
THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

30 YEARS OLD & STILL GOING STRONG!

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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!

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An Enjoyable Summer Almost At An ***End!***

Welcome to our March 2009 edition of the Girrawee Athlete. It has been another eventful month. Our summer season at C.V. Kelly came to an end on 28th February but don't despair as our pre-season cross country meets start on 7th March. There are also still two major championships coming up with the U/16, U/20 & U/23 State Championships at Homebush on 7th & 8th March and the State Masters Championships on 28th & 29th March. We will have representatives in both so we may pick up some more medals before the season is out. We picked up 2 gold medals at the State Open Championships so it is great that we are represented at all levels of athletics.

At our committee meeting on 12th March, we will be discussing the pricing for the coming winter season. For this winter only ANSW are offering 6 month memberships only. So theoretically every membership will be regarded as "winter only". This is so that future 12 month seasons will fall in line with the Little A's season (1st October to 30th September) and make the combined initiatives of the two bodies as seamless as possible. It is certainly a positive step in the right direction. As a result, we will be taking memberships for the 2009 winter season from Saturday, 14th March. Please do not try to register on-line at this stage as it has not been configured for next season as yet.

We now have 102 members for 2008/2009 which has been a great effort. It is a great compliment to the committee and others that so many new members have joined in recent times. It shows that our competitions are relevant, user friendly and enjoyable. Our initiative of 50 weeks of competition each year is much appreciated by all.

Our members continue to compete far and wide in fun runs, games type competitions and championships. During February our members not only competed locally but also competed in Geelong and even in Hawaii. Our members certainly get around. Until next month, happy running!
GARRY WOMSLEY

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Results From Australia Day Fun Run!

Monday, 26th January, 2009 – Penrith Regatta Centre.

As promised in the last issue, please find below results from the Australia Day Fun Run at the Penrith Regatta Centre: -

5km: -

	<u>Time</u>	<u>Age Category</u>	<u>Age Placing</u>
1) MICHAEL CHRISTIE	22:30.24	35-49	7 th
2) ROCHELLE MacKENZIE	36:04.75	10 & under	7 th

10km: -

1) NICK HANNA	40:10	21-34	18 th
2) RICHARD FROST	41:51	35-49	11 th
3) DAVID PERRY	43:17	35-49	15 th
4) MICHAEL GROGAN	44:42	21-34	34 th
5) CARLY EAGER	54:45	21-34	9 th
6) ROBERT EAGER	59:41	50+	23 rd

Results From Girraween All-Comers!

Saturday, 7th February, 2009 at C.V. Kelly.

The temperature rose to over 43 degrees today at C.V. Kelly. It certainly broke new ground for us as we have probably never had to run a meet before in such high temperatures. However, with plenty of cover and plenty of water for our competitors we took all precautions necessary on the day. The 5000m was cancelled for obvious reasons and in hindsight the 800m probably should have been too. Your committee will be meeting on 12th March to formulate an extreme heat policy so that if and when these types of temperatures occur again, we will be able to do things better. All athletes deserved a medal for competing today. Full results as follows: -

Men: -

200m: -

- 1) MATT MODINI - 26.66sec
- 2) STEVE BLUNDEN - 29.15sec
- 3) JACK HOWARD - 29.58sec
- 4) MICHAEL GROGAN - 30.75sec
- 5) PETER MATTHEWS - 31.96sec
- 6) WAYNE THURLOW - 33.56sec
- 7) GRAHAM RYAN - 33.76sec
- 8) ROGER MAR - 35.93sec
- 9) MICHAEL CHRISTIE - 39.61sec

High Jump: -

- 1) MATT MODINI - 1.28m
- 2) STEVE BLUNDEN - 1.28m
- 3) PETER MATTHEWS - 1.23m
- 3) WAYNE THURLOW - 1.23m

Javelin: -

- 1) MATT STENNING - 25.69m

- 2) STEVE WILLIAMS - 24.60m
- 3) MATT MODINI - 21.95m

Long Jump: -

- 1) JACK HOWARD - 3.88m
- 2) GRAHAM RYAN - 2.77m

Triple Jump: -

- 1) JACK HOWARD - 8.87m
- 2) GRAHAM RYAN - 7.47m

Discus: -

- 1) MATT STENNING - 26.00m
- 2) STEVE WILLIAMS - 23.07m
- 3) STEVE BLUNDEN - 20.59m

800m: -

- 1) MATT MODINI - 2:28.64
- 2) PETER MATTHEWS - 2:30.98
- 3) MICHAEL GROGAN - 2:38.60
- 4) DAVID PERRY - 2:55.99
- 5) JACK HOWARD - 2:57.61
- 6) MARK AMIN - 2:57.91
- 7) MICHAEL CHRISTIE - 3:10.94
- 8) ROGER MAR - 3:23.42

Women: -

200m: -

- 1) LYNETTE SMITH - 32.31sec
- 2) ANDREA HENDLEY - 39.25sec

Javelin: -

- 1) LYNETTE SMITH - 32.37m

Long Jump: -

- 1) CHARLOTTE STENNING - 3.91m
- 2) ANDREA HENDLEY - 2.94m

Triple Jump: -

- 1) CHARLOTTE STENNING - 8.16m
- 2) ANDREA HENDLEY - 6.84m

Shot Put: -

- 1) LYNETTE SMITH - 9.74m
- 2) ANDREA HENDLEY - 8.16m
- 3) CHARLOTTE STENNING - 5.63m

800m: -

- 1) CHARLOTTE STENNING - 3:01.59
- 2) LYNETTE SMITH - 3:08.03
- 3) ANDREA HENDLEY - 4:16.07

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Results From ANSW All-Comers!

Saturday, 7th February, 2009 – Homebush.

Two of our members competed at Homebush today. Due to the extreme temperatures, the meet was put back 3 hours to try and beat the heat. It was a great idea and appreciated by all athletes. Brad Milosevic competed in the 1500m and Garry Womsley competed in the 3000m steeplechase. Full results as follows: -

	<u>Event</u>	<u>Time</u>	<u>Overall Position</u>	<u>Grade</u>
BRAD MILOSEVIC	1500m	4:31.52	12 th	A
GARRY WOMSLEY	3000m Steeplechase	13:18.11	4 th	All

Garry's splits: -

- 1) 9.09sec (Start to finish line)
- 2) 1:40.55 (1:49.64 - 1st lap)
- 3) 1:52.50 (3:42.14 - 2nd lap)
- 4) 1:53.94 (5:36.08 - 3rd lap)
- 5) 1:55.18 (7:31.26 - 4th lap)
- 6) 1:55.71 (9:26.97 - 5th lap)
- 7) 1:56.86 (11:23.83 - 6th lap)
- 8) 1:54.28 (13:18.11 - finish)

Some Results From Girraween All-Comers!

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

Men: -

60m: -

- 1) ADAM SINCLAIR – 7.72sec
- 2) VINCE ADAMS – 8.40sec
- 3) MATT STENNING – 8.48sec
- 4) JACK HOWARD – 8.72sec
- 5) MICHAEL GROGAN – 8.77sec
- 6) DANNY MARTINS – 9.26sec
- 7) DON PORTER – 9.50sec
- 8) ROGER MAR – 10.50sec
- 9) NATHANIEL STENNING – 11.12sec
- 10) MICHAEL CHRISTIE – 12.31sec

Standing Long Jump: -

- 1) ADAM SINCLAIR – 2.40m
- 2) JACK HOWARD – 2.13m
- 3) DANNY MARTINS – 2.10m

300m: -

- 1) ADAM SINCLAIR – 43.39sec
- 2) DANNY MARTINS – 46.38sec
- 3) MATT STENNING – 47.80sec
- 4) JACK HOWARD – 48.14sec
- 5) VINCE ADAMS – 48.35sec
- 6) MICHAEL GROGAN – 48.75sec
- 7) ED BRATOVIC – 50.37sec
- 8) MICHAEL FREE – 52.76sec
- 9) ROGER MAR – 59.01sec
- 10) MICHAEL CHRISTIE – 62.32sec

Women: -

60m: -

1) LAUREN SINCLAIR – 14.13sec

Standing Long Jump: -

1) ERIN BRATOVIC – 0.97m

300m: -

1) LAUREN SINCLAIR – 90.66sec

Taylor & Garry Strike Gold At The State Championships! – State Open & U/18 Championships – Friday – Sunday, 13th – 15th February, 2009.

Our 100th member Taylor Doyle and secretary Garry Womsley earned gold medals at this weekend's State Championships. Competing in the AWD division, Taylor achieved gold in the Triple Jump. Well done Taylor! We are very proud of you. Garry took part in the 10000m which was a combined Open & Masters event and he achieved gold in the 45-49 age category. He also placed 5th in the 3000m steeplechase. Our other representatives were Lisa Grant (5000m Walk – 6th) and Lajos Joni (Hammer – 7th). After last weeks extreme heat, all athletes appreciated the cooler rainy conditions. Girraween now has 9 State Medals for the 2008-2009 season. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Overall Position</u>
LISA GRANT	5000m Walk	24:59.65	6 th
TAYLOR DOYLE	AWD Triple Jump	8.11m	1 st
GARRY WOMSLEY	10000m	45:06.97	23 rd (1 st in 45-59 age)
	3000m Steeplechase	13:11.81	5 th
LAJOS JONI	Hammer	35.02m	7 th

Girraween Victorious Once Again Over Blacktown! – Blacktown-Girraween Challenge – Wednesday, 18th February, 2009 – Blacktown Olympic Park.

For the third season running, Girraween was again victorious over Blacktown in the Blacktown-Girraween Challenge at Blacktown Olympic Park. Please find below, a review from our President Steve Williams: -

Hello Fellow Members,

May I extend my congratulations and thank you to our Girraween club members who were able to represent us in the Blacktown / Girraween Challenge at Blacktown Olympic Park this evening. The inaugural challenge was held in 2007.

A large contingent of members participated in a range of events which included: 1500m, Javelin, 100m, Long Jump, 400m, 200m Hurdles and the 3000m (the scheduled Discus event was cancelled due to wet grounds).

We all enjoyed the evening and our members, as always, displayed a great competitive spirit. As an added bonus, Girraween Athletics Club was announced as Champions for 2009. I believe individual results will be posted on Blacktown Athletics Club website within the next few days.

I would also like to pass on my congratulations to Taylor Doyle for her gold medal and F20 Australian Record in the AWD Triple Jump ... and to Garry Womsley for his gold in last week's 10 000m (45 to 49 age group). I believe this was Garry's 41st state medal!

Congratulations and thank you, once again.

Kind regards Steven Williams
President

Results From ANSW All-Comers!

Saturday, 21st February, 2009 – Homebush.

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing</u>	<u>Grade</u>
LYNETTE SMITH	200m	29.90sec	5 th	C
	400m	1:08	3 rd	C
	Shot Put	9.53m	1 st	C
	Discus	31.71m	1 st	C
NICK HANNA	3000m Steeple	DNF	-	All

Results From Australian Masters Games!

Saturday 21st – Wednesday 25th February, 2009 – Eastern Park & John Landy Field

Garry and Cheri Womsley competed at Geelong over the last week in the Australian Masters Games. The events were very competitive. They struck up some good friendships and had a great time. Garry picked up 3 bronze medals while Cheri received 1 silver and 1 bronze medal. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Placing</u>	<u>Age Category</u>
GARRY WOMSLEY	8km Cross Country	36:26	6 th	45-49
	110m Hurdles	26.52sec	3 rd	45-49
	400m Hurdles	1:27.51	3 rd	45-49
	3000m Steeplechase	13:10	3 rd	45-49
	5000m	20:45	10 th	45-49
CHERI WOMSLEY	Shot Put	4.24m	2 nd	30-34
	Long Jump	1.80m	4 th	30-34
	Javelin	8.90m	3 rd	30-34
	Discus	11.28m	5 th	30-34 – season best

Results From Sydney Marathon Clinic!

Sunday, 22nd February, 2009 – Rosford Reserve

We again had a good crowd of members turn up for this month's SMC race. The SMC committee is taking a "zero tolerance" towards abuse of officials, marshals and committee members as well as those who fail to follow directions on where to safely cross roads etc. Another runner in the 10km was disqualified as well as the winner of the 25km race. While this may seem harsh, the SMC committee want to see this event continue for many years to come and as the events are being held on roads that are not closed, they are in danger of having the event shut down if athletes don't comply with the strict council and SES guidelines. Fortunately, no Girraween athletes have been disqualified and hopefully no one ever will be. It is just a matter of listening to instructions before the races and doing the right thing during the events. Full results as follows: -

5km

Time

1) MICHAEL GROGAN	19:50.30
2) DAVID PERRY	21:41.14
3) TERRY ROSE	22:32.71
4) MICHAEL CHRISTIE	23:20.81
5) JOE BUTLER	29:48.90

<u>10km</u>	<u>Time</u>
1) GREG SARGEANT	51:48.18
2) ROGER MAR	53:39.43

<u>25km</u>	
1) GEOFF SHEARGOLD	1:37:39.62
2) TIM MOLESWORTH	1:38:41.74
3) GRAHAM SHEARGOLD	1:54:56.58
4) STEVE MIFSUD	2:18:50.02
5) SURESH RAJU	2:22:11.68

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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 two qualified technical officials and this is affecting our rating with ANSW. Is anybody from our club interested in becoming a technical official? If so, ANSW will be holding regular seminars & exams over the next few months. We will supply more information on these when they are announced.

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The Sydney Track Classic! – Saturday, 28th February, 2009 – Homebush

In my opinion the Sydney Track Classic of 2009 is the best advertisement for athletics that I have seen in my 10 ½ years of involvement in the sport. I have never seen Homebush packed to the rafters like it was tonight. You would probably have to go back 30 to 40 years when the big events were held at the SCG and E.S. Marks for a similar crowd at an athletics meet in Sydney. The obvious thing that came out of it was that the product has to be good and advertised extensively. Some of the best from Australia and overseas competed and the crowds came to see them. Where else can you see Sally McLellan, Steve Hooker, Josh Ross, Jared Tallent and Joel Milburn as well as their opponents from overseas such as Asafa Powell, Melanie Walker and Xavier Carter to name just a few? This could be a once in a lifetime experience.

I was fortunate enough tonight to be working as a track official so I got a real bird’s eye view of nearly every event. We got moved around nearly every race so that we stayed focussed at all times. I was at the first change for the relays, the 4th flight of hurdles in the 400m hurdle races, the back straight for the 5000m walk, the 9th flight of hurdles in the 110m hurdle races, near the start for the women’s 200m and 100m, at the 100m mark for the 800m women’s race as well as the men’s and women’s 400m, in the home straight for the men’s steeple and I was near the 100m start on the inside of the track for the men’s 1500m and 200m. Throw in the fact that I was a lap scorer in the 5000m women’s race and you can see that I had a varied and fulfilling night.

I’ve been lucky that in my two stints as an official this season that my supervisors have known me well as an athlete and haven’t been frightened to give me responsibility. While I felt a bit confused at times, there was always someone close by to ask if I wasn’t sure of anything. By the end of the night, it felt

like I had been doing it for years. As with the first time I officiated, I didn't miss competing myself. I thought I'd feel a bit envious watching everybody else competing but I didn't at all.

The highlights for me were seeing Sally McLellan, Josh Ross and Donna MacFarlane up so close as well as lap scoring for the winner of the 5000m (Sarah Jamieson). Watching the men's 1500m from my vantage point in the home straight as they flew by was another highlight as was Ryan Gregson's breaking of the long standing junior record in that event. These memories will be with me forever.

Being an official has certainly opened up another dimension for me. I never thought that I would enjoy it so much. It has been great to have so much assistance from the other officials who have known me for years. They've welcomed me with open arms. I think the fact that I never gave them any cheek over the years has helped! I look forward to my next appointment on 7th March.

GARRY WOMSLEY

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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: -

- 10th – Monica Juhart
- 11th – Chris Mackey
- 11th – Michael Christie
- 12th – Matt Modini
- 13th – Kylie Smythe
- 14th – Clara Moussa

15th – Brendan Evans
25th – Natalie Pellizzari

Upcoming Events!

Club Events

Sat	7 th March	Girraween Pre-Season Cross Country Series (C.V. Kelly) – 3.00pm
Sat	14 th March	Girraween Pre-Season Cross Country Series (C.V. Kelly) – 3.00pm
Sat	21 st March	Girraween Pre-Season Cross Country Series (C.V. Kelly) – 3.00pm
Sat	28 th March	Girraween Pre-Season Cross Country Series (C.V. Kelly) – 3.00pm

ANSW Events

Sat-Sun	7 th – 8 th March	ANSW State U/16, U/20 & U/23 Championships (Homebush)
Sat	14 th March	ANSW All-Comers (Homebush)
Sat-Sun	28 th – 29 th March	ANSW State Masters Championships (Bankstown)

Fun Runs & Other Events of Interest

Sun	1 st March	Lithgow Flash Gift – Lithgow (various races)
Sun	1 st March	Salmat Yarra Bay Fun Run – La Perouse (6km)
Sat	7 th March	Sydney Striders 10km Series – North Head (10km) – 7.00am
Sat-Sun	7 th – 8 th March	Police Games – Blacktown Olympic Park (Open to all those in the services and NSW Masters Club Members)
Sun	8 th March	Energize Belrose Fun Run – Belrose (5 & 10km) – 8.30am
Sat	14 th March	Six Foot Track Marathon – Katoomba to Jenolan Caves
Sun	22 nd March	Sydney Marathon Clinic – Rosford Reserve (5km, 10km & Long) – 7.00am
Sun	22 nd March	Lindfield Rotary Fun Run – Roseville Park (5 & 10km) – 8.15am
Sun	29 th March	Sri Chinmoy Series – Race 1 – (Cross Country) – Centennial Park (4, 7 & 14km) – 8.00am
Sun	29 th March	Springwood & Blue Mountains Fun Run – Tom Hunter Park, Faulconbridge – (2, 5 & 10km) – 9.00am

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 (until daylight saving finishes then we will revert to training at Homebush)

Draft West Mets & Winter Championship Dates For 2009!

Sat – April 4th – WEST METS 1 – Richard Murden Reserve (Haberfield)
Sat – April 11th – WEST METS 2 – Queen Elizabeth Park (Concord)
Sat – April 18th – WEST METS 3 – North Bank Parramatta River (Rydalmere)
Sat – April 25th – WEST METS 4 – Rosford Reserve (Smithfield)
 Sat - May 2nd - Road Championships (Homebush)
 Sat – May 9th - Novice Cross Country (Ramsgate)
Sat – May 16th – WEST METS 5 – George Kendall Reserve (Ermington)
Sat – May 23rd – WEST METS 6 – Upjohn Park (Dundas)
 Sat - May 30th - Cross Country Relays (Miranda)
Sat – June 6th – WEST METS 7 – Col Sutton Park (Winston Hills)
Sat – June 13th – WEST METS 8 – North Ryde Common (Macquarie Hospital)
 Sat - June 20th - Long Course Cross Country (Nowra)
Sat – June 27th – WEST METS 9 – Crestwood Reserve (Baulkham Hills)
Sat – July 4th – WEST METS 10 – Prospect Reservoir
 Sat - July 11th - Road Relays (Wollongong)
 Sat - July 18th - Short Course Cross Country (Camden)
Sat – July 25th – WEST METS 11 – River Road Reserve (Emu Plains)
Sat – August 1st – WEST METS 12 – Cowell’s Lane Reserve (Ermington)
 Sun – August 9th – City to Surf
Sat – August 15th – WEST METS 13 – Gipps Road Reserve (Greystanes)
 Sun - August 16th - State Half Marathon (Lake Gillawarna) - now confirmed
Sat – August 22nd – WEST METS – TREVOR LONARD MEMORIAL HANDICAP – Prospect Reservoir
Sat – August 29th – WEST METS 14 – Camden (Subject to ANSW approval of suitable events for our competition to be carried out)
 Sat - August 29th - Australian Cross Country (Camden)
 Sun – September 21st – NSW Marathon Championships (Sydney)

Note: - The above could be subject to change.

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, 2nd February, 2009 – C.V. Kelly (1 x200m & 3 x150m)

Danny Martins – 30sec (200m), 22sec, 21sec, 22sec (150m)

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

Clara Moussa – 35sec (200m), 25sec, 26sec, 26sec (150m)

Garry Womsley – 36sec (200m), 24sec, 25sec, 25sec (150m)

Roger Mar – 38sec (200m), 24sec, 25sec, 25sec (150m)

Joe Butler – 49sec (200m), 32sec, 33sec, 33sec (150m)

Lauren Sinclair – 52sec (200m), 36sec, 39sec, untimed (150m)

Tuesday, 3rd February, 2009 – C.V. Kelly (Middle Distance)

Ethan Womsley – 11:27 (2km CC), 3:07, 3:03, 2:55 (600m CC), 6:08 (1200m CC)

Garry Womsley – 11:23 (2km CC), 3:03, 3:03, 3:08 (600m CC), 6:04, 4:46, 4:53, 5:00 (1200m CC)

Venessa Separovich – 4:55, 5:09, 5:09 (1200m CC)

Clara Moussa – 5:18, 5:34 (1200m CC)

Nick Hanna – 4:29, 4:18, 4:09 (1200m CC)

Wednesday, 4th February, 2009 – C.V. Kelly (2 x 500m & 1 x 400m)

Roger Mar – 2:08, 2:10 (500m), 1:38 (400m)

Heidi Juhart – 2:21 (500m), 1:41 (400m)

Renee Juhart – 2:20 (500m), untimed (300m), 1:41 (400m)

Steve Blunden – 1:42, 2:04 (500m), 1:11 (400m)

Danny Martins – 1:31, 1:38 (500m), 1:15 (400m)

Garry Womsley – 2:06, 2:13 (500m), 1:32 (400m)

Lauren Sinclair – 1:50 (400m)

Monday, 9th February, 2009 – C.V. Kelly (2 x 500m & 2 x 400m)

Garry Womsley – 2:04 (500m)

Joe Butler – 2:35 (500m)

Steve Blunden – 1:52 (500m)

Roger Mar – 2:14 (500m)

* The rest of the session was cancelled due to lightning.

Tuesday, 10th February, 2009 – C.V. Kelly (Middle Distance)

Garry Womsley – 11:35 (2km CC), 3:08, 2:58, 2:57 (600m CC)

Ethan Womsley – 11:51 (2km CC), 3:12, 2:58, 3:01 (600m CC)

* The rest of the session was cancelled due to lightning.

Wednesday, 11th February, 2009 – C.V. Kelly (5 x 200m & 1 x 60m)

Roger Mar – 37sec, 35sec, 36sec, 37sec, 37sec (200m), 10sec (60m)

Garry Womsley – 36sec, 34sec, 35sec, 36sec, 35sec (200m), 9sec (60m)

Clara Moussa – 35sec, 36sec, 35sec, 37sec, 35sec (200m)

Danny Martins – untimed (5 x 200m)

Steve Blunden – 33sec, 32sec, 33sec, 32sec (4 x 200m)

Tuesday, 16th February, 2009 – C.V. Kelly (3 x 200m, 2 x 150m & 1 x 60m)

Adam Sinclair – untimed (3 x 200m & 2 x 150m)

Heidi Juhart – 39sec, 38sec, 39sec (200m), 24sec, 27sec (150m)

Roger Mar – 38sec, 37sec, 37sec (200m), 25sec, 25sec (150m), 11sec (60m)

Garry Womsley – 37sec, 37sec, 37sec (200m), 25sec, 25sec (150m), 11sec (60m)

Mid-Week Training Programme For March!

This month we start winter training.

WEEK ONE

Monday, 2nd March, 2009 (Mississippi Road) – 6.30pm

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

Tuesday, 3rd March, 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 March, 2009 (Dorothy Street & Back) – 6.30pm

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

WEEK TWO

Monday, 9th March, 2009 (Wiltona Place) – 6.30pm

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 5 x 100m up hill, 5 x 100m down hill (recovery)
- 4) Warm down - track

Tuesday, 10th March, 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 March, 2009 (1 Hour Run to Best Road & Back) – 6.30pm

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

WEEK THREE

Monday, 16th March, 2009 (Long run via Great Western Highway) - 6.30pm

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

Tuesday, 17th 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, 18th February, 2009 (Hill Sprints at Premier Street) – 6.30pm

- 1) 1.7km run to Premier Street – warm up
- 2) Drills on grass
- 3) 5 x 150m up hill, 5 x 150m down hill (recovery)
- 4) Return to C.V. Kelly – warm down

WEEK FOUR

Monday, 23rd March, 2009 (Hill Sprints at Girraween Road) – 6.30pm

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

Tuesday, 24th March, 2009 (C.V. Kelly) – 6.00pm

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

Wednesday, 25th March, 2009 (Long run through Toongabbie & Pendle Hill) – 6.30pm

Long run via Targo Road, Wentworth Avenue, Binalong & Fitzwilliam Roads & return

WEEK FIVE

Monday, 30th March, 2009 (Monthly Time Trial) – 6.30pm

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

Tuesday, 31st March, 2009 (C.V. Kelly) – 6.00pm

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

Wednesday, 1st April, 2009 (Hill Sprints at Burrabogee Road) – 6.30pm

- 1) 2km run to Burrabogee Road
 - 2) Drills on grass
 - 3) 5 x 200m sprints up hill, 5 x 200m sprints down hill (recovery)
 - 4) Return to C.V. Kelly – warm down
-

Coaching Courses For 2009!

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

GARRY WOMSLEY

LEVEL ONE – BASIC

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

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

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

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

July 25-26 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 13/07/09

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

LEVEL TWO

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

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

July 11-12 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 29/06/09

August 15-16 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 03/08/09

September 12-13 – Westfield Sports – contact: - Roger Green (9520 9324) – closing date: - 01/09/09

Lots Of Girraween Gear At Discounted Prices!

We have just received a new shipment of Girraween singlets. These are available in all sizes and they are still at the very reasonable price of \$30.00.

However, we still have some of the older singlets in the following sizes: -

Size 14 (Open Mesh) – 5
Size 16 (Open Mesh) – 5

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

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

2 x Size 16

They are \$10.00 each.

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

If anyone is interested, please let me know.

GARRY WOMSLEY

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

Socks
T-Shirts

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

LOST & FOUND!

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

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

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

1 pair of black Quiksilver thongs
1 Elements brand sports watch

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

GARRY WOMSLEY

Can Anybody Help Us With Info. On The History Of Our Club?

Michael Christie and I have decided to write a book on the history of our club and we would like your help. We are currently at the information gathering stage and envisage that the project will take a couple of years to come together. Any information, photos or anecdotes on the club and C.V. Kelly Park (particularly on how it got its name) would be much appreciated. You can contact myself by phone or see me on race days. We look forward to hearing from you. Interesting facts uncovered so far: -

- * The suburb of Girraween was established in 1909/1910 and used to be a part of the large Wentworth estate.
- * Girraween is aboriginal for "where the flowers grow".
- * C.V. Kelly Park seems to have been officially established around 1967/1968.
- * Our club was established in September 1978 as Greystanes-Girraween Amateur Athletics Club so that athletes from the flourishing Girraween and Greystanes Little Athletics Clubs could continue their athletics at a senior level once they graduated from Little A's.
- * The original club colours were light blue, brown and white.

Does Anybody Know Anyone Who Teaches Violin?

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

If so, please contact Garry Womsley on 0405586961.

ANSW Magazine!

ANSW have launched an official e-zine.

There have been 7 editions so far and can be viewed on the ANSW Website.

The magazine will be released electronically approximately every 2 months.

We hope you enjoy it!

Trophies!

The following members still have trophies to collect: -

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!

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



Great Athletes of the Past!

By Garry Womsley

Mildred Ella (“Babe”) Didrikson Zaharias (1911-1956)

Mildred Didrikson was an American athlete named by the Guinness Book of Records as the most versatile female competitor of all time. She achieved outstanding success in golf, basketball and track and field. She also played baseball, softball and was an expert diver, roller skater and bowler.

She was the 6th of 7 children born at Port Arthur in south eastern Texas. Her mother and father were immigrants from Norway. She moved to Beaumont at 4 years of age. She acquired the nickname "Babe" (after Babe Ruth) after she hit 5 home runs in a baseball game.

Though best known for her athletic gifts, Didrikson had many talents and was a competitor in even the most domestic of occupations, such as sewing. She proved to be an excellent seamstress and made many of the clothes she wore including her golfing outfits in latter years. She even won a sewing championship at the 1931 State Fair of Texas. In 1929, she graduated from high school but did not attend college. She was also a singer and harmonica player. She even recorded several songs.

At high school, Babe had been a star basketball player and eventually made the All-American team. After high school she went to work for Employers Casualty which was an insurance firm and she played for their team. She led the team to the AAU championship in 1931. She also tried her hand at track and field and won various events in the women's national championships in 1930 and 1931. As a result, Employers Casualty sent her as a one woman team in 1932.

The national championships of 1932 doubled as the Olympic try-outs. Some 200 girls took part and as each team was announced between 12 and 24 girls would appear to the gentle applause of the crowd. When the Employers Casualty team was announced, one lone competitor, Didrikson, came out to the deafening roar of the crowd. She entered 8 events and for 2 ½ hours was flying all over the place. She won 5 outright and tied first in another. In the process, she set 5 world records including javelin, 80m hurdles, high jump and baseball throw. The 30 points she amassed was enough to win the team championship. She beat a team containing 22 members! As a result, she was selected for the Olympics held in Los Angeles later that year.

Unfortunately, due to the rules in effect at that time as a female athlete, she was limited to entering 3 events only and she chose the javelin, 80m hurdles and high jump. Didrikson won gold medals in Javelin (143ft 4in) and hurdles (11.7sec). She cleared the same height in the high jump as her opponent (5ft 5in) fellow American Jean Shiley. However, the judges awarded the gold to Shiley because they disapproved of Babe's jumping style (head first) in the tie breaker jump. Interestingly, Shiley and Didrikson split their two medals after the Games.

In the following years, she performed the vaudeville circuit travelling with teams like Babe Didrikson's All-American basketball team. She was also a competitive pool player during this time.

By 1935, she picked up the sport of golf. She was a latecomer to the sport but became one of the most famous. Due to her other sporting exploits, she was denied amateur status. In 1938, she competed in the Los Angeles Open against the men. She missed the cut but gained much more! (see below) In latter years she would compete against the men regularly.

Already famous as Babe Didrikson, she married George Zaharias, who was a professional wrestler, in St. Louis, Missouri in 1938. After this she was mainly known as Babe Zaharias. The couple met while playing golf together at that same Los Angeles Open! They never had children and were inexplicably refused on a number of occasions when they tried to adopt.

Babe went on to become America's first female golf celebrity and the leading player of the 1940's and early 1950's. After gaining back her amateur status in 1942, she won the 1946-47 US Women's Amateur Golf Championships as well as the 1947 British Ladies Amateur Golf Championship, the first American to do so as well as 3 Western Open victories. She won a record 17 straight women's amateur victories.

She turned professional again in 1947 and dominated women's golf with victories in the 1947 Titleholders Championship and in the 1948 US Women's Open. By 1950, Babe won every golf title available. She dominated women's golf until serious illness struck her down in the mid 1950's.

In 1953 she was diagnosed with colon cancer. Despite undergoing surgery she made a comeback to golf in 1954. Remarkably, she won the Vare Trophy for the lowest scoring average as well as her final major in the US Women's Open. This all took place just 1 month after surgery!

Even in 1955 when her colon cancer recurred she did 8 golfing events and still won 2 of them. She died on 27th September, 1956 aged just 45 but not before she established a fund to support cancer clinics.

Babe Didrikson broke the accepted models of femininity in her time, even the accepted models of female athleticism. Although just 5'5" tall, she was physically strong. However, she was regarded as "manly" by some. Either way, she was a trailblazer for those great female sportswomen who followed such as Billie-Jean King, Chris Evert, Jackie Joyner-Kersey and Raelene Boyle to name just a few.

Her name lives on through a museum dedicated to her and a golf course she owned which was granted landmark status.

Other Achievements: -

- * Named Female Athlete of the Year 6 times
- * Voted the Greatest Female Athlete of the First Half of the Century
- * Was posthumously awarded the Bob Jones Award in 1957 for distinguished sportsmanship in golf
- * Was one of six initial inductees into the LGPA Hall of Fame in 1967
- * Voted the Woman Athlete of the 20th Century in 1999
- * Named 2nd in Sports Illustrated's Greatest Female Athletes of all Time (Behind Jackie Joyner-Kersey)
- * Was ranked 17th on the list of Greatest Golfers of All Time in 2000

DIARY OF OUR TRIP – SYDNEY TO GEELONG – FEBRUARY 2009!

Start – 17th February, 2009

At 3.00pm I was picked up from work for the start of our trip. I got a pleasant surprise when Cheri handed me today's mail. There was a letter from Athletics NSW with a gold medal in it. I had placed first in the 45-49 age category for the 10000m state championship held last Saturday. It was so ironic as it was not one of my best performances and I wanted to pull out at least six times during the race. However, something kept driving me on to finish the race. In over 1400 races I've never had "DNF" next to my name and I'm proud of that. The only other person in my age category was the legendary Jamie Harrison and he was the second NSW athlete over the line so he received a silver medal in the open category. So I guess I was the last man standing! (I guess I did a Bradbury).

We set out in cloudy, dull weather and headed toward the coast via Heathcote and Wollongong. We stopped at Wollongong for dinner and apart from a toilet break at Nowra we headed straight to Bateman's Bay where we stayed for the night. We arrived there at 8.00pm which was just on dusk. There were a few kangaroos on the side of the road on the way but none of them tried to hop in front of the car which was good. It was great to arrive there for the night as we were all a bit tired and ready for bed.

Day 1 – 18th February, 2009

Heavy rain fell overnight and for much of the morning. The 46 degree temperatures of two weeks ago, were now a distant memory. After a 5km run around Bateman's Bay, we were soon on our way. Our final destination today will be Bona Vista near Warragul in Victoria where Cheri's sister lives. We will be staying there for 2 nights. Traveling through Moruya and Narooma proved to be very treacherous in the conditions. Visibility was almost nil with lots of low lying mist and heavy rain. We

stopped at a bakery at Narooma who sold beautiful pies. They had 15 different varieties. Washed down with a coffee, we were revived and on our way.

Passing through Bermagui and Bega, the rain stayed heavy but the further south we went, the better the weather got. Bega is a huge town. It is the home of Bega Cheese and most of those who live there have something to do with the cheese making industry. It continues to thrive even in these harsh economic times.

Our next stop was Eden the former whaling town. The drizzle continued but it looked like it was getting brighter. We had a light lunch and gave the car a bit of a rest. The little green Gemini was performing pretty well so far as we headed further south.

By 2.30pm we were at the NSW/VIC border. We got some family photos near the sign before continuing on. The weather continued to improve. We stopped at Cann River for a coffee. The local pub in the town was built from the wreckage of a ship that was wrecked off the nearby coast.

The kilometres continued to roll on and on. The dense bushland was very lush and green. Just outside of Orbost, the forest was replaced by farmland. This is what the locals call Snowy River Country.

We stopped for a light dinner at Lake's Entrance. I've heard a lot about this town but I wasn't too impressed. The holiday season is over, summer is nearly at an end and it appears the town shuts down until next summer. Trying to get something to eat after 5.00pm proved to be a real challenge. Most of the shops were closed. We finally got some take away and ate it in the park. We got a few photos of some ships before getting back on the road. We still had quite a trip in front of us.

We soon moved into Victoria's Gippsland District which is a rich, fertile area of beef cattle and dairy farms. Between the big towns, there was just flat, lush farmland. We passed through Bairnsdale with its huge industrial area, then Stratford which was named after a town in England along with its river Avon (Stratford on Avon), we then passed through Sale as well as Rosedale. We also saw the sign pointing towards our sister town Toongabbie but we resisted the temptation to visit the town this time.

We then left the Gippsland area behind and travelled into the La Trobe District. We passed through Traralgon as well as Morwell. The recent bushfires in Victoria had left the sky hazy. The setting sun was turning a rich red colour. We tried to get a photo of it just past Morwell but we couldn't get a good enough clearing between the trees. I forlornly tried to run to the top of a hill but by the time I got there, the sun had set. Perhaps we will get another opportunity in the coming days.

As it got darker, we were having real problems trying to find the turn off for Bona Vista. A few phone calls to Cheri's sister got us closer but we were still having a lot of problems finding our destination. At 9.00pm, we finally got there. We were all tired and just about ready for bed.

We will spend the next two nights sleeping in a caravan to the sounds of cows, chickens, goats and roosters.

Day 2 – 19th February, 2009

Today was to be a day of rest from travelling. The rural setting of Bona Vista was very relaxing. Ethan and myself went for a 5km run along a very hilly country road. It was great to breathe in the country air as we ran along. It was also a great opportunity to experience a little bit of farm life. We will drive the rest of the way to Geelong tomorrow. The rest will do the car good too as it was spluttering a bit by the time we got here last night.

It was great to feed goats, pick apples, release the chooks from their pen and just generally relax. I also went for a longer run of about 12km in the late afternoon. It was so quiet, the clean air was exhilarating and it was fragrant with country smells such as ripe fruit, hay and manure. It was quite hot but there were many trees which provided much needed shade. After a good dinner, it was time for bed in preparation for the final part of our final journey to Geelong.

Day 3 – 20th February, 2009

We set out mid morning in cool and drizzly conditions. We fuelled up in nearby Warragul before heading along the highway towards Melbourne. The roads are fantastic in Victoria. You don't have to worry about street names just the number that appears on the road sign next to your destination. In case of Melbourne and Geelong it was M1. If it was only this easy in Sydney!

We stopped for lunch at Laverton on the outskirts of Melbourne and now had less than 40km to go to get to Geelong. The remaining kilometres seemed to pass by very quickly. Our first stop was the famous Kardinia Park the home of the famous Geelong Cats. They were actually playing a practice game while we were there. We then picked up our accreditation, back pack and other freebies. When this was done, we headed for the caravan park at nearby Belmont.

We stayed at the same caravan park last August when I did the Australian Cross Country Championships and it was pretty economical and more importantly very quiet. After a couple of hours settling in, we went for a walk along the Barwon River. The river will be used for the Australian Masters Games rowing events and was already marked out. We saw some historical buildings and took some good photos. After watching a little television, it was time for bed.

My first event (8km cross country) is on at 9.15am tomorrow so I need a good night sleep. There is a massive 13 in my age category so it was going to be a tall order to get a medal in this event. At least I'm familiar with the course as it is the same venue used for the National Cross Country last year. But this time at least I have to do one lap less!

Day 4 – 21st February, 2009

It started off fairly cold in Geelong this morning. I was starting to wonder if it was actually summer down here. When the sun came out it was hot but when it went into the clouds it was cool. My first event was on this morning at Eastern Park (8km Cross

Country). We left bright and early from the caravan park and headed out across town to the cross country venue.

When we got there, the women's race was already under way. My race was after theirs. This included all age categories from 30 to 55. There would be around 50 competitors in the race. My age category shrunk from 13 to 11 starters but to get a medal was still going to be a tall order. I warmed up and felt pretty good. The weather also started to warm up but it was pretty windy.

The course was pretty hilly and totally different from the course I did last August. It actually started up a hill and was challenging to say the least. After what seemed like ages, we were finally under way. I got a pretty good start but a lot of the field seemed to be going past me into the distance. However, after around 1.5km I started to get into a rhythm and passed 5 athletes in the space of 100m. Unfortunately, my trusty running cap came off in a gust of wind and most people that know me are aware that I wear a cap in distance races at all times. As a result, I felt a little uncomfortable.

At the halfway mark, my time was just over 18 minutes and I felt quite confident that I could come home strongly. I felt a little tired but tried to hang in there. I definitely felt much better on the second lap. With about 1km to go, one of the officials gave me my cap back and I responded by passing 3 athletes. I completed the 8km in about midfield in a time of 36:26. I was happy with my splits of 18:02 and 18:24. I placed 6th in my age category.

It was great to finish my race early and be able to do a few things afterwards. Cheri doesn't have her first event until tomorrow. We went to the local shopping centre and had a coffee before looking around some of the shops. After lunch, we went to Old Geelong Gaol. The experience was quite eerie. It was a draughty and dingy place and the cells were claustrophobic. To be honest, it was great to get out of there.

We then visited the Wool Museum. We spent quite a bit of time here. It was really a great walk through the history of shearing and the wool industry. A guy gave us a demonstration on a wool machine which made woollen mats. It was great to see how everything came together to make the finished product.

On the way back to the caravan park, we visited the track where both Cheri and I will compete tomorrow. It is called the John Landy Field. The configuration is very unusual. It has very long straights and short bends. Also, the steeple jump is on the inside which I'm not really fond of but I'll get through it. We both have one event each tomorrow. I have the 110m hurdles and Cheri has the Shot Put. It will be great to get on the track.

Day 5 – 22nd February, 2009

We spent just about all day at the track today. It again started off cool but gradually got hotter during the day. Cheri had her Shot Put at 11.00am and I had my 110m hurdles at 2.20pm so it was going to be a lot of warming up and waiting around.

Cheri earned the first medal of the family with a silver medal in the Shot Put. With one throw to go, she was in 3rd place but was just 2cm behind. However, a mighty throw of 4.24m got her into 2nd place.

As for me, I still felt a bit sore from yesterday's 8km cross country but I was still going to give the 110m hurdles my best shot. I'm not a sprinter but I like hurdles so I thought it would be good practice for my steeple. After practicing over the 99cm height, I thought it would be good just to get through it. I haven't done this event since last April. There were only 3 in my age category so I wasn't too worried. When I overheard them talking about doing between 14 and 15 seconds, I sort of thought I would be 3rd. And that was how it turned out. I did not hit one hurdle and finished 3rd in a time of 26.52sec. Amazingly my 200m (flat) PB is 27.11sec!

Another athlete came up to me after the race and said my hurdling was great but that I was more interested in clearing the hurdles and looking good than doing them quicker and perhaps messing some up. He's probably right but my old coach Max Wilkinson was a perfectionist and used to always be telling me to do it right. I think it is more a matter of not doing enough races over 110m. I get another opportunity at the State Masters at the end of March. I think I will be happier in tomorrow's 400m Hurdle as it is at the 91cm height which I am more familiar with.

A real highlight today was watching so many of the older athletes still getting out there and competing. In the Men's 80-84 age category, there were five in the 100m. There were even competitors in the 90-94 category. A lot of older people are now more health minded and living longer. We are now seeing the fruits of that thinking.

Another highlight was seeing an Olympian from the 1948 Olympics. Now in the 75-79 age category, Harbhajan Singh Aulakh competed in the 100m, 800m and 80m Hurdles. He won all three. He represented India at the Olympics. He is still very fit and very flexible for his age.

After waiting around for about 1 ½ hours for my medal, we were ready to get back to the Caravan Park. We were tired and ready for bed. We are in for another busy day tomorrow. I have 400m hurdles and Cheri has Long Jump, Javelin and Discus.

Day 6 – 23rd February, 2009

Today was a real hot day. Temperatures got into the mid 30's and it was quite windy. We got to the track fairly early and signed in for our events. We hadn't been there long when we had to administer first aid. We were sitting near the 100m mark while the 200m races were on. Unfortunately, a competitor broke down near where we were sitting and it would have been very hard for the first aid staff to see from their vantage point at the back of the main building. As a result, Cheri and I tried to help as much as possible. It appeared that she had a small muscle tear in her right calf. We then helped her to the first aid room where they gave her treatment. We saw her later and she confirmed that she did have a tear. Her meet was over but she thanked us for our help.

After this early excitement, we then found a shadier spot to sit. My event, the 400m Hurdles was up first. There were supposed to be 6 starters in my age category but only 3 signed in. We ran a combined race with the 30's and 35's. I basically just tried to

get through it without mishap. I finished 3rd in a time of 1:27.51. It was nowhere near my best, but it was okay. I was happy to earn my second bronze for the meet. With my event over, I could relax and watch Cheri and others do the hard work.

I'm amazed that so many athletes put their names down for a lot of events yet don't turn up. Race organizers must make so much money from people not turning up. I think it is best just to put down for a few events and do them rather than put yourself down for too many events and not being able to do them all. The 200m heat and final were on this morning and a lot of those athletes were down for the 400m hurdle. I personally wouldn't have been able to back up after doing a 200m. I think it is a matter of being sensible about it. Some athletes also only compete in the events that they think they have a chance of getting a medal in. If that was me, I'd never run!

Cheri's first event was the Long Jump. She finished 4th with a best of 1.80m. Her next event was Javelin where she finished 3rd with a best of 8.90m. It was also a season best.

It was a funny day because all of the track events were finished by 4.15pm but there were field events still going at nearly 8.00pm. The insistence on everyone having 6 attempts at everything really slows the day down. In my opinion, 3 attempts is sufficient when the scheduling of events gets behind. They didn't have many officials and they were making bad decisions because it was such a long day for them.

Cheri's Discus event finally got under way at 6.30pm. She was very tired from the other events she did. She finished 5th with a best throw of 11.28m. This was also a season best. Finally, just before 8.00pm we left the track and had dinner at Macca's.

My main event (3000m Steeplechase) is on tomorrow. There are again 6 in my age category. I feel well rested after a light campaign so far but tomorrow will be all business.

Day 7 – 24th February, 2009

With my event late in the afternoon, we had a more laid back day today. We did go to the track first so that I could sign in. For all events, athletes needed to sign in to declare their intention of competing in that event. If you don't sign in at least 45 minutes before the event, you are declared a non starter. At least I didn't have to worry about it later.

After this, we went to the Games headquarters at Kardinia Park to see if we could get a couple of orange Masters Games bucket hats. They look really good. We were told they were for the volunteers only but to go to the headquarters and we should be able to buy them. They had a whole bag of them and with the Games finishing in a couple of days there's no way they would give them all out. No one else was going to volunteer at this late stage. However, the lady we spoke to was quite adamant that we couldn't have any and sent us on our way despite our offer to pay for them. (However, all stories have a happy ending with an official at the track later on in the day organizing one for Cheri).

We traveled to Newtown which is just on the outskirts of the city of Geelong and looked at some of the shops in the area. This Newtown is very much like the Newtown in Sydney with a lot of old buildings and terrace houses. There are a lot of boutique shops but it is a little quieter than the Sydney one. We had some morning tea at a little bakery which was very busy with people coming in and out the whole time we were there. We also spent a little time looking at some of the shops in the main city. Ethan needed a new pair of shoes and we got those in this area. After lunch, we headed to the track.

While I have done over 1400 races in my life and don't get nervous often, I did feel nervous today. I guess I've felt that I'm fit enough and have good endurance at present but no speed and I was worried that I may not get a place in my pet event. Then again, what can you do? You can only go out there and do your event to the best of your ability on the day. Once I started to warm up, I felt a little better. I even got in a few jumps on a steeple in the back straight.

I'm amazed how many athletes turn up for a steeple not really knowing how to do it. It is important to learn how to do it properly. Two female athletes turned up who were in the race before me and asked me for some help after watching me hurdle. Unfortunately, no matter how hard I tried, I couldn't get them to do what I suggested. (That is, step up lightly on it and land lightly on the other side). It's pretty hard to change someone 5 minutes before their race. I suggested that after the Games that they go back to their training track and practice.

Soon it was my turn to race. Again, out of the 6 who entered the race in my age, only 3 actually signed in. We were running with the 35-39, 40-44, 50-54 and 55-59 age groups as well so there were 11 of us all together. The two guys in my age group led from start to finish with one of the 40-44 guys and I started near the back but was happy to run my own race. But gradually I got into a good rhythm and passed quite a few during the race. I was happy with my water jumps and my dry hurdles and feel that the competition this week has been good for me and will stand me in good stead for the State Masters in about a month's time. I finished in a time of 13:10 which is a slight improvement on my State Open time.

At least we didn't have to wait for our medals for long. In fact all eleven of us got one. I was happy to receive my third bronze medal of the Games. I can proudly say that I've been doing steeple since 2001 and I have got a medal in the event in every games and championship I've attended since then.

After the medal ceremony, we headed to Pizza Hut and bought some pizza for dinner. We then headed back to the caravan park to do two loads of washing. Cheri met two Finnish women. One could not speak English and the other one was deaf. (It was a great conversation!) Cheri swapped her masters bag for a bag that one of them had. She then met a British couple on holidays who are distance runners. It's a small world!

With just one event to come tomorrow morning (5000m), we are going to make a trip down the Great Ocean Road tomorrow afternoon to Anglesea which is about 35-40km south of Geelong. We are looking forward to it.

Day 8 – 25th February, 2009

Today was our final day at the track. Despite the dry conditions in recent times in Victoria in general, we actually had some rain overnight and the early part of the morning. However, it soon cleared up.

My last event was the 5000m. I must admit that my legs were pretty sore and tired after yesterday's steeple. I've carried an injured right ankle since my first steeple of the year in January when I landed the wrong way and with 3 races over the steeples in the last 2 weeks it just hasn't got any better. We got there in plenty of time so that I had plenty of time to sign in and warm up.

I went on a 20 minute run and felt quite good the further I went. I found a track along the Barwon River and just followed it until it ended at the Bellarine Highway. I even saw a rabbit scuttle across the track. The scenery was good and it helped me to relax.

By the time I got back to the track, I was ready to run. I know I'm not at my fastest at the moment. In hindsight, I've overdone the fitness and endurance side of things over the Christmas/New Year period and ignored working on speed when there were no races. I thrive on regular racing and coach athletes to race regularly too. How else can you see how you are going? All athletes need to set racing goals. I really don't like going long without racing. Unfortunately, I've felt underdone ever since. As a result of no speed work, I can run all day but not very fast. I will certainly be doing some speed work when I get back to Sydney. As for today, I would be happy to do under 21:00.

At the start line, there were 11 in my age category. We were also running with the 50-54 age category so it was a pretty big field. After the gun, I went straight to the back of the field and thought I would stay there but to my amazement, I passed someone in the 50-54 age category. Two laps later, I passed an athlete in my own age category. I was getting into a good rhythm and felt stronger the further I went. I then used those who were starting to lap me to keep me going. I went with them for 10-15m and it kept my mind fresh. I ended up lapping the guy who came last and beat the other athlete behind me by 300m. My final time of 20:45 was better than I thought it would be. I was happy that I hung in there and also happy that my competition had come to an end. I made some new friends and had a good time.

After we said our goodbyes, we headed through Grovedale along the Surf Coast Highway towards Torquay. It is a typical surfside town. Plenty of surf shops and a Macca's! From there, we went to the famous Bell's Beach. They have a big surfing contest here every year. We got some great photos from the lookouts and Ethan and I actually went onto the sand. It was pretty cold and windy but it was great to visit such a famous beach. We then headed along the Great Ocean Road to Anglesea. This was as far as we planned to go. We probably could have gone further but we will leave that for another holiday.

Anglesea is a nice little town. There were some nice little shops there. Cheri picked up a nice jug and bowl set while I picked up an old running book for just \$4.00. We had a nice afternoon tea at a little café there before heading back. Once we were back, it

was soon time for dinner and for starting to pack for our departure from the caravan park tomorrow.

While athletics is now over, some of the other events still go until Saturday. We have tennis players, hockey players and soccer players staying at the caravan park as well and they are still competing. They are amazed that we are finished. They were even more amazed when I told them that most major athletics championships go over only 2 or 3 days. Previous Games have also had a street mile, half marathon and 10000m event as well but they were excluded this time. However, it takes nothing away from what has been an enjoyable athletics meet. Despite being short on officials (due to the Victorian State Championships being on last weekend), they had plenty of volunteers to assist and they generally did a good job.

Day 9 – 26th February

We reluctantly left Geelong this morning. We really didn't want to leave but all good things must come to an end. We all agreed that this won't be the last time that we will be here. We have fallen in love with the place in our two trips over the last 6 months and have made some good friends.

It was now time to get back on the road to Sydney. We made pretty good time and apart from a fuel stop at Kalkallo and a pee stop at Seymour, we were on the move.

On a serious note, we got our first taste of what devastation the recent bushfires caused. Around the Kilmore area there was just miles and miles of blackness. Nearly every tree was scorched but some of the houses and sheds in the area were saved. You can watch the pictures on television as much as you like but it really doesn't bring home the havoc and destruction caused like being there does. There is just nothing left in some places. It is basically just a lunar landscape. We were probably lucky that it was a couple of weeks ago as we probably would have got caught in it ourselves. However, the haze in the distance reminded us that in some areas close by the fires still rage.

The temperature around this area today is predicted to reach 34 degrees and 38 tomorrow so the locals are again bracing themselves. Some of these places haven't had rain for 6 or 7 years. The drought has been severe in Victoria even more so that in New South Wales.

We stopped at a driver reviver area for lunch. It was situated between Euroa and Benalla. There was really nothing else for miles. It was a place where truckies could have a sleep and something to eat. It must be pretty interesting working in a place like that. The kiosk is basically a converted school bus. It had everything that a normal take away shop had. The guy who ran it must have come across some characters in his time.

Soon we were back on our way again. The kilometres seemed to roll by. The old Gemini was going along pretty well. We have to stop every so often to top up the fuel and the water in the radiator but other than that, we haven't had a problem. This is the second time we have taken it from Sydney to Geelong and it survived both times. Not bad for an old car.

We next stopped at another of our favourite towns, Wangaratta. We had some afternoon tea at a little coffee shop that we have now visited 3 times. The area was certainly a lot different to when we last visited in August. Back then the area had received a lot of rain but now it is dry and brown. Creeks and lakes were now dried up. The area has certainly been hit by the drought like the rest of Victoria.

Back on the road, we continued to edge our way north. We passed through Wodonga and into Albury. We were glad to be back in New South Wales. We were passed by a lot of fire fighters who were headed to Victoria to help put out the existing fires and try to prevent any further fires.

We passed through Holbrook, the town with a submarine in it. The HMAS Otway has pride of place in the middle of town and is available for kids and even bigger kids to climb on and take photos of.

We had a quick stop at a little place called Woomgarama. The weather was very hot and there was no wind. Last year we stayed at Tarcutta which is the halfway point between Melbourne and Sydney. However, the place we stayed at had no hot water and in the middle of winter, that was unacceptable. This time, we thought we would head to Gundagai and try our luck there. We did have a snack at Tarcutta and fuelled up before heading off for Gundagai.

We found a nice little budget motel at Gundagai and checked in for the night. It was right near a Hungry Jacks and a Macca's. We decided to have dinner at Hungry Jacks before settling for the night. There was some excitement outside with a huge group of bikies converging on the nearby service station. Some even came in to Hungry Jacks. I think they looked worse than they actually were and were soon gone. After dinner, we were really tired after the long trip and headed back to the room ready for a sleep.

Day 10 – 27th February, 2009

We got up fairly early this morning and had a quick breakfast. We were soon on the road again. We stopped 5 miles down the road at the dog on the tuckerbox monument. It is always great to visit historical areas. It's a pity that a lot of Australian folklore such as this is not taught in schools any more, which is a shame.

The hills around this region were spectacular. The area is just so dry. The state really does need a good drenching. We really didn't see any green until we got to Yass. We stopped at Yass for a cuppa before continuing our trek towards Sydney.

We were making good time and hoped to be back by the early afternoon. We had a light lunch at Goulburn which is the home of the Big Merino. The car was still going along well. It overheated a bit just outside Bundanoon but after a 15 minute rest and a top up of water in the radiator, we were ready to go again. While we've had a great time and we were initially reluctant to leave Geelong, the closer we get to home, the more we were looking forward to getting home.

There is no other way of seeing the country than by car. If you fly somewhere, you very rarely get to see much scenery. We have had the great pleasure of travelling from Sydney to Geelong along the coast and travelling from Geelong to Sydney via the inland route. It has been a trip that we will remember for the rest of our lives. The fact that we got a few medals and got to see a little of the Great Ocean Road put the icing on the cake.

GARRY WOMSLEY

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Stop Press!

We are pleased to announce that Steve Mifsud has been accepted to compete in the New York City Marathon later this year. This will be his 100th and final marathon. Well done Steve we hope it is memorable!

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The following Girraween members ventured out to the heart of South Sydney territory to do the Salmat Yarra Bay 6km fun run and walk yesterday (1/3/09) and here are the results: -

Terry Rose	44th	26.08	2nd in 50-59 cat
Michael Christie	50th	26.53	8th in 40-49 cat

Information courtesy of Michael Christie.

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