
THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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GIRRAWEEN ATHLETICS CLUB Inc.

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

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>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

Welcome To Another Busy Month!

Welcome to the August 2009 edition of the Girraween Athlete. This month will again be a busy month for our athletes. The City2Surf is on Sunday, 9th August and the State Half Marathon Championships are on Sunday, 16th August at Lake Gillawarna. We need to really support this event as a small group of club delegates fought to get this event away from the SMH event. It is felt that ANSW registered athletes will get a fairer go than they did in the other event. The West Mets competition is also coming to an end this month so hopefully our members are peaking at the right time. Our members did well at the representative events in July at Wollongong and Upjohn Park and it was great to see so many athletes involved. Our athletes continue to travel far and wide with Nick Hanna travelling to the Gold Coast for the Melanesian Games and Garry Womsley travelling to Geelong for the Victorian 10 mile Cross Country Championships this month. We wish them all the best.

Until next month, stay well and race hard but most of all, enjoy it!

GARRY WOMSLEY

Results From West Metropolitan No. 9!

Saturday, 27th June, 2009 – Crestwood Reserve

SHORT – 2k

- 1) (4) J. Williams - 7.28
- 2) (7) W. Thurlow - 7.44
- 3) (8) E. Bratovic - 7.49
- 4) (13) S. Mifsud - 8.14
- 5) (14) A. Sinclair - 8.15
- 6) (19) D. Martins - 8.41
- 7) (20) Z. Elliot-Watson - 8.42
- 8) (22) S. O'Donnell - 8.45
- 9) (23) G. Sargeant - 8.46
- 10) (25) R. Noble - 8.52
- 11) (30) T. Rose - 9.06
- 12) (32) C. Thurlow - 9.14
- 13) (43) R. Mar - 10.16
- 14) (47) C. White - 10.42
- 15) (48) J. Bratovic - 10.43
- 16) (49) J. Elliot-Watson - 10.48
- 17) (54) K. Russell - 11.29
- 18) (56) J. Woodruff - 11.37
- 19) (63) E. Makki - 12.54
- 20) (65) R. Mifsud - 13.06
- 21) (66) H. Ellias - 13.46
- 22) (68) L. Sinclair - 14.03
- 23) (69) A. Mifsud - 14.44
- 24) (70) N. Ingram - 15.05
- 25) (71) M. Ingram - 15.06
- 26) (72) E. Bratovic - 15.18

MEDIUM – 4k

- 1) (29) W. Thurlow - 17.09
- 2) (34) Z. Elliot-Watson - 17.40
- 3) (36) S. Mifsud - 17.48
- 4) (38) S. Parkins - 18.07
- 5) (40) E. Bratovic - 18.15

- 6) (47) R. Lamas - 18.53
- 7) (48) M. Christie - 18.59
- 8) (53) D. Gould - 19.51
- 9) (56) S. Argent - 20.44
- 10) (57) D. Martins - 20.47
- 11) (59) C. Eager - 21.08
- 12) (62) R. Mar - 21.40
- 13) (64) E. Makki - 22.10
- 14) (65) J. Davis - 22.21
- 15) (66) R. Ingram - 22.32
- 16) (67) G. Sargeant - 22.46

LONG - 8k

- 1) (7) Geoff Sheargold - 30.31
- 2) (13) M. Amin - 33.00
- 3) (14) L. Grant - 33.14
- 4) (20) P. Matthews - 34.33
- 5) (24) M. Free - 35.25
- 6) (25) Graham Sheargold - 35.38
- 7) (28) C. Kidson - 38.10
- 8) (33) D. Andrew - 40.08
- 9) (34) R. Lamas - 40.57
- 10) (36) S. Williams - 41.14
- 11) (37) S. Parkins - 42.23
- 12) (38) M. Ingram - 42.45
- 13) (40) S. O'Donnell - 43.28
- 14) (41) R. Eager - 44.10
- 15) (43) G. Sargeant - 47.28
- 16) (44) R. Mar - 48.03
- 17) (46) Linda Balinski - 50.56

Results From West Metropolitan No.

10!

Saturday, 4th July, 2009 - Prospect Reservoir

2km: -

- 1) ANDREW ELLIS - 6:47 (4)
- 2) WAYNE THURLOW - 7:29 (6)
- 3) DANNY MARTINS - 7:46 (7)
- 4) MICHAEL GROGAN - 7:50 (8)
- 5) ADAM SINCLAIR - 8:03 (10)
- 6) STEVE O'DONNELL - 8:25 (16)
- 7) DAVID PERRY - 8:26 (17)
- 8) TERRY ROSE - 8:28 (18)
- 9) GREG SARGEANT - 8:40 (20)
- 10) JAMES KIRK - 8:47 (21)
- 11) RICHARD LAMAS - 9:07 (23)
- 12) STEVE BLUNDEN - 9:10 (24)
- 13) HEIDI JUHART - 9:13 (25)
- 14) ZAC ELLIOT-WATSON - 9:42 (29)
- 15) ROGER MAR - 9:43 (30)
- 16) VINCE ADAMS - 9:58 (31)
- 17) RENEE JUHART - 10:02 (32)

- 18) BRADLEY ELLIOT-WATSON - 10:13 (33)
- 19) KATRINA RUSSELL - 10:33 (35)
- 20) MARK INGRAM - 11:26 (37)
- 21) RACHEL INGRAM - 11:46 (39)
- 22) NICHOLAS PERRY - 11:57 (40)
- 23) ETHAN WOMSLEY - 11:58 (41)
- 24) EDDIE MAKKI - 12:12 (44)
- 25) JOEL ELLIOT-WATSON - 12:33 (45)
- 26) LOUISE ELLIOT-WATSON - 12:34 (46)
- 27) LAUREN SINCLAIR - 13:01 (50)

4km: -

- 1) WAYNE THURLOW - 16:22 (19)
- 2) ZAC ELLIOT-WATSON - 16:30 (20)
- 3) STEVE PARKINS - 17:40 (25)
- 4) MICHAEL CHRISTIE - 18:22 (27)
- 5) TERRY ROSE - 18:59 (29)
- 6) RICHARD LAMAS - 19:37 (31)
- 7) STEVE BLUNDEN - 19:49 (32)
- 8) GREG SARGEANT - 20:30 (34)
- 9) JEAN DAVIS - 21:12 (37)
- 10) STEVE O'DONNELL - 21:15 (38)
- 11) ROGER MAR - 21:16 (39)
- 12) ROCHELLE MACKENZIE - 22:22 (40)
- 13) RACHEL INGRAM - 23:15 (42)
- 14) STACEY ARGENT - 23:23 (43)

8km: -

- 1) PETER MATTHEWS - 31:57 (10)
- 2) LISA GRANT - 32:42 (13)
- 3) MICHAEL GROGAN - 34:49 (16)
- 4) GARRY WOMSLEY - 35:16 (17)
- 5) CLIVE KIDSON - 36:45 (18)
- 6) DENIS ANDREW - 38:00 (20)
- 7) STEVE PARKINS - 38:53 (23)
- 8) MARK INGRAM - 39:09 (24)
- 9) STEVE O'DONNELL - 39:57 (26)
- 10) STEVE WILLIAMS - 41:46 (28)
- 11) DANNY MARTINS - 43:37 (31)
- 12) RICHARD LAMAS - 43:38 (32)
- 13) ROBERT EAGER - 43:49 (33)
- 14) LONNIE BALINSKI - 44:22 (34)
- 15) ROGER MAR - 47:19 (35)
- 16) LINDA BALINSKI - 48:56 (36)

Out & About!

4th July

Michael Free contested the Sydney Striders 10km race at Homebush today and finished 86th overall in a good time of 41:10.

Results From The State Road Relays! -

Saturday, 11th July, 2009 - Flagstaff Point, Wollongong.

4km times in order: -

- 1) BRAD MILOSEVIC - 12:20
- 2) BRENDAN DAVIES - 13:23
- 3) GEOFF SHEARGOLD - 13:47
- 4) MICHAEL FREE - 14:56
- 5) PETER MATTHEWS - 15:00
- 6) NICK HANNA - 15:22
- 7) WAYNE THURLOW - 15:32
- 8) GRAHAM SHEARGOLD - 16:26
- 9) ADAM SINCLAIR - 16:39
- 10) GARRY WOMSLEY - 16:43
- 11) MICHAEL GROGAN - 16:55
- 12) DAVID PERRY - 17:28
- 13) STEVE WILLIAMS - 17:41
- 14) TERRY ROSE - 17:46
- 15) RICHARD LAMAS - 18:02
- 16) MICHAEL CHRISTIE - 18:16
- 17) ROBERT EAGER - 19:35
- 18) ROGER MAR - 19:49
- 19) ETHAN WOMSLEY - 20:21
- 20) JOE BUTLER - 22:26

Team Times: -

- Open A - B. Milosevic, N. Hanna, G. Sheargold, B. Davies - 54:51 - 14th
- Open B - M. Free, A. Sinclair, M. Grogan, W.ThurLOW - 64:02 - 23rd
- Open C - E. Womsley, R. Mar, J. Butler, R. Eager - 82:01 - 26th
- 45+ A - D. Perry, G. Womsley, G. Sheargold, P. Matthews - 65:37 - 10th
- 45+ B - T. Rose, M. Christie, R. Lamas, S. Williams - 71:45 - 15th

Results From State Short Course Cross Country!

Saturday, 18th July, 2009 - Upjohn Park,

5km: -

- 1) LISA GRANT - 20:00 (9 - open)
- 2) CLIVE KIDSON - 22:44 (11 - 55-59)
- 3) DENIS ANDREW - 23:26 (7 - 60-64)
- 4) TERRY ROSE - 23:58 (13 - 55-59)
- 5) CARLY EAGER - 26:15 (25 - open)
- 6) ROBERT EAGER - 26:16 (16 - 55-59)

7.5km: -

- 1) BRAD MILOSEVIC - 24:33 (10 - open)
- 2) GEOFF SHEARGOLD - 29:00 (39 - open)
- 3) PETER MATTHEWS - 30:11 (9 - 45-49)
- 4) MICHAEL FREE - 30:40 (12 - 40-44)
- 5) MARK AMIN - 31:43 (45 - open)
- 6) MICHAEL GROGAN - 32:47 (47 - open)
- 7) GRAHAM SHEARGOLD - 33:00 (17 - 50-54)
- 8) NICK HANNA - 34:03 (48 - open)
- 9) STEVE WILLIAMS - 37:27 (24 - 50-54)
- 10) GREG SARGEANT - 37:58 (28 - 50-54)

- 11) MICHAEL CHRISTIE - 38:44 (31 - 45-49)
 12) ROGER MAR - 41:38 (28 - 50-54)

Nick Selected To Represent Australia!

Nick Hanna has been selected to represent Australia at the Oceania Regional Championships to be held on the Gold Coast in early August. He has been selected to compete in the 5000m and possibly the 10000m. We wish Nick the best of luck as he makes his international debut.

Let's Restore Pride In The Uniform!

It has been noticed recently that some of our members have become a little lax with our uniform. We would just like to remind everyone that our uniform of dark blue singlet with the two white braces and black shorts needs to be worn at all Athletics NSW sanctioned events which includes West Mets and all representative events. We had an instance recently where one of our members wore green shorts in a representative event. Wearing the wrong coloured shorts can result in disqualification by ANSW officials. In this case, being a relay event, the whole team could have been disqualified. If you have any questions on this, please contact Steve Williams.

Important Information About SMC
2009-2010!

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.

Happy Birthday!

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

7th: - Richard Lamas
11th: - Camille Dela Paz
11th: - Bob Field
11th: - Linda Balinski
13th: - Felipe Blemith
15th: - Eddie McLean
16th: - Clive Kidson
16th: - Mark Ingram
17th: - Teresa Truman

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.

Upcoming Events!

Club Events

Sat – August 1st – WEST METS 12 – Cowell's Lane Reserve (Ermington)
Sat – August 15th – WEST METS 13 – Gipps Road Reserve (Greystanes)
Sat – August 22nd – WEST METS – TREVOR LONARD MEMORIAL HANDICAP – North Bank of Parramatta River (Rydalmere)
Sat – August 29th – WEST METS – non-point score – Prospect Reservoir

ANSW Events

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

AA Events

Sat - August 29th - Australian Cross Country - Nowra

Fun Runs & Other Events of Interest

Sun – August 2nd – Bay Run – 8.00am – Start & Finish Leichhardt Park (7km)

Sun – August 2nd – Jamaica Blue Fun Run Pink (Female Only) – 2.5km, 5km & 10km – Centennial Park – refer to Cool Running Website for further details

Sun – August 2nd – Berowra Bush Runners 10km Handicap Series – 7.15am – Warina Street Oval Car Park

Sun – August 9th – City to Surf – from 9.00am – Start near Hyde Park (14km)

Sun – August 16th – Bankstown Hidden Half & 5km Fun Run – Lake Gillawarna (This incorporates the ANSW State Half Marathon Championships (See Above) – further details will be available soon

Sat – August 22nd – Mt. Wilson to Bilpin Bush Run – 35km – 10.00am – refer Cool Running Website for further details

Sat-Sun – August 22nd-23rd – Mudgee Marathon Weekend – 5km, 10km, 21.1km & 42.2km – refer Cool Running Website for further details

Sun – August 23rd – 17th Annual Charity Pub2Pub Fun Run & Walk – 13km – Dee Why Beach to Newport Arms Hotel – 8.00am

Sat – August 29th – Sutherland Half Marathon & Carnival Day – 1km, 2km, 3km, 5km, 10km & 21.1km - Lady Carrington Drive in the Royal National Park – from 11.45am (see promotion below)

Sun – August 30th – Lake Macquarie Half Marathon & 10.5km Fun Run – Warners Bay – refer Cool Running Website for further details

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.
- 3) There is no Tuesday night training until further notice.

Remaining West Mets & Winter Championship Dates For 2009!

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

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

LEVEL TWO

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

World News!

July 3rd: - Collis Birmingham achieved a personal best at the IAAF Golden League meet in Oslo overnight. He finished in a time of 13:14.03 for the 5000m. He placed 13th. Jeff Riseley moved into 3rd place on the Australian All-Time list with his 5th place in the “Dream Mile”. He stopped the clock in 3:51.25. Sean Wroe placed 4th

in the 400m in a time of 45.74sec. Tamsyn Lewis placed 8th in the 400m in a time of 52.30sec.

July 5th: - Madeleine Pape scored a World Championship "B" qualifier in the 800m at the Madrid Grand Prix. She finished 6th in a time of 2:00.70. She has already been selected in the team for the 4 x 400m relay and is hoping for an "A" qualifier at next week's University Games. Fabrice Lapierre achieved a leap of 8.57m to defeat the cream of long jumping in Madrid. He placed first with fellow Australian Mitchell Watt in 4th place (8.38m).

July 8th: - In the chill of a Swiss alpine storm, Sally McLellan, Steve Hooker and Fabrice Lapierre put the heat on the world's best athletes at the Lausanne Grand Prix yesterday. McLellan defeated the Olympic champion to win the 100m hurdles, Hooker beat the newest member of the 6m club, Frenchman Renaud Lavillenie, to win the pole vault and Lapierre was a big toe-length short of winning the long jump. The renaissance of Australian athletics, which started in Beijing last year, shows every sign of continuing in the lead-up to the world championships in Berlin next month. McLellan's win in particular was superb. She won in a great time of 12.60sec. Usain Bolt kept up his great recent form in the 200m at the same meet. He finished 1st in a time of 19.59sec. He defeated 400m Olympic Champion LaShawn Merritt and US 200m titleholder Shawn Crawford in the process. Only Tyson Gay (19.58sec) has run faster than Bolt this year. Asafa Powell won the 100m in a time of 10.07sec.

July 11th: - Beijing Olympian Jeff Riseley has backed up from his fast mile in Oslo last week with an impressive 3:32.93 (8th place) for the 1500m at the Golden Gala in Rome. Riseley rose to no. 2 on the Australian all time 1500m list going past Graham Crouch, Mark Fountain, Mike Hillardt and Craig Mottram. Queenslander Simon Doyle sits atop the list with his time of 3:31.96 in Stockholm in 1991. The race was won by Kenyan Asbel Kiprop who crossed the line in 3:31.20. Meanwhile, long jumpers Fabrice Lapierre (3rd - 8.22m) and Mitchell Watt (5th - 8.12m) continued their good form. John Steffenson placed 4th in the 400m in a time of 45.28sec. Sally McLellan placed 5th in a time of 12.7sec in the 100m hurdles. American sprinter Tyson Gay scorched to victory in the 100m in a time of 9.77sec. He defeated Asafa Powell who finished in a good time of 9.88sec.

14th July: - Fabrice Lapierre has scored a thrilling victory in the men's long jump at the Athens Grand Prix track meet. Lapierre edged out local favourite Louis Tsatoumas by 3cm with a leap of 8.24m.

15th July: - Commonwealth Games champion John Steffensen finished 2nd in the 400m at the Grand Prix meet in Reims. Steffensen clocked 45.65sec. Steve Hooker (5.77m) finished 3rd in the Pole Vault.

16th July: - Sally McLellan overcame a minor heel injury to defeat a class field in the 100m hurdles in Lucerne Switzerland yesterday. She clocked 12.73sec in finishing first. However, she accidentally spiked herself in the warm up. She will next race on July 25. Kimberley Mickle took out the javelin with a best throw of 62.09m while Jana Rawlinson placed 2nd in the 400m hurdles in a moderate time of 55.34sec. She was pleased with her season best and still has 5 weeks before the world championships to improve further.

17th July: - Usain Bolt fired out a warning to rivals ahead of the world championships by cruising to a meet record of 9.79sec in the 100m at the Golden League event in Paris. John Steffensen placed 8th in the 400m in a time of 48.32sec. Paul Burgess placed 6th in the Pole Vault with a best leap of 5.30m.

22nd July: - New Zealand runner Nick Willis has pulled out of next month's World Championships in Berlin. He has not recovered

sufficiently from hip surgery and feels that he would not be able to give his best.

23rd July: - Jana Pittman-Rawlinson's bid for a record 3rd world 400m hurdles title is in grave doubt because of a back injury. The World Champion, who only recently returned to competition after a year long layoff caused by complications from a serious toe injury that forced her out of the Beijing Olympics, has been diagnosed with a bulging disc. She has pulled out of this weekend's London Grand Prix meet and time is running out for the August 15-23 world championships in Berlin. She has only raced twice since returning to the track last month and complained of hamstring soreness after last week's meet in Lucerne. The problem was diagnosed this week as a neural one caused by a bulging disc.

24th July: - Shot putter Scott Martin and rising middle distance star Ryan Gregson are among five athletes added to a large 49 strong Australian team for the World Track & Field Championships in Berlin. Martin has recorded four throws over 20m in recent months including an "A" qualifier of 20.45m. Gregson broke the Australian 1500m junior record of 3:37.24 in Sydney. The full team is as follows: -

Men: -

400m: - Joel Milburn, John Steffensen, Sean Wroe

1500m: - Jeff Riseley, Jeremy Roff,, Ryan Gregson

5000m: - Collis Birmingham (to be confirmed)

10000m: - David McNeill, Collis Birmingham (to be confirmed)

400m Hurdles: - Tristan Thomas, Brendan Cole

3000m Steeplechase: - Yousef Abdi

20km Walk: - Luke Adams, Adam Rutter, Jared Tallent

50km Walk: - Luke Adams, Chris Erickson, Jared Tallent

Marathon: - Martin Dent, Andrew Letherby, Mark Tucker, Scott Westcott

Pole Vault: - Paul Burgess, Steve Hooker

Long Jump: - Fabrice Lapierre, Mitchell Watt

Triple Jump: - Alwyn Jones

Shot Put: - Justin Anlezark, Scott Martin

Discus: - Benn Harradine

4 x 100m Relay: - Anthony Alozie, Matt Davies, Patrick Johnson,

Joshua Ross, Aaron Rouge-Serret

4 x 400m Relay: - Joel Milburn, John Steffensen, Tristan Thomas, Sean Wroe, Ben Offereins

Women: -

100m: - Melissa Breen

800m: - Madeleine Pape

100m Hurdles: - Sally McLellan

400m Hurdles: - Tamsyn Lewis, Jana Pittman-Rawlinson

3000m Steeplechase: - Donna MacFarlane

20km Walk: - Jessica Rothwell, Claire Tallent, Cheryl Webb

Marathon: - Lisa-Jane Weightman

High Jump: - Petrina Price

Discus: - Dani Samuels

Javelin: - Kimberley Mickle

4 x 400m Relay: - Tamsyn Lewis, Jana Pittman-Rawlinson, Jodie Henry, Madeleine Pape, Caitlin Pincott, Pirrenee Steinert

25th July: - Sprint superstar Usain Bolt won the 100m at the London Grand Prix. Despite running into a stiff headwind, the world 100m & 200m record holder still clocked 9.91sec while easing down close to the finish. Tamsyn Lewis finished 6th in the 400m at the London Grand Prix. She finished strongly in a time of 52.47sec. Five Jamaican sprinters have tested positive to drugs. The tests were in-competition. The four male and one female are apparently part of their relay teams for the upcoming world championships. Usain Bolt and Asafa Powell are said to be shocked by these positive tests.

26th July: - Jana Pittman-Rawlinson officially withdrew from the world championships today. She has no way of recovering from the bulging disc that has troubled her recently. Meanwhile, at the London Grand Prix Sally McLellan won the 100m Hurdles and Steve Hooker won the Pole Vault to mark themselves firm favourites for medals at the upcoming World Championships.

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

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Great Athletes of the Past!

By Garry Womsley

Kelly Holmes (1970-)

Dame Kelly Holmes DBE is one of Britain's most successful female middle distance athletes. She specialised in the 800m and 1500m and won Olympic gold in both distances at the 2004 Games in Athens. She became the first British woman to achieve the 800m/1500m double and only the third in the history of athletics. She also set British records in many other distances and still holds records over 600m, 800m, 1000m and 1500m.

She was born in Pembury, Kent, the daughter of a Jamaican born car mechanic and an English mother. Her mother was only 17 at the time of her birth and never married her father. She married another man 7 years later. Holmes grew up in Hildenborough and attended Hildenborough CEP School and then Hugh Christie Comprehensive School in Tonbridge at the age of 12.

Holmes was inspired by middle distance great Sebastian Coe when she was a youngster and soon began competing in middle distance events. She took a real interest in his successful Olympic campaign in 1984 where he defended his 1500m title. She started formal athletics training at the Tonbridge Athletics Club with David Arnold and went on to win the English Schools 1500m in her second season in 1983.

On leaving school, Holmes worked as a shop assistant in a lolly shop and then as a nursing assistant for disabled patients. She joined the British Army 2 years after leaving school and after originally turning

her back on athletics, she started to compete at the organisation's athletics events as well as some civilian events. Initially, she worked as a lorry driver in the Women's Royal Army Corps (WRAC) later becoming a physical education instructor (PTI). She then elected in June 1990 to attend the first course to be run under the new Army Physical Training Corps syllabus and successfully passed out as a "Class 2 PTI". With her impressive athletic prowess, she was encouraged to attend the course selection for fulltime transfer to the Army Physical Training Corps (APTC).

At this time, selection courses for the APTC were conducted immediately following successful completion of the Class 2 PTI and course candidates had to be recommended to attend. Once again, the selection course was the first course to be run under the new syllabus, successful completion of which allowed attendance on the Junior & Senior Probationers course at APTC, Aldershot.

Holmes eventually qualified as a "Sergeant Class 1 PTI" and was transferred to the APTC from the WRAC which disbanded in 1992. During this time, she became British Army Judo Champion and in Army athletics once competed against the men in an 800m race as it was considered to be embarrassing for the other female competitors if she was to run against them. At another meet she competed in and won the 800m, 3000m and a relay event on the same day. She also won a Heptathlon event on another occasion.

She watched the 1992 Summer Olympics on television and seeing Lisa York in the heats of the 3000m, an athlete whom she had competed against and beaten, decided to return to civilian athletics.

She remained in the army until 1997 but from the early 1990's Holmes also competed on the professional athletics circuit. In 1994, she won the 1500m at the Commonwealth Games and took silver at the European Championships. Holmes also won silver and bronze at the 1995 Gothenburg World Championships. However, after this success she was plagued by injury over the next two years and she struggled for form during the Atlanta Olympics in 1996.

Holmes had returned to form by 1998 and took silver in the 1500m at the 1998 Commonwealth Games and bronze in the 800m at the 2000 Sydney Olympics which was her first Olympic medal. However, it was in the last four years of her career that she had her greatest achievements. In 2002, she won the 1500m at the Commonwealth Games and the 800m bronze at the Munich European Championships. The 2003 track season saw her take silver in the 1500m at the World Indoor Championships and the 800m silver medals at the World Championships and first World Athletics Final.

Holmes made a number of trips to South Africa where she utilised the warmer conditions for her winter training. She eventually bought a house there. This is also where she met Margo Jennings, an American, who coached fellow middle distance athlete Maria Mutola of Mozambique. Holmes eventually adopted Jennings as her coach and corresponded by fax and e-mail with her when she returned to Britain. The partnership worked well even though she had a "conflict of interest" in coaching two athletes who were vying for gold in both 800m and 1500m at most major meets at this time. Mutola was the current champion and Holmes was the contender. Holmes formed a strong friendship with Mutola despite the rivalry and they also trained together when Holmes was not battling injury.

The year 2003 was to become a dark period in her life. It could be said that she was at the crossroads not only in her athletics career but also in her life. While training at a French training camp, Holmes suffered leg injuries and was very depressed. She resorted to self-harm by cutting herself and even contemplated suicide. Fortunately, she sought help from a doctor and was diagnosed with clinical depression. She utilised herbal remedies to get back on the right track. She chooses to talk about this part of her life to show others that being a professional athlete is an extremely difficult thing to do and places the athlete under a tremendous amount of stress both physical and mental.

Her final major championship was the 2004 Athens Olympics where she achieved her memorable double of gold medals in both the 800m and 1500m. However, it was a very long and difficult journey to achieve this dream. But for the first time in her career she was injury free. She also felt that she was in a good frame of mind. Holmes had planned to only run in the 1500m but a victory over Jolanda Ceplak in an 800m race before the Games helped her decide to do both races. She did not announce her intention to do both until just 5 days before the 800m final.

Holmes easily cruised through the preliminary rounds and qualified for the 800m final. Along with 3 times World Champion Maria Mutola and Ceplak, Holmes was considered one of the favourites for the 800m gold. In the final, Holmes ran a well paced race, ignoring a fast start by a number of other competitors, and moved into the lead ahead of Mutola on the final bend and hung on to take the gold ahead of Hasna Benhassi and Ceplak. Surprisingly, the reigning champion Mutola had to settle for 4th.

Finally injury free and clearly in form, Holmes became the favourite for the 1500m. Her most difficult task was to maintain focus. She resorted to staying calm with the music of Alicia Keyes and playing mind games with herself. She often hid her 800m gold to give the impression that she hadn't won it. This was to keep her hungrier in her quest for another gold medal. She also made sure her body stayed ready with plenty of massages and ice baths.

She again got through to the final without too many difficulties. In the final, she again ran at the back of the field and took the lead in the straight. She held off World Champion Tatyana Tomashova of Russia. In doing so, she became only the 3rd woman in history to do the 800m/1500m Olympic double. The others were Tatyana Kazankina in 1976 and Svetlana Masterkova in 1996. Holmes also became the first British woman to win two Olympic gold medals and the country's first double gold medallist at the same games since Albert Hill in 1920. Her time of 3:57.90 in the 1500m final also set a new British record. Subsequently, she was given the honour of carrying the British flag at the closing ceremony.

Holmes became an instant celebrity. On her return home, she was swamped by well wishers and autograph hunters at the airport. A homecoming parade was held in her honour through the streets of Hildenborough and Tonbridge which was attended by approximately 40000 people. This was more than double the size of the crowd at the parade in London for all of the Olympic medallists and roughly the equivalent of the entire population of Hildenborough and Tonbridge (although there were a lot of visitors from out of town).

Holmes was made a Dame Commander of the Order of the British Empire (DBE) in the New Year's Honours List of 2005. She was presented with the honour by Queen Elizabeth II at Buckingham Palace on 9th March, 2005. She had previously been appointed a Member of the Military Division of the same order (MBE) in 1998 for services to the British Army.

On 21st August, 2005 she competed in what was to be her last race. It was the 800m at the Norwich Union British Grand Prix meeting in Sheffield. Her training schedule during the summer of 2005 had been disrupted by a recurrent Achilles tendon injury and she finished the race in 8th place. She limped across the line and completed a lap of honour in a buggy. She officially retired from athletics in December 2005 after her injury failed to respond to treatment. Holmes also cited a lack of motivation as well as reassessing her future after one of her closest friends died of breast cancer.

She has since made a number of television appearances including "Dancing on Ice" (partnering Olympian Todd Sand) and won over 30 awards for her achievements including the BBC Sports Personality of the Year. At the BBC presentation she said that she achieved her goals after 20 years of dreaming. She also regarded the award as the biggest sporting honour that your country can give you. The tributes at the award presentation were led by the previous 6 British athletes who had won gold at the Olympic Games: - Mary Rand, Ann Packer, Mary Peters, Tessa Sanderson, Sally Gunnell and Denise Lewis. Another major award that she won was the Laureus World Sports Award for Sportswoman of the Year in 2005. She even got to officially name the P&O Cruise ship MS Arcadia at Southampton, an honour usually reserved for royalty.

Since 2004, she organised and ran "On Camp with Kelly" athletics camps which help train junior female athletes. The idea of these camps was to give these juniors a taste of elite training as well as give them opportunities to compete on the Grand Prix circuit. Holmes has organised camps not only in England but in Ireland, South Africa and Spain and has plans for further camps in other countries.

After her Olympic achievements, Holmes sold her house in South Africa and lived in Monaco for a time as she was in demand all over Europe and this made it easier to travel around to her appointments. However, she eventually bought a house in her native Kent as things started to settle down again.

She was one of the ambassadors chosen to assist in the 2012 London Olympic bid which was ultimately successful. She along with Lord Sebastian Coe was credited with being huge contributors to the successful bid. Holmes made a number of personal appearances during the bid process.

Holmes also continued with her television appearances. Besides “Dancing on Ice”, she also appeared on “The Big Fat Quiz of the Year” and “Five’s Superstars”. On 16th September, 2007, she presented the weekly round-up of sports news on the BBC London News as an apparent substitute for regular presenter Mark Bright. Reading from an autocue in a glamorous dress and elaborate hair style, she appeared confident and enthusiastic. It is expected that this will lead to further opportunities in the media. She was also mentioned in an episode of Doctor Who. The story takes place in “Kelly Holmes Close” and is set during the 2012 London Olympics.

She continued to expand her “On Camp with Kelly” initiative to include schoolgirls who had lost interest in participating in sport. This involved a lot of travelling around to schools throughout Britain. As a result, she was chosen as one of the names for the school houses at Rainham School for Girls located in her native Kent in 2008. Of the five women chosen, she was the only one still living. Holmes also became the “School Sport Champion” of Britain. This was an extension of her other work with schools and centred on updating equipment and facilities where needed. She also started a foundation to help underprivileged children and their families. This work had the backing of Prime Minister Gordon Brown.

In May of this year Kelly Holmes was named as the new president of Commonwealth Games England, succeeding Chris Chataway who had held the post since 1994. This will not be the last chapter that is written about this extraordinary athlete and person. There are too many former elite athletes who shun the public and don’t put anything back into the sport that was so good to them. This is not the case with Dame Kelly Holmes. She has remained accessible to the public and has achieved so much in the almost 5 years since her golden achievement in Athens. She is a perfect role model for all young athletes to follow.

Achievements: -

Personal Bests: -

200m – 24.8sec – Portsmouth, United Kingdom – 02/07/1996
400m – 53.8sec – Portsmouth, United Kingdom – 02/07/1996
600m – 1:25.41 (British Record) – Liege, Belgium – 02/09/2003
800m – 1:56.21 (British Record) – Monte Carlo, Monaco – 09/09/1995
800m (Indoor) – 1:59.21 (British Record) – Gent, Belgium – 09/02/2003
1000m – 2:32.55 (British Record) – Leeds, United Kingdom – 15/06/1997
1000m (Indoor) – 2:32.96 (British Record) – Birmingham, United Kingdom – 20/02/2004
1500m – 3:57.90 (British Record) – Athens, Greece – 28/08/2004
1500m (Indoor) – 4:02.66 (British Record) – Birmingham, United Kingdom – 16/03/2003
1 mile – 4:28.04 – Glasgow, United Kingdom – 30/08/1998
3000m – 9:01.91 – Gateshead, United Kingdom – 13/07/2003

Competition Record: -

1993 – World Championships – Stuttgart, Germany – 800m – 5th (semi final)
1994 – Commonwealth Games – Victoria, Canada – 1500m – 1st
1994 – European Championships – Helsinki, Finland – 1500m – 2nd
1994 – IAAF World Cup – London, England – 1500m – 3rd
1994 – European Cup – Birmingham, England – 800m – 2nd
1995 – World Championships – Gothenburg, Sweden – 800m – 3rd & 1500m – 2nd
1995 – European Cup – Villeneuve d’Ascq, France – 800m – 2nd
1996 – European Cup – Madrid, Spain – 800m – 2nd
1996 – Olympic Games – Atlanta, USA – 800m – 4th & 1500m – 11th
1997 – European Cup – Munich, Germany – 1500m – 1st
1998 – Commonwealth Games – Kuala Lumpur, Malaysia – 1500m – 2nd
1999 – World Championships – Seville, Spain – 800m – 4th (semi final)
2000 – Olympic Games – Sydney, Australia – 800m – 3rd & 1500m – 7th
2001 – World Championships – Edmonton, Canada – 800m – 6th
2002 – European Championships – Munich, Germany – 800m – 3rd & 1500m – 4th (heat)

2002 – Commonwealth Games – Manchester, England – 1500m – 1st
2003 – World Championships – Paris, France – 800m – 2nd & 1500m – 9th
2003 – World Indoor Championships – Birmingham, England – 1500m – 2nd
2003 – IAAF World Athletics Final – Monte Carlo, Monaco – 800m – 1st
2004 – Olympic Games – Athens, Greece – 800m – 1st & 1500m -1st
2004 – IAAF World Athletics Final – Monte Carlo, Monaco – 1500m – 1st

Awards: -

Women’s European Athlete of the Year – 2004
BBC Sports Personality of the Year – 2004
World Sportswoman of the Year - 2005

References: -

Wikipedia – the free on-line encyclopedia, “Black, White and Gold – The Autobiography of Kelly Holmes (with Fanny Blake)”

Stop Press!

The results from the West Metropolitan meet on Saturday, 25th July at Emu Plains will be covered in next month’s edition of the Girraween Athlete.

Results from the Cities Marathon, Cities Marathon Relay & the Kids Marathon – 26th July will be covered in next month’s edition of the Girraween Athlete
