her athletics despite her marriage breakdown to Sean Kneebone. Her good form resulted in her being selected for the 2001 World Championships. However, her form was mediocre. It was later revealed she was pregnant to fellow athlete Daniel Batman. She retired almost immediately after the World Championships and married Batman in early 2002 before giving birth to her second daughter Destiny. She has since had a third child, Jack.

In 2005, she sold her Olympic memorabilia to the National Museum of Australia. It included her gold medal, hockey stick, Sydney Olympic torch and the running shoes she wore in the Sydney Olympics.

Pride in her aboriginal identity is a vital ingredient in the ultimate success story that Nova Peris has become. She hopes she can use her profile to inspire other aboriginal people to take pride in who they are. However, she also works hard at changing attitudes within the white community. In recent years, she has done this as a treaty ambassador for the now defunct ATSIC. She continues to travel to this day campaigning for reconciliation in Australia.

References: - Wikipedia, the free encyclopedia & NW Australian Women Biographical Entry.

Stop Press!

The committee of Girraween Athletics Club Inc. would like to advise that our AGM will be on Tuesday, 19th May, 2009 at Toongabbie Sports & Bowling Club starting at 7.00pm. There are currently three positions on the committee that will become vacant. They are: - ANSW Delegate, Coaching Co-Ordinator & Canteen Manager. If you would like to nominate for these or any other positions, please nominate yourself on the night. New faces are always welcome on our committee.

* * * * *

Please find listed below Girraween results from those of us who ran at Sri Chinmoy Centennial Park 29/3/09.

8KM

Male Under 50 (56 in this category)

7th Nicholas Hanna 33:19
17th Michael Christie 38:17

Male 50-59 (17 in this category)

4th Roger Mar 40:18

12km

Male Under 50 (103 in this category)

46th Michael Free 54:19

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