
THE GIRRAWEEN ATHLETE

THE OFFICIAL MONTHLY MAGAZINE OF THE: -



INCORPORATED

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GIRRAWEEN ATHLETICS CLUB Inc.

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

Our Club Committee For 2009/2010!

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

<i>Steve Williams</i>	<i>President</i>	<i>0425227669</i>
<i>Garry Womsley</i>	<i>Secretary, ANSW Delegate, Publicity Officer (until 30th September, 2009)</i>	<i>9636-6017</i>
<i>Graham Sheargold</i>	<i>Registrar</i>	<i>9636-4389</i>
<i>Vince Adams</i>	<i>Treasurer</i>	<i>9863-2731</i>
<i>Robert Eager</i>	<i>Winter Competition</i>	<i>9675-2167</i>
<i>Steve Blunden</i>	<i>Summer Competition</i>	<i>9636-7357</i>
<i>Geoff Sheargold</i>	<i>ANSW Delegate & Junior Committee</i>	<i>9636-4389</i>
<i>Peter Matthews</i>	<i>Park Trust Delegate</i>	<i>9636-7352</i>
<i>George Milosevic</i>	<i>Park Trust Delegate</i>	<i>9626-8586</i>
<i>Nick Hanna</i>	<i>Fundraising Committee</i>	<i>9621-7895</i>
<i>Brad Milosevic</i>	<i>Fundraising Committee</i>	<i>0402656288</i>
<i>Stacey Argent</i>	<i>Fundraising Committee</i>	<i>9636-3879</i>
<i>Carly Eager</i>	<i>Fundraising Committee</i>	<i>9675-2167</i>
<i>Lisa Grant</i>	<i>Fundraising Committee</i>	<i>9631-1236</i>
<i>Adam Sinclair</i>	<i>Fundraising Committee</i>	<i>0431372445</i>
<i>Lauren Sinclair</i>	<i>Fundraising Committee</i>	<i>0401463560</i>
<i>Jean Davis</i>	<i>Records Officer</i>	<i>0421753456</i>
<i>Steve O'Donnell</i>	<i>Records Officer</i>	<i>0412175642</i>
<i>Michael Grogan</i>	<i>General Committee</i>	<i>0404008102</i>
<i>Wayne Thurlow</i>	<i>General Committee</i>	<i>0458240959</i>

The following positions are still vacant: - Coaching Co-Ordinator & Canteen Manager. The positions of Secretary, Publicity Officer & ANSW Delegate will also become vacant after 30th September, 2009. If anyone is interested in filling these positions please contact Steve Williams.

Next Meeting: - To Be Advised

It's Never Easy To Say Goodbye!

Dear Girraween Members & Friends,

As some of you may be aware. My family and I will be leaving Girraween Athletics Club Inc. on 30th September. While some members may think that this was a sudden decision, it was actually a decision based on a lot of thought over a long period of time. As we do our athletics together as a family, we made the decision based on how the whole family felt and we all agreed that it was time for a change.

Personally, I've felt a little stale in the past 12-18 months and that perhaps I needed a new challenge elsewhere. Those new challenges have come in the way of becoming a qualified official as well as being a part of two ANSW committees (Timing Chip Sub-Committee & Competition Advisory Panel). As a result, my sights are now more set on my officiating career and reaching a higher level of athletics administration rather than on competing myself. I've also found it hard to get motivated for the every day duties I have at Girraween. In addition, I've felt that I'm not really contributing on the current committee which probably means that I have been there too long.

After coaching Nick Hanna to international representation and an Oceania medal, I also have a renewed vigour for coaching after feeling discouraged in recent times as a result of losing some of my best athletes to other coaches over the last two years. To his credit, Nick has stuck at the task, strived to improve and has in fact had more success than the athletes I lost. He also shares my coaching philosophy of "train smart and race often" so I think I owe it to him to concentrate on helping him to stay at that level.

Basically, my priorities have changed and evolved since I first started at Girraween in 2004. It's never easy to say goodbye after being a part of a club for such a long period of time but my family and I know that it is definitely time to move on. I would like to thank all those who have helped me and encouraged me throughout my time at Girraween. I will definitely miss you all. Most of all, I will miss putting this newsletter together. 64 issues is not a bad effort and I'm happy to pass the baton on to someone else.

As for Girraween, the club is certainly in better shape now than when I started in 2004 and I'm sure it will continue that way. Anyway, it's goodbye from me and I'm sure you will still see me around somewhere in athletics circles.

Yours in Athletics
Garry Womsley (on behalf of Cheri & Ethan)

Results From West Metropolitan No.

11!

Saturday, 25th July, 2009 – River Road Reserve, Emu Plains.

2km: -

- 1) W. Thurlow - 7.45
- 2) E. Bratovic - 7.48
- 3) D. Martins - 8.01
- 4) M. Grogan - 8.22
- 5) D. Perry - 8.29
- 6) G. Sargeant - 8.30
- 7) S. O'Donnell - 8.44
- 8) J. Kirk - 8.52

- 9) K. Mayhew - 9.02
- 10) R. Lamas - 9.09
- 11) T. Rose - 9.32
- 12) S. Blunden - 9.43
- 13) S. Mifsud - 10.01
- 14) R. Mar - 10.07
- 15) R. Juhart - 10.11
- 16) S. Russell - 10.29
- 17) K. Russell - 10.41
- 18) V. Adams - 10.45
- 19) R. Mifsud - 12.23
- 20) E. Makki - 13.04
- 21) H. Elias - 14.02
- 22) A. Mifsud - 14.35

5km: -

- 1) W. Thurlow - 22.00
- 2) S. Parkins - 22.53
- 3) D. Perry - 23.54
- 4) R. Lamas - 24.25
- 5) M. Christie - 24.49
- 6) D. Martins - 25.13
- 7) S. Argent - 26.34
- 8) C. Eager - 26.45
- 9) S. Blunden - 27.04
- 10) G. Sargeant - 28.01
- 11) R. Mar - 28.14
- 12) K. Russell - 30.22
- 13) J. Davis - 31.10
- 14) J. Butler - 33.46

10km: -

- 1) Geoff Sheargold - 40.34
- 2) P. Matthews - 41.40
- 3) L. Grant - 42.41
- 4) M. Grogan - 44.29
- 5) Graham Sheargold - 48.06
- 6) C. Kidson - 48.17
- 7) R. Lamas - 56.29
- 8) G. Sargeant - 58.54
- 9) K. Scalley - 59.27
- 10) R. Mar - 61.49

Results From West Metropolitan No.

12 - Saturday, 1st August, 2009 - Cowell's Lane.

2km: -

- 1) WAYNE THURLOW - 7:42 (3)
- 2) ED BRATOVIC - 7:46 (4)
- 3) MICHAEL GROGAN - 7:52 (5)
- 4) DANNY MARTINS - 7:54 (7)
- 5) ADAM SINCLAIR - 7:55 (8)
- 6) STEVE MIFSUD - 8:20 (11)
- 7) GREG SARGEANT - 8:32 (18)
- 8) RICHARD LAMAS - 8:41 (22)

- 9) STEVE O'DONNELL – 8:43 (23)
- 10) DAVID PERRY – 8:55 (24)
- 11) STEVE BLUNDEN – 9:39 (27)
- 12) ROGER MAR – 10:07 (31)
- 13) STEPHANIE RUSSELL – 10:11 (33)
- 14) VINCE ADAMS – 10:18 (35)
- 15) KATRINA RUSSELL – 10:42 (38)
- 16) REBECCA MIFSUD – 13:34 (49)
- 17) ANTOINETTE MIFSUD – 14:11 (53)
- 18) HIAM ELLIAS – 14:14 (54)
- 19) LAUREN SINCLAIR – 14:50 (55)
- 20) NELSON INGRAM – 16:02 (56)
- 21) MARK INGRAM – 16:03 (57)
- 22) RACHEL INGRAM – 16:10 (58)

4km: -

- 1) ED BRATOVIC – 17:02 (19)
- 2) STEVE PARKINS – 17:52 (22)
- 3) WAYNE THURLOW – 18:53 (30)
- 4) DAVID PERRY – 19:02 (31)
- 5) MICHAEL CHRISTIE – 19:13 (32)
- 6) RICHARD LAMAS – 19:40 (33)
- 7) DARREN GOULD – 19:55 (34)
- 8) STEVE BLUNDEN – 20:42 (36)
- 9) GREG SARGEANT – 21:00 (38)
- 10) STACEY ARGENT – 21:29 (41)
- 11) ROGER MAR – 21:52 (44)
- 12) JEAN DAVIS – 23:04 (48)
- 13) STEVE O'DONNELL – 23:05 (49)
- 14) RACHEL INGRAM – 23:53 (52)
- 15) KATRINA RUSSELL – 24:01 (54)

8km: -

- 1) PETER MATTHEWS – 32:37 (8)
- 2) MARK AMIN – 33:47 (12)
- 3) LISA GRANT – 34:03 (13)
- 4) MICHAEL GROGAN – 35:12 (16)
- 5) DENIS ANDREW – 38:37 (20)
- 6) DANNY MARTINS – 38:51 (21)
- 7) DAVID PERRY – 41:02 (26)
- 8) MARK INGRAM – 41:40 (27)
- 9) RICHARD LAMAS – 43:23 (29)
- 10) KEN SCALLEY – 44:07 (30)
- 11) GREG SARGEANT – 45:21 (32)
- 12) ROBERT EAGER – 45:38 (33)
- 13) ROGER MAR – 49:14 (35)

Garry Competes In Geelong!

Victorian 10 Mile (16km) Cross Country Championships, Saturday, 1st August, 2009 – Eastern Park, Geelong.

Garry Womsley travelled to Geelong for the Victorian 10 Mile Cross Country Championships. Representing the Geelong Regional Team on the day, he completed the challenging course in a time of 1:14:26. He placed 255th out of total field of 312 runners. It was a pretty good effort as he was against a number of runners who were more than half his age.

Results From Cities Marathon &

Marathon Relay! – Sunday, 26th July, 2009 – M7 Prestons to Blacktown Olympic Park,

Marathon: -

	<u>Overall Time</u>	<u>Placing</u>
1) BRENDAN DAVIES	2:59:14	20th
2) SURESH RAJU	4:43:14	161st
3) LINDA BALINSKI	4:53:09	166th

Marathon Relay: -

	<u>Overall Time</u>	<u>Placing</u>	<u>Splits</u>
1) NICK HANNA/ GARRY WOMSLEY	3:12:53	10th	1:35:15 (Nick) 1:37:36 (Garry)
2) JOHN SMITH/MICHAEL FREE	3:27:36	17th	1:38:26 (Michael)
3) STEVE MIFSUD/EILEEN	3:46:12	25th	1:42:13 (Steve)
4) MARK INGRAM/RACHEL INGRAM (Rachel)	4:09:28	30th	1:53:16 (Mark) 2:16:11

Nick Gets Bronze At The Oceania

Regional Championships! – 4th – 8th August, 2009 – Griffith University, Gold Coast.

Nick Hanna scored a medal in his first taste of International athletics this week. Competing in the Melanesian Division, Nick placed 4th in the 5000m and 3rd in the 10000m which was a great effort. Competing at these championships has given Nick a boost in confidence and also some recognition from Athletics Australia and the AIS. He hopes that this will be the start of regular International representation. Full results as follows: -

	<u>Event</u>	<u>Time</u>	<u>Placing</u>
NICK HANNA	5000m	19:52.07	4th
	10000m	42:11.04	3rd

Results From City2Surf! – Sunday, 9th August, 2009.

- 1) BRENDAN DAVIES - 50:46 (164)
- 2) GEOFF SHEARGOLD - 52:36 (262)
- 3) LISA GRANT - 57:12 (695)
- 4) MICHAEL FREE - 58:04 (839)
- 5) PETER MATTHEWS - 58:08 (856)
- 6) MARK AMIN - 61:06 (7002)
- 7) GRAHAM SHEARGOLD - 62:18 (1733)
- 8) GARRY WOMSLEY - 63:32 (2062)
- 9) STEVE PARKINS - 66:05 (2935)
- 10) DENIS ANDREW - 66:16 (3175)
- 11) STEVE MIFSUD - 67:45 (3885)
- 12) CLIVE KIDSON - 69:00 (4234)
- 13) STEVE O'DONNELL - 70:21 (4611)
- 14) RICHARD LAMAS - 71:22 (5342)

- 15) STEVE WILLIAMS - 71:26 (5039)
- 16) GREG SARGEANT - 71:33 (5103)
- 17) DANNY MARTINS - 72:58 (16313)
- 18) TERRY ROSE - 74:58 (12762)
- 19) LONNIE BALINSKI - 78:25 (7347)
- 20) STACEY ARGENT - 78:43 (14195)
- 21) EDDIE MAKKI - 79:15 (7802)
- 22) ROGER MAR - 80:26 (11253)
- 23) LINDA BALINSKI - 83:55 (12158)
- 24) RICHARD FROST - 83:56 (19420)
- 25) ROBERT EAGER - 85:30 (12947)
- 26) SURESH RAJU - 85:55 (13173)
- 27) RENAE ISLAUB - 93:21 (27301)
- 28) JOE BUTLER - 104:57 (22937)
- 29) HIAM ELLIAS - 111.33 (38376)
- 30) STEVE BLUNDEN - 126:09 (45636)

Results From West Metropolitan No.

13!

Saturday, 15th August, 2009 – Gipps Road Reserve, Greystanes.

2km: -

- 1) ED BRATOVIC – 7:34 (7)
- 2) WAYNE THURLOW – 7:44 (8)
- 3) STEVE MIFSUD – 8:03 (11)
- 4) ADAM SINCLAIR – 8:04 (12)
- 5) DAVID PERRY – 8:15 (16)
- 6) MICHAEL GROGAN – 8:16 (17)
- 7) GREG SARGEANT – 8:26 (20)
- 8) STEVE O'DONNELL – 8:34 (21)
- 9) JAMES KIRK – 8:40 (23)
- 10) RICHARD LAMAS – 8:57 (24)
- 11) HEIDI JUHART – 9:21 (28)
- 12) ROGER MAR – 9:35 (32)
- 13) STEVE BLUNDEN – 9:40 (34)
- 14) VINCE ADAMS – 9:41 (35)
- 15) STEPHANIE RUSSELL – 9:44 (36)
- 16) KATRINA RUSSELL – 10:38 (42)
- 17) RENEE JUHART – 11:26 (44)
- 18) EDDIE MAKKI – 12:35 (47)
- 19) REBECCA MIFSUD – 13:11 (51)
- 20) ANTOINETTE MIFSUD – 14:05 (54)
- 21) NELSON INGRAM – 15:36 (57)
- 22) MARK INGRAM – 15:37 (58)
- 23) RACHEL INGRAM – 15:41 (59)

4km: -

- 1) STEVE PARKINS – 18:33 (25)
- 2) DAVID PERRY – 18:52 (27)
- 3) MICHAEL CHRISTIE – 18:56 (28)
- 4) WAYNE THURLOW – 18:57 (29)
- 5) RICHARD LAMAS – 19:09 (30)
- 6) VIV MANWARING – 19:19 (31)
- 7) GREG SARGEANT – 19:37 (33)
- 8) ROGER MAR – 21:20 (39)
- 9) JEAN DAVIS – 21:35 (41)

- 10) KATRINA RUSSELL – 22:53 (44)
- 11) MARK INGRAM – 24:35 (48)
- 12) RACHEL INGRAM – 24:48 (49)

8km: -

- 1) PETER MATTHEWS – 32:54 (7)
- 2) MARK AMIN – 33:59 (10)
- 3) MICHAEL GROGAN – 35:07 (11)
- 4) GRAHAM SHEARGOLD – 37:42 (14)
- 5) STEVE WILLIAMS – 41:52 (20)
- 6) KEN SCALLEY – 42:44 (22)
- 7) LONNIE BALINSKI – 43:20 (23)
- 8) GREG SARGEANT – 44:00 (24)
- 9) ROBERT EAGER – 45:00 (25)
- 10) BRIAN ENGLISH – 46:27 (27)
- 11) LINDA BALINSKI – 49:10 (28)
- 12) JOE BUTLER – 55:29 (29)

Results From State Half Marathon & 5km Fun Run!

Sunday, 16th August, 2009 – Lake Gillawarna.

- 1) BRENDAN DAVIES – 1:19:28 (21)
- 2) GARRY WOMSLEY – 1:38:17 (67)
- 3) MICHAEL GROGAN – 1:40:45 (71)
- 4) CLIVE KIDSON – 1:43:31 (77)
- 5) DENIS ANDREW – 1:48:21 (88)
- 6) DAVID PERRY – 1:50:20 (90)
- 7) MARK INGRAM – 1:51:51 (91)
- 8) MICHAEL CHRISTIE – 1:56:48 (96)
- 9) RACHEL INGRAM – 2:08:48 (105)
- 10) ROGER MAR – 2:11:35 (107)

Results from the 5km fun run are as follows: -

- 1) STEVE MIFSUD – 20:45 (21)
- 2) ETHAN WOMSLEY – 24:43 (45)

Important Information About SMC 2009-2010!

Race Calendar for 2009/2010

- 1) Sunday, 25th October, 2009 – 5km run & walk, 10km & 21.1km
- 2) Sunday, 22nd November, 2009 – 5km run & walk, 10km & 21.1km
- 3) Sunday, 20th December, 2009 – 5km run & walk, 10km & 21.1km
- 4) Sunday, 17th January, 2010 – 5km run & walk, 10km & 21.1km
- 5) Sunday, 21st February, 2010 – 5km run & walk, 10km & 25km
- 6) Sunday, 21st March, 2010 – 5km run & walk, 10km & 30km
- 7) Sunday, 18th April, 2010 – 5km run & walk, 10km & 21.1km
- 8) Sunday, 23rd May, 2010 – 5km run & walk, 10km & 25km
- 9) Sunday, 20th June, 2010 – 5km run & walk, 10km & 30km

The 2009/2010 season will see a new electronic timing system and a new fee structure: -

MEMBERSHIP FEE: -

Member Registration Fee: - \$10.00

Permanent Race Chip: - \$5.00

Running Cap: - \$20.00

Bib: - Nominal

Total: - \$35.00

MEMBER ONLY RACE PACK PRICING: -

Race Pack	Short Run	Long Run	Free Races
3 Races	\$21.00	\$33.00	0
6 Races	\$36.00	\$55.00	2
9 Races	\$49.00	\$77.00	3

CASUAL RACE PRICING: -

5km Run & Walk - \$12.00

10km Run - \$15.00

Long Run - \$18.00

There will be a registration day to be held on 13th September 2009 where we will register runners, issue member packs and test run the new timing system. There will also be a free BBQ and a mob run.

Happy Birthday!

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

- 2nd: - Greg Sargeant
- 3rd: - Brenda Micallef
- 11th: - Louise Cuthbert
- 14th: - Ken Scalley
- 14th: - Peter Kimpton
- 17th: - Jack Howard
- 19th: - Robert Eager
- 21st: - Adam Sinclair

Garry Scores 92% In His Latest Exam!

In early July Garry Womsley sat for another official's exam. The subject was "Track" and we are pleased to advise that he got a mark of 92%. The subject covered all aspects of track officiating. He now has "C" grade qualifications in "Walks", "Out of Stadium" and "Track".

Qualified Officials Required!

Over the last few years, ANSW have introduced the "Clubs on Track" scheme. This is where all affiliated clubs are rated in different areas to determine their overall rating (Gold, Silver or Bronze). Last year we received a gold rating but there has been a re-weighting of the points system this year directed towards clubs being able to supply qualified technical officials to ANSW events. Unfortunately, we currently have only three qualified technical officials and this is affecting our rating with ANSW.

If you need more proof on how rewarding it is, read the following testimony: -

Being an accredited official really has its rewards. You can give something back to the sport and really, the sky is the limit as to how far you can go. Who knows? One day you may be officiating at a Commonwealth or Olympic Games. I've been an official for about 8 months now and I'm glad I made the commitment. I've found it really rewarding and it has really helped me to have more an understanding of what goes on behind the scenes on competition days. If you become an official, you will always have plenty to do and you will learn on the job. There are always plenty of fellow officials to help you if you are feeling a little overawed or have any questions. I've now got my "C" Grade certificates in Walks, Out of Stadium and Track and I will be sitting for more exams in the future. It is the best move I've ever made since I've been involved in athletics.
Garry Womsley.

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

Upcoming Events!

Club Events

Sat – Sept 5th – WEST METS RELAYS & PRESENTATION DAY – West Auburn (Duck Creek)
 Sat – Sept 12th – Girraween Summer All-Comers – C.V. Kelly – 2.00pm
 Sat – Sept 19th – Girraween Summer All-Comers – C.V. Kelly – 2.00pm
 Sat – Sept 26th – Girraween Summer All-Comers – C.V. Kelly – 2.00pm

ANSW Events

Sun 20 Sept NSW Marathon Championships (incorporating the Blackmore's Running Festival – 4.5km, 9km, 21.1km & 42.2km) – all races start at Milson's Point and finish at the Sydney Opera House – please check the website for all start times and other information

Fun Runs & Other Events of Interest

Sat 5 Sept Sydney Striders 10km Series (North Head) – 7.00am
 Sun 6 Sept Berowra Bush Runners 10km Road Run Hcp (Warrina St Oval Car Park) – 7.15am
 Sun 13 Sept Sri Chinmoy Sydney Series (6km, 12km & 24km) – Gipps Rd, Greystanes – 8.00am
 Sun 13 Sept Bridge to Bridge (5km & 10km) – Kissing Point Park, Putney – 9.00am
 Sun 27 Sept Umina Sand Slog (5km & 10km) – Umina Beach - 8.00am
 Sun 27 Sept Wanda Spring Beach Classic (8km) – Wanda Beach – 9.00am
 Sun 27 Sept Westpac Hills Fun Run (4km & 8km) – Fred Caterson Reserve – from 8.00am

Girraween Club Winter Training Days & Times

As we still do not have a coaching co-ordinator, the following procedures have been put in place for Mondays & Wednesdays: -

- 1) Little A's training at C.V. Kelly will now start at 6.00pm and finish at 7.00pm. Peter Matthews leads the group on Mondays & Wayne Thurlow leads the group on Wednesdays.
- 2) All senior athletes are welcome to warm up at 6.00pm with the Little A's group. They are then welcome to complete the rest of the session with Little A's or follow the senior programme which has been organised for each week.
- 3) There is no Tuesday night training until further notice.

Coaching Courses For 2009!

There are only a few courses left in 2009 so be quick if you are interested in doing a course. The club will refund your fees if you pass and intend to share your coaching skills at Girraween. We are still looking for a coaching co-ordinator and you need to have at least a level one coaching certificate. Most courses only go for two days and the exams are all multiple choice and "open book". If you require more information, please contact Garry Womsley on 0405586961 or bigwombat1@hotmail.com.

LEVEL TWO

September 12-13 – Westfield Sports – (if you are interested in sitting this course you need to have the level one certificate. You would also be best to contact the ATFCA head office as the NSW contact, Roger Green, passed away recently) – closing date: - 01/09/09

Garry Chalks Up 1000 Coaching Hours!

On 26th August, Garry Womsley chalked up 1000 coaching hours. Garry started coaching under Max Wilkinson at Illawong in early 2004 before taking over as Coaching Co-Ordinator at Girraween from Vicki Savage in July 2004. He relinquished the position in June this year but has continued to coach Australian representative Nick Hanna as well as his son Ethan. He has not always found coaching an easy task particularly when he has had some of his athletes poached by other coaches offering the world. He has also lost other athletes to coaches who have no accreditation or were not truthful about the level of accreditation that they had. This was one of the reasons why he has scaled back his coaching recently as he felt that it wasn't a level playing field in the coaching ranks. However, with Nick representing Australia and Ethan improving considerably this year as well as Athletics Australia putting measures in place to make coaches totally truthful about their accreditation, he feels far more encouraged and may look at taking on additional athletes in the near future. His motto of "train smart and race often" is certainly working with Nick and Ethan. He believes that far too many coaches train their athletes into the ground and don't encourage them to race enough. He believes that racing often gets the body more conditioned to what is expected in a race and also helps the athlete know more about their opposition and their reactions when put under pressure.

World News!

13th August: - Gold medal favourite Steve Hooker is only a 50/50 chance of lining up in the world championships after suffering a thigh injury during training. The reigning Olympic pole vault champion felt something go amiss in his right leg during a simple take off drill in Cologne on Monday night. An MRI scan in Berlin yesterday confirmed that he suffered a grade 1 tear in the adductor muscle. The normal prognosis for such an injury is 3 weeks on the sidelines but the Australian team captain is aiming to be ready for the pole vault qualifying next Thursday. Meanwhile, the world braces for the much awaited clash between Tyson Gay and Usain Bolt. Both declare themselves ready and in good form. Both are also quietly confident of breaking the world record.

15th August: - Tyson Gay has criticised the rule change that will automatically disqualify every runner that jumps the gun next year while Olympic Champion Usain Bolt has given his support for the move. Gay agrees with the current rule where the second runner to commit a false start is excluded. The rule change was adopted by the IAAF yesterday but it will not be enforced at the World Championships. The Australians in action on day one of the World Championships are: - Scott Martin, Justin Anlezark (Shot Put qualifying), Donna MacFarlane (3000m Steeplechase heats), Jared Tallent, Luke Adams and Adam Rutter (20km Walk final), Jeff Riseley, Jeremy Roff and Ryan Gregson (1500m heats), Tristan Thomas and Brendan Cole (400m hurdles heats)

16th August: - Jared Tallent faded to finish 6th in the 20km walk at the World Championships. Adam Rutter was unfortunately disqualified. Jessica Rothwell placed 22nd in the World Championship 20km walk in a time of 1:36:01. Clare Tallent placed 27th in a time of 1:38:12. Cheryl Webb was disqualified. Meanwhile, javelin thrower Kimberley Mickle failed to make the final after her best throw of 57.46m in the qualifying round was way short of her personal best of 63.49m. She needed at least

59m to make the final in Berlin. Dani Samuels is quietly confident of doing well in the discus. She has never trained so hard and feels confident after defeating the 2008 Olympic Medallists during the European season.

17th August: - Usain Bolt broke the world record for the 100m in the final at the World Championships in Berlin today. Bolt stopped the clock in 9.58sec from Tyson Gay (USA) and fellow Jamaican Asafa Powell. Gay became the American record holder with his time of 9.71sec in the final. Bolt's gold medal time of 9.58sec can be compared against all other track and field events using the IAAF's official scoring tables which allocate points for performance. The 9.58sec is worth 1374 points on the most recently calibrated tables and that score is almost off the table (which stops at 1400 points). Bolt's world record time of 19.30sec for the 200m sprint set in Beijing is equivalent to 9.68sec over 100m. In fact, Bolt ran 9.69sec to win the Beijing title. In statistical terms Bolt's 100m time suggests he could run 19.08sec for the 200m. Tommie Smith was the first to break the 20sec barrier in Mexico in 1968.

The progression of the 100m world record over the years is as follows: -

06/07/1912 - Donald Lippincott (USA) - 10.6sec
23/04/1921 - Charles Paddock (USA) - 10.4sec
09/08/1930 - Percy Williams (CAN) - 10.3sec
20/06/1936 - Jesse Owens (USA) - 10.2sec
03/08/1956 - Willie Williams (USA) - 10.1sec
21/06/1960 - Hary Armin (GER) - 10.0sec
20/06/1968 - Jim Hines (USA) - 9.99sec
14/10/1968 - Jim Hines (USA) - 9.95sec (Electronic)
03/07/1983 - Calvin Smith (USA) - 9.93sec
24/09/1988 - Carl Lewis (USA) - 9.92sec
14/06/1991 - Leroy Burrell (USA) - 9.90sec
25/08/1991 - Carl Lewis (USA) - 9.86sec
06/07/1994 - Leroy Burrell (USA) - 9.85sec
27/07/1996 - Donovan Bailey (CAN) - 9.84sec
16/06/1999 - Maurice Greene (USA) - 9.79sec
18/08/2006 - Asafa Powell (JAM) - 9.77sec
09/09/2007 - Asafa Powell (JAM) - 9.74sec
31/05/2008 - Usain Bolt (JAM) - 9.72sec
16/08/2008 - Usain Bolt (JAM) - 9.69sec
16/08/2009 - Usain Bolt (JAM) - 9.58sec

18th August: - Sally McLellan has wrapped up her preparations for the world championships with personal best performances in several of her training routines according to her coach Sharon Hannan. She feels that she is in the form to break her national record of 12.5sec. Meanwhile, Tristan Thomas and Brendan Cole made the semi finals of the 400m hurdles. Thomas finished second last in his semi final in a time of 49.76sec after stumbling in the straight. Cole finished last in the other semi final in a time of 49.92sec. It was encouraging that both Australians made the last 16 of this event.

19th August: - Usain Bolt cruised into the 200m semi finals with a time of 20.70sec. 2004 Olympic Champion Shawn Crawford was the fastest in 20.60sec followed by Jamaica's Steve Mullings (20.62sec) and American Wallace Spearmon (20.66sec). Tyson Gay withdrew from the event to concentrate on the 4 x 100m relay. He is nursing a groin injury. Ethiopian Kenenisa Bekele etched his name in history when he won his 4th consecutive 10000m world title. He ran 26:46.31 to add to his gold collection after his wins in Paris (2003), Helsinki (2005) and Osaka (2007). He matched compatriot Haile Gebrselassie for the most world titles won. Australians John Steffensen, Sean Wroe and Joel Milburn all progressed to the 400m semi finals, which is a great boost for the 4 x 400m relay which they are a part of. Wroe (45.31sec) was the fastest from Steffensen (45.37sec) and Milburn (45.56sec).

20th August: - The most pleasing thing to come out of these World Championships is that the men's 100m finalists have been drug tested and given the all-clear. It certainly gave the sport a boost that such a high quality race was not tainted by drugs. Hopefully, this trend will continue. However, this day was also filled with accusations. Female South African 800m runner Caster Semenya has been accused of actually being a man. She has been likened to former champion Maria Mutola who faced similar allegations during her career. Semenya has won through to tomorrow's final. Sadly, some of her fellow competitors won't even talk to her and there have also been calls for her to be banned from the final.

She was apparently subjected to some stringent tests to determine her sex and these have been said to be “on-going” after the world championships. *(In my opinion, this athlete deserves to be treated with the respect and dignity that all human beings are entitled to. If further tests show that she is guilty of any wrongdoing, she will be dealt with accordingly by being banned as well as being stripped of any records and medals she may earn. Until such time, we should applaud her on her fine performances – GW).* On a brighter note, Dani Samuels won through to the Discus final with just one throw. Her only throw landed at 62.67m and was enough to beat the qualifying distance of 61.95m. Her PB is 62.95m but she is convinced that she will need 65m to win gold here. She is quietly confident that she can give it a good shake.

21st August: - Usain Bolt again won gold and again broke the world record! This time he did it in the 200m in a time 19.19sec. Steve Hooker needed just one jump to make it through to Saturday’s Pole Vault final. Still suffering from a thigh injury, he was able to manage a leap of 5.65m. The difficult thing in the final will be that he thinks he only has two good jumps in him. He better make it count! His injury has continued the run of outs at these championships with Sally McLellan only managing 5th in the 100m hurdles after suffering a back spasm shortly before the event. As expected, South African Caster Semenya won the women’s 800m final in an outstanding time of 1:55.45. She won by a massive 2 ½ seconds. In other news, John Steffensen (45.50sec), Sean Wroe (45.32sec) and Joel Milburn (46.06sec) all failed to qualify for the 400m final.

August 22nd: - Australia has two finalists in the World Championship Long Jump. Fabrice Lapierre and Mitchell Watt both qualified with a jump of 8.14m which placed them equal 5th. Watt has come a long way in the last 12 months after being disgruntled with athletics. He was set to concentrate on his law studies. However, he has since got his enthusiasm back and is all set to challenge for a medal. Lapierre who is now US based has also improved markedly after qualifying late for last year's Olympics. He hasn't looked back.

Usain Bolt the world record holder in 100 & 200m has been compared in speed to a number of fast moving animals and comes in 6th on the list as follows:-

- 1) Cheetah - 112km/hr
- 2) Impala - 80-96km/hr
- 3) Racehorse - 72-80km/hr
- 4) Greyhound - 64km/hr
- 5) Cat - 40-48km/hr
- 6) Usain Bolt - 46km/hr
- 7) Elephant - 32km/hr
- 8) Snail - 0.01220km/hr

Australia's run of outs at this World Championships ended with Dani Samuels taking gold in the Discus. She had to do a personal best (65.44m) to get it but at just 21 it is fair to say that her best is yet to come. Luke Adams (3:43:39) placed 6th and Jared Tallent (3:44:50) placed 7th in the 50km Walk.

August 23rd: - More medals for Australia! Steve Hooker defied the pain of a muscle tear to earn gold in the Pole Vault. His best of 5.90m was good enough to win and it was regarded as one of the most courageous efforts in athletics history. He could hardly walk yet he still powered in and got over. Mitchell Watt earned bronze in the Long Jump with a great jump of 8.37m. Fabrice Lapierre placed 4th with 8.21m. Martin Dent was the highest placed Australian in the Marathon in 21st in a time of 2:16:05. Andrew Letherby (30th - 2:17:29), Mark Tucker (47th - 2:21:57) and Scott Westcott (58th - 2:26:02) followed. The men's 4 x 400m relay team (Milburn, Thomas, Offereins and Wroe) placed 4th in their heat in a time of 3:02:04 and qualified for the final while the women's team did not (Steinert, Pape, Willis-Pincott and Lewis - 4th in 3:30.80). The men's 4 x 100m also did not qualify (Alozie, Ross, Rouge-Serret and Davies - 3rd in 38.93sec).

Meanwhile, the progression of Discus golden girl Dani Samuels since 2001 has been nothing short of outstanding: -

- 2001 - 39.17m
- 2002 - 46.49m
- 2003 - 47.29m
- 2004 - 52.21m
- 2005 - 58.52m

2006 - 60.63m
 2007 - 60.47m
 2008 - 62.95m
 2009 - 65.44m

It is expected that at 21 that she will have a lot of improvement in her. With the track athletes not doing so well, the likes of Samuels, Hooker and Watt are expected to carry our hopes for many years to come.

24th August: -

The September edition of Alpha Magazine has listed the 100 Greatest Athletes Ever. The following athletes made the list: -

- 9 - Carl Lewis - sprints/long jump
- 13 - Emil Zatopek - long distance
- 19 - Jesse Owens - sprints/long jump
- 22 - Paavo Nurma - middle/long distance
- 23 - Jim Thorpe - discus
- 37 - Haile Gebrselassie - long distance
- 42 - Michael Johnson - sprints
- 51 - Herb Elliott - middle distance
- 52 - Jackie Joyner-Kersey - heptathlon/long jump
- 58 - Edwin Moses - long hurdles
- 60 - Daley Thompson - decathlon
- 71 - Babe Zaharias - short hurdles/javelin/high jump
- 79 - Fanny Blankers-Koen - sprints
- 81 - Usain Bolt - sprints
- 87 - Sergei Bubka - pole vault
- 89 - Shirley Strickland - sprints/short hurdles
- 91 - Roger Bannister - middle distance

(Where's Betty Cuthbert? Surely the only person to win Olympic gold in 100m, 200m and 400m deserved to be there somewhere in my opinion – GW)

Meanwhile, the last day of competition in Berlin saw Australia pick up another bronze medal to register our best ever haul at a World Championships. The “silver bullets” as they were affectionately known after picking up Olympic silver in 2004 in Athens picked up bronze in the final of the men’s 4 x 400m relay. The team of John Steffensen, Ben Offereins, Tristan Thomas and Sean Wroe placed 3rd in a time of 3:00.90. Joel Milburn who ran a leg in the heat was the odd man out after Steffensen took his place in the final. However, he will also be awarded a medal as per the standard procedure. Collis Birmingham placed 16th in the 5000m in a time of 13:55:58. Lisa-Jane Weightman put in a strong performance from a long way back to finish in 18th position in a time of 2:30:42 which was a personal best.

The top 20 performances at the World Championships are as follows: -

Name	Event	Pos.	Result	Performance Score (Overall)
Men:				
Usain Bolt	100m	1	9.58	1669
Usain Bolt	200m	1	19.19	1657
Jamaica	4x100m	1	37.31	1584
Tyson Gay	100m	2	9.71	1579
Ezekiel Kemboi	3000mSC	1	8:00.43	1560
Kenenisa Bekele	10000m	1	26:46.31	1548
Abel Kirui	Marathon	1	2:06:55	1548
Christian Cantwell	Shot Put	1	22.03	1542
Lashawn Merritt	400m	1	44.06	1542
Dwight Phillips	Long Jump	1	8.54	1540
Phillips Idowu	Triple Jump	1	17.73	1535

Sergey Kirdyapkin	50km Walk	1	3:38:35	1532
Trey Hardee	Decathlon	1	8790	1531
Robert Harting	Discus	1	69.43	1528
Kerron Clement	400m Hurdles	1	47.91	1527
Steven Hooker	Pole Vault	1	5.90	1526
Ryan Braithwaite	110m Hurdles	1	13.14	1525
Valeriy Borchin	20km Walk	1	1:18:41	1523
Trinidad and Tobago	4x100m	2	37.62	1520
Alonso Edwards	200m	2	19.81	1518
Richard Kipkemboi Mateelong	3000mSC	2	8:00.89	1518
USA	4x400m	1	2:57.86	1518

Women:

Melaine Walker	400m Hurdles	1	52.42	1555
Shally-Ann Fraser	100m	1	10.73	1546
United States	4x400m	1	3:17.83	1543
Jessica Ennis	Heptathlon	1	6731	1539
Blanka Vlašić	High Jump	1	2.04	1537
Sanya Richards	400m	1	49.00	1536
Caster Semenya	800m	1	1:55.45	1535
Allyson Felix	200m	1	22.02	1529
Jamaica	4x100m	1	42.06	1529
Anita Wlodarczyk	Hammer Throw	1	77.96	1526
Marta Domínguez	3000mSC	1	9:07.32	1526
Brittney Reese	Long	1	7.10	1520
Brigitte Ann Foster-Hylton	100m Hurdles	1	12.51	1514
Valerie Adams-Vili	Shot Put	1	20.44	1512
Steffi Nerius	Javelin Throw	1	67.90	1508
Kerron Stewart	100m	2	10.75	1502
Linet Chepkwemoi Masai	10000m	1	30:51.24	1501
Lashinda Demus	400m Hurdles	2	52.90	1497
Yargelis Savigne	Triple Jump	1	14.95	1489
Shericka Williams	400m	2	49.32	1485

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Great Athletes of the Past!

By Garry Womsley

Emma George (1974-)

Emma George was born on 1st November, 1974 at Beechworth, Victoria. She was a champion pole vaulter who set 12 world outdoor records and five indoor records during the mid to late 1990's. Remarkably, her early athletics career was as a long jumper and she only started pole vaulting in 1994 at the relatively late age of 20. Mark Stewart, who became her first pole vault coach, placed a notice on her local club room window. She contacted him and proved to be a quick learner. As a child she was an acrobat who spent time with the "flying fruit fly circus" at the age of 10. This background probably helped her with Pole Vault.

She won the Australian title in 1995 with what was seen as a promising vault of 3.40m. By the end of that year, she broke the world record twice (the first at a low key interclub meet) and in 1996 broke it

another four times. 1997 saw her first international honours with a second placing in the World Indoor Championships and a win in the World Student Games. She also broke the world record another two times during that year.

After her World Student Games win, she made a move to Adelaide and then Perth to train with former Russian coach Alex Parnov. In 1998 she claimed the first ever women's Commonwealth Pole Vault gold medal and was ranked as no.1 in the world at that time. She then went on to set her 12th world record of 4.60m at the Grand Prix in Sydney in February, 1999.

George's great performances got the event more exposure and eventually helped get it included in the main stream Championships such as the Olympics and the Worlds. Unfortunately, her career probably peaked a little early to take full advantage of these new opportunities. Injuries at this time also didn't help.

A training mishap, where she landed on the bare track instead of on the protective bags, meant that she went into the 1999 World Championships under-prepared and was perhaps never the same again. Her 14th placing was a far cry from the great things she had achieved in the event. However, she recovered sufficiently enough to win her fourth national title in 2000.

After clearing 4.40m at the Telstra Athletics Trials, Emma gained selection to represent Australia in the inaugural women's Pole Vault at the 2000 Sydney Olympics. Unfortunately, Emma was not able to make it into the final after finishing 8th in her qualifying group. She had to take a back seat to world record holder Stacy Dragila and fellow Australian Tatiana Grigorieva.

Following the Olympics, Emma had surgery to repair two stress fractures in her feet which included grafts and pins in the navicular bones in both feet as well as a complete ankle reconstruction. To make matters worse, she had a bone spur removed from her heel. As a result, she missed the entire 2001 season. She returned to competition at the Telstra A-series in Melbourne in 2002 where she placed 4th with a jump of 4.10m.

After persevering over the next twelve months, she decided to retire in December, 2003 at the young age of just 29 after a prolapsed disc in her back suffered during training made it impossible to go on. Surgery did repair the damage but it was clear to her that her back wouldn't hold up to the strain of competing.

Emma George will certainly be remembered for her world records but she will be remembered more for being a pioneer in a fledgling event. When she started, this event was not even included in the Commonwealth Games let alone the Olympics or World Championships. Now it is included in all three. She can rightfully take credit for this happening.

World Outdoor Records: -

4.25m – Melbourne – 30/11/1995
4.28m – Perth – 17/12/1995
4.30m – Perth – 28/01/1996
4.41m – Perth – 28/01/1996
4.42m – Reims, France – 29/06/1996
4.45m – Sapporo, Japan – 14/07/1996
4.50m – Melbourne – 08/02/1997
4.55m – Melbourne – 20/02/1997
4.57m – Auckland, New Zealand – 20/02/1998
4.58m – South Melbourne – 14/03/1998
4.59m – Brisbane – 21/03/1998
4.60m – Sydney – 20/02/1999

Achievements: -

1997 – World Indoor Championships – Paris, France – 2nd – 4.35m
1997 – World Student Games – Catania, Italy – 1st – 4.40m
1998 – Commonwealth Games – Kuala Lumpur, Malaysia – 1st – 4.20m
1999 – World Indoor Championships – Maebashi, Japan – 6th – 4.35m
1999 – World Championships – Seville, Spain – 14th – 4.15m

2000 – Olympic Games – Sydney, Australia – 15th – 4.25m

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