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# THE GIRRAWEE ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



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**INCORPORATED**

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**ABN: - 97 049 119 071**

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## ***Welcome Our Club Committee For 2009/2010!***

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

<i>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary, NSW Delegate, Publicity Officer</i>	<i>9636-6017</i>
<i>Graham Sheargold</i>	<i>Registrar</i>	<i>9636-4389</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Steve Blunden</i>	<i>Summer Competition</i>	<i>9636-7357</i>
<i>Geoff Sheargold</i>	<i>NSW Delegate &amp; Junior Committee</i>	<i>9636-4389</i>
<i>Peter Matthews</i>	<i>Park Trust Delegate</i>	<i>9636-7352</i>
<i>George Milosevic</i>	<i>Park Trust Delegate</i>	<i>9626-8586</i>
<i>Nick Hanna</i>	<i>Fundraising Committee</i>	<i>9621-7895</i>
<i>Brad Milosevic</i>	<i>Fundraising Committee</i>	<i>0402656288</i>
<i>Stacey Argent</i>	<i>Fundraising Committee</i>	<i>9636-3879</i>
<i>Carly Eager</i>	<i>Fundraising Committee</i>	<i>9675-2167</i>
<i>Lisa Grant</i>	<i>Fundraising Committee</i>	<i>9631-1236</i>
<i>Adam Sinclair</i>	<i>Fundraising Committee</i>	<i>0431372445</i>
<i>Lauren Sinclair</i>	<i>Fundraising Committee</i>	<i>0401463560</i>
<i>Jean Davis</i>	<i>Records Officer</i>	<i>0421753456</i>
<i>Steve O'Donnell</i>	<i>Records Officer</i>	<i>0412175642</i>
<i>Michael Grogan</i>	<i>General Committee</i>	<i>0404008102</i>
<i>Cheri Womsley</i>	<i>General Committee</i>	<i>9636-6017</i>
<i>Wayne Thurlow</i>	<i>General Committee</i>	<i>0458240959</i>

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

*Next Meeting: - Thursday, 4<sup>th</sup> June, 2009 at Toongabbie Sports & Bowling Club starting at 7.30pm.*

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**GO GIRRA!**



**GIRRAWEEEN ATHLETICS CLUB Inc.**

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

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## **79 Members & Climbing!**

Welcome to the June edition of the Girraween Athlete. We have had another great month of competition with the start of the representative events. We have had the State Road Championships, The State Novice and the State Cross Country Relays. We have had a number of representatives in all three and they have represented the club well.

We also had our AGM during the month and we would like to welcome our new committee that will serve our members during 2009/2010. We would also like to extend a big thank you to all those that have decided not to continue on the committee. We thank you for your contribution.

This month, we only have the one representative event at Nowra on the 20<sup>th</sup> June but there are some challenging West Mets events at Winston Hills (June 6<sup>th</sup>), North Ryde (June 13<sup>th</sup>) & Crestwood (June 27<sup>th</sup>). We hope to see you all at these events.

We now have 79 members and we would like to welcome the following new members & renewals of existing members who registered in the last month: -

Steve Blunden   Phil Bowden   Ryan Noble  
Lynette Smith   Suresh Raju

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

GARRY WOMSLEY

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## **Test Your Skill & Help The Club Raise Money!**

Our new fundraising committee has organized a great new fundraiser which is bound to test your skill.

Carly Eager has filled a large jar with various lollies. All you have to do to get this jar and its contents is to guess how many lollies there are in the jar.

For \$2.00 you get three guesses.

So if you want to have a go, see Carly Eager on race days over the next few weeks.

The proceeds of this guessing competition go towards our fundraising efforts for 2009/2010 and help us to bring regular competition for our members.

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## **Results From ANSW State Road**

### **Championships! - Saturday, 2<sup>nd</sup> May, 2009 – Homebush Bay**

For the second year in a row, the State Road Championships were held on the streets around Olympic Park. It now seems to have now found a permanent home. The course was fine tuned from last year and meant that it was much safer and user friendly. The weather was cool early but soon warmed up into a beautiful day by the time the race got underway. Newcomer Brendan Davies just shaded fellow newcomer Andrew Ellis for the honour of the fastest runner in the 10km. We had a grand total of 21 runners for the day which was a good roll up. Cheri Womsley also made her debut as an official and did a great job.

#### 10km (Open & Masters – Male & Female)

- 1) BRENDAN DAVIES – 34:57.39
- 2) ANDREW ELLIS – 35:33.73
- 3) GEOFF SHEARGOLD – 38:25.44
- 4) PETER MATTHEWS – 39:29.59
- 5) MICHAEL FREE – 39:56.31
- 6) LISA GRANT – 40:50.56
- 7) NICK HANNA – 41:23.37
- 8) RICHARD FROST – 41:31.36
- 9) GRAHAM SHEARGOLD – 41:32.17
- 10) MICHAEL GROGAN – 41:56.92
- 11) GARRY WOMSLEY – 42:52.05
- 12) WAYNE THURLOW – 43:49.03
- 13) STEVE WILLIAMS – 45:33.29
- 14) KEN SCALLEY – 46:29.11
- 15) CARLY EAGER – 51:15.68
- 16) ROGER MAR – 53:21.26
- 17) ROBERT EAGER – 54:46.56
- 18) JOE BUTLER – 59:43.51

#### 2.5km (U/12 & U/14 – Male & Female)

- 1) CONNOR VERNON – 11:32.98
- 2) ETHAN WOMSLEY – 12:17.49
- 3) ROCHELLE MacKENZIE – 12:55.58

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## **No West Mets, No Problem!**

With the State Road Championships on this morning, there was no West Mets events scheduled for this afternoon. However, that did not stop some of our members from organising a training run at Parramatta Park. Garry and Ethan Womsley backed up from the Championships this morning and were joined by Michael Christie, Terry Rose, Mark and Nelson Ingram, Heidi Juhart, Vince Adams and Hills runner Linda Gard. Various distances were covered during the afternoon and everyone felt that the session was worthwhile. Our Premier and local member Nathan Rees, who was a former top runner

who spent some time as a Girraween member in years past, was trying to keep his fitness up by power walking around the park and took some time out to talk with those present. It was good to see that he was still getting out in the local community despite the great pressure he has been under lately.

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## ***Results From ANSW Novice Championships & Invitation Races!*** ***Saturday, 9<sup>th</sup> May, 2009 – Scarborough Park, Ramsgate.***

We again had a good roll up at the Novice Championships. Our members contested the various races on the programme and all did the club proud. The weather was quite warm for this time of year. In the main race, Brad Milosevic was our highest placegetter with an outstanding 12<sup>th</sup> placing in a hot field. Garry & Cheri Womsley again attended as officials and were involved with marshalling and crowd control.

### **4km Invitation**

- 1) NICK HANNA – 16:11 (64)
- 2) ROBERT EAGER – 20:59 (101)

### **2km Invitation**

- 1) VINCE ADAMS – 9:31 (78)
- 2) NELSON INGRAM – 15:11 (123)
- 3) MARK INGRAM – 15:14 (124)
- 4) RACHEL INGRAM – 15:15 (125)

### **10km Invitation**

- 1) BRENDAN DAVIES – 36:02 (13)
- 2) ROBERT EAGER – 59:56 (53)

### **4km Female Novice**

- 1) RACHEL INGRAM – 21:36 (100)

### **10km Male Novice**

- 1) BRAD MILOSEVIC – 33:40 (12)
- 2) GEOFF SHEARGOLD – 38:59 (63)
- 3) PETER MATTHEWS – 39:42 (70)
- 4) MICHAEL FREE – 41:20 (80)
- 5) MARK AMIN – 43:13 (92)
- 6) GRAHAM SHEARGOLD – 43:24 (93)
- 7) WAYNE THURLOW – 43:43 (97)
- 8) CLIVE KIDSON – 47:06 (111)
- 9) DENIS ANDREW – 47:23 (113)
- 10) STEVE PARKINS – 47:58 (116)
- 11) KEN SCALLEY – 48:05 (117)
- 12) MARK INGRAM – 49:41 (124)

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## ***Results From Mother's Day Classic!*** ***Sunday, 10<sup>th</sup> May, 2009 – Parramatta Park – 4km, 4km Walk & 8km***

The Mother's Day Classic was again well attended by Girraween athletes. Now in its 3<sup>rd</sup> year at Parramatta Park, the event is becoming as popular as the original event at the Domain. In fact, they are thinking of capping the field. Unfortunately, the event was dampened a bit by some torrential rain which fell during the 4km events. The highlights were Garry Womsley's 1<sup>st</sup> placing in the 40-49 age category in the 4km run and of course the pink pyjamas that Cheri Womsley wore during the 4km walk.

#### 8km

- 1) LISA GRANT – 32:47 (24)
- 2) NICK HANNA – 32:52 (25)
- 3) MICHAEL GROGAN – 33:44 (33)
- 4) GARRY WOMSLEY – 34:08 (36) – 2<sup>nd</sup> in 40-49 age category
- 5) RICHARD FROST – 35:35 (55)
- 6) DAVID PERRY – 36:24 (67)
- 7) TERRY ROSE – 37:39 (91)
- 8) MICHAEL CHRISTIE – 38:05 (107)
- 9) KEN SCALLEY – 42:57 (230)
- 10) ROGER MAR – 43:29 (242)
- 11) RENAË ISLAUB – 47:21 (351)

#### 4km

- 1) GARRY WOMSLEY – 16:54 (19) – 1<sup>st</sup> in 40-49 age category
- 2) STEPHEN MIFSUD – 17:03 (23) – 2<sup>nd</sup> in 50-59 age category
- 3) RICHARD FROST – 17:52 (34) – 3<sup>rd</sup> in 30-39 age category
- 4) ROCHELLE MACKENZIE – 21:24 (100)
- 5) ETHAN WOMSLEY – 33:17 (387)

#### 4km Walk

The following members participated in the 4km Walk (This event was untimed): -

CHERI WOMSLEY  
ANTOINETTE MIFSUD  
REBECCA MIFSUD  
ED BRATOVIC  
KEN SCALLEY  
MICHAEL GROGAN  
ERIN GROGAN  
CHLOE GROGAN

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## ***Results From West Mets – Week 5!***

***Saturday, 16<sup>th</sup> May, 2009 – George Kendall Reserve, Ermington.***

After a couple of weeks off it was great to get back to West Mets. Unfortunately, strong winds made it a little unpleasant. There were also a lot of other sporting activities around the general area (soccer and baseball) which made it a little congested. However, our members made the most of the conditions and did the best they could. The numbers in the 2km continue to climb while the 8km is not as popular lately. We still have the largest percentage of members turning up to do all three events which goes to show that our members are enjoying their running which is what it is all about.

#### 2km: -

- 1) ANDREW ELLIS – 6:38 (1)
- 2) ED BRATOVIC – 7:29 (5)
- 3) WAYNE THURLOW – 7:44 (9)
- 4) DANNY MARTINS – 8:35 (20)
- 5) STEVE MIFSUD – 8:36 (21)
- 6) JAMES KIRK – 8:40 (24)
- 7) RICHARD LAMAS – 8:42 (26)
- 8) TERRY ROSE – 8:43 (27)
- 9) GREG SARGEANT – 8:30 (30)
- 10) STEVE O'DONNELL – 8:57 (32)
- 11) GRACE LAMAS – 9:15 (33)
- 12) STEVE BLUNDEN – 9:16 (35)
- 13) ROGER MAR – 9:39 (43)
- 14) VINCE ADAMS – 9:47 (46)
- 15) BRADLEY ELLIOT-WATSON – 9:57 (49)

- 16) RENEE JUHART – 10:06 (52)
- 17) STEPHANIE RUSSELL – 10:52 (59)
- 18) JAMIE BRATOVIC – 11:12 (63)
- 19) JILL WOODRUFF – 11:14 (64)
- 20) KATRINA RUSSELL – 12:25 (71)
- 21) EDDIE MAKKI – 12:50 (76)
- 22) LOUISE ELLIOT-WATSON – 13:21 (77)
- 23) ERIN BRATOVIC – 13:40 (82)
- 24) LAUREN SINCLAIR – 13:43 (83)
- 25) ANTOINETTE MIFSUD – 14:40 (84)
- 26) RACHEL INGRAM – 16:59 (86)
- 27) MARK INGRAM – 17:00 (87)
- 28) NELSON INGRAM – 17:01 (88)

4km: -

- 1) WAYNE THURLOW – 16:47 (23)
- 2) ED BRATOVIC – 16:59 (26)
- 3) ADAM SINCLAIR – 17:27 (31)
- 4) MICHAEL GROGAN – 17:33 (33)
- 5) ZAC ELLIOT-WATSON – 17:45 (38)
- 6) TERRY ROSE – 18:18 (41)
- 7) MICHAEL CHRISTIE – 18:51 (45)
- 8) VIV MANWARING – 19:14 (48)
- 9) DARREN GOULD – 19:34 (51)
- 10) RICHARD LAMAS – 19:38 (52)
- 11) CARLY EAGER – 20:13 (54)
- 12) JAMIE BRATOVIC – 20:38 (55)
- 13) ROGER MAR – 21:09 (59)
- 14) ETHAN WOMSLEY – 21:28 (61)
- 15) GREG SARGEANT – 21:29 (62)
- 16) RACHEL INGRAM – 21:42 (64)
- 17) ROCHELLE MacKENZIE – 22:15 (65)
- 18) JEAN DAVIS – 23:40 (69)

8km: -

- 1) PETER MATTHEWS – 32:55 (8)
- 2) MICHAEL FREE – 33:11 (10)
- 3) MARK AMIN – 33:42 (11)
- 4) LISA GRANT – 34:14 (14)
- 5) MICHAEL GROGAN – 36:06 (18)
- 6) GARRY WOMSLEY – 36:50 (19)
- 7) RICHARD FROST – 37:27 (20)
- 8) MATTHEW PATON – 38:43 (21)
- 9) CLIVE KIDSON – 38:53 (22)
- 10) MARK INGRAM – 39:48 (23)
- 11) KEN SCALLEY – 40:28 (24)
- 12) STEVE BLUNDEN – 41:54 (25)
- 13) ROGER MAR – 44:24 (26)
- 14) LONNIE BALINSKI – 44:38 (27)
- 15) ROBERT EAGER – 46:25 (29)
- 16) GREG SARGEANT – 47:45 (31)
- 17) LINDA BALINSKI – 49:07 (32)
- 18) JOE BUTLER – 49:22 (33)

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# ***Results From SMH Half Marathon!***

***Sunday, 17<sup>th</sup> May, 2009 – Sydney CBD.***

The SMH Half Marathon attracted almost 10000 runners this year. It appears that the event will need to have seeded starts in the not too distant future like the City2Surf if the event continues to expand like it has in recent years. The weather was cool but fine. Brendan Davies was our fastest runner with a great sub 80 minute time.

- 1) BRENDAN DAVIES - 79:38 (95)
- 2) GEOFF SHEARGOLD - 85:01 (235)
- 3) GRAHAM SHEARGOLD - 96:58 (1067)
- 4) GARRY WOMSLEY - 101:30 (1672)
- 5) DENIS ANDREW - 103:12 (1915)
- 6) STEPHEN MIFSUD - 111:18 (3213)

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# ***Results From West Mets – Week 6!***

***Saturday, 23<sup>rd</sup> May, 2009 – Upjohn Park, Dundas.***

After a week of rain the Upjohn Park area was quite muddy. It meant that our members got a real taste of Cross Country running. The heavy conditions were difficult but most members were quite happy with their times. The weather today was quite cool and the rain held off until the latter stages of the 8km race. We again had huge numbers in the 2km.

2km: -

- 1) ANDREW ELLIS – 6:39 (4)
- 2) ADAM SINCLAIR – 7:46 (10)
- 3) ED BRATOVIC – 7:47 (11)
- 4) WAYNE THURLOW – 8:10 (18)
- 5) STEVE MIFSUD – 8:39 (28)
- 6) DAVID PERRY – 8:45 (33)
- 7) JAMIE BRATOVIC – 8:58 (37)
- 8) JAMES KIRK – 9:07 (41)
- 9) RICHARD LAMAS – 9:17 (44)
- 10) TERRY ROSE – 9:19 (45)
- 11) BRADLEY ELLIOT-WATSON – 9:31 (47)
- 12) CATHY DUFFY – 9:37 (49)
- 13) ROGER MAR – 10:00 (63)
- 14) VINCE ADAMS – 10:01 (64)
- 15) HEIDI JUHART – 10:06 (67)
- 16) JAMES ELLIOT-WATSON – 10:19 (69)
- 17) STEPHANIE RUSSELL – 11:30 (77)
- 18) KATRINA RUSSELL – 11:38 (79)
- 19) JILL WOODRUFF – 11:41 (80)
- 20) Y. SMITH – 11:44 (81)
- 21) LOUISE ELLIOT-WATSON – 11:49 (82)
- 22) REBECCA MIFSUD – 13:21 (88)
- 23) NICHOLAS PERRY – 13:44 (89)
- 24) HAIM ELLIAS – 14:13 (92)
- 25) ANTOINETTE MIFSUD – 15:09 (94)
- 26) LAUREN SINCLAIR – 15:55 (96)
- 27) NELSON INGRAM – 17:02 (97)
- 28) MARK INGRAM – 17:03 (98)

4km: -

- 1) ANDREW ELLIS – 14:39 (10)
- 2) ZAC ELLIOT-WATSON – 17:49 (35)
- 3) WAYNE THURLOW – 18:14 (40)
- 4) RYAN NOBLE – 18:29 (44)
- 5) MICHAEL GROGAN – 18:30 (45)
- 6) STEVE PARKINS – 19:10 (49)
- 7) STEVE MIFSUD – 19:13 (50)
- 8) DAVID PERRY – 19:42 (54)
- 9) VIV MANWARING – 19:43 (55)
- 10) MICHAEL CHRISTIE – 20:04 (56)
- 11) RICHARD LAMAS – 20:20 (58)
- 12) CARLY EAGER – 21:05 (62)
- 13) ROGER MAR – 22:05 (65)
- 14) CATHY DUFFY – 24:56 (73)
- 15) MARK INGRAM – 25:29 (75)
- 16) RACHEL INGRAM – 25:30 (76)

8km: -

- 1) GEOFF SHEARGOLD – 34:07 (13)
- 2) PETER MATTHEWS – 34:31 (15)
- 3) MICHAEL FREE – 34:49 (17)
- 4) MARK AMIN – 34:57 (18)
- 5) GARRY WOMSLEY – 37:03 (22)
- 6) GRAHAM SHEARGOLD – 37:41 (23)
- 7) WAYNE THURLOW – 39:52 (26)
- 8) MICHAEL GROGAN – 40:23 (27)
- 9) DENIS ANDREW – 40:44 (28)
- 10) STEVE PARKINS – 42:27 (31)
- 11) KEN SCALLEY – 44:03 (33)
- 12) LONNIE BALINSKI – 45:50 (35)
- 13) ROBERT EAGER – 45:52 (36)
- 14) ROGER MAR – 47:09 (38)
- 15) JOE BUTLER – 54:09 (41)

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## ***Results From SMC!***

### ***Sunday, 25<sup>th</sup> May, 2009 at Rosford Reserve & Surrounds.***

15 Girraween members competed at SMC today. Our numbers were a bit lower than usual due to the Blacktown Fun Run. After some rain overnight, the day turned out to be quite warm and sunny. Brendan Davies was our first runner home in the 25km, Garry Womsley was our first home in the 10km, Steve Mifsud was our first in the 5km run while Cait White was first outright in the 5km walk. Some selected runners were used today to test out a timing chip system. This is another innovation that the progressive SMC committee are trying to make race day more efficient. Full results as follows: -

25km: -

- 1) BRENDAN DAVIES - 1:38:22.81(3)
- 2) GEOFF SHEARGOLD - 2:00:07.62 (35)
- 3) GRAHAM SHEARGOLD - 2:07:19.40 (47)
- 4) MARK INGRAM - 2:19:55.71 (66)
- 5) RACHEL INGRAM - 2:40:03.30 (82)
- 6) LINDA BALINSKI - 2:44:38.02 (86)

10km: -

- 1) GARRY WOMSLEY - 43:55.90 (13)
- 2) RICHARD FROST - 44:14.93 (14)
- 3) ROGER MAR - 54:41.27 (46)



4) RENEE ISLAUB - 1:01:45.37 (58)

5km: -

- 1) STEVE MIFSUD - 21:20.87 (4)
- 2) TERRY ROSE - 22:42.14 (7)
- 3) MICHAEL CHRISTIE - 23:12:52 (9)
- 4) ROCHELLE MACKENZIE - 30:43.14 (23)

5km Walk: -

- 1) CAIT WHITE - 38:30 (1)

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## ***Results From Blacktown Fun Run!***

***Sunday, 24<sup>th</sup> May, 2009 – Eastern Creek.***

4km: -

- 1) VINCE ADAMS – 20:46 (38) – 5<sup>th</sup> in age category
- 2) ROB GIESLER – 21:16 (42) – 7<sup>th</sup> in age category
- 3) ERIN GROGAN – 44:39 (122)

10km: -

- 1) LISA GRANT – 40:20 (16) – 2<sup>nd</sup> female, 2<sup>nd</sup> in age category
- 2) MICHAEL GROGAN – 41:04 (19) – 8<sup>th</sup> in age category
- 3) CARLY EAGER – 51:36 (60) – 2<sup>nd</sup> in age category
- 4) ROB EAGER – 56:49 (79) – 13<sup>th</sup> in age category

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## ***Results From State Cross Country***

***Relays! – Saturday, 30<sup>th</sup> May, 2009 – Miranda Park.***

Wet weather during the week made the Miranda Park cross country course a mud heap. Further rain during this afternoon made the course a quagmire. A number of our members decided to wear no shoes at all and it was probably the best move on this day. It has been years since we have had conditions like this and it brought back distant memories of muddy school cross country events of 30 years ago. We've probably gone away from this type of event in recent times as the elite like fast times and fast courses and the drought has aided this. However, there was no way of getting away from the wet weather and mud today.

Girraween entered ten teams today and all of our athletes did the club proud. Most came back covered in mud and quite a few had some thrills and spills on the tight corners and even at the changeover area and at the finish line. A number of members were making their debut at this level and were very happy to be involved. We broke a number of records today: - (1) Ten teams is the largest representation we have ever had at this event, (2) Rochelle MacKenzie (10 years old) is the youngest female to represent us at Open level and (3) Ethan Womsley (12 years old) is the youngest male to represent us at Open level. Results & teams as follows: -

55+ Men – 4 x 4km

- 1) TERRY ROSE – 18:36
  - 2) ROBERT EAGER – 21:19
  - 3) CLIVE KIDSON – 18:49
  - 4) DENIS ANDREW – 20:34
- Total time: - 79:18 (7<sup>th</sup>)

Open Women – 4 x 4km

- 1) LISA GRANT – 16:35

2) ROCHELLE MACKENZIE – 22:07  
3) STEPHANIE RUSSELL – 24:00  
4) CARLY EAGER – 20:47  
Total time: - 83:29 (16<sup>th</sup>)

Open Men (A) – 4 x 4km  
1) BRAD MILOSEVIC – 12:57.37  
2) ADAM SINCLAIR – 17:39.68  
3) ANDREW ELLIS – 14:16.00  
4) GEOFF SHEARGOLD – 15:32.18  
Total Time: - 1:00:25.0 (21<sup>st</sup>)

Unfortunately, the torrential rain on the day made it impossible to collect the rest of the times. At the time of writing, they were still unavailable. They will appear in the July edition of the Girraween Athlete. Please find below, the rest of the teams who represented us with distinction: -

Open Men (B) – 4 x 4km  
1) NICK HANNA  
2) DANNY MARTINS  
3) MICHAEL GROGAN  
4) MARK AMIN  
Total Time: - 1:10:37.0 (29<sup>th</sup>)

Open Men (C) – 4 x 4km  
1) MATTHEW PATON  
2) ETHAN WOMSLEY  
3) EDDIE MAKKI  
4) JEAN DAVIS  
Total Time: - 1:28:52 (31<sup>st</sup>)

35+ Men (A) – 4 x 4km  
1) WAYNE THURLOW  
2) MICHAEL FREE  
3) ZAC ELLIOT-WATSON  
4) ED BRATOVIC  
Total Time: - 1:08:30.0 (11<sup>th</sup>)

35+ Men (B) – 4 x 4km  
1) RACHEL INGRAM  
2) STEVE O'DONNELL  
3) RICHARD FROST  
4) JOE BUTLER  
Total Time: - 1:28:26.0 (21<sup>st</sup>)

45+ Men (A) – 4 x 4km  
1) GARRY WOMSLEY  
2) GRAHAM SHEARGOLD  
3) STEVE PARKINS  
4) STEVE BLUNDEN  
Total Time: - 1:13:21.0 (17<sup>th</sup>)

45+ Men (B) – 4 x 4km  
1) GREG SARGEANT  
2) MICHAEL CHRISTIE  
3) RICHARD LAMAS  
4) ROGER MAR  
Total Time: - 1:22:20.0 (23<sup>rd</sup>)

45+ Men (C) – 4 x 4km  
1) VINCE ADAMS  
2) MARK INGRAM  
3) VIV MANWARING  
4) ROBERT EAGER  
Total Time: - 1:28:55.0 (26<sup>th</sup>)

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## **Results From The Heart Of The Lake**

### **Fun Run! - Sunday, 31st May, 2009 – Lake Gillawarna.**

The Western Districts Joggers & Harriers again put on a good event. Unfortunately, they weren't helped by the heavy rain that fell at times during the morning. However, as usual our 10 representatives did well. There was only one hiccup in that a couple of the 3km runners went the wrong way (because a marshal left his post to go to the toilet) but other than that it was a good morning of running.

Five of our members (Garry Womsley, Steve Mifsud, Terry Rose, Brendan Davies & Michael Grogan) picked up age category medals and Richard Frost and Cheri Womsley picked up lucky draw prizes. Full results as follows: -

#### 3km: -

- 1) GARRY WOMSLEY – 12:42 (10) – 2nd in 40-49 age category
- 2) STEPHEN MIFSUD – 12:55 (12) – 1st in 50-59 age category
- 3) TERRY ROSE – 14:16 (14) – 2nd in 50-59 age category
- 4) MICHAEL CHRISTIE – 14:36 (17)
- 5) CHERI WOMSLEY – 30:53 (80)
- 6) ETHAN WOMSLEY – 30:53 (81)

#### 10km: -

- 1) BRENDAN DAVIES – 36:03 (4) – 1st in 30-39 age category
- 2) MICHAEL GROGAN – 43:28 (22) – 3rd in 30-39 age category
- 3) RICHARD FROST – 44:40 (24)
- 4) NICK HANNA – 45:21 (27)

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## **Garry Appointed To The ANSW Competition Advisory Panel!**

Garry Womsley has been appointed to the ANSW Competition Advisory Panel for the next 2 years. Garry will help in the decision process for all matters pertaining to competitions run by Athletics NSW. He is the first Girraween member to have been appointed to this panel and is honoured that he can represent the club in this way.

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## **Ethan Makes Zone!**

On Monday, 11<sup>th</sup> May, Ethan Womsley contested his school cross country event at Toongabbie West Public School. Running in the Boys 12 years event, Ethan outlasted two bigger rivals to win the event and earn selection for the Zone Cross Country Carnival on Friday, 29<sup>th</sup> May.

In muddy conditions, Ethan contested the zone event at Glenwood and finished the 2km race in a time of 10:09 which was a personal best. He finished in 32<sup>nd</sup> place. Well done Ethan on your fine efforts!

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# HAPPY BIRTHDAY!

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

- 10<sup>th</sup>: - Phil Bowden
- 22<sup>nd</sup>: - Lauren Sinclair
- 25<sup>th</sup>: - Matthew Dunn
- 26<sup>th</sup>: - Peter Matthews
- 27<sup>th</sup>: - Melissa Khouri
- 29<sup>th</sup>: - Eddie Makki

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## 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. 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.

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## Upcoming Events!

### Club Events

- Sat – June 6<sup>th</sup> – WEST METS 7 – Col Sutton Park (Winston Hills)
- Sat – June 13<sup>th</sup> – WEST METS 8 – North Ryde Common (Macquarie Hospital)
- Sat – June 27<sup>th</sup> – WEST METS 9 – Crestwood Reserve (Baulkham Hills)

### ANSW Events

- Sat - June 20<sup>th</sup> - Long Course Cross Country (Nowra)

### Fun Runs & Other Events of Interest

- Sat – June 6<sup>th</sup> – Sydney Striders 10km Series – North Head – 7.00am
- Sun – **June 28<sup>th</sup>** – Manly Beach Soft Sand Classic – 21km, 9km & 1.6km – please look at the website for details on start times etc. – **please note change of date. Postponed from 7<sup>th</sup> June due to damage caused to the beach during the recent bad weather.**
- Sun – June 7<sup>th</sup> – Queens Birthday Fun Run – 8km – Epping Club to Epping Athletics Track – 9.00am
- Sun – June 14<sup>th</sup> – Minimos Fun Run – 5km & 10km – Mosman Oval – please look at the website for details on start times etc.
- Sun – June 21<sup>st</sup> – Sydney Marathon Clinic Race Series – 5km, 10km & 21.1km – Rosford Reserve – from 7.00am
- Sun – June 21<sup>st</sup> – Sri Chinmoy Race Series – 4km, 8km & 16km – Tennent Pde, Hurlstone Park – from 8.00am
- Sun – June 28<sup>th</sup> – Woodford to Glenbrook Classic – 25km – Woodford Railway Station to Euroka picnic area, Glenbrook – please look at the website for details on start times etc.

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# **Girraween Club Winter Training Days & Times**

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

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

Mondays & Wednesdays – Distance & Hill Sprint Training – 6.30 - 8.00pm at C.V. Kelly (up to the AGM. Further details to be advised after the AGM)

Tuesdays – Middle Distance Training with Garry Womsley – 6.00-7.45pm at Homebush

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## **Remaining West Mets & Winter Championship Dates For 2009!**

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

Sat - July 11th - Road Relays (Wollongong)

Sat - July 18th - Short Course Cross Country – venue to be advised

**Sat – July 25<sup>th</sup> – WEST METS 11 – River Road Reserve (Emu Plains)**

**Sat – August 1<sup>st</sup> – WEST METS 12 – Cowell's Lane Reserve (Ermington)**

Sun – August 9<sup>th</sup> – City to Surf

**Sat – August 15<sup>th</sup> – WEST METS 13 – Gipps Road Reserve (Greystanes)**

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

**Sat – August 22<sup>nd</sup> – WEST METS – TREVOR LONARD MEMORIAL HANDICAP – North**

**Bank of Parramatta River (Rydalmere)**

Sat - August 29th - Australian Cross Country - Nowra

**Sat – August 29<sup>th</sup> – WEST METS – non-point score – Prospect Reservoir**

**Sat – September 5<sup>th</sup> – WEST METS RELAYS & PRESENTATION DAY – West Auburn (Duck Creek)**

Sun – September 21<sup>st</sup> – NSW Marathon Championships (Sydney)

Note: - The above could be subject to change.

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## **Training Form**

Monday, 4<sup>th</sup> May – Mississippi Road (4 x 400m)

Zac Elliot-Watson – untimed (3 x 400m), 1:04

Roger Mar – 1:29, 1:30, 1:23, 1:18

Renae Islaub – 1:39, 1:40, 1:38

Adam Sinclair – 1:01, 0:59, 1:08, 1:03

Danny Martins – 1:03, 1:02, 1:10, 1:01

Steve Blunden – 1:11, 1:12, 1:06

Garry Womsley – 1:20, 1:15, 1:14, 1:13

Joe Butler – 1:44, 1:48, 1:43

Tuesday, 5<sup>th</sup> May – C.V. Kelly (Middle Distance)

Ethan Womsley – 13:09 (2km CC), 6:34, 5:54, 6:14 (1200m CC)

Garry Womsley – 13:10 (2km CC), 6:03, 5:51, 6:02 (1200m CC)

Monday, 11<sup>th</sup> May – Wiltona Place (7 x 100m)

Steve Blunden – untimed (All)

Zac Elliot-Watson – untimed (All)

Joe Butler – 22sec, 22sec, 22sec, 22sec, 22sec, 22sec, 22sec

Roger Mar – 18sec, 18sec, 18sec, 19sec, 18sec, 19sec, 19sec

Renaë Islaub – 22sec, 23sec, 23sec, 22sec, 22sec, 22sec, 22sec

Garry Womsley – 17sec, 16sec, 17sec, 16sec, 17sec, 17sec, 17sec

Tuesday, 12<sup>th</sup> May – C.V. Kelly (Middle Distance)

Ethan Womsley – 18:53 (3.2km CC)

Garry Womsley – 18:53 (3.2km CC), 6:13, 5:49 (1200m CC)

Renaë Islaub – 6:16, 5:49 (1200m CC)

Tuesday, 19<sup>th</sup> May – C.V. Kelly (Middle Distance)

Garry Womsley – 13:59 (2km CC), 5:38, 5:45, 5:56, 6:09 (1200m CC)

Ethan Womsley – 14:00 (2km CC), 5:37, 5:45, 5:55 (1200m CC)

Renaë Islaub – 6:09 (1200m CC)

The rest of the session was abandoned due to rain

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## *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

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

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

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***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](mailto:gwomsley@olex.com.au). My after hours e-mail address is now [gowombat@hotmail.com](mailto: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

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### THIS SPACE IS FOR HIRE!

If you would like to advertise your business in our newsletter or know someone who could be interested, please let Garry Womsley or Steve Williams know.

Our newsletter is distributed electronically to over 100 people and is available for perusal on our website, so the exposure for a potential advertiser would be quite large at a fairly low cost!

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



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# ***Great Athletes of the Past!***

**By Garry Womsley**

**Lauren Hewitt (1978 - )**

**Place of Birth:** Warracknabeal, Victoria

**Events: 100m/200m race**

**Personal best:** 100m: 11.28 seconds (Seville '99)

200m: 22.53 seconds (Seville '99)

## **Career Achievements:**

**1996:** Silver medal in the 200m at the World Junior Championships.

**1996:** Olympic debut in the 4x100m relay team which finished seventh in the final.

**1997:** Made the second round in both the 100m and 200m at the World Championships in Athens.

**1998:** She was second in both events at the nationals.

**1998:** Gold Medal in the 4 x 100m relay and Bronze Medal in the 200m at the 1998 Commonwealth Games in Kuala Lumpur

**2002:** Gold Medal in the 4 x 400m relay and Bronze Medal in the 200m at the 2002 Commonwealth Games in Manchester

**2006:** Bronze Medal in the 4 x 100m relay at the 2006 Commonwealth Games in Melbourne

Australian athlete **LAUREN HEWITT** burst on to the athletics scene at the young age of seventeen when she was a member of the 1996 Australian Olympic Athletics Team. Lauren went on to win silver over 200m at the World Juniors in Sydney that year.

She had the unique distinction of carrying a jar of soil from her home town of Warracknabeal in country Victoria in her bag wherever she went. It was given to her by her father so that she never forgot where she came from no matter where she went in the world.

As a 20 year old in the Kuala Lumpur Commonwealth Games, Hewitt proved to be a surprise packet with good performances in both the 200m (Bronze) and the 4 x 100m relay event (Gold).

But it was her performance in Seville in 1999 that stamped her as a world class athlete and showed her talent for the 200m sprint. After reaching the Olympic 'A' Qualifying standard in both the 100m and 200m Lauren went on to win the 100m and place second in the 200m at the Telstra Athletics Trials. Selected as a member of the Australian team to contest the Sydney Olympics, Lauren placed



sixth in the second round of the 100m, seventh in her semi-final of the 200m and was a member of the 4x100m-relay team.

Despite injuries, illness and diminished form, Hewitt continued to persevere and despite being disappointed by her performances, achieved gold in the 2002 Commonwealth Games in the 4 x 400m relay team which included Cathy Freeman. She surprised everyone with her staying performance in the unaccustomed distance of 400m. She also achieved bronze in the 200m.

Lauren Hewitt qualified for and competed in her second Olympics in Athens in 2004. She competed in the 200m. While she finished a promising 4<sup>th</sup> in her round 1 heat, she finished 8<sup>th</sup> in the 2<sup>nd</sup> round and her Games were over.

Hewitt's last medal in a major championship was her bronze in the 4 x 100m relay in Melbourne in 2006.

It was thought that this was her swansong but Hewitt gave it one last try in her quest to qualify for the Beijing Olympics in 2008. Unfortunately, she did not qualify individually and probably her best chance was through the relay but the Australian Olympic Committee decided not to send any relay teams male or female.

It must be remembered that when analysing Lauren Hewitt's performances that she competed in some of the most competitive events in International Athletics and she was up against Australian legends such as Melinda Gainsford, Nova Peris and Cathy Freeman as well as those from overseas. With that in mind, it was sometimes a great achievement just to make the Australian team in such illustrious company.

She had good successes at the Commonwealth Games and contested two Olympics. While she has still been competing locally, it remains to be seen whether she will again strive to reach for the top. She is still young enough if she decides to do so.

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## **Stop Press!**

The following events will be covered in the July edition of the Girraween Athlete: -

The Great Nosh – 31<sup>st</sup> May

**Please note that the Manly Soft Sand Classic set down for Sunday 7th June has been postponed until Sunday 28th June due to damage to the beach caused by the recent bad weather.**

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