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# **THE GIRRAWEEEN ATHLETE**

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



**INCORPORATED**

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(After Hours & Weekends)**

**WEBSITE: - [www.girraweenathleticsclub.com](http://www.girraweenathleticsclub.com)**

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**ABN: - 97 049 119 071**

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## **INVITATION**

**YOU ARE ALL INVITED TO OUR ANNUAL GENERAL MEETING**

**DATE: - Thursday, 21st May, 2009.**

**VENUE: - The Outback Room, Toongabbie Sports & Bowling Club, Station Road, Toongabbie**

**START TIME: - 7.00pm**

**The Two main purposes of this meeting are: -**

- 1) To present club awards from winter 2008 & summer 2008/2009**
- 2) To elect the committee that will serve you in 2009/2010**

**The following vacancies have been confirmed: - Coaching Co-Ordinator, Registrar, ANSW Delegate, Canteen Manager, Records Officer and Fundraising Officer. New faces are always welcome on our committee!**

**If you are attending, please RSVP to [gwomsley@olex.com.au](mailto:gwomsley@olex.com.au) or 0405586961 so that we can get an idea of numbers**

**GARRY WOMSLEY – Secretary.**

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## **The Girraween Athlete Is 5 Years Old!**

Welcome to the 60th edition of the Girraween Athlete. Exactly 5 years ago, we produced the 1st issue and we are still going strong today. This last month has been a great one for the club. We currently have 74 members which is a record for this time of year. While a number of our regulars have re-joined, we have also signed up some new faces. A very warm welcome goes out to the following new members: -

MATTHEW PATON	ANTOINETTE MIFSUD	REBECCA MIFSUD
KAYLEY TRUMAN	MITCHELL TRUMAN	CAIT WHITE
ANDREW ELLIS	JAMES KIRK	ZACHARY ELLIOT-WATSON
LOUISE ELLIOT-WATSON	BRADLEY ELLIOT-WATSON	JAMES ELLIOT-WATSON
HIAM ELLIAS	CATHY DUFFY	CLAIRE DUFFY
BRENDAN DAVIES	RENAE ISLAUB	

We have had very good numbers at the first few weeks of West Mets and it's great to see everybody enjoying their athletics. The first of the representative events for 2009 is the NSW Road Championships on 2nd May at Homebush closely followed by the NSW Novice Championships on 9th May at Ramsgate. West Mets will resume on 16th May.

Don't forget our AGM on 21st May. It would be great if all our members could attend. We are looking for some new faces on the committee to fill existing vacancies as well as others created by those committee members stepping down. It is also our awards night for winter 2008 and summer 2008/2009. There will be snacks and refreshments served afterwards. So please attend it will be great to see you there.

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

GARRY WOMSLEY

## **We Thank 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 &amp; 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>0458240959</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>

*Next Meeting: Thursday, 7<sup>th</sup> May, 2009 at Toongabbie Sports & Bowling Club starting at 7.30pm & our AGM is on Thursday, 21st May, 2009 at Toongabbie Sports & Bowling Club starting at 7.00pm .*

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

***Saturday, 4<sup>th</sup> April, 2009 – Richard Murden Reserve, Haberfield.***

2km: -

- 1) ED BRATOVIC – 7:07 (3)
  - 2) STEVE MIFSUD – 7:37 (8)
  - 3) WAYNE THURLOW – 7:55 (13)
  - 4) DAVID PERRY – 7:56 (14)
  - 5) GREG SARGEANT – 8:17 (17)
  - 6) STEVE O'DONNELL – 8:26 (23)
  - 7) B. WATSON – 8:27 (27)
  - 8) TERRY ROSE – 8:28 (28)
  - 9) JAMIE BRATOVIC – 8:39 (28)
  - 10) RICHARD LAMAS – 8:40 (29)
  - 11) T. NORTON – 8:42 (31)
  - 12) GRACE LAMAS – 8:43 (32)
  - 13) ROGER MAR – 8:59 (36)
  - 14) ZAC ELLIOT-WATSON – 9:03 (37)
  - 15) R. ELLIOT-WATSON – 9:12 (41)
  - 16) HEIDI JUHART – 9:15 (42)
  - 17) VINCE ADAMS – 9:17 (44)
  - 18) RENEE JUHART – 9:50 (51)
  - 19) TERESA TRUMAN – 9:53 (Completed the 2km during the 4km race)
  - 20) STEVE WILLIAMS – 9:54 (Completed the 2km during the 4km race)
  - 21) REBECCA NORTON – 10:36 (55)
  - 22) C. DUFFY – 11:13 (59)
  - 23) JILL WOODRUFF – 11:19 (60)
  - 24) J. ELLIOT-WATSON – 11:34 (61)
  - 25) L. ELLIOT-WATSON – 11:54 (62)
  - 26) REBECCA MIFSUD – 12:00 (68)
  - 27) ANTOINETTE MIFSUD – 14:01 (70)
  - 28) W. DUFFY – 14:02 (71)
  - 29) C. DUFFY – 15:17 (72)
  - 30) A. DUFFY – 15:18 (75)
- .....

4km: -

- 1) BRAEDEN PERROTT – 15:20 (22)
- 2) WAYNE THURLOW – 17:01 (41)
- 3) STEVE PARKINS – 17:13 (42)
- 4) STEVE MIFSUD – 17:24 (45)
- 5) DAVID PERRY – 17:26 (46)
- 6) MICHAEL GROGAN – 17:35 (48)
- 7) ZAC ELLIOT-WATSON – 17:36 (49)
- 8) MICHAEL CHRISTIE – 17:39 (50)
- 9) C. DUFFY – 17:48 (52)
- 10) CARLY EAGER – 19:06 (62)
- 11) RICHARD LAMAS – 19:20 (63)
- 12) VIV MANWARING – 19:24 (64)
- 13) STACEY ARGENT – 19:31 (65)
- 14) GREG SARGEANT – 19:32 (66)
- 15) ROGER MAR – 19:34 (67)
- 16) ETHAN WOMSLEY – 21:15 (74)
- 17) JEAN DAVIS – 23:12 (80)

8km: -

- 1) PETER MATTHEWS – 30:41 (8)
- 2) LISA GRANT – 32:05 (11)
- 3) MICHAEL FREE – 32:49 (14)
- 4) NICK HANNA – 33:01 (15)
- 5) MICHAEL GROGAN – 33:02 (16)
- 6) GARRY WOMSLEY – 33:43 (19)
- 7) MATTHEW PATON – 35:05 (22)
- 8) DENIS ANDREW – 35:59 (26)
- 9) DAVID PERRY – 37:24 (27)
- 10) KEN SCALLEY – 38:04 (28)
- 11) STEVE WILLIAMS – 38:25 (30)
- 12) STEVE PARKINS – 38:29 (31)
- 13) STEVE MIFSUD – 41:21 (34)
- 14) ROBERT EAGER – 41:43 (35)
- 15) ROGER MAR – 42:20 (36)
- 16) KYLIE SMYTHE – 44:09 (39)
- 17) LINDA BALINSKI – 46:58 (40)

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## ***Results From The Make A Wish Fun***

***Run!*** – *Sunday, 5<sup>th</sup> April, 2009 – Parramatta Park – 9.6km*

- 1) Nick Hanna 40m01s
- 2) Richard Frost 43m 08s
- 3) Terry Rose 46m 18s

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## ***Garry Tackles His First Triathlon!***

***BRW Corporate Triathlon – Sunday, 6<sup>th</sup> April, 2009 – Sydney Harbour & The Domain (400m Swim, 8km Cycle & 4km Run)***

After volunteering for the 2007 and 2008 events, Garry Womsley took the giant step of actually competing in this year's triathlon. He has always had the ambition of doing a triathlon and he has

finally had that ambition fulfilled. He has completed Aquathons (Swim/Run) and Duathlons (Run/Cycle/Run) previously but never put all three together. His company Olex Cables put in two teams for this year's event and all participants thoroughly enjoyed the experience. He will certainly be competing again next year. As usual, he struggled with the swim leg but went well in both the cycle and run legs. His full results are as follows (The times look a little out of proportion, particularly the run leg but there was about a 1km run from the swim leg to the cycle leg which was included in those times. The run was definitely not 4km.) : -

400m Swim: - 7:12  
8km Cycle: - 22:30  
4km Run: - 11:11  
Total Time: - 40:53

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## ***Orienteering Results!***

**By Lisa Grant**

Michael Free - 3rd Masters Men (average score of 96/100)  
Lisa Grant - 2nd Open Women (average score 95/100)  
Jill Woodruff - 19th Masters Women (average 57/100)  
Carly Eager - 33rd Open Women (average 40/100)  
Mark Amin also competed once at the North Parramatta event

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## ***Results From West Mets – Week 2!***

***Saturday, 11<sup>th</sup> April, 2009 – Queen Elizabeth Park, Concord.***

2km: -

- 1) ANDREW ELLIS – 6:32 (1)
- 2) ADAM SINCLAIR – 7:36 (5)
- 3) ED BRATOVIC – 7:40 (7)
- 4) GRAHAM SHEARGOLD – 8:02 (9)
- 5) DANNY MARTINS – 8:09 (Completed 2km during the 8km race)
- 6) WAYNE THURLOW – 8:13 (12)
- 7) DAVID PERRY – 8:41 (21)
- 8) CAITLIN THURLOW – 8:44 (22)
- 9) GREG SARGEANT – 8:51 (23)
- 10) TERRY ROSE – 8:54 (24)
- 11) JAMES KIRK – 9:02 (27)
- 12) STEVE WILLIAMS – 9:32 (34)
- 13) JAMIE BRATOVIC – 9:33 (35)
- 14) HEIDI JUHART – 10:01 (49)
- 15) STEVE O'DONNELL – 10:33 (53)
- 16) RENEE JUHART – 10:40 (54)
- 17) GRACE LAMAS – 11:19 (58)
- 18) JILL WOODRUFF – 12:03 (Completed 2km during the 4km race)
- 19) EDDIE MAKKI – 13:03 (66)
- 20) LOUISE ELLIOT-WATSON – 13:55 (69)
- 21) NELSON INGRAM – 14:57 (75)
- 22) RACHEL INGRAM – 14:58 (76)
- 23) MARK INGRAM – 14:59 (77)
- 24) LAUREN SINCLAIR – 15:11 (79)

4km: -

- 1) JONAS WILLIAMS – 15:09 (9)
- 2) ED BRATOVIC – 17:02 (28)
- 3) MICHAEL GROGAN – 18:46 (46)

- 4) MICHAEL CHRISTIE – 18:54 (47)
- 5) DAVID PERRY – 18:55 (48)
- 6) TERRY ROSE – 19:41 (52)
- 7) VIV MANWARING – 20:19 (58)
- 8) L. AGGIO – 20:30 (59)
- 9) ASHLEIGH THURLOW – 22:02 (64)
- 10) GREG SARGEANT – 22:07 (65)
- 11) JAMIE BRATOVIC – 22:32 (67)
- 12) ETHAN WOMSLEY – 22:50 (70)
- 13) JEAN DAVIS – 22:51 (71)
- 14) EDDIE MAKKI – 23:57 (73)
- 15) RACHEL INGRAM – 24:35 (75)

8km: -

- 1) ANDREW ELLIS – 30:19 (6)
- 2) MICHAEL FREE – 34:11 (14)
- 3) GRAHAM SHEARGOLD – 35:58 (20)
- 4) MARK AMIN – 36:01 (21)
- 5) GARRY WOMSLEY – 36:21 (22)
- 6) MICHAEL GROGAN – 36:44 (23)
- 7) MICHAEL HEHIR – 38:20 (26)
- 8) CLIVE KIDSON – 38:25 (27)
- 9) DENIS ANDREW – 39:16 (31)
- 10) KEN SCALLEY – 40:32 (32)
- 11) DAVID PERRY – 41:39 (33)
- 12) STEVE WILLIAMS – 42:20 (35)
- 13) MARK INGRAM – 44:55 (38)
- 14) GREG SARGEANT – 45:21 (39)
- 15) JOE BUTLER – 50:40 (43)
- 16) LONNIE BALINSKI – 54:16 (44)

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## ***Girraween Has Two National***

### ***Champions! – Australian Masters Association Track & Field***

***Championships – Friday, 10<sup>th</sup> April – Monday, 13<sup>th</sup> April, 2009 – Santos Stadium, Adelaide.***

Three of our members, Lynette Smith, Steve Mifsud and Lajos Joni contested the National Masters Track & Field Championships over the weekend and we are pleased to report that we have two national champions. Lynette (35-39) picked up 8 gold medals in the Weight Pentathlon, Outdoor Pentathlon, Weight Throw, Javelin, Hammer, Discus, Shot Put and High Jump. Lajos (50-54) picked up gold in the Hammer and silver in the Weight Throw. This was a great effort by both athletes. Steve Mifsud contested the 5000m and placed 4<sup>th</sup> in a great effort. Full results as follows: -

	<u>Event</u>	<u>Time/Distance</u>	<u>Position</u>	<u>Age Category</u>
LAJOS JONI	WEIGHT PENTATHLON	2824 points	6 <sup>th</sup>	50-54
	1) Hammer – 43.68m (692)			
	2) Shot Put – 10.75m (626)			
	3) Discus – 31.56m (495)			
	4) Javelin – 23.68m (303)			
	5) Weight Throw - 13.07m (708)			
	WEIGHT THROW	14.07m	2 <sup>nd</sup>	50-54
	HAMMER	43.35m	1 <sup>st</sup>	50-54

	SHOT PUT	10.90m	4 <sup>th</sup>	50-54
	DISCUS	32.15m	6 <sup>th</sup>	50-54
LYNETTE SMITH	OUTDOOR PENTATHLON	2754 points	1 <sup>st</sup>	35-39
	1) 100m – 14.05sec (596)			
	2) Shot Put – 9.85m (556)			
	3) Long Jump – 4.85m (567)			
	4) Javelin - 31.37 (503)			
	5) 800m – 2:43.63 (532)			
	WEIGHT PENTATHLON	2829 points	1 <sup>st</sup>	35-39
	1) Hammer – 30.48m (595)			
	2) Shot Put – 9.35m (521)			
	3) Discus – 31.47m (507)			
	4) Javelin – 30.48m (486)			
	5) Weight Throw – 10.75m (720)			
	WEIGHT THROW	10.19m	1 <sup>st</sup>	35-39
	JAVELIN	35.25m	1 <sup>st</sup>	35-39
	CHAMPION OF CHAMPIONS - Javelin (Handicap)	49.36m	4 <sup>th</sup>	35-39
	HAMMER	31.19m	1 <sup>st</sup>	35-39
	DISCUS	33.62m	1 <sup>st</sup>	35-39
	SHOT PUT	9.89m	1 <sup>st</sup>	35-39
	HIGH JUMP	1.55m	1 <sup>st</sup>	35-39
STEVE MIFSUD	5000m	21:18.23	4 <sup>th</sup>	50-54

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## ***Results From West Mets – Week 3!***

***Saturday, 18<sup>th</sup> April, 2009 – North Bank, Parramatta River – Rydalmere***

2km: -

- 1) ANDREW ELLIS – 6:22 (1)
- 2) ADAM SINCLAIR – 7:00 (6)
- 3) PETER MATTHEWS – 7:02 (7)
- 4) ED BRATOVIC – 7:16 (8)
- 5) BRAEDEN PERROTT – 7:21 (11)
- 6) DANNY MARTINS – 7:28 (12)
- 7) WAYNE THURLOW – 7:44 (20)
- 8) JYE PERROTT – 7:58 (28)
- 9) JAMES KIRK – 8:21 (35)
- 10) GREG SARGEANT – 8:29 (41)
- 11) DAVID PERRY – 8:30 (42)
- 12) TERRY ROSE – 8:31 (43)
- 13) STEVE O'DONNELL – 8:38 (45)
- 14) GRACE LAMAS – 8:40 (46)
- 15) RICHARD LAMAS – 8:46 (49)
- 16) T. NORTON – 8:55 (53)
- 17) JAMIE BRATOVIC – 8:56 (54)

- 18) ROGER MAR – 9:20 (62)
- 19) VINCE ADAMS – 9:30 (68)
- 20) B. WATSON – 9:48 (79)
- 21) C. WHITE – 10:07 (83)
- 22) STEPHANIE RUSSELL – 10:31 (91)
- 23) JILL WOODRUFF – 10:33 (92)
- 24) CLAIRE DUFFY – 11:05 (99)
- 25) LOUISE ELLIOT-WATSON – 11:38 (103)
- 26) K. LEVELTON – 11:42 (104)
- 27) LAUREN SINCLAIR – 13:21 (115)
- 28) HAIM ELLIAS – 13:47 (118)
- 29) NELSON INGRAM – 14:07 (120)
- 30) MARK INGRAM – 14:08 (121)

4km: -

- 1) JONAS WILLIAMS – 14:28 (11)
- 2) RICHARD FROST – 16:45 (34)
- 3) ZAC ELLIOT-WATSON – 17:05 (39)
- 4) WAYNE THURLOW – 17:22 (43)
- 5) MICHAEL GROGAN – 17:39 (48)
- 6) STEVE PARKINS – 17:46 (50)
- 7) MICHAEL CHRISTIE – 18:01 (53)
- 8) DAVID PERRY – 18:07 (55)
- 9) TERRY ROSE – 18:22 (57)
- 10) CATHY DUFFY – 18:37 (59)
- 11) VIV MANWARING – 18:41 (61)
- 12) STACEY ARGENT – 19:01 (64)
- 13) DARREN GOULD – 19:05 (65)
- 14) CARLY EAGER – 19:09 (67)
- 15) RICHARD LAMAS – 19:40 (69)
- 16) JAMIE BRATOVIC – 19:41 (70)
- 17) ASHLEIGH THURLOW – 19:56 (73)
- 18) GREG SARGEANT – 20:15 (77)
- 19) ROGER MAR – 20:27 (80)
- 20) ETHAN WOMSLEY – 21:06 (83)
- 21) JEAN DAVIS – 22:20 (87)
- 22) ROCHELLE MACKENZIE – 23:42 (89)

8km: -

- 1) GEOFF SHEARGOLD – 30:54 (8)
- 2) MICHAEL FREE – 32:08 (11)
- 3) PETER MATTHEWS – 32:41 (15)
- 4) LISA GRANT – 33:02 (16)
- 5) GRAHAM SHEARGOLD – 33:04 (17)
- 6) MICHAEL GROGAN – 33:14 (18)
- 7) GARRY WOMSLEY – 34:13 (21)
- 8) RICHARD FROST – 36:07 (26)
- 9) MATTHEW PATON – 36:49 (28)
- 10) KEN SCALLEY – 37:28 (31)
- 11) DENIS ANDREW – 37:58 (32)
- 12) STEVE PARKINS – 40:04 (34)
- 13) GREG SARGEANT – 41:31 (36)
- 14) DANNY MARTINS – 41:39 (37)
- 15) MARK INGRAM – 41:47 (38)
- 16) STEVE O'DONNELL – 42:04 (39)
- 17) MICHAEL CHRISTIE – 42:10 (40)
- 18) ROBERT EAGER – 42:56 (41)
- 19) KYLIE SMYTHE – 44:17 (44)
- 20) ROGER MAR – 45:18 (45)
- 21) JOE BUTLER – 46:38 (46)



- 22) LINDA BALINSKI – 47:59 (47)  
23) LONNIE BALINSKI – 49:25 (48)

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## ***Results From West Mets – Week 4!***

***Saturday, 25<sup>th</sup> April, 2009 – Rosford Reserve.***

2km: -

- 1) ANDREW ELLIS – 6:30 (1)
- 2) ED BRATOVIC – 7:31 (6)
- 3) PETER MATTHEWS – 7:35 (7)
- 4) JYE PERROTT – 7:40 (8)
- 5) DANNY MARTINS – 7:50 (10)
- 6) WAYNE THURLOW – 7:57 (15)
- 7) JAMES KIRK – 8:25 (32)
- 8) STEVE MIFSUD – 8:26 (33)
- 9) GREG SARGEANT – 8:36 (40)
- 10) TERRY ROSE – 8:41 (42)
- 11) RICHARD LAMAS – 8:57 (46)
- 12) CAITLIN THURLOW – 8:58 (47)
- 13) JAMES ELLIOT-WATSON – 9:00 (48)
- 14) GRACE LAMAS – 9:18 (54)
- 15) STEVE O'DONNELL – 9:25 (56)
- 16) ROGER MAR – 9:26 (57)
- 17) HEIDI JUHART – 9:27 (58)
- 18) BRADLEY ELLIOT-WATSON – 10:09 (71)
- 19) RENEE JUHART – 10:15 (75)
- 20) CLAIRE DUFFY – 11:12 (85)
- 21) JILL WOODRUFF – 11:25 (87)
- 22) REBECCA MIFSUD – 12:36 (94)
- 23) EDDIE MAKKI – 12:56 (98)
- 24) J. AGGIO – 12:57 (99)
- 25) D. AGGIO – 12:59 (101)
- 26) ANTOINETTE MIFSUD – 15:07 (102)
- 27) NELSON INGRAM – 16:40 (105)
- 28) MARK INGRAM – 16:43 (106)
- 29) RACHEL INGRAM – 16:46 (107)

4km: -

- 1) BRAEDEN PERROTT – 15:37 (16)
- 2) ZAC ELLIOT-WATSON – 16:16 (23)
- 3) MARK AMIN – 16:50 (Completed the 4km during the 8km race)
- 4) STEVE PARKINS – 17:35 (38)
- 5) MICHAEL CHRISTIE – 18:17 (47)
- 6) STEVE MIFSUD – 18:28 (48)
- 7) CARLY EAGER – 18:54 (51)
- 8) DARREN GOULD – 18:59 (52)
- 9) VIV MANWARING – 19:13 (54)
- 10) GREG SARGEANT – 19:17 (55)
- 11) ASHLEIGH THURLOW – 19:38 (57)
- 12) RICHARD LAMAS – 19:47 (58)
- 13) D. AGGIO – 19:50 (60)
- 14) ROGER MAR – 19:57 (62)
- 15) L. AGGIO – 19:59 (63)
- 16) STACEY ARGENT – 20:17 (64)
- 17) ETHAN WOMSLEY – 21:50 (70)
- 18) EDDIE MAKKI – 21:55 (71)
- 19) JEAN DAVIS – 22:44 (73)

8km: -

- 1) MICHAEL FREE – 32:35 (13)
- 2) PETER MATTHEWS – 33:23 (16)
- 3) GRAHAM SHEARGOLD – 33:33 (17)
- 4) LISA GRANT – 33:55 (21)
- 5) GARRY WOMSLEY – 35:17 (22)
- 6) STEVE WILLIAMS – 38:48 (25)
- 7) STEVE PARKINS – 41:03 (28)
- 8) ROGER MAR – 43:56 (29)
- 9) LINDA BALINSKI – 46:44 (32)
- 10) KYLIE SMYTHE – 46:52 (33)
- 11) LONNIE BALINSKI – 47:01 (34)
- 12) JOE BUTLER – 47:23 (35)

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

***Sunday, 26<sup>th</sup> April, 2009 – Rosford Reserve & Surrounds.***

5km Walk

- 1) CHERI WOMSLEY – 52:32.86 (8)

5km Run

- 1) NICK HANNA – 20:02.17 (6)
- 2) STEVE MIFSUD – 21:44.51 (13)
- 3) TERRY ROSE – 22:51.26 (20)
- 4) MICHAEL CHRISTIE – 23:07.39 (22)
- 5) CATHY DUFFY – 23:56.14 (25)
- 6) ETHAN WOMSLEY – 29:57.30 (38)
- 7) JOE BUTLER – 30:33.26 (40)

10km

- 1) RICHARD FROST – 42:58.71 (16)
- 2) GARRY WOMSLEY – 43:28.96 (18)
- 3) GREG SARGEANT – 50:22.71 (39)
- 4) ROGER MAR – 56:43.27 (57)
- 5) RENAE ISLAUB – 1:02:27.34 (69)

21.1km

- 1) GEOFF SHEARGOLD – 1:35:49.90 (29)
- 2) GRAHAM SHEARGOLD – 1:39:15.34 (39)
- 3) MARK INGRAM – 1:56:12.74 (80)
- 4) RACHEL INGRAM – 2:16:45.24 (109)
- 5) LINDA BALINSKI – 2:21:25.65 (113)

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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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# The Official Girraween Extreme Heat Policy!

As most of you would know, we competed in extreme heat on one occasion at C.V. Kelly during the last summer season. Like most sporting organisations, we had no policy in place to make a firm decision on whether or not the competition should go ahead. As a result, our committee needed to put a policy in place to deal with any future competition days where there are similar temperatures. While it's great to compete during summer, our main priority is always the health and safety of our members, officials and spectators. Keeping that in mind, our committee has formulated the following policy: -

**When the Friday forecast for Western Sydney on the day of competition is equal to or in excess of 42deg C, or if the actual day temperature at 2.00 pm or throughout the day of competition is equal to or in excess of 42deg C, all events will be cancelled.**

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## Upcoming Events!

### Club Events

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

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

### ANSW Events

Sat - May 2nd - Road Championships (Homebush)

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

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

### Fun Runs & Other Events of Interest

Sun – May 10<sup>th</sup> – Sri Chinmoy – Sydney Series – Iron Cove – 16km, 8km & 4km – start & finish at Leichhardt Park – 8.00am

Sun – May 17<sup>th</sup> – SMH Half Marathon – Sydney CBD – 21.1km – 7.30am

Sun – May 17<sup>th</sup> – Kings Highway Fun Run – Gladesville – 2km – start & finish at Bedlam Bay – Parramatta River Regional Park – 9.30am

Sun – May 24<sup>th</sup> – Sydney Marathon Clinic Road Race Series – 5km, 10km & Long Race – Rosford Street Reserve, Smithfield – from 7.00am

Sun – May 24<sup>th</sup> – Bondi Barefoot Series – 4km & 10km – Bondi Beach – from 9.00am

Sun – May 31<sup>st</sup> – Bankstown Heart of the Lake Fun Run – 3km & 10km – Lake Gillawarna – from 8.00am

Sun – May 31<sup>st</sup> – Great Nosh Footrace – Lindfield Oval to Seaforth Oval – 15km – 10.00am

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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 with Garry Womsley – 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 – 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 20th - Long Course Cross Country (Nowra)  
Sat – June 27<sup>th</sup> – WEST METS 9 – Crestwood Reserve (Baulkham Hills)  
Sat – July 4<sup>th</sup> – WEST METS 10 – Prospect Reservoir  
Sat - July 11th - Road Relays (Wollongong)  
Sat - July 18th - Short Course Cross Country (Camden)  
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) - now confirmed  
Sat – August 22<sup>nd</sup> – WEST METS – TREVOR LONARD MEMORIAL HANDICAP – North Bank of Parramatta River (Rydalmere)  
Sat - August 29th - Australian Cross Country (Camden)  
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, 6<sup>th</sup> April – Mississippi Road – 3 x 400m

Michael Christie – 1:32, 1:34, 1:26

Chris Mackey – 1:11, 1:23, 1:10

Roger Mar – 1:30, 1:27, 1:31

David Perry – 1:23, 1:20, 1:18

Joe Butler – untimed (2 x 400m), 1:50

Garry Womsley – 1:33, 1:26, 1:35

Tuesday, 21<sup>st</sup> April – C.V. Kelly – Middle Distance

Ethan Womsley – 13:37 (2km CC), 6:16, 6:38 (1200m CC), 3:14 (600m CC)

Garry Womsley – 13:47 (2km CC), 5:54 (1200m CC), 2:42, 3:00 (600m CC)

The rest of the session was abandoned due to heavy rain.

Wednesday, 22<sup>nd</sup> April – Premier Street – 6 x 150m

Adam Sinclair – untimed (All)

Garry Womsley – 27sec, 27sec, 27sec, 26sec, 26sec, 27sec

Monday, 27<sup>th</sup> April – Quix Hill – 2 x 600m

Michael Christie – 2:22, 2:14

Adam Sinclair – untimed

Joe Butler – 3:01, 2:55

Roger Mar – 2:26, 2:25

Danny Martins – 1:33, 1:54

Renaë Islaub – untimed

Garry Womsley – 2:16, 2:15

Tuesday, 28<sup>th</sup> April – C.V. Kelly – Middle Distance

Garry Womsley – 13:08 (2km CC), 6:07, 6:12 (1200m CC), 3:18, 3:13 (600m CC)

Ethan Womsley – 13:06 (2km CC), 6:52, 6:10 (1200m CC), 2:59 (600m CC)

Nick Hanna – 4:35, 4:39, 4:37 (1200m CC)

Renaë Islaub – 3:18, 3:13 (600m CC)

Wednesday, 29<sup>th</sup> April – Monthly Time Trial

6.8km: -

1) Michael Grogan – 31:33

2) Roger Mar – 35:23

3) Garry Womsley – 35:33

5.1km: -

1) Renaë Islaub – untimed

3.4km: -

1) Jye Perrott – untimed

2) Wayne Thurlow - untimed

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## ***Mid-Week Training Programme For May!***

### **WEEK ONE**

#### **Monday, 4<sup>th</sup> May, 2009 (Mississippi Road) – 6.30pm**

1) 1.5km warm-up run to Mississippi Road

2) Drills on grass

3) 4 x 400m along footpath

4) Return to C.V. Kelly

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**Tuesday, 5<sup>th</sup> May, 2009 (C.V. Kelly) – 6.00pm**

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

**Wednesday, 6<sup>th</sup> May, 2009 (Dorothy Street & Back) – 6.30pm**

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

**WEEK TWO**

**Monday, 11<sup>th</sup> May, 2009 (Wiltona Place) – 6.30pm**

- 1) 2km Road – warm up
- 2) Drills on grass
- 3) 7 x 100m up hill, 7 x 100m down hill (recovery)
- 4) Warm down - track

**Tuesday, 12<sup>th</sup> May, 2009 (C.V. Kelly) – 6.00pm**

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

**Wednesday, 13<sup>th</sup> May, 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, 18<sup>th</sup> May, 2009 (Long run via Great Western Highway) - 6.30pm**

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

**Tuesday, 19<sup>th</sup> May, 2009 (C.V. Kelly) – 6.00pm**

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

**Wednesday, 20<sup>th</sup> May, 2009 (Quix Hill) – 6.30pm**

- 1) 1.5km Road – warm up to Quix Hill
- 2) Drills on grass
- 3) 3 x 600m up hill
- 4) 1.5km Road – warm down to C.V. Kelly

**WEEK FOUR**

**Monday, 25<sup>th</sup> May, 2009**

**TO BE ADVISED AFTER THE AGM**

**Tuesday, 26<sup>th</sup> May, 2009 (C.V. Kelly) – 6.00pm**

- 1) 2km Road – warm up
  - 2) Drills on grass
  - 3) Steeplechase & Middle Distance training
  - 4) Warm down
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Wednesday, 27<sup>th</sup> May, 2009

TO BE ADVISED AFTER THE AGM

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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

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

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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!**

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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**

## **Peter Elliott (1962- )**

Peter Elliott was born on 9<sup>th</sup> October, 1962 in Rotherham, Yorkshire, England. He was a world class middle distance runner who won medals at the Commonwealth Games, the European Championships, World Championships as well as the Olympic Games between 1986 and 1990.

Elliott was brought up in Rawmarsh near Rotherham. He attended Rawmarsh Comprehensive School and later worked as a joiner at British Steel. Remarkably, he managed to establish himself as a world class athlete while working fulltime.

He began his athletics career by running in the Young Athletes League for his local club Rotherham Harriers and his 800m time of 1:53.3 has been the U/17 record since 1979. Elliott also held the U/17 UK record with a time of 1:50.7 which stood for nearly 10 years. He excelled as a schoolboy athlete, winning 4 English Schools' titles, twice at 800m and twice in Cross Country.

Elliott won a bronze medal at the 1986 Commonwealth Games in Edinburgh behind Steve Cram and Tom McKean and a silver medal at the 1987 World Championships in Rome over 800m. The following year he won the silver medal in the 1500m Olympic final in Seoul. In January 1990 he became Commonwealth Champion over 1500m in Auckland.

Later in 1990 Elliott ran an outstanding 1:42.97 in Seville (ranked no. 1 in the world 1990 & the 3<sup>rd</sup> fastest Briton of all time) over 800m, making him the favourite to win both middle distance gold medals at the European Championships in Split. However, due to injury problems he only entered the 1500m and was tripped in the semi final. After an appeal by the British team he was reinstated. This move was against his wishes and may have contributed to him finishing 4<sup>th</sup> in the final.

A year later he had his revenge when he defeated the European champion Jens-Peter Herold in the 1500m at the European Cup in Frankfurt. He also won the Fifth Avenue Mile in 1987, 1989 and 1990, the latter in 3:47.83.

After retiring from competitive running, Elliott became a coach and race organiser. He joined Newcastle based sports marketing agency Nova International, where he was director of running. In 2004 he became Athlete Services Manager for Yorkshire at the English Institute of Sport in Sheffield.

Peter Elliott was the last in a long line of British middle distance champions which included Steve Ovett, Sebastian Coe, Steve Cram. The domination of these middle distance champions lasted from the late 1970's to the early 1990's. Perhaps a new one will be unearthed at home in the 2012 London Olympics.

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