
THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

30 YEARS OLD & STILL GOING STRONG!

ADDRESS: - P.O. BOX 667, Toongabbie, NSW, 2146. PHONE: - 0405586961.

E-MAIL: - gwomsley@olex.com.au (Office Hours) & gowombat@hotmail.com
(After Hours & Weekends)

WEBSITE: - www.girraweenathleticsclub.com

VOLUME No. 6, ISSUE No. 57 – FEBRUARY, 2009.

ABN: - 97 049 119 071

Our Club Committee For 2008- 2009!

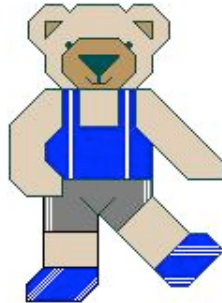
Our club committee is here to help you. If you have any enquiries or problems, please do not hesitate to get in contact with any of the committee members listed below.

<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, 12th March – 7.30pm – Toongabbie Bowling Club

GO GIRRA!



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

.....

Taylor Becomes Our 100th Member!

Welcome to the February edition of the Girraween Athlete. We are pleased to report that at the time of writing, we now have exactly 100 members. Our 100th member for 2008/2009 is Taylor Doyle. Well done Taylor and welcome back! It has been a huge achievement to again get to 100 members for only the 4th time in the club's history and it is a huge improvement on our total of 83 in 2007/2008. We are obviously doing a lot of things right and we will keep striving to do so.

Competition resumed for our representative athletes on 3rd January with some State Championship events at Campbelltown. Matt Stenning (Gold) and Lisa Grant (Bronze) picked up State medals. Our club competition resumed on 10th January with a huge crowd turning up at C.V. Kelly for the first of our Modified meets. It has been great to have warm sunny weather which has helped with our numbers this year.

A couple of things we do ask with regard to C.V. Kelly on Saturdays are: -
1) Get there early as we want to start the competition at 2.00pm sharp, 2) After the first event, please proceed promptly to your next event without delay and 3) If you are not competing in the throwing events, please keep well away from the area. We want each Saturday to be not only enjoyable but safe as well.

There are plenty of events coming up for our athletes in February. On 8th February, we will again be having our Pentathlon in conjunction with the Little A's Centre Championships. Then on 18th February, we will have our annual challenge against Blacktown at Blacktown Olympic Park. All of our members are welcome to participate. Some of our members are also travelling to Geelong to compete in the Australian Masters Games. We wish them all the best.

For our representative athletes the State Open & U/18 Championships are on 13th - 15th February at the revamped Homebush track. A number of our members are hopeful of doing well. Our members also continue to be seen at a

number of fun runs and we are gaining a reputation for not only being competitive but for being friendly and showing sportsmanship after the race is run. Until next month, happy running! GARRY WOMSLEY

ANSW Skins – Saturday, 20th December, 2008 – Bankstown.

The Skins event, now in its second year, attracted some good athletes. A lot of the club competitions (not ours) finished the week before paving the way for athletes to attend. Unlike last year, there was no sign of rain and the hot, clear conditions made for some fast times.

The 60m skins event was very popular. Held in age categories of U/18, Open, 35+ and 50+, the last two in each heat drop out until there is a small enough group left for the final. The winner then takes the spoils. The 300m event also had plenty of competitors.

A new event this year was the 800m with the last two competitors dropping out after the first 400m. Girraween member Chol Achuoth competed in this event and unfortunately didn't survive the cut at the halfway mark when in 7th place (1:00.69).

The 3 mile event from 2007 became the 3000m in 2008. It was supposed to be a "points race" where athletes got awarded points for doing the fastest times at designated intervals during the race. However, nothing was mentioned in the results about who scored the most points. Nick Hanna competed in the 2nd heat of the open race and placed 3rd in a time of 11:16.34. His splits were as follows: -

<u>200m</u>	<u>600m</u>	<u>1000m</u>	<u>1400m</u>	<u>1800m</u>	<u>2200m</u>	<u>2600m</u>	<u>Finish</u>
41.92	2:11.32	3:42.51	5:11.22	6:45.26	8:18.83	9:52.14	11:16.34
	1:29.40	1:31.19	1:28.71	1:34.04	1:33.57	1:33.31	1:24.20

The field events on the programme were High Jump and Shot Put. We had no representatives in these events.

This event has so much potential but the fact that only the winner in each age category gets a prize is a bit rude and will eventually turn athletes away. There should be more age categories and more prizes. The fact that we had our largest attendance for a month at C.V. Kelly on this day not only from our club but from Hills, UTS Norths, Randwick Botany and St. George gives the impression that this event is not relevant to all athletes. ANSW have a bit of work to do to make it that way.

17 Members Contest SMC!

Sydney Marathon Clinic Road Race Series – Sunday, 21st December, 2008 – Rosford Reserve & Surrounds (5km Walk, 5km, 10km, 21.1km)

Our members were out in force today at SMC. Four members contested the long event (21.1km) with Tim Molesworth placing 1st in a time of 1:19.49. Eight of our members contested the 10km with Geoff Sheargold being our first runner home in a time of 37:52.87. This event coincided with the 10km teams race with our team of Richard Frost, Garry Womsley, Nick Hanna, Lisa Grant and Roger Mar placing 6th out of a very strong field of 15 in a combined time of 170:23. Greg Sargeant (Hills) and Steve Mifsud (SMC) were loaned to other teams for the day. In February, there will be a teams' event in the long event which will be 25km on that day (see separate story). We had four starters in the 5km and Terry Rose was first home in a time of 22:56.14. We had one representative in the 5km walk with Cheri Womsley finishing in a time of 53:58.68. Full results as follows: -

<u>21km</u>	<u>Time</u>	<u>Overall Position</u>
1) TIM MOLESWORTH	1:19.49	4 th
2) GRAHAM SHEARGOLD	1:38.57	29 th

3) MICHAEL FREE	1:42.43	39 th
4) LINDA BALINSKI	2:10.20	77 th

10km

1) GEOFF SHEARGOLD	37:52.87	7 th
2) RICHARD FROST	42:10.11	36 th
3) GARRY WOMSLEY	42:14.90	37 th
4) NICK HANNA	42:58.68	45 th
5) LISA GRANT	43:01.14	46 th
6) STEVE MIFSUD	43:41.87	53 rd
7) GREG SARGEANT	52:25.30	89 th
8) ROGER MAR	53:49.78	93 rd

(Our Girraween team of Richard Frost, Garry Womsley, Nick Hanna, Lisa Grant and Roger Mar placed 6th in the teams event in a combined time of 170:23)

5km

1) TERRY ROSE	22:56.14	15 th
2) MICHAEL CHRISTIE	23:17.84	19 th
3) ETHAN WOMSLEY	28:12.30	42 nd
4) JOE BUTLER	29:33.18	46 th

5km Walk

1) CHERI WOMSLEY	53:58.68	3 rd
------------------	----------	-----------------

Two State Medals As Competition

Resumes! – ANSW All-Comers, State Underage Steeplechase

Championships & State 10000m Walks Championships – Saturday, 3rd January, 2009 – Campbelltown. ANSW Masters Outdoor Pentathlon – Sunday, 4th January, 2009 – Campbelltown.

The first representative event of the year was a resounding success for our members. Our members earned a gold and a bronze medal as well as a fourth placing in the state events. We also had two representatives at All-Comers who got in some valuable early year competition.

For the second year running, Matt Stenning won gold in the State Masters Outdoor Pentathlon in the 40-44 age category on Sunday. He was pleased with his efforts in most events and scored more points than he did in last year's event. It was good to see that there were quite good numbers in the 45-49, 50-54 and 60-64 age categories this year. Athletes had to do their very best to get a medal rather than just turning up as in previous years. Even in the open events (men's decathlon & women's heptathlon) there were much better numbers than last year which is promising for the future of multi-event competition.

On Saturday, Lisa Grant who has battled over the last couple of years with a bad hamstring injury, made her top line comeback in the 10000m walk and was happy to get a bronze in the gruelling event. Nick Hanna placed 4th in the State U/23 underage steeplechase championship. Despite feeling underdone due to recent illness and a lack of recent competition, Nick stuck to his guns pretty well and kept going right to the end.

The All-Comers event on Saturday tested out the new categories for the first time. "A" and "B" grades have specific performance standards while "C" grade is for the rest of the athletes who cannot meet the two other grades standards. It appears to have worked well. The A and B graders can compete against athletes with the same speed and ability as them while the C graders know that they no longer have to worry about being flogged by much faster athletes. Anything is worth a try to get more athletes involved at this level. Roger Mar (100m & 800m) and Rob Giesler (100m & 400m) competed and were quite happy with their results.

Full Results as follows: -

State Championships

U/23 3000m Steeplechase

NICK HANNA - 13:00.22 – 4th place

1km splits: -

4:06.70	8:19.70	13:00.22
	(4:13.00)	(4:40.52)

Open 10000m Walks

LISA GRANT – 52:47.02 – 3rd place

2km splits: -

9:48.07	19:56.92	30:19.93	41:12.47	52:47.02
	(10:08.85)	(10:23.01)	(10:52.54)	(11:35.02)

40-44 Masters Outdoor Pentathlon

	<u>Long Jump</u>	<u>Javelin</u>	<u>200m</u>	<u>Discus</u>	<u>1500m</u>
MATT STENNING	4.11m	24.90m	27.77s	27.48m	6:14.38
(Total: - 1831)	(301)	(272)	(543)	(415)	(300)

1st place

All-Comers

	<u>Event</u>	<u>Time</u>	<u>Position</u>	<u>Category</u>
ROGER MAR	100m	17.04sec	6 th	C – Div. B
	800m	3:15.91	8 th	C
ROB GIESLER	100m	13.02sec	8 th	C – Div. A
	400m	66.29sec	5 th	C – Div. B

Results From Girraween All-Comers!

Saturday, 10th January, 2009 – C.V. Kelly

We had a rousing return to competition at C.V. Kelly today. Huge numbers turned out to compete today in what has been a real season of revival. With the representative scene ever changing and appearing to be more open elite focussed, a number of our representative regulars have found competition at C.V. Kelly more enjoyable and more relevant than ever before. We also continue to attract a number of Little A's who are enjoying the extra competition on Saturday afternoons.

Our modified programme today had a number of milestones: -

- 1) Greg Bruce from the Melbourne suburb of Waverley competed with us today. We quite often get athletes from other Sydney clubs but very rarely anyone from interstate.
- 2) Daniel O'Donnell (aged 3) was probably the youngest competitor ever in the history of the club. He competed in the 60m and the standing long jump.
- 3) We signed up our 98th and 99th members today. Can we get to 100? Has anyone got a mum, dad, brother, sister, cousin, best friend, aunty or uncle who would like to join? If they do, they will forever be remembered as our 100th member of 2008/2009.
- 4) We finished after 6.00pm for the first time this season. That goes to show how many people turned up to compete today.

The weather today was quite sunny and warm and the Girraween Doctor was very meek and mild. The ground was dry so there were a lot of fast times throughout the day. Brendan Stinten was our fastest in the 60m and had the crowd captivated in the scissors high jump with his best of 1.55m. He tried to break the existing record (1.65m) but was unsuccessful. Matt Modini and the in-form Adam Sinclair had a great battle in the 300m with Matt just prevailing but Adam turned the tables in the 1000m. Lajos Joni almost hit the discus cage with his shot put throw of 23.81m while Danny Martins totally dominated the 1 mile race to lead from start to finish.

Charlotte Stenning was the fastest female in the 60m and 300m but had to settle for 2nd in the 1000m and 1 mile behind distance specialist Lisa Grant. Venessa Separovich continued to show consistent form in all events while Jean Davis took out the standing long jump and Andrea Hendley won the shot put throw.

Full results as follows: -

Men: -

60m: -

- 1) BRENDAN STINTEN - 7.52sec
- 2) MATT MODINI - 7.61sec
- 3) ADAM SINCLAIR - 7.67sec
- 4) GREG BRUCE - 7.77sec
- 5) ROB GIESLER - 7.82sec
- 6) LUCAS BRENNAN - 8.10sec
- 7) AJAY MOHAN - 8.20sec
- 8) STEVE O'DONNELL - 8.24sec
- 9) STEVE PARKINS - 8.25sec
- 10) MATT STENNING - 8.29sec

Scissors High Jump: -

- 1) BRENDAN STINTEN - 1.55m
- 2) PETER KIMPTON - 1.50m
- 3) MATT MODINI - 1.35m

300m: -

- 1) MATT MODINI - 40.48sec
- 2) ADAM SINCLAIR - 40.52sec
- 3) PETER KIMPTON - 42.64sec
- 4) LUCAS BRENNAN - 43.01sec
- 5) DANNY MARTINS - 44.83sec
- 6) ROB GIESLER - 45.07sec
- 7) STEVE PARKINS - 45.98sec
- 8) STEVE O'DONNELL - 46.32sec
- 9) MATT STENNING - 46.56sec
- 10) GEOFF SHEARGOLD - 46.97sec

Standing Long Jump: -

- 1) PETER KIMPTON - 2.60m
- 2) LAJOS JONI - 2.39m
- 3) DANNY MARTINS - 2.28m

1000m: -

- 1) ADAM SINCLAIR - 3:08.84
- 2) MATT MODINI - 3:09.47
- 3) DANNY MARTINS - 3:12.20
- 4) MICHAEL FREE - 3:25.47
- 5) MICHAEL GROGAN - 3:31.51
- 6) STEVE PARKINS - 3:40.41

- 7) GARRY WOMSLEY - 3:42.26
- 8) ED BRATOVIC - 3:48.36
- 9) STEVE O'DONNELL - 4:07.92
- 10) MICHAEL CHRISTIE - 4:08.60

Shot Put Throw: -

- 1) LAJOS JONI - 23.81m
- 2) STEVE PARKINS - 20.69m
- 3) STEVE O'DONNELL - 16.69m

1 Mile: -

- 1) DANNY MARTINS - 5:42.91
- 2) MICHAEL FREE - 5:53.38
- 3) MICHAEL GROGAN - 5:58.23
- 4) LUCAS BRENNAN - 6:04.92
- 5) GARRY WOMSLEY - 6:24.37
- 6) STEVE PARKINS - 6:29.89
- 7) ED BRATOVIC - 6:30.14
- 8) JAMIE BRATOVIC - 7:21.43
- 9) ROGER MAR - 7:21.63
- 10) MICHAEL CHRISTIE - 7:32.14

Women: -

60m: -

- 1) CHARLOTTE STENNING - 8.91sec
- 2) VENESSA SEPAROVICH - 9.06sec
- 3) CAITLIN THURLOW - 9.40sec
- 4) JEAN DAVIS - 9.53sec
- 5) HEIDI JUHART - 9.72sec
- 6) ANDREA HENDLEY - 9.73sec
- 7) CHELSEA KIMPTON - 9.80sec
- 8) IVANA DAVID - 10.69sec
- 9) JILL WOODRUFF - 11.02sec
- 10) LAUREN SINCLAIR - 13.54sec

Scissors High Jump: -

- 1) JEAN DAVIS - 1.20m
- 2) VENESSA SEPAROVICH - 1.15m
- 3) CHELSEA KIMPTON - 1.10m

300m: -

- 1) CHARLOTTE STENNING - 50.47sec
- 2) VENESSA SEPAROVICH - 53.37sec
- 3) JEAN DAVIS - 58.26sec
- 4) HEIDI JUHART - 58.64sec
- 5) CHELSEA KIMPTON - 59.70sec
- 6) ANDREA HENDLEY - 1:01.69
- 7) IVANA DAVID - 1:02.95
- 8) JACINTA STENNING - 1:06.00
- 9) JILL WOODRUFF - 1:09.93
- 10) ERIN BRATOVIC - 1:44.44

Standing Long Jump: -

- 1) CHARLOTTE STENNING - 2.01m
- 2) VENESSA SEPAROVICH - 1.85m
- 3) LISA GRANT - 1.83m

1000m: -

- 1) LISA GRANT - 3:53.67
- 2) CHARLOTTE STENNING - 4:06.54
- 3) VENESSA SEPAROVICH - 4:12.94
- 4) CARLY EAGER - 4:33.55
- 5) IVANA DAVID - 5:00.82
- 6) ANDREA HENDLEY - 5:22.71
- 7) ERIN BRATOVIC - 6:38.72

Shot Put Throw: -

- 1) ANDREA HENDLEY - 12.70m
- 2) VENESSA SEPAROVICH - 10.32m
- 3) CHELSEA KIMPTON - 7.86m

1 Mile: -

- 1) LISA GRANT - 6:31.54
- 2) CHARLOTTE STENNING - 7:01.25
- 3) VENESSA SEPAROVICH - 7:18.64
- 4) CARLY EAGER - 7:39.07
- 5) JEAN DAVIS - 8:27.05
- 6) JILL WOODRUFF - 8:50.52
- 7) ANDREA HENDLEY - 9:03.36
- 8) ERIN BRATOVIC - 12:06.31

Vale Jill Manwaring!

Hello Fellow Members,

It is with sad news that I wish you a Happy New Year.

After a long and courageous battle with Leukemia, Jill Manwaring has passed away.

Jill's funeral was held on Tuesday 13 January 2009.

Our thoughts and prayers are with Viv, his sons Derryn, Nathan and Tristan and their families during this time.

We held a minute's silence as a sign of respect at our modified competition on 10th January.

Kind regards

Steve Williams

Some Results From Girraween All-Comers! – Saturday, 17th January, 2009 – C.V. Kelly.

Men: -

200m: -

- 1) ADAM SINCLAIR – 27.24sec
- 2) FELIPE BLEMITH – 27.47sec
- 3) REECE DIAZ – 28.16sec
- 4) DANNY MARTINS – 30.10sec

- 5) STEVE O'DONNELL – 30.37sec
- 6) MICHAEL GROGAN – 30.68sec
- 7) PETER MATTHEWS – 31.36sec
- 8) ED BRATOVIC – 32.59sec
- 9) GRAHAM RYAN – 33.98sec
- 10) BOB FIELD – 36.07sec

Women: -

200m: -

- 1) CAITLIN THURLOW – 33.61sec
- 2) HEIDI JUHART – 35.32sec
- 3) JEAN DAVIS – 36.90sec
- 4) ANDREA HENDLEY – 39.65sec
- 5) IVANA DAVID – 40.55sec
- 6) ERIN BRATOVIC – 59.41sec

Results From ANSW All-Comers!

Saturday, 17th January, 2009 – Campbelltown.

Five of our members contested the All-Comers meet at Campbelltown. Sadly, the programme kept a lot of athletes away. Unless you did the steeplechase, there was no race over 1500m and apart from hammer, there were no other throws.

With the 10th January meet being changed from an All-Comers to an invitational meet and the coming meet on the 22nd also being changed to an invitational meet (except for the 5000m), there are a lot of athletes out there who are feeling a bit underdone. The thinking is that the “elite” only want to run against the “elite”. However, from the athlete’s point of view, that is not the case. If you ask most of them, they just want to race regardless of the opposition. It is more their coaches that have this mentality. It appears that the opinion of a few has brought about these changes after the programme was already decided. We need to get people back to athletics, not drive them away.

The reality of the matter is that athletes at both open and age group level all have state championships coming up in both February and March and they need to start getting in some serious competition on synthetic tracks on a regular basis over the next few weeks. In previous years, athletes have been able to go “full steam ahead” on a regular basis from early January right through to their respective championships. Perhaps more research needs to be done so that everyone is catered for more adequately in 2009/2010.

A strong headwind in the straight at Campbelltown today made it difficult for athletes. However, it did keep the temperature down which at least made it a little more comfortable than in recent days. Rob Giesler continued his good form in the 100m and 400m while Amanda Giesler ran in the 100m and 200m after a short absence. Lajos Joni kept up his good form in the Hammer while the apprentice (Nick Hanna) just shaded the master (Garry Womsley) in the 3000m Steeplechase.

Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Position</u>	<u>Grade</u>
AMANDA GIESLER	100m	14.60sec	5 th	C (Ht 2)
	200m	31.82sec	7 th	C (Ht 2)
LAJOS JONI	Hammer	42.64m	1 st	B
ROB GIESLER	100m	13.78sec	7 th	C (Ht 2)
	400m	1:06.55	6 th	C
NICK HANNA	3000m Steeplechase	13:00.90	1 st	C
GARRY WOMSLEY	3000m Steeplechase	13:05.45	2 nd	C

SMC Attracts 18 Girra Members!

Sydney Marathon Clinic Road Series – Sunday, 18th January, 2009 – Rosford Reserve & Surrounds.

Our athletes created a new record with 18 turning up to do today's races. Last month there were 17 so the event is proving to be very popular. The weather was quite hot throughout and even hotter as the sun broke through the clouds for those doing the longer races.

Our first athlete home in the 21km race was Tim Molesworth, Richard Frost was first home in the 10km, Michael Grogan was first in the 5km run and Cheri Womsley was our first home in the 5km walk. There were many good performances from a lot of our members and they are really enjoying the family atmosphere of the event. Michael Christie, Garry Womsley and Roger Mar have been contesting SMC continuously for over 10 years and the friendly environment suits athletes of all ages and abilities.

So if you would like to have competitive run once a month (for 9 months every year), why not give SMC a go? You will be glad you did. Full results as follows: -

<u>21km</u>	<u>Time</u>	<u>Overall Placing</u>
1) TIM MOLESWORTH	1:21:32.49	3 rd
2) GEOFF SHEARGOLD	1:24:21.27	8 th
3) GRAHAM SHEARGOLD	1:34:56.84	30 th
4) STEPHEN MIFSUD	1:39:15.71	41 st
5) MICHAEL FREE	1:42:46.93	53 rd
6) SURESH RAJU	2:04:33.90	97 th
7) LINDA BALINSKI	2:12:18.14	104 th
<u>10km</u>		
1) RICHARD FROST	42:09.14	11 th
2) NICK HANNA	42:41.52	16 th
3) GARRY WOMSLEY	43:33.90	20 th
4) GREG SARGEANT	51:36.43	47 th
5) ROGER MAR	54:19.24	51 st
<u>5km</u>		
1) MICHAEL GROGAN	20:09.08	4 th
2) DAVID PERRY	21:14.68	10 th
3) TERRY ROSE	22:52.27	12 th
4) MICHAEL CHRISTIE	23:05.49	14 th
5) ETHAN WOMSLEY	29:22.62	30 th
<u>5km Walk</u>		
1) CHERI WOMSLEY	49:25.37	7 th

Results From The ANSW 5000m Open State Championships! – Thursday, 22nd January, 2009 – Homebush.

The 2009 version of the 5000m Open State Championship went through without a hitch. Last year, the event had to be rescheduled after a thunderstorm hit. Despite the hot and sticky conditions, there was

no repeat this year and a record 4 heats were conducted. Unfortunately due to the weather conditions, there were a number of non finishers.

Girraween had two representatives. Brad Milosevic (15:29) finished 24th overall, while Peter Matthews (19:27) finished 62nd overall. It was good to see so many Masters Age athletes having a go at this race this year. Congratulations Brad and Peter on representing the club well tonight. Full results as follows:

-

	<u>Time</u>	<u>Heat</u>	<u>Placing</u>	<u>Overall Placing</u>
1) BRAD MILOSEVIC	15:29.53	3	9 th	24 th
2) PETER MATTHEWS	19:27.93	1	13 th	62 nd

Results From Girraween All-Comers! -

Saturday, 24th January, 2009 – C.V. Kelly.

40 plus degree temperatures and the Australia Day long weekend kept the crowds away today. It was not only hot but it was windy as well and it seemed to be gusting from three different directions. Despite this there were some good performances. Matt Modini was the star with wins in the 100m, 400m, 1500m, Javelin and Shot Put. Tim Evans was the winner in both the Long and Triple Jumps. In the women, Cheri Womsley had wins in the Discus and Javelin while the Thurlow sisters (Ashleigh & Caitlin) had a victory each in the Long and Triple Jumps and Caitlin took out the 100m. Lauren Sinclair won the 400m.

Men: -

100m: -

- 1) MATT MODINI - 12.71sec
- 2) ROB GIESLER - 13.07sec
- 3) STEVE PARKINS - 13.61sec
- 4) VINCE ADAMS - 13.75sec
- 5) GARRY WOMSLEY - 14.57sec
- 6) ED BRATOVIC - 15.00sec
- 7) DANNY MARTINS - 15.42sec
- 8) GRAHAM RYAN - 15.63sec
- 9) PETER MATTHEWS - 15.65sec
- 10) BOB FIELD - 16.25sec

400m: -

- 1) MATT MODINI - 1:03.97
- 2) DANNY MARTINS - 1:05.22
- 3) PETER MATTHEWS - 1:07.90
- 4) MICHAEL FREE - 1:09.29
- 5) MICHAEL GROGAN - 1:09.75
- 6) ROB GIESLER - 1:12.57
- 6) ED BRATOVIC - 1:12.57
- 8) VINCE ADAMS - 1:14.18
- 9) GARRY WOMSLEY - 1:14.86
- 10) STEVE PARKINS - 1:17.53

1500m: -

- 1) MATT MODINI - 5:20.06
- 2) PETER MATTHEWS - 5:23.15
- 3) MICHAEL GROGAN - 5:34.60
- 4) MICHAEL FREE - 5:42.20
- 5) DANNY MARTINS - 5:48.35
- 6) DAVID PERRY - 5:53.85
- 7) GARRY WOMSLEY - 5:54.70

- 8) ED BRATOVIC - 5:55.61
- 9) WAYNE THURLOW - 6:48.35
- 10) MICHAEL CHRISTIE - 6:50.19

Javelin: -

- 1) MATT MODINI - 25.76m
- 2) VINCE ADAMS - 24.55m
- 3) MICHAEL EVANS - 21.07m

Long Jump: -

- 1) TIM EVANS - 6.23m
- 2) STEVE PARKINS - 4.42m
- 3) ROB GIESLER - 4.25m

Triple Jump: -

- 1) TIM EVANS - 11.58m
- 2) PETER MATTHEWS - 9.99m
- 3) STEVE PARKINS - 8.88m

Discus: -

- 1) JAMIE BRATOVIC - 8.23m

Shot Put: -

- 1) MATT MODINI - 8.82m
- 2) STEVE PARKINS - 7.55m
- 3) MICHAEL GROGAN - 7.16m

Women: -

100m: -

- 1) CAITLIN THURLOW - 15.53sec
- 2) ASHLEIGH THURLOW - 17.08sec
- 3) LAUREN SINCLAIR - 23.25sec
- 4) ERIN BRATOVIC - 27.59sec

400m: -

- 1) LAUREN SINCLAIR - 2:16.59

Javelin: -

- 1) CHERI WOMSLEY - 9.55m

Long Jump: -

- 1) CAITLIN THURLOW - 3.45m
- 2) ASHLEIGH THURLOW - 3.21m
- 3) ERIN BRATOVIC - 1.82m

Triple Jump: -

- 1) ASHLEIGH THURLOW - 6.72m

Discus: -

- 1) CHERI WOMSLEY - 9.73m
- 2) LAUREN SINCLAIR - 9.48m
- 3) ERIN BRATOVIC - 4.60m



Illawarra Aquathon – Monday, 26th January, 2009 – Wollongong Harbour & Surrounds.

Today's Aquathon at Wollongong was the 11th edition of this popular event. Under overcast skies, warm temperatures and calm waters, they again had a record number of entrants. They now have four events: - Kids 6-9 (150m swim/2km run), Kids 10-12 (250m swim/2km run), Short (400m swim/3km run) and the Long (900m swim/7.2km run).

Garry Womsley contested the long event. This was the 5th time that he has travelled to Wollongong for this event and the 3rd time that he has done the Long event. The swim was extended from 800m to 900m this year as there have been complaints from the stronger swimmers that they are too easily overtaken on the run leg by the stronger runners. It certainly made a little difference as the runners were a lot more spread out than ever before.

Garry, who is not a fast swimmer, really struggled today. He found that he got through the first 450m loop quite okay but the swell increased on the second 450m loop and he got swamped by waves on a number of occasions. This meant that he swallowed a lot of seawater and was feeling quite ill by the time that he got to the transition area.

However, once he got going, he started to get into a good rhythm on the run leg. After passing a couple of athletes within the first km, it wasn't until the halfway mark that he started to really move his way through the field. Quite a few athletes again gave him unwanted advice as he passed them. He got the usual "Where did you come from?" as well as "If you're that slow in the swim, you'd be better off just doing a running event elsewhere!" as well as "I never get passed on the run leg, what are you doing?" He used to let this type of talk upset him but now he just smiles and carries on. He finally finished the event in 1 hour 18 minutes and 45 seconds. The time splits are as follows: -

900m Swim: - 44:00.17
Transition: - 2:30.34
7.2km Run: - 32:13.99

Australia Day Fun Run! – Penrith Regatta Centre – Monday, 26th January, 2009.

A number of our members again contested this very popular fun run. Nick Hanna, David Perry, Michael Grogan, Rob Eager, Carly Eager and Richard Frost contested the 10km race while Michael Christie and Rochelle MacKenzie contested the 5km race. The official results will be listed in a future Girraween Athlete when they are available. This free fun run is getting more and more popular every year and perhaps the organisers may need to look at a different way of handling the crowds.

Unfortunately, an assault by a bystander against one of the 10km participants seems to have overshadowed a great day at Penrith. The runner appears to have come off second best with his injuries severe enough to stop him from finishing the race. A number of blogs on the Cool Running website expressed support for the runner but some said that the bystander was provoked by the runner. Either way, it's a sad state of affairs when someone's run is affected by physical violence. In over 10 years of running, I've never heard of anything like this happening before.

GARRY WOMSLEY

Results From Girraween All-Comers! Saturday, 31st January, 2009 – C.V. Kelly

Despite the oppressively hot conditions today, we had a good turn out at C.V. Kelly today. In the men, Adam Sinclair was the star with wins in the 60m, 300m, 1000m, Standing Long Jump and was just pipped at the post by Ed Bratovic in the Shot Put Throw. Danny Martins won the Standing High Jump and Hills' Peter Byrne took out the 2000m comfortably. Charlotte Stenning did well in the women with wins in the 60m, 300m and Standing Long Jump. Distance specialist Lisa Grant took out the 1000m and 2000m while Jean Davis gained victory in the Standing High Jump and Shot Put Throw. It was another great day of competition and everybody had a good time.

Men: -

60m: -

- 1) ADAM SINCLAIR - 7.97sec
- 2) VINCE ADAMS - 8.47sec
- 3) STEVE O'DONNELL - 8.50sec
- 4) MICHAEL GROGAN - 8.54sec
- 5) ED BRATOVIC - 9.08sec
- 6) GRAHAM RYAN - 9.29sec
- 7) BOB FIELD - 9.55sec
- 8) ROGER MAR - 10.12sec
- 9) JAMIE BRATOVIC - 11.95sec
- 10) MICHAEL EVANS - 12.04sec

300m: -

- 1) ADAM SINCLAIR - 41.05sec
- 2) DANNY MARTINS - 45.09sec
- 3) STEVE BLUNDEN - 45.98sec
- 4) STEVE O'DONNELL - 46.95sec
- 5) VINCE ADAMS - 47.76sec
- 6) MICHAEL GROGAN - 48.42sec
- 7) ED BRATOVIC - 49.56sec
- 8) MICHAEL FREE - 53.87sec
- 9) GRAHAM RYAN - 53.97sec
- 10) ROGER MAR - 55.55sec

1000m: -

- 1) ADAM SINCLAIR - 3:13.91
- 2) DANNY MARTINS - 3:21.96
- 3) MICHAEL FREE - 3:26.57
- 4) MICHAEL GROGAN - 3:33.69
- 5) ED BRATOVIC - 3:38.75
- 6) GREG SARGEANT - 3:53.32
- 7) MICHAEL CHRISTIE - 4:03.11
- 8) STEVE BLUNDEN - 4:13.18
- 9) ROGER MAR - 4:13.51
- 10) MARK AMIN - 4:23.66

2000m: -

- 1) PETER BYRNE - 7:17.41
- 2) MICHAEL GROGAN - 7:44.74
- 3) MICHAEL FREE - 7:48.59
- 4) ED BRATOVIC - 8:02.09
- 5) MARK AMIN - 8:53.06
- 6) GREG SARGEANT - 8:58.02
- 7) GARRY WOMSLEY - 9:03.98
- 8) STEVE O'DONNELL - 9:06.89
- 9) MICHAEL CHRISTIE - 9:09.14
- 10) ROGER MAR - 9:33.35

Standing Long Jump: -

- 1) ADAM SINCLAIR - 2.49m
- 2) STEVE O'DONNELL - 2.44m
- 3) DANNY MARTINS - 2.31m

Scissors High Jump: -

- 1) DANNY MARTINS - 1.35m
- 2) STEVE O'DONNELL - 1.30m
- 3) STEVE BLUNDEN - 1.20m

Shot Put Throw: -

- 1) ED BRATOVIC - 16.77m
- 2) ADAM SINCLAIR - 16.72m
- 3) STEVE BLUNDEN - 16.33m

Women: -

60m: -

- 1) CHARLOTTE STENNING - 9.56sec
- 2) JEAN DAVIS - 9.72sec
- 3) IVANA DAVID - 10.69sec

300m: -

- 1) CHARLOTTE STENNING - 51.75sec
- 2) JEAN DAVIS - 58.68sec
- 3) IVANA DAVID - 63.40sec
- 4) LAUREN SINCLAIR - 85.91sec

1000m: -

- 1) LISA GRANT - 3:52.34
- 2) CHARLOTTE STENNING - 4:19.72
- 3) CARLY EAGER - 4:44.68
- 4) JEAN DAVIS - 4:55.04
- 5) LAUREN SINCLAIR - 6:50.45

2000m: -

- 1) LISA GRANT - 8:03.33
- 2) CHARLOTTE STENNING - 9:33.08
- 3) CARLY EAGER - 10:02.77
- 4) JEAN DAVIS - 11:04.77

Standing Long Jump: -

- 1) CHARLOTTE STENNING - 2.03m
- 2) JEAN DAVIS - 1.83m
- 3) IVANA DAVID - 1.60m

Scissors High Jump: -

- 1) JEAN DAVIS - 1.20m

Shot Put Throw: -

- 1) JEAN DAVIS - 8.35m
- 2) IVANA DAVID - 7.89m
- 3) CHARLOTTE STENNING - 7.01m



The Pentathlon Is On Again!

As is our usual custom members of our club are invited to compete in a pentathlon to be held during the Girraween Little Athletics Centre Championships to be held on Sunday 8 February 2009 at C V Kelly Park.

The events held will be as follows:

Men - 200m, 1500m, Long Jump, Discus, Javelin

Women - 200m, 800m, Long Jump, Discus, Javelin

ALL members of the club are invited to compete. The senior's events will commence around 1pm and will be integrated into the little athletics programme. This is a great opportunity to have some friendly competition and to promote our club to the parents and athletes from little A's.

This event has assisted previously in attracting members for our great club. I hope to see you there.

The program and a reminder will be distributed closer to the event.

Regards
Wayne Thurlow
President
Girraween Little Athletics Centre

.....

The Date For The Blacktown – Girraween Championship Has Been Announced!

Our friends at Blacktown have finally announced the date for the Blacktown – Girraween Championship for this season. It will be held at Blacktown Olympic Park on Wednesday, 18th February, 2009. This will be a night fixture. So please put this date in your diary. We look forward to defending our title!

The programme of events is as follows: -

7.00pm – 1500m
7.00pm – Javelin
7.20pm – 100m
7.30pm – Long Jump
7.50pm – 400m
8.20pm – 200m Hurdles
8.30pm – Discus
8.40pm – 3000m

Girraween Members – We Need You For The Next SMC Teams Event!

As mentioned above, Sydney Marathon Clinic are again organising a teams' event. This time it will be the 25km race on Sunday, 22nd February. The teams will again be made up of five members with one member being female. Linda Balinski is organising the teams on this occasion. If you are interested, please advise Garry Womsley as soon as possible and he will pass the details on to Linda.

.....

Would Anyone Like To Form A Girraween Team For A 5km Event At Lithgow?

The very successful Lithgow Flash Gift event is on again this year on Sunday, 1st March. While a lot of the events are professional sprint races, they have a 5km team's event. Last year, I was part of a local team and really had a good time. This year, I thought I would try and get a Girraween team together. Each team can comprise of up to 6 members with the 4 fastest times counting towards the final results.

Are you interested in having a day away in the country and having a run at the same time?

If so, please let me know as soon as possible on gowombat@hotmail.com or 0405586961.

GARRY WOMSLEY

.....

Safety First At The Track!

Just a few safety issues that should be observed on competition day at C.V. Kelly: -

- 1) When practicing with the Discus, the retriever of the implement should never throw it back. There is a danger of people getting hit by the implement. When retrieving discus the best thing to do is bring it back to the person and either hand it to them or even better, leave it at their feet.
- 2) Footballs have no place at a running track. A stray football can trip up a passing runner causing injury. There is plenty of room near the tiny tots track outside the fence if people want to play football.
- 3) There have been a number of kids playing around the throwing areas while events have been going on recently. If they are not competing, they perhaps should not be on the field and if they are, they need to be well behind the throwing areas. It would be a real tragedy if one of the younger kids is struck by a stray implement. It would be much safer for all those not actually competing (or officiating) in the events to perhaps move away from the area altogether. We had an incident recently where an athlete could have lost an eye.
- 4) There have been a couple of instances of people running across the track while events were on recently. It is always best to either wait for the event to finish or cross when there are no athletes in the area.

We want people to not only have a happy and fun day at C.V. Kelly each Saturday, we want it to be a safe day too. So please take care.

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 one qualified technical official 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. We will supply more information on these when they are announced.

How Did I Find My First Taste As An Official? Never A Dull Moment!

On Saturday, 3rd January, I made my debut as an ANSW technical official. My role on this day was as a track judge. I reported to the track referee who in turn reported to the meet manager. Having been around for over 10 years as an athlete, I know most of the officials on a first name basis and this made it easier on the day. I got a few comments from my fellow officials like “good to see you’re now one of us” and a few comments from athletes who know me like “when did you go to the dark side?” This at least helped alleviate some of the nervousness I was feeling because I didn’t want to stuff up.

The demeanour of officials and how they treat athletes has changed since I started out over 10 years ago. Back then they were quite gruff and referred to everyone by their number. If you looked sideways, there was a chance you could get disqualified (I’m exaggerating but I think you know what I mean). There was definitely an “us & them” atmosphere. First name basis by either official or athlete back then was unheard of. I’m pleased to say that over the last 5 years in particular, things are a lot more relaxed and athletes and officials alike all get on pretty well. Being a regular, I’ve pretty much got to know everyone. This more relaxed atmosphere has made it much easier for athletes to also become officials. Quite a few of my fellow athletes are now qualified officials.

Armed with my new purple shirt, my first task was to set up all the hurdles for the women’s heptathlon event. During this event, I stood behind the starting area making sure they all stayed in their lanes and also made sure they cleared the hurdles correctly. I got through this without any problems. We then had to clear all the hurdles for the 100m in the men’s decathlon but then had to put them back on again straight after for the All-Comers hurdle events (not a great example of programming!)

I must admit as a hurdler and a coach, I’m fairly familiar with the heights for my age and of those I coach but I’m not that familiar with the standards of some of the younger and older age groups. This was a nightmare as we had to keep adjusting the heights and the positions of the hurdles after every race. Somehow we got through it. One of the older officials said I should keep a copy of the IAAF rule book in my pocket to make it easier in future. The learning curve continues!

After the hurdles, we had more 100m races for All-Comers. I had to make sure everyone stayed in their lanes. These were followed by 400m and 800m for All-Comers and 200m for the women’s heptathlon. This time, I was positioned on the home bend to make sure everybody stayed in their lanes or in the case of the 800m, no jostling. It might sound easy but you need to concentrate on every single race because you can bet if you lost concentration for even a second that would be the time when someone would step out of their lane or get pushed. It would be totally unacceptable if it was noticed by others but not the official standing right there.

My next task was to judge the water jump in the state underage steeplechase championships. As a regular competitor in this event, I often see officials standing there and wonder whether or not they actually know the rules. In fact, sometimes there’s no one even positioned there at some of the smaller

meets. However, after one of my former training partners at Illawong was disqualified at the nationals in 2003 for an indiscretion in this area, I made a point of looking up the rules to familiarise myself with them. It was probably a good thing I did. Unfortunately, I had to disqualify an athlete in the combined U/20 & U/23 event because he stepped out of bounds on the approach to the water jump on the very last lap. He also got very close to the line on at least three other laps but I gave him the benefit of the doubt.

As you can imagine, when medals are on the line, this athlete put in a protest which went to a jury. He also approached me to see where the indiscretion occurred. While he really shouldn't be approaching officials in the manner he did, I ignored this and I explained what he did wrong in the hope that he would learn something from it for future races. When he and his coach saw it was me who made the ruling, they pretty much admitted that they weren't going to win this protest. It was duly dismissed and the results stood. In fact I was complimented by the meet manager for my thoroughness and honesty. However, he did say that in future I shouldn't give athletes the benefit of the doubt. If I think that there was a chance that an indiscretion had occurred I need to rule accordingly. I will take that on board for the future. Another learning curve!

The U/18 event went through without a problem but I again had to disqualify an athlete in the U/16 event. He actually stumbled coming out of the water jump on two occasions and landed outside the runway area. Unlike the previous athlete, he was not in the running for a medal and there were plenty of witnesses who agreed with my decision. The female event was completed without any problems.

However, there was still plenty for me to do for the rest of the day. The 10000m State Walks Championships were the last event on the programme and my job was to shout out the times for each athlete as they passed the finish line each lap. This was so that the lap scorers could record them. It again was a job that needed full concentration throughout the event. If you miss an athlete going past, the lap scorer can't complete their sheets. It was lucky that I keep my eyes open because I noticed an anomaly that no other official picked up. One of the athletes inadvertently pinned their 2007/2008 registration numbers to their singlet instead of the 2008/2009 version. I noticed by the colour. 2007/2008 numbers have a red background, 2008/2009 have a blue background. This was rectified before the race. If it went unnoticed, it could have caused major problems during and after the race.

Once the last competitor finished the race, my work was done and I must admit that I was much more tired than I normally am as a competitor. I had worked solidly from 9.00am until just after 6.30pm. I was happy with my first day on the job. It gave me a new perspective on what officials go through and how much athletes depend on them to make sure everything goes through smoothly during their event. I really believe that every NSW registered athlete should do something like this to get a new perspective as well. I've put my name down to officiate in late February and early March and I really hope to get selected for these events. I will always be an athlete first but being an official has added a new string to my bow. NSW are always looking for officials. I would recommend it to anyone. Why not have a go? You may not be as hands on as I was (as I think my 10 years experience was taken into account) but you will certainly have plenty to do wherever you're placed. There are plenty of seminars and exams coming up. So why not get involved? You'll be glad you did.

GARRY WOMSLEY

.....

Regular Working Bees At C.V. Kelly!

Our committee has decided that the club should have more regular working bees than we have had in the past. Previously we have organised one every few months and tried to do everything over a few hours which was not always convenient for our members to commit to and as a result, tasks were not always completed.

As a result, in conjunction with the Little A's club, we are proposing to have regular working bees every two weeks (i.e. Little A's will provide help one week, we will provide help the other so that the ground is looked after every week).

The proposed hours for these working bees is 8.00-10.00am with the requirement for anyone helping out to be there for just 1 hour during this time. We thought that this would be much easier for our members to commit to.

The work being carried out during these working bees will include line marking, raking, filling divots and bare patches, maintenance and general housekeeping.

In the ANSW "Clubs on Track" initiative which we completed recently, we fell down badly in the volunteer participation category so we are really looking at improving this shortcoming over the next couple of years.

Also, this is your club and as members we all share ownership of it. As a result, whether or not you are a committee member, we all need to play a part in keeping the club running smoothly both on and off the track.

If you are interested in helping out, please speak to Steve Williams or Peter Matthews on competition days.

Happy Birthday!

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

3rd – Lonnie Balinski
6th – Caitlin Dunn
14th – Jill Woodruff
16th – Carly Eager
22nd – Elizabeth Sutton
23rd – Amanda Giesler
25th – Steve Mifsud
26th – Andrew Blunden

Upcoming Events!

Club Events

Sun 1st Feb Girraween Annual Pentathlon (in conjunction with the Little A's Centre Championships) – C.V. Kelly – 1.00pm
Sat 7th Feb Girraween All-Comers – Western Zone – Week B – Distance event – 5000m (C.V. Kelly) – 2.00pm
Sat 14th Feb Girraween All-Comers – Western Zone – Modified Programme – Distance event – 1 Mile (C.V. Kelly) – 2.00pm
Wed 18th Feb Blacktown – Girraween Championship – Blacktown Olympic Park
Sat 21st Feb Girraween All-Comers – Western Zone – Week A – Distance event – 1500m (C.V. Kelly) – 2.00pm
Sat 28th Feb Girraween All-Comers – Western Zone – Week B – Distance event – 3000m (C.V. Kelly) – 2.00pm

ANSW Events

Date to be advised NSW Mountain Running Championships (Wollongong)
Sat 7th Feb ANSW All-Comers – Homebush
Sat 13th – 15th Feb ANSW State Open & U18 Championships – Homebush
Sat 21st Feb ANSW All-Comers – Homebush
Sat 28th Feb Sydney Track Classic - Homebush

Fun Runs & Other Events of Interest

Wed 4th Feb Blacktown All-Comers – Blacktown Olympic Park – 7.00pm

Fri 6th Feb Summer Twilight Series – Doonside (near gates to Blacktown Olympic Park) – 5km & 10km – 7.00pm
 Fri 13th Feb Summer Twilight Series – Shelley Beach, Manly (further details TBA)
 Fri 20th Feb Summer Twilight Series – Lake Gillawarna (further details TBA)
 Sun 22nd Feb Sydney Marathon Clinic Road Series – Rosford Reserve & Surrounds – from 7.00am (5km run, 5km walk, 10km, 25km & 25km teams’ event – see separate story)
 Fri 27th Feb Summer Twilight Series – Bay Run (near Drummoyne Rowers) – 5km & 10km – 7.00pm

Girraween Club Summer Training Days & Times

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

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

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

Tuesdays – Middle Distance/Steeplechase Training with Garry Womsley – 6.00-7.45pm at C.V. Kelly

Draft Winter Championship Dates For 2009!

Sat - May 2nd - Road Championships (Homebush)
 Sat - May 9th - Novice Cross Country (Ramsgate)
 Sat - May 30th - Cross Country Relays (Miranda)
 Sat - June 20th - Long Course Cross Country (Nowra)
 Sat - July 11th - Road Relays (Wollongong)
 Sat - July 18th - Short Course Cross Country (Camden)
 Sun - August 16th - State Half Marathon (Lake Gillawarna) - to be confirmed
 Sat - August 29th - Australian Cross Country (Camden)

Would You Like To Learn Steeplechase?

Steeplechase is one of the more interesting distance races on the track. It combines running, jumping and plenty of endurance. There is never a dull moment! Would you like to learn how to tackle this event? If so, you’ve come to the right place. We offer Steeplechase coaching every Tuesday at C.V. Kelly during summer (starting 7th October) starting at 6.00pm. We teach both hurdling technique as well as the water jump technique. We also do plenty of running to build up your endurance. We used to have a lot of interest in this event but it appears to have waned over the last couple of years for various reasons. It would be great to get back to the success we had in 2005/2006 when 7 of our members won state medals in the event. If you are interested, come down and see us on a Tuesday night. If you require further information, please call me on 0405586961. GARRY WOMSLEY – Level 3 Coach

Training Form!

Monday, 22nd December, 2008 – C.V. Kelly (1 x 800m & 2 x 400m)

Heidi Juhart – untimed (800m), 1:38, 1:39 (400m)

Garry Womsley – 3:13 (800m), 1:32, 1:31 (400m)

Michael Christie – 3:18 (800m), 1:34, 1:35 (400m)

Adam Sinclair – 2:29 (800m), 1:03, 1:08 (400m)

Steve Parkins – 3:06 (800m), 1:24, 1:21 (400m)

Danny Martins – 2:37 (800m), 1:11, 1:10 (400m)

Dylan (Little A's) – untimed (All)

Matt Stenning – untimed (1 x 800m, 1 x 400m & 1 x 200m)

Tuesday, 23rd December, 2008 – C.V. Kelly (Middle Distance)

Ethan Womsley – 12:27 (2km CC), 3:22, 2:51, 2:52, 2:50 (600m CC)

Garry Womsley – 12:32 (2km CC), 3:09, 2:51, 2:52, 2:49 (600m CC)

Monday, 29th December, 2008 – C.V. Kelly (1 x 300m & 3 x 200m)

Garry Womsley – 0:57 (300m), 0:34, 0:37, 0:34 (200m)

Roger Mar – 0:59 (300m), 0:38, 0:39, 0:37 (200m)

Michael Christie – 1:11 (300m), 0:43, 0:43, 0:38 (200m)

Eddie Makki – 1:27 (300m), untimed, 0:55, 0:50 (200m)

Adam Sinclair – 0:46 (300m), 0:27, 0:27, 0:28 (200m)

Danny Martins – 0:47 (300m), 0:30, 0:31, 0:31 (200m)

Tuesday, 30th December, 2008 – C.V. Kelly (Middle Distance)

Ethan Womsley – 11:31 (2km CC), 3:11, 2:50, 2:51, 2:55 (600m CC)

Garry Womsley – 11:33 (2km CC), 3:08, 2:51, 2:53, 2:56 (600m CC), 4:57, 4:49, 4:30 (1200m CC)

Michael Christie – 5:04, 4:54, 4:52 (1200m CC)

Nick Hanna – 4:37, 4:39, 4:34 (1200m CC)

Thursday, 1st January, 2009 – C.V. Kelly (Steeple Training)

Garry Womsley – 2:36, 2:45 (745m Steeple Circuits)

Nick Hanna – 2:40, 2:37 (745m Steeple Circuits)

Monday, 5th January, 2009 – C.V. Kelly (2 x 200m & 2 x 150m)

Adam Sinclair – 0:32, 0:27 (200m), 0:18, 0:19 (150m)

Lynette Smith – 0:36, 0:34 (200m), 0:23, 0:22 (150m)

Danny Martins – 0:31, 0:29 (200m), 0:18, 0:20 (150m)

Roger Mar – 0:40, 0:38 (200m), 0:24, 0:25 (150m)

Steve Blunden – 0:34, 0:33 (200m), 0:21, 0:21 (150m)

Joe Butler – 0:50, 0:48 (200m), 0:30, 0:29 (150m)

Clara Moussa – untimed, 0:34 (200m), untimed (2 x 150m)

Lauren Sinclair – untimed, 0:55 (200m), untimed (2 x 150m)

Garry Womsley – 0:38, 0:35 (200m), 0:24, 0:23 (150m)

Tuesday, 6th January, 2009 – C.V. Kelly (Middle Distance)

Nick Hanna – 4:31, 4:42, 4:43 (1200m CC)

Garry Womsley – 12:05 (2km CC), 2:48 (600m CC), 4:30, 4:45, 4:38 (1200m CC)

Ethan Womsley – 12:01 (2km CC), 2:54, 2:45 (600m CC), 5:43 (1200m CC)

Wednesday, 7th January, 2009 – C.V. Kelly (1 x 500m & 2 x 400m)

Steve Blunden – 1:49 (500m), 1:22, 2:26 (400m)

Danny Martins – 1:30 (500m), 1:07, 1:07 (400m)

Michael Grogan – 1:42 (500m), 1:17, 1:13 (400m)

Adam Sinclair – untimed (500m), 1:06, 1:05 (400m)

Roger Mar – 2:15 (500m), 1:39, 1:41 (400m)

Garry Womsley – 2:11 (500m), 1:30, 1:29 (400m)

Monday, 12th January, 2009 – C.V. Kelly (1 x 500m & 3 x 400m)

Lynette Smith – 1:47 (500m), 1:23, 1:20, 1:21 (400m)

Michael Christie – 2:15 (500m), 1:34, 1:39, 1:28 (400m)

Joe Butler – 2:28 (500m), 1:54, 1:54, 1:49 (400m)

Heidi Juhart – 2:15 (500m), 1:46, 1:38, 1:35 (400m)

Clara Moussa – untimed (All)

Steve Blunden – 1:50 (500m), 1:21, 1:18 (400m)

Roger Mar – 2:07 (500m), 1:37, 1:40, 1:34 (400m)

Garry Womsley – 1:59 (500m), 1:35, 1:25, 1:20 (400m)

Tuesday, 13th January, 2009 – C.V. Kelly (Middle Distance)

Garry Womsley – 11:55 (2km CC), 2:50, 2:46, 4:40 (600m CC), 3:53 (500m track), 6:14, 5:18, 4:28, 5:11, 5:11, 5:03 (1200m CC)

Ethan Womsley – 11:59 (2km CC), 2:53, 2:53, 2:48 (600m CC), 6:40 (1200m CC)

Cheri Womsley – 4:40 (600m CC), 3:53 (500m track), untimed (400m track)

Clara Moussa – 5:21, 5:24, 5:12 (1200m CC)

Nick Hanna – 4:37, 4:27, 4:37 (1200m CC)

Michael Christie – 5:14, 5:16, 4:47 (1200m CC)

Venessa Separovich – 5:26, 5:18, 5:08 (1200m CC)

Wednesday, 14th January, 2009 – C.V. Kelly (4 x 200m & up to 4 x 60m)

Roger Mar – 36sec, 38sec, 42sec, 37sec (200m), 11sec, 10sec, 10sec, 10sec (60m)

Garry Womsley – 36sec, 36sec, 36sec, 36sec (200m), untimed (2 x 60m)

David Perry – 36sec, 33sec, 35sec, 34sec (200m), untimed (4 x 60m)

Matt Stenning – untimed (4 x 200m & 3 x 60m)

Steve Blunden – 32sec, 31sec, 32sec, untimed (200m)

Danny Martins – 30sec, 29sec, 28sec, 29sec (200m), 8sec (60m)

Adam Sinclair – untimed (4 x 200m)

Michael Christie – 48sec, 42sec, 39sec, 40sec (200m)

Monday, 19th January, 2009 – C.V. Kelly (3 x 200m, 1 x 150m & up to 4 x 60m)

Heidi Juhart – 38sec, 38sec, 36sec (200m), 24sec (150m), untimed (1 x 60m)

Roger Mar – 37sec, 37sec, 35sec (200m), 26sec (150m), untimed (4 x 60m)

Garry Womsley – 37sec, 37sec, 34sec (200m), 23sec (150m), untimed (2 x 60m)

Steve Blunden – 32sec, 32sec, 31sec (200m), 22sec (150m)

David Perry – 35sec, 34sec, 34sec (200m), 23sec (150m), untimed (4 x 60m)

Michael Christie – 47sec, 41sec, 38sec (200m), 31sec (150m), untimed (2 x 60m)

Adam Sinclair – 31sec, untimed (200m), 21sec (150m), untimed (4 x 60m)

Lauren Sinclair – 49sec, 52sec (200m), untimed (150m), untimed (2 x 60m)

Tuesday, 20th January, 2009 – C.V. Kelly (Middle Distance)

Garry Womsley – 13:19 (2km CC), 3:22, 3:14, 2:24, 2:34 (600m CC), 6:41 (1200m CC)

Ethan Womsley – 13:21 (2km CC), 3:21, 3:07 (600m CC), 7:02 (1200m CC)

Nick Hanna – 2:06 (600m CC), 4:54, 4:51 (1200m CC)

Tuesday, 27th January, 2009 – C.V. Kelly (Middle Distance)

Ethan Womsley – 11:37 (2km CC), 3:00, 2:58, 3:09 (600m CC), 6:42 (1200m CC)

Garry Womsley – 11:38 (2km CC), 3:04, 2:57, 2:55, 2:31, 2:30, 2:28, 2:28, 2:38, 2:28 (600m CC), 6:02 (1200m CC)

Heidi Juhart – 2:32, 2:27, 2:23 (600m CC)

Renee Juhart – 2:54, 2:49, 2:46 (600m CC)

Clara Moussa – 2:22, 2:33, 2:27 (600m CC)

Wednesday, 28th January, 2009 – Mississippi Road (1 x 680m & 2 x 340m)

Danny Martins – 2:22 (680m), untimed (2 x 340m)

Roger Mar – 3:11 (680m), 1:16, 1:16 (340m)

Garry Womsley – 3:00 (680m), 1:12, 1:14 (340m)

Steve Blunden – 1:10, 1:04 (340m)

Andrew Blunden – untimed (2 x 340m)

Mid-Week Training Programme For February!

WEEK ONE

Monday, 2nd February, 2009 (C.V. Kelly) – 6.30pm

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

Tuesday, 3rd February, 2009 (C.V. Kelly) – 6.00pm

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

Wednesday, 4th February, 2009 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 2 x 500m, 1x 400m
- 4) Warm down – track

WEEK TWO

Monday, 9th February, 2009 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 2 x 500m, 2 x 400m
- 4) Warm down - track

Tuesday, 10th February, 2009 (C.V. Kelly) – 6.00pm

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

Wednesday, 11th February, 2009 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 5 x 200m & 1 x 60m
- 4) Warm down – track

WEEK THREE

Monday, 16th February, 2009 (C.V. Kelly) -6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 3 x 200m, 2 x 150m & 1 x 60m
- 4) Warm down - track

Tuesday, 17th February, 2009

NO TRAINING TONIGHT

Wednesday, 18th February, 2009

NO TRAINING TONIGHT

(Due to the Blacktown v. Girraween Challenge at Blacktown Olympic Park)

WEEK FOUR

Monday, 23rd February, 2009 (C.V. Kelly)

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 6 x 200
- 4) Warm down – track

Note: - As I will be away tonight, it would be much appreciated if someone could lead the group in my absence.

Tuesday, 24th February, 2009

NO TRAINING TONIGHT

Wednesday, 25th February, 2009 (C.V. Kelly) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 1 x 700m, 1 x 600m & 1 x 400m
- 4) Warm down – track

Note: - As I will be away tonight, it would be much appreciated if someone could lead the group in my absence.

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) – 6

All of the above are at the discounted price of \$10.00.

We still have two retro t-shirts in the old colours (brown, white & light blue) as follows: -

2 x Size 16

They are \$10.00 each.

They would make great training shirts, a keepsake or even a fashion accessory.

If anyone is interested, please let me know.

GARRY WOMSLEY

We also still have other articles of the Girraween signature gear available: -

Socks
T-Shirts

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

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: -

David Wallis (2007/2008)

All the rest are from this year's West Metropolitan series: -

Carly Eager

Rachel Evans-Ingram

Jonas Williams

Clive Kidson

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!

OUR SPONSORS



Hip 2 Bear Square



ABN: 15 751 358 981

Teddy Bear Quilt Patterns

*Beary Easy To Sew !
Beary Addictive !
Beary Fun !*

200 Patterns for all Occasions

We design Teddy Bears Mascots Too !

*Contact Cheri Womsley
on
www.hip2bearsquare.com
mail@hip2bearsquare.com
02 96366017 0404722806
Mon-Fri 9am-3pm
Saturday 9am-12pm*



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



Great Athletes of the Past!

By Garry Womsley

KATHARINE MERRY (1974 -)

Katharine Merry was born at Dunchurch, Rugby in England on 21st September, 1974. She was a member of the Birchfield Harriers Athletics Club and is best known for winning a bronze medal in the 400m at the Sydney Olympic Games in 2000. This was the famous race that Cathy Freeman won. Merry ran a fantastic race and actually led into the straight. However, outside of England not a lot was known about the sprinter with the short cropped blonde hair.

She had a unique career that spanned 20 years. She was the fastest girl in the world at the age of 14 and started her junior Great Britain international career at just 13. She stayed on the team for a record 6 years. She was mainly a 100m/200m specialist throughout her junior career and was often the first athlete chosen for the 4 x 100m relay. However, she proved her

versatility by breaking UK records in her age group for 70m, 75m hurdles, 100m, high jump and pentathlon. All except the 100m still stand. She was regarded as reliable and always ready to represent her country.

Her junior career highlights are as follows: -

1990 – IAAF World Junior Championships (Plovdiv, Bulgaria) – 2nd – 4 x 100m Relay
1992 – IAAF World Junior Championships (Seoul, Korea) – 6th – 100m
1993 – European Junior Championships (San Sebastian, Spain) – 2nd – 100m
1993 – European Junior Championships (San Sebastian, Spain) – 1st – 200m
1993 – European Junior Championships (San Sebastian, Spain) – 1st – 4 x 100m Relay
1994 – European Cup (Birmingham, England) – 2nd – 100m
1994 – European Cup (Birmingham, England) – 2nd – 200m

Unlike a lot of other promising junior athletes, Merry was able to continue her success at senior level which culminated in her bronze in Sydney. Unfortunately, she always seemed to be held back by injuries. However, the thoughts of emulating her hero Kathy Cook (Bronze medallist in the 400m in Los Angeles Olympics) kept the dream alive. Her first Olympics were at Atlanta in 1996 as a member of the 4 x 100m relay squad. The team finished 8th.

During 1997, she joined fellow Olympic medallist Linford Christie's Cardiff based elite training squad and sports agency (Nuff Respect) with training partner Darren Campbell. It was during this time that she switched to the sprint/endurance event of 400m. The move certainly transformed her career from solid relay team member to a world class athlete. She was selected for the European Championships in 1998 where she helped the 4 x 400m relay team to 3rd place. She then placed a promising 5th at the 400m individual event in Seville, Spain in 1999.

At the Olympics in 2000, the 400m final was expected to be a two horse race between our very own Cathy Freeman and France's Marie-Jose Pécé. However, Pécé suffered from what could only be described as an emotional melt down and disappeared just days before her first heat. This opened up the event as it was also not clear what frame of mind Freeman was in after lighting the flame at the Opening Ceremony and the effect of being doused with hundreds of litres of water in the process. History shows that she ran the perfect 400m race taking the lead with 120m to go and powering on to win in 49.11sec. Merry who led into the final turn tried valiantly to hang on to 2nd but after doing the bullocking work was just shaded by Lorraine Graham (49.58sec) and had to settle for 3rd in 49.72sec with fellow Brit Donna Fraser a fast finishing 49.79sec in 4th place. It was a great achievement by the gutsy Merry and one somewhat forgotten in the euphoria of Freeman's home town victory.

Merry mentioned after the Sydney Olympics: - "Sydney was the culmination of my career, with the significance of winning a medal." Despite the success, she always kept her feet on the ground particularly on where her medal is kept: - "Everyone asks about it, where I keep it – it's actually just in a drawer in bubble wrap!" In fact, she has fond memories of the race: - "I was so happy just to be involved in such an iconic race, with Cathy Freeman winning the gold medal; it was very special."

In 2001, she became world no. 1 in the 400m and it was only continuous problems with a bone spur growth in her right heel at this time that prevented any further successes. She also had to withdraw from the World Championships with an unrelated achilles problem.

After further problems with the heel spur and three operations as well as numerous attempted comebacks, Merry announced her retirement in July, 2005 aged just 30. It had never healed fully and this prevented her from training to the best of her ability. Despite this, she still ended the 2001 season as the world's fastest female 400m runner.

Her achievements at senior level are as follows: -

1996 – Olympic Games (Atlanta, USA) – 8th – 4 x 100m relay
1998 – European Championships (Budapest, Hungary) – 3rd – 4 x 400m relay
1999 – IAAF World Championships (Seville, Spain) – 5th – 400m
2000 – Olympic Games (Sydney, Australia) – 3rd – 400m

Her personal bests were: -

200m – 22.76sec
400m – 49.59 sec (50.53sec indoors)

Over the last few years, Katharine Merry has continued to give back to the sport that was good to her. She mentors British athletes and works in the media on radio and television. She

travelled to Beijing in 2006 as a mentor to the Junior World Championships British squad. She has commentated at the 2006 Commonwealth Games in Melbourne and the 2008 Olympics in Beijing for the BBC. She also does corporate speaking engagements and runs a sports mentoring website with Christie and Campbell.

References: - Wikipedia On-Line Encyclopedia, BBC Website, British Athletics Federation Website.

Running Tip of the Month!

Don't lean too far forward when running up a hill. It reduces breathing capacity and restricts your natural leg motion.

Stop Press! **Our Members Again Help Out In The Community!**

Girraween members again volunteered for a community event on Sunday, 1st February. For the second year running our members helped out at the Weet-Bix Kid's Try-Athlon. 2800 kids from the ages of 7 to 15 got a taste of what it is like to do a Triathlon and have fun at the same time. Our members helped make it all possible. Our members worked at the bike transition area. They initially helped the kids and their parents set up their bikes so that their transition from the swim to the cycle would be as seamless as possible. During the event, they helped out with marshalling as well as helping the kids get ready for the cycle as well as the run leg. Our members worked tirelessly for 5 ½ hours in the hot sun and their efforts earned the club some much needed funds so that we can continue to offer all of our members athletics competition for 50 weeks of every year. Many thanks to Garry Womsley, Cheri Womsley, Ethan Womsley, Vince Adams, Steve Mifsud, Lynette Smith as well as Ryde's Andrew Atkinson-Howatt who worked on Girraween's behalf. We really appreciate your help.

Results From ANSW All-Comers!

	<u>Event</u>	<u>Time/Distance</u>	<u>Grade</u>	<u>Placing</u>
LYNETTE SMITH	Discus	32.69m	C	1 st
	High Jump	1.50m	All	12 th
CHOL ACHUOTH	800m	DNF	A	-
NICK HANNA	3000m	11:08.07	C	14 th
GARRY WOMSLEY	3000m	11:47.76	C	19 th
LAJOS JONI	Discus	38.08m	C	1 st