



# TRACK TALK

Athletics South Newsletter

December 22, 2008

Issue 6

## Inside this issue:

*Bill Barwick Memorial Program—January 6th* 16

*Briggs Athletics Classic* 3

*60 sec's with Jess Lyndon* 4

*Athletics South Program* 5

*PSG's* 6

*PSG article—Damian Lawler* 8

*Delayed Onset Muscle Soreness* 10

*Running and the Energy Systems* 12

*R4YL article on Brendan Hanigan* 16

**Wishing you all  
a very merry  
Christmas and  
a safe, healthy  
and happy new  
year.**

**BENNETTS**

**PETROLEUM**



## Bill Barwick Memorial twilight 6<sup>th</sup> January 2009

time	Men	Women
6:00	Hammer (Javelin)	Hammer (Shot Put)
		High Jump
	Relay 2x100 mixed S1	Relay 2x100 mixed S1
6:15	Heats 100yards	Heats 100yards
	Long Jump	Long Jump
6:25	1500m walk	1500m walk
6:35	200m S1	200m S1
6:45	Shot Put	Discus
	High Jump S1	
7:00	U/18 mile	U/18 mile
7:15	Bill Barwick Memorial Mile	Bill Barwick Memorial Mile
	Triple Jump	Triple Jump
7:30	Final 100yards	Final 100 yards
	Discus	Javelin
	High Jump (1:45)	
7:40	3000m run	3000m run
7:45	200m S2	200m S2
8:00	Relay 4x100 S2	Relay 4x100 S2

S = session.

Athletes need to nominate the session(s) they wish to participate in.

Athletics South reserves the right to limit the number of athletes per session.

Where heats are needed in track events, men will run in the first heat, women the second and then alternate.

**Note:** If the Hammer cage is unavailable, Men's Javelin, women's Shot Put will replace the Hammer at 6:00.



WORLD CLASS ATHLETICS IN HOBART

# Briggs Athletics Classic

Fri 30 Jan 2009 from 6:00pm

Domain Athletics Centre, Hobart



Pre-sold  
Adults \$10  
Children \$5  
Corporate  
tickets also  
available at  
\$50 - incl  
drinks



Tickets available from Centertainment  
Or, phone 03 6234 9551  
[www.tasathletics.org.au](http://www.tasathletics.org.au)

**Athletics**  
Tasmania



## 60 SEC's with!!!!!!!!!!!!!!!!!!!!!!

**NAME:** *Jessica Lyndon*

**ROLE IN ATHLETICS:** *Persistent Athlete/rookie coach*

**Why do I do It?** Because if you're not doing it, what the hell are you doing?

**When did I last cook the family meal and what was it?**

Last night, family of one- myself. Steamed vegies with mushrooms marinated in soy sauce. Mmmm!

**If Welshy says jump your response is??**

“Welshy, I'm not allowed to do plyometrics.”

**Rosemary Coleman is famous for what?** That team tracksuit.

**Who didn't Peter Fortune coach to a gold medal?** Ian Thorpe? What sort of question is this?

**What is the best form of clothing to wear to the Domain in Winter?** Clothes in general...  
The Domain is constantly in Winter...

**Just between us which is the best club in Tassie athletics (I won't tell anyone else)?**

SBHC- Since when did Seagulls become a symbol for athletics?

**Skins/ 2XU, cool or uncool?** So cool they're warm!

**If you could be anything in Athletics anywhere in the world what and where??** If I was running, I wouldn't care where!

**Should this interview take more than 60 sec's and if the answer is “yes” what on earth were you thinking?** Yes, and it's not my fault, I didn't write the interview questions.

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## 2008/09 ATHLETICS SOUTH CALENDAR

Day	Date	Meet	Venue	Start
Sun	28-Dec	AT - Race to the Taste Fun Run and Walk	Domain	
Sun	4-Jan	Cadbury Marathon Festival	Claremont	
Tues	6-Jan	AS Twilight/Bill Barwick Memorial	Domain	6.00pm
Sat	10-Jan	AS Interclub Prog # 4	Domain	12.30pm
Sat-Sun	10-11 Jan	State Combined Events Championships	Launceston	
Sat	17-Jan	AS Interclub Prog # 1	Domain	12.30pm
Sat	24-Jan	AS Interclub Prog # 2	Domain	12.30pm
Fri	30-Jan	Domain GP Meet - Briggs Athletics Classic	Domain	
Sat	31-Jan	Invitation National 20000m Track Walk Tasmanian 10000m Walk Championships	Domain	
Sat-Sun	31 Jan - 1 Feb	Australian U16/18/23 Combined Events AT Special Event Promotions	Domain	
Sat	7-Feb	AS Interclub Prog # 3	Domain	12.30pm
Sat	14-Feb	North v South Match (with relays emphasis)	Domain	
Sat	21-Feb	AS Interclub Prog # 4	Domain	12.30pm
Sat - Sun	28 Feb- 1 March	AT State Champs Days 1 & 2 (Sat pm, Sun am)	Launceston	
Mon	9-Mar	AS Interclub Prog # 1	Domain	4.00pm
Sat - Sun	14-15 March	AT State Champs Days 3 & 4 (Sat pm, Sun am)	Domain	
Sat	21-Mar	AS Interclub Prog # 2	Domain	12.30pm
Sat	28-Mar	AS "Fun Day"	Domain	
Sat - Sun	28-29 March	Tasmanian Masters Track and Field Championships	Launceston	

### **DO YOU HAVE A QUERY IN RESPECT OF THE INTERCLUB RESULTS?**

**If you have a query about the interclub results please contact your club representative.**

**EASTERN SUBURBS**

**Maureen McDonald**

**SANDY BAY**

**Chris Sullivan**

**OVA**

**Ian Holloway**

**TMA**

**Peter Lyden**

**NORTHERN SUBURBS**

**Tracey Parry**

**NW/N/OTHERS**

**Richard Welsh**

**The designated club official will collate any result queries and then onforward to me.**

**Thank you, Jarrod Gibson**



Congratulations to all the youth athletes that competed at the Pacific School Games in Canberra.

Athletics South medal winners were:

<b>Gold</b>	Danielle McConnell (Eastern Suburbs)	-	14 years Women's Hammer
	Huw Peacock (Eastern Suburbs)	-	16 years Men's Hammer (new Tasmanian Record, new PSG record and World Junior Qualifier)
<b>Silver</b>	Hamish Peacock (Eastern Suburbs)	-	18/19 years Men's Discus
	Hamish Peacock	-	18/19 years Men's Hammer
	Simon Bennett (Northern Suburbs)	-	17 years Men's High Jump
	Kaitlin Morgan (OVA)	-	13 years Women's High Jump
<b>Bronze</b>	Rebecca Direen (Eastern Suburbs)	-	14 years Women's Hammer

Numerous athletes achieved PB improvements, well done to all.

A sincere thank you is extended to team managers, coaches and support staff.

Rosemary Coleman	-	General Team Manager
Peter Fortune	-	Head Coach
Richard Welsh	-	Administration Manager
<b>Secondary</b>		
Charon Foster	-	Team Manager
Evan Peacock	-	Coach
Damian Lawler	-	Assistant Manager/Coach
Jessica Palermo	-	Assistant Manager
<b>Primary</b>		
Kaye Knee	-	Manager
Ian Holloway	-	Assistant Manager
Sam Morey	-	Assistant Manager/Coach





Dominic Anastasio 17 y 800 metres

Brent O'Leary 14 y 100 metres

Pics forwarded from Richard Welsh

—supplied by David Tarbottom



## PSG- Where Tasmania is and where we need to be

After recently spending the week in Canberra I was happy to see that most of what our Tasmanian athletes do training and preparation wise is similar, or the same, to our mainland and overseas counterparts.

What I did notice, and I will pick on sprinting as a focus as it is what I paid most attention to, was that the intensity that our mainland and overseas counterparts have in preparing for their events is far greater than our athletes. The Tasmanian talent appears to be there, technique in most parts are as good and in some cases better than those counterparts but there was just something that was missing?

After discussing the topic with some of my athletes and other coaches/officials I have come to the conclusion that our racing is not tough enough. Now you may say “gee what’s new” however if this has always been the case how do we change the racing environment and training environment to make both tougher?

For the female sprinters one simple solution is to train with and race against males, not just occasionally but every week! Is this allowed at club level? If a girl runs a qualifier in a male graded race does it stand? does a record stand? I don’t know? However if these are obstacles we may need them changed? Change to reflect opportunity for our talent.

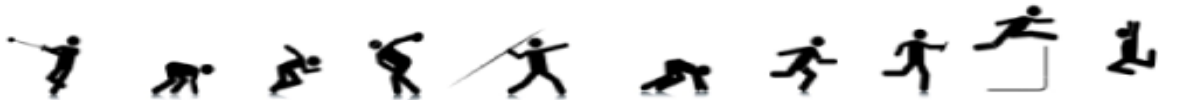
We should not scoff at female athletes racing males either and make them feel like they are being silly or make it uncomfortable, we should embrace the concept and if that means the females get an extra race in against the guys at interclub so be it. This is one area I feel we can move forward with. Ladies, train with your male counterparts, use handicapping at training as a way to resemble racing situations etc push yourselves harder than ever before and do not be afraid to be “unladylike” in your appearance, get up a sweat, look tired and dishevelled because at the end of the day you are all there for a purpose, you are training and racing to be your fastest and strongest.

For the developing male sprinters it is bit harder in some respects, however the answer in others is simpler. Firstly, as with the girls, change your mindset about what racing and training is about. Set handicapping in training, chase slightly slower squad mates and challenge yourselves to be at your strongest and fastest every session, within reason of course! Train with other athletes from other sports in their domain and develop a holistic work ethic. Travel for competition; seek faster and more talented opposition to better yourself. Remember as a developing sprinter winning at present is not the most important thing. If you know you have an opponent covered race him as if he is faster than you, do not fall into a comfort zone. If affordable seek competition on the mainland regularly as cost permits during the season, find a centre where you know there is depth and organise to do meets there. Not always simple answers however achievable nonetheless!

One area I would like to see our sport improve is the mindset of the competitor when representing the state. Whilst the PSG team enjoyed their experience I still saw an element of intimidation on many faces and in some an old fashioned lack of belief, for our sprinters self belief and quiet (yes I said quiet) confidence in ones own ability is paramount. In most cases we were as big and strong in appearance as our opponents and they were in all likelihood just as nervous as our team.

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Bring your game face and game head to big meets. The worst that can happen is we don't come first, we all bleed the same blood and we all wake up the next morning and it starts over again!

We had some strong performances and showed we have some talent in all age groups. We now need to harness the talent, show and give the opportunity and retain the talent and try to foster it to another level. Coaches, administrators and athletes alike all can take responsibility and try to better themselves.

I would also like to see Tasmanian athletics be groundbreakers, try different things, be flexible in the way we look at how we put on our competition and move forward ahead of the rest to give our talent an edge where they otherwise would not have one. The world has changed; athletics in Tasmania is not what it was in the past, for whatever reasons? we still have a sport that can move forward we just have to find a niche, a market, something that works and run with it. Try handicap interclub racing once per month? have mixed fields based on rankings for all running events? have hurdles and flat racing against each other where possible? These are just a couple of ideas.

Maybe it won't help at all but maybe it will?

Damo

AMFSprint™

In the end, it's extra effort that separates a winner from second place. But winning takes a lot more than that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don't win, how can you lose?" - Jesse Owens



# Delayed Onset Muscle Soreness

## What is it and why should I be aware of it?

Delayed onset muscle soreness (DOMS) is experienced by the elite and novice athlete. It causes problems ranging from muscle tenderness to disabling pain. DOMS commonly causes tenderness or stiffness in muscles with touch and movement. It differs from the usual soreness experienced after exercise, as it continues 24-48 hours after the initial bout of exercise. It is important to be aware of DOMS, as it can cause poorer performances in training and competition. This may be partly explained by a loss of strength and flexibility in the muscles.

Research is still trying to clarify the reason for the muscle soreness and the best treatment options. However, DOMS seems to occur when athletes are beginning a season of sport, after having a period of rest. Some researchers believe that the muscles sustain small areas of damage while performing eccentric exercise. This type of muscle activity occurs when a muscle is contracted while lengthening. For example, the lowering of your heel off the edge of a step is an eccentric exercise of the calf muscles. Sprinters eccentrically use their calf muscles after their forefoot initially contacts with the ground.

(Cheung, Hume & Maxwell 2003)

## Treatments

Many different treatments have been used by athletes, including; ice therapy, stretching, massage, compression clothing and exercise.

### **Ice**

Ice can be used in many ways to treat delayed onset muscle soreness. Massage, placing an ice pack on skin and immersing the body in icy water are common methods. These treatments may reduce the tender symptoms, but may not accelerate the recovery of muscle tissue (Howatson & Van Someren 2003; Cheung, Hume & Maxwell 2003).

### **Stretching**

Muscle stretching after exercise is one of the most commonly used treatments to prevent tenderness caused by exercise. The research indicates that it doesn't reduce muscle soreness in adults. However, a lot of the studies have been based in a laboratory, which may not represent the conditions which most athletes experience (Herbert & de Noronha 2007).

### **Massage**

Using massage within 3 hours after exercise may reduce muscle tenderness. However, it does not appear to improve muscle strength and flexibility recovery (Bakowski, Musielak, Sip & Bieganski 2008; Zainuddin, Newton, Sacco & Nosaka 2005).

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## Compression Garments

Wearing compression clothing may reduce muscle soreness and damage after exercise. However, the research in this area is still developing (Duffield & Portus 2007).

## Exercise

Light concentric exercise, where a muscle contracts while shortening (the opposite to eccentric exercise), may temporarily reduce tenderness induced by exercise. Unfortunately, it doesn't appear to affect the overall recovery from exercise that causes the tenderness (Zainuddin, Sacco, Newton & Nosaka 2006).

## Attention please...

While it is important to recognise the role of research to direct future treatments of injury and illness in sports, caution should be taken. Research focuses on measuring changes between groups of people and calculating if the changes are significant. This does not take into account individual responses to treatment, where each person's response to the same treatment may be different. Therefore, individuals should be encouraged to experiment using different treatment options to find the best combination for their needs.

If you require further information or advice regarding this article please contact Sam Leitch at [samuel.leitch@dhhs.tas.gov.au](mailto:samuel.leitch@dhhs.tas.gov.au) or at Ispahan Podiatry on 6224 3555.

Sam Leitch

Podiatrist

B.App.Sc.(Pod)

PGDipSportMed

## References

Bakowski, P., Musielak, B., Sip, P. & Bieganski, G. (2008). "Effects of massage on delayed-onset muscle soreness". *Chir Narzadow Ruchu Ortop Pol.* (73)4:261-5.

Cheung, K., Hume, P. & Maxwell, L. (2003). "Delayed Onset Muscle Soreness: Treatment Strategies and Performance Factors". *Sports Medicine.* (33)2:145-64.

Duffield, R. & Portus, M. (2007). "Comparison of three types of full-body compression garments on throwing and repeat-sprint performance in cricket players".(41)7:409-11.

Howatson, G. & Van Someren, K.A. (2003). "Ice Massage. Effect on exercise-induced muscle damage". *J Sports Med Phys Fitness.* (43)4: 500-5.

Zainuddin, Z., Newton, M., Sacco, P. & Nosaka, K. (2005). "Effects of massage of delayed-onset muscle soreness, swelling, and recovery of muscle function". *J Athl Train.*(40)3:174-80.

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## Running and the Energy Systems

### Darren Alomes

D. Fox and E. Matthews are generally considered to be the first to report on energy systems.

In track and field the energy systems play an important role in the training and sport specific conditioning especially for running events. The authors broke the energy systems into four known energy systems on a continuum. The energy systems are as follows;

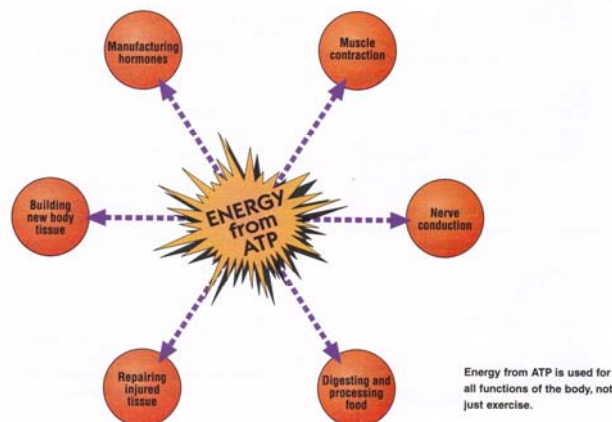
- ATP - [Adenosine Triphosphate](#):
- CP - [Creatine Phosphate](#):
- LA - [Lactic Acid](#):
- O<sub>2</sub> - [Oxygen](#)

Visually if you think of the energy systems being like a tap with a limited supply of water the four systems listed above are as follows;

- **ATP** is the initial turning on of the tap
- **ATP-PC** is turning the tap on to full, it has lots of power not particularly efficient and runs out quickly
- **Lactic** is a compromise, where it is powerfully and lasts longer then ATP-PC but it is not as powerful as the ATP-PC or does not last as long as the O<sub>2</sub> system
- **Aerobic** is turning the tap onto low, the water is consistent, efficient and not particularly powerful but lasts a long time.

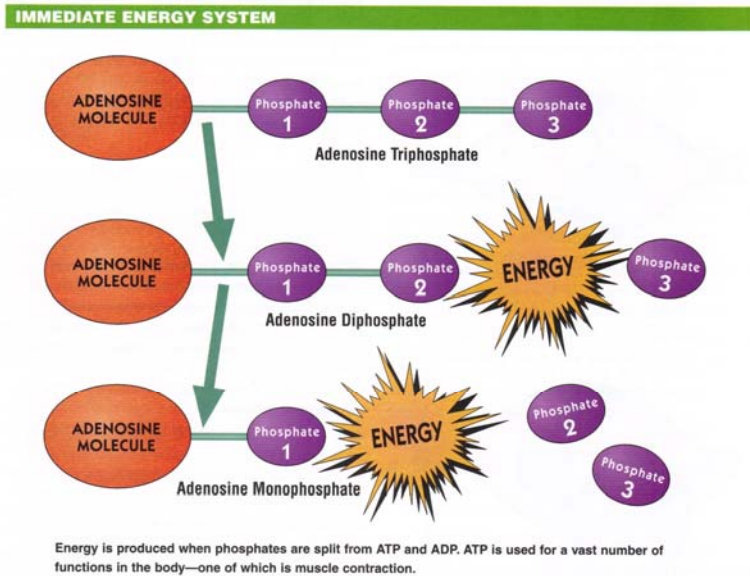
Following is a brief outline of the four energy systems showing how the energy is produced.

**ATP** is chemical compound formed with the energy released from food and stored in all cells, particularly muscles. Only from the energy released by the breakdown of this compound can the cells perform work. The breakdown of ATP produces energy and ADP. The system is the initial contracting of muscles and the building block for humans.



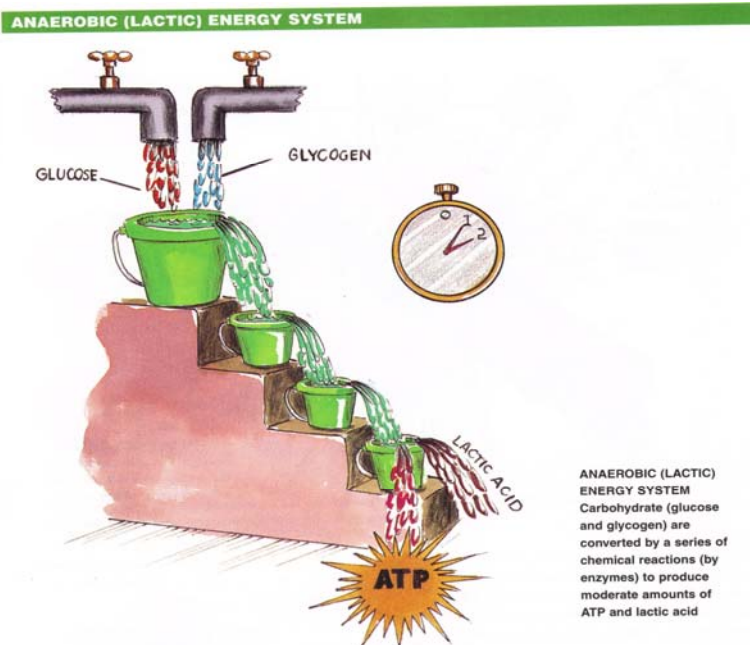


**ATP-PC** is a chemical compound stored in muscle, which when broken down aids in the manufacture of ATP. The combination of ADP and CP produces ATP.



Davis, Dr Peter (1996), 'Sports Physiology – Chapter 2, *Smart Sport*

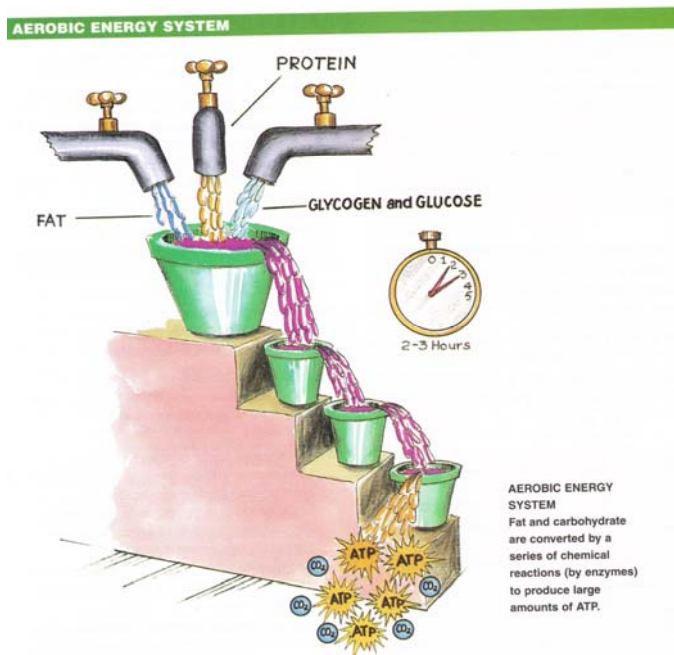
LA is a fatiguing metabolite of the lactic acid system resulting from the incomplete breakdown of glucose. However Noakes in South Africa has discovered that although excessive lactate production is part of the extreme fatigue process, it is the protons produced at the same time that restrict further performance



Davis, Dr Peter (1996), 'Sports Physiology – Chapter 2, *Smart Sport*



O<sub>2</sub> means aerobic running in which ATP is manufactured from food mainly sugar and fat. This system produces ATP copiously and is the prime energy source during endurance activities



Davis, Dr Peter (1996), 'Sports Physiology – Chapter 2, *Smart Sport*

It is considered that the energy pathways are time duration restricted. In other words, once a certain time elapses that specific pathway is no longer used. **There is some controversy about these limitations** but the general consensus is:

Duration	Classification	Energy Supplied By
1 to 4 seconds	Anaerobic	ATP (in muscles)
4 to 10 seconds	Anaerobic	ATP + CP
10 to 45 seconds	Anaerobic	ATP + CP + Muscle glycogen
45 to 120 seconds	Anaerobic, Lactic	Muscle glycogen
120 to 240 seconds	Aerobic + Anaerobic	Muscle glycogen + <b>lactic acid</b>
240 to 600 seconds	Aerobic	Muscle glycogen + fatty acids
Table 1 <a href="http://www.brianmac.co.uk/energy.htm%20">http://www.brianmac.co.uk/energy.htm%20</a>		

How do the importance of the energy systems relate, specifically to running. The table below outlines generally accepted parameters for the aerobic and anaerobic contributions related to running.



However, a study out of the University of Western Australia by Rob Duffield and Brain Dawson showed a higher percentage of the aerobic system.

Event	Aerobic energy system contribution	Anaerobic energy system contribution
100	20	80
200	28	72
400	47	59
800	60	40
1500	77	23
3000	86	14

Table 3 Duffield & Dawson (1997)

The article is designed to provide a basic understanding of the energy systems available for sport, how the energy systems are used to for sport is determined by coach.

If you would like to learn more about the energy systems and there application in sport, I encourage it, there are plenty of sources available. A great sources with a Tasmanian emphasis, with particular application to 400m to 1500m training is from Kevin Prendergast who coached many of Tasmania's best 400m to 1500m runners in the 1990's, including Brendan Hanigan.

Also review the reference list at the end of the article which will lead you in the right direction.

*According to Brian Tracy: "One hour per day of study will put you at the top of your field within three years. Within five years you'll be a national authority. In seven years, you can be one of the best people in the world at what you do."*

## References:

<http://www.brianmac.co.uk/energy.htm%20> (4 December 2008)

<http://www.sport-fitness-advisor.com/energysystems.html> (4 December 2008)

<http://www.pponline.co.uk/encyc/aerobic-anaerobic-energy> (4 December 2008)

<http://www.vcaa.vic.edu.au/vce/studies/physicaledu/EnrgSys.pdf> (4 December 2008)

<http://www.elitetrack.com/faqs/answer/221> (4 December 2008)

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Dick, Frank (1997), *Sports Training Principles*, A & C Black



ARTICLE FROM DECEMBER/JANUARY ISSUE OF R4YL

## WHERE ARE THEY NOW?

# Brendan Hanigan

“ I am coaching a great squad here in Hobart, about 15 kids (well some are actually not kids, but they act like it!). ”

**BORN:** 19 March 1973  
**THEN:**  
**WEIGHT:** 69kg  
**WEEKLY MILEAGE:** 50-60 km  
**RESIDENCE:** Hobart  
**OCCUPATION:** Part-time laboratory technician

**NOW:**  
**WEIGHT:** 78kg (ish)  
**WEEKLY MILEAGE:** Zero (gone cold turkey – the only way to go)  
**RESIDENCE:** Hobart  
**OCCUPATION:** Managing wastewater treatment plants in Hobart!  
**CHILDREN:** Three young boys, Joshua, Alexander & Charlie

■ Brendan competing in the 800m at the 2000 Olympic Trials. IMAGE: NICK WILSON/ALL SPORT

### » RACES THAT YOU RECALL WITH THE MOST FONDNESS:

World Junior final 1992, winning nationals in 1994 as an under-dog, Melbourne Grand Prix 1998 (1.45.74 in front of a packed crowd), my PB in Lappeenranta, Finland – 1.45.03.

### » ANY WORDS OF WISDOM YOU WOULD HAVE APPRECIATED BACK THEN:

No, my coach, Kevin Prendergast always gave me better words of inspiration than my body could handle.

### » WHICH FELLOW COMPETITOR/ATHLETE DID YOU ENJOY RACING THE MOST AND WHY?

In Australia, the 1990's were the golden years, Paul Byrne, Grant Cremer, Kris McCarthy, Simon Doyle, Dean Kenneally, Joseph Ischia and a heap of others. There was such great depth back then, each year there seemed to be at least one of those who was firing. I also loved the Olympic Dream 1500m in Melbourne. I think I won the last two of these races they held (1994 and 1995), it was me a “jumped up 800 runner” versus all the distance specialist, people like Simon Doyle and Shaun Creighton. Internationally, South African Olympic and World Championships silver medalist Hezekial Sepeng (I think I beat him about the first three times we raced, then I got injured and he got better running 1.42 in 1996!!)

### » WHO WAS YOUR BIGGEST TRAINING/RACING INFLUENCE:

Kevin's training group was split between sprinters and middle distance runners. It included Simon Hollingsworth (dual Olympian

– 400m hurdles) – we would always race in a time trial over 600m in about 1.16 (and I think I would usually catch him in the last 20 metres and win!)

### » WHAT ARE YOU CURRENTLY DOING:

I am coaching a great squad here in Hobart, about 15 kids (well some are actually not kids, but they act like it!). I think at last year's National All Schools I had five in the top 10 for their age in Australia.

### » COMPETITIVE RESULTS (PBS):

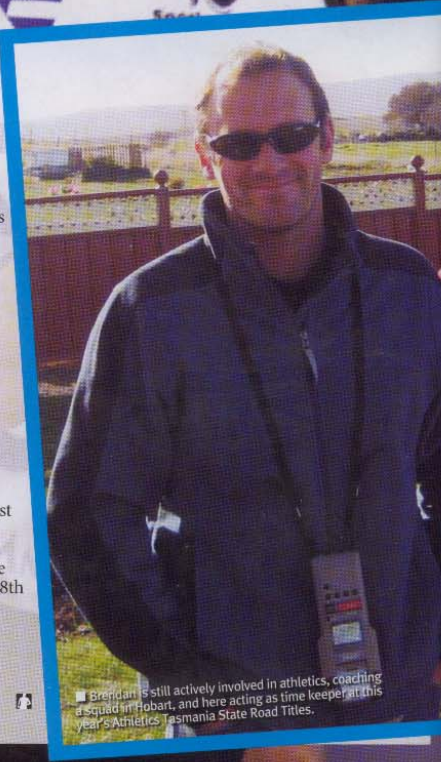
- 400m: 47.70
- 800m: 1.45.03
- 1500m: 3.42.87

### » INTERNATIONAL REPRESENTATION:

- 1992 World Junior Championships
- 1994 Commonwealth Games
- 1994 World Cup
- 1995 World Championships

### » ACHIEVEMENTS:

- 1992 Australian Junior 800m Champion
- 1992 World Junior 800m Bronze Medalist
- 1994 Australian 800m Champion
- 1994 World Cup – 4th place
- 1994 Commonwealth Games – 4th place
- 1995 World Championships – 800m – 38th – I think I also set the unofficial world record for running 800m with the chicken-pox
- 1997 Australian 800m Bronze Medalist
- 1998 Australian 800m Champion
- 1999 Australian 800m Silver Medalist



■ Brendan is still actively involved in athletics, coaching a squad in Hobart, and here acting as time keeper at this year's Athletics Tasmania State Road Trials.





## ATHLETICS SOUTH REUNION DAY

Reunion Day was held on Saturday 20th December and for many it was a chance to catch up with past athletes/officials and/or coaches. It also provided an opportunity for many to honour past coaches in competing in various named and memorial events. It was great to see the number of athletes competing in the Max Cherry Memorial 1500 m and the Tas Bevis 5,000 m. We were even blessed by the weather gods on the day.

There is no doubt that there were many past members that may not have been aware of this event on the calendar so, to this end, we would like to build up a data base of past athletes, officials and coaches to ensure that we maintain contact with, for future events.

If you know of anyone that you think should be on this database it would be appreciated if you could send through contact details to me. Many thanks.

Also if you have any pics from Saturday that you would like to share please send them as well.

*If you have any news, pics etc. email me at [moleary@blundstone.com.au](mailto:moleary@blundstone.com.au).*

*Next issue due out 24th January, 2009.*

*THANKS TO CONTRIBUTORS, Damian Lawler, Sam Leitch & Darren Alomes.*



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SUMMER COMPETITION SPONSOR