



TRACK TALK

Athletics South Newsletter

March 31, 2009

Issue 9

The first Athletics South Cross Country event will be held at Bellerive Beach at 10 am Saturday April 4.

Do not re-register on-line before 1 April 09. Any registrations done before this will not take you through the following year.

All registrations expire on 31 March 09.

To download the Winter Program card go to the Cross Country section of the website
www.athleticssouth.org.au





The following Athletics South athletes will be representing Tasmania at the Australian U20/23 Track & Field Championships commencing on Friday 3rd April in Adelaide:-

Melanie Daniels (NS) - **1500 Metres**

Kaitlin Morgan (OVA)- **High Jump**

Rebecca Direen (ES) - **Shot Put & Hammer Throw**

Mikayla Genge (OVA) - **Hammer Throw**

Danielle McConnell (ES) - **Hammer Throw**

Noah Nischler (ES) - **800 Metres & 1500 Metres**

Chris McConnell (ES) - **110 Metres Hurdles, 400 Metres Hurdles, Shot Put & Discus Throw**

Hamish Peacock (ES) - **Shot Put, Discus Throw, Hammer Throw & Javelin Throw**

Huw Peacock (ES) - **Shot Put, Discus Throw, Hammer Throw & Javelin Throw**

Good luck to all these athletes and to Jarrod Gibson who will be announcing, also to Daniel Coleman who will be competing in Hong Kong on the 19th April.

Congratulations to our Athletics South Athletes who were medal winners at the recent Australian Track and Field championships in Brisbane.

Australian Champions:-

- Mel Daniels - 3000m
- Donna MacFarlane - 300m steeple
- Tristan Thomas - 400m hurdles

Also Chris McConnell, **silver medallist** in the U20 Decathlon.

Medal winners in the National Youth (Under 18) Challenge held concurrently in Brisbane were:-

- **Gold:** High Jump - Kaitlin Morgan & Hammer Throw - Huw Peacock

Bronze: Shot Put - Rebecca Direen, Hammer Throw - Danielle McConnell & Shot Put - Huw Peacock

**AT MEDIA RELEASE**

23 March 2009

Tasmanian Pair named in World Championships Team

Following their victories at the Australian Athletics Championships in Brisbane last week, **Tristan Thomas** and **Donna MacFarlane** have been selected to represent Australia at the 12th IAAF World Championships in Athletics.

The championships will be held in Berlin, Germany, from August 15 – 23. The previous world titles were in Osaka, Japan in 2007 and were the biggest sporting event in the world that year. Berlin is shaping up to be the same.

For Thomas, it is his first World Championships team and the biggest honour of his career thus far. His victory in the 400m hurdles at the Australian championships on Friday night was the final box he had to tick in order to gain selection for Berlin, following his stunning season. Thomas ran 11 personal bests this season, breaking the Tasmanian 400m and 400m hurdles records. He clocked two world championship A qualifiers and in the race where he defeated the current world champion, he became the second fastest Australian ever in the event.

His summer has been so good in fact he was also awarded the **Male Athlete of the Australian Season** at the Athletics Australia gala awards function held in Brisbane yesterday. No mean feat considering the talent he was up against, which included Olympic Champion Steve Hooker, who attended the awards to collect his male athlete of the year award, after his pole victory in Beijing.

The previous career standout for Thomas was his semi final appearance at the Commonwealth Games in the 400m hurdles, where he was joined by fellow Tasmanian Donna MacFarlane. The pair will now join together again in Berlin.

It will be the second world championships appearance for MacFarlane and her fourth major team involvement in a row. The 31 year old hasn't missed selection for a major team since her return to running in the lead up to the 2006 Commonwealth Games where she won the bronze medal. In 2007 she was on the Australian team for the Osaka World Championships and last year became an Olympian, running the 3000m steeplechase in Beijing.

MacFarlane has again been selected for that event in Berlin, after her efforts of recording two A qualifiers in Europe last year and her commanding victory in Brisbane on Friday night.

Competing in Germany at a major championships will be extra special for the Australian record holder, as she speaks fluent German after spending a year there after school.



Foster Named Mid-Atlantic Region Athlete of the Year (25/3/2009)

Posted by [ian](#) in [Club Happenings](#) (Sandy Bay Harriers website).

Sandy Bay middle distance star and former World Youth Championships representative Ryan Foster has gone from strength to strength since his move to Pennsylvania State University, USA.

Competing indoors, Foster has already recorded personal bests over 800m (1.49.68), 1000m(2.23.69) and the mile (4:08.99), also splitting an unofficial 1.48.9 in his leg of the 4x800m. His consistency over the indoor season has not gone unacknowledged. Foster was recently named as recipient of the prestigious Mid-Atlantic Region Athlete of the Year award.

Protege of the late Max Cherry, Foster will be an athlete to watch in upcoming months, as American college athletes prepare to commence their outdoor season in April, culminating in the NCAA Outdoor Championships in June.

You can follow his progress through the Penn State Nittany Lion's web page:

<http://www.gopsusports.com/sports/c-track/psu-c-track-body.html>

LEFT AT THE DOMAIN ATHLETICS CENTRE, ON THURSDAY 5TH MARCH, ON THE BACK STRAIGHT NEAR THE 200 M START, A SET OF STARTING BLOCKS— LABELLED D.G. HARINGTON

PLEASE CALL 62 487145 IF YOU HAVE ANY DETAILS.

THANK YOU.



Media Release
Wednesday, 24 March 2009

The Boss is back in attempt to create history

The revival of one of Stawell's favourite sons is back on track, with the Stawell Athletic Club today announcing that two-time Australia Post Stawell Gift winner **Joshua Ross** is confirmed for the 2009 Easter weekend event.

The 2003 and 2005 Australia Post Stawell Gift winner will attempt to become the first man in history to win Australia's most famous footrace three times.

Ross, who won his fifth 100m national title at the Australian Athletics Championships in Brisbane will be joined by fellow national sprint champions **Aaron Rouge-Serret** (200m) and **Sean Wroe** (400m).

In a stellar list of Australia's best athletics talent, the 100m, 200m and 400m champions of Australia will be joined by National hurdles champions **Justin Merlino** (110m hurdles) and **Tristan Thomas** (400m hurdles) who will both make their debut at Central Park.

The first three place getters from last weekend's national 100m title will attempt to take home the \$40,000 first prize, with Queenslander **Matt Davies** also set to line up.

Ross has not run at Stawell since 2006 and his recent results have suffered following a long battle with motivation. However he revived his career taking out the national title in 10.34sec ahead of training partner Rouge-Serret (10.36) and Davies (10.45).

All three, together with Australia's fastest man this season **Anthony Alozie** (10.29), have been selected in the relay team for this year's world championships and will take the next step in their preparation for Berlin at Stawell (injury permitting in Alozie's case who was forced out of the national championships final).

Ross wrote his name into athletics immortality with a stunning win at the 2005 Australia Post Stawell Gift when he became only the second man to win from scratch and just the third to win the coveted race on two occasions following his first victory in 2003.

Looking to further improve his credentials at Central Park, Ross is looking forward to his long awaited return.

"I have really missed Stawell the last few years - it's like my second home," Ross said.

"I am looking forward to walking through those gates again, smelling the grass and once I line up I have as good a chance as anyone else to win. I proved that in 2005 and there is



no reason I can't do it again."

Ross and Rouge-Serret's coach, Adam Larcom is confident both athletes will be competitive come Easter but is wary of the difficulty their marks will create.

"Josh is in great shape and he should be very competitive given where he is at right now. In saying that, he will be given an extremely tough ask with his mark so I won't speculate as to whether he will win," said Larcom.

"Aaron is also in the form of his career this year producing two 200m personal bests and equaling his 100m (personal best) with an increased headwind, so he should be really competitive over the 120m event."

Rouge-Serret has been on the rise since taking out the Backmarkers event at the Australia Post Stawell Gift last year and has been Australia's form sprinter - taking out the Sydney Track Classic, Victorian championships, and the 200m national title.

Like many coaches, Larcom is aware of the positives running at Stawell can bring to his athletes.

"Stawell is a great event. The prestige and history behind the event as well as the way in which pro runners go about their business is very important to me," Larcom explains.

"It is a great environment for their preparation (for the Berlin World Championships) and they absolutely love running at Stawell."

Wroe has had a strangle hold over better known competitors, Commonwealth Games gold medalist John Steffensen and 2008 national champion **Joel Milburn** over 400m in 2009.

Milburn, who ran a personal best to make the semi-final at the 2008 Olympic Games, finished fourth at the national championship over the weekend but will be looking to revive that blistering form from Beijing when he returns to Stawell for the second year running. Last year he finished second in the Jack Donaldson 200m, impressing with his aggressive running.

Thomas won the Australian Athlete of the Season award for his stunning domestic season that has included 11 personal bests over 100m, 200, 400, 400m hurdles and 800m. He took out the 400m hurdles in both Sydney and Melbourne and has set an ambitious program for Stawell, entering four events.

The 2009 Australia Post Stawell Gift carnival kicks off with a punter's dream at the Calcutta and Call of the Cards on Friday night and is followed by three days of thrilling racing, stunning ladies day fashion and family entertainment, culminating in the 128th running of the Australia Post Stawell Gift.

Elite Male Entrants – 2009 Australia Post Stawell Gift

Anthony Alozie - Australia Post Stawell Gift

Brendan Cole - Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m, 200m, ASICS 400m



Matt Davies - Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m

Justin Merlino - Gift Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m

Joel Milburn - Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m

Josh Ross - Australia Post Stawell Gift

Aaron Rouge-Serret - Gift Hotel Arthur Postle 70m, Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m

Tristan Thomas - Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m, ASICS 400m, Stawell Times News WH Earle Handicap - 550m

Sean Wroe - Australia Post Stawell Gift, Redvys Cooper Memorial Jack Donaldson 200m, ASICS 400m

2009 Australia Post Stawell Gift

Friday 10 April –Stawell Gift Calcutta , 7.00pm - Stawell Entertainment Centre

Saturday 11 April – Driscoll, McIllree & Dickinson Ladies Day, Central Park

Sunday 12 April – Stawell Regional Health Family Day, Central Park

Monday 13 April - Australia Post Finals Day, Central Park Stawell

Tickets:

Saturday	\$20 Adults, \$15 Concession, \$7 Children, \$45 Family
Sunday	\$15 Adults, \$10 Concession, \$5 Children, \$35 Family
Monday	\$25 Adults, \$15 Concession, \$7 Children, \$60 Family
3 day pass	\$50 Adults, \$95 Family

End of release

For further information (media only), please contact Australia Post Stawell Gift Media:

David Culbert – 0417 272 641 or david@jumpmedia.com.au

Taryn Kirby – (03) 9500 0122; 0433 665 055 or taryn@jumpmedia.com.au

For more information on the 2009 Australia Post Stawell Gift visit

www.stawellgift.com



Experience the tradition, fun, glamour. Experience the Gift.



STATE CHAMPIONSHIPS—1ST WEEKEND LAUNCESTON

—pics supplied by Rosemary Coleman







ELEMENTS TO TRAINING

DARREN ALOMES

Performance in sport is about ensuring that you, as the athlete, are conditioned thoroughly and correctly to perform in the chosen field of endeavour.

The coach's job is to ensure this happens, or provides the opportunity for the athlete to do this.

To do this requires the coach to have an understanding of training methodology and along with various training requirements such as bio-motor abilities and energy systems.

A basic article on energy systems was covered in a previous edition of the newsletter.

The basis of bio-motor, which is basically the movement of the body, cover 4 broad areas, and are as follows;

- Stamina
- Speed
- Strength
- Suppleness

An important part of training is developing these to an extent that enables an athlete to perform.

To develop an athlete's ability there is a hierarchy of training, or building blocks in training. These are illustrated below.





As an athlete you would assume that athletic performance and elite performance are your main training issues. If you look at these three blocks like building a house and think of them in terms of the following; Foundation, Walls, Roof.

It would be silly to build a house without ensuring the foundations are laid first. Once the foundations are laid, you would erect the walls and finally the roof goes on.

Foundation

Training the foundation, or general living, is, by its very nature, general. By general you work the bio-motor elements, being stamina, speed, strength and flexibility, in a general nature. If you look at the generally accepted Long Term Development for Athletes they consider athletes need to do:

E.g. How many sprinters are tight in the hip flexors and hamstrings? Simply improving these should improve your speed as it allows for an increase in stride length and frequency.

Well you build your base using all of the bio-motor abilities, with a particular emphasis on general fitness - this being general stamina, general strength, general speed and general mobility.

Using the analogy of the house, you build the foundations.

As you build the blocks and develop the requirements you move up into the next block, which is introducing more specific bio-motor abilities, you still work on all abilities but some abilities take precedence. Once the foundations have been built, ongoing maintenance is required, but training is moved to introduce more specific elements, although it is still general in nature.

What does this mean?

The specificity comes by using the bio-motors abilities in a more specific way. Sprinters would have a greater emphasis on speed, thrower greater emphasis on strength and distance athletes greater emphasis on stamina.

Using the house analogy again, you put up the walls. As you build these qualities you move up to the final block with your training being specific to your event.

Roof

This is the final step to performance. Your training is based on specificity to the event.

In building the house you put the roof on. Now even though you have put the roof on, settled into the house, you have to continue to maintain the house.

In your sporting endeavour you have to ensure that the body is in working order generally and specifically to ensure optimal performance, through optimal training.



The History of Football Boot Technology

As the winter months approach, many athletes will be participating in different sports. One of the most popular sporting codes is soccer. This is a good time to provide insight into the history of football boots.

Football boots have existed for centuries, even being listed as a shopping item for King Henry VIII in 1525. Little is known about these boots, other than that they had an ankle high design and were made of strong leather material. They weighed much more than the average shoe of the time.

As the game of soccer developed in Europe during the 1800s, football boots became more common. Hard leather boots with metal studs or tacks hammered into the soles were used to improve stability and grip on the ground.



An 1800s boot (<http://www.footy-boots.com/wp-content/uploads/2007/05/1830boot.jpg>)

As the laws of the soccer developed, so did boot specifications, restricting soling to rounded, leather studs, known as cleats. A typical boot weighed 500g and comprised of hard, thick leather which wrapped around the ankle for protection. This footwear would double in weight when wet.

The South Americans significantly changed football boots in the mid 1900s, using lighter and more flexible designs. This reflected a new focus on kicking and controlling the ball rather than simply providing protection for the foot. Companies such as Adidas and Puma were established, forming a rivalry within the football boot industry. The development of removable plastic and rubber studs as well as synthetic upper materials occurred during this time.



(Mid 1900s football boots, <http://www.footy-boots.com/wp-content/uploads/2006/11/Historic-banner1.gif>)



By the 1960s, the ankle high design had been replaced with a lower cut model. This reflected the development of improved running in soccer, allowing greater agility and speed. Adidas dominated this period, with 75% of the players in the 1966 World Cup wearing their boots.

The 1970s saw the explosion of footwear sponsorship. Designs became even lighter and a variety of colours were manufactured, including the all-white boot. The late 1970s saw the development of the Copa Mundial, a boot built of kangaroo leather and made to improve running speed and versatility.

The Predator boot best represents boot design in the 1980s and early 90s, created by former player, Craig Johnson and released by Adidas. It allowed for greater surface areas to contact with the ball while kicking and controlling. Zones on the boot surface were specifically designed to improve swerve and striking ability. Other companies, such as Umbro, Lotto and Kelme joined the market during this period.

The 1990s saw the introduction of foam free midsoles by Puma, improving cushioning ability and resulting in greater player comfort. Adidas introduced bladed outsole traction technology and Nike produced an ultra-light 200g design.

An abundance of available research funding through the early 2000s, led to the continuing development of footwear design. Most notable was the introduction of customised boots, mainly used by professional players due to their high expense (£2500). This technology, called The Assassin, was developed to meet the individual needs and wants of its user. This included a player's biomechanics, fit, stud configuration, heel raise and material of choice.



The Assassin (<http://www.footy-boots.com/prior-2-lever-football-boots-images/>)

The future of football boots appears to be developing in a cyclical manner, returning to designs offering greater protection and support. This return to earlier principles has been necessary to address the perceived increase of lower limb injuries. This may in turn impact on the progress made to achieve lighter footwear.

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

Sam Leitch, Podiatrist

B.App.Sc.(Pod), PGDipSportMed

Bibliography

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ATHLETICS SOUTH FUN DAY—28TH MARCH, 2009







MORE FUN DAY PICS —IT WAS A LAID BACK KIND OF DAY!!!!







GOOD JOB KEEPING UP WITH NATHAN AT TRAINING SON, HOW WOULD YOU LIKE AN ICE-CREAM?





VISITING U.S.A. OLYMPIAN

2008 Olympic Gold medallist in the women's discus event, American athlete, Stephanie Brown Trafton gave the benefit of her experiences in training and competition at Olympic and World levels at a throws clinic at the Domain Athletics Centre on Monday 9th of March. The clinic was part of the Athletics Tasmania IGA Clinics Program and was for invited members of the AT-TIS Athletics Squad, senior athletes and coaches.

Stephanie Brown Trafton, at 1.93m and 95kg, threw the discus 64.74 metres at the Bird's Nest Stadium in Beijing to win the 2008 Olympic gold medal in this event.

Whilst Stephanie competed in the discus and shot put at Arroyo Grande High School, and was the California State high school champion in shot put in 1996, she seemed to be headed towards a career in basketball. After being awarded a scholarship for both basketball and track and field to Cal Poly, her career in basketball was ended prematurely when she suffered a torn anterior cruciate ligament. Thereafter, she concentrated on track and field.

Stephanie had been in Australia to compete at the Sydney Grand Prix meet and World Athletics Tour in Melbourne and had extended her stay to visit relatives in Tasmania.





CONGRATULATIONS TO ROSEMARY COLEMAN WHO WAS RECENTLY INVITED TO TAKE PART IN AN IAAF (OCEANIA ATHLETICS ASSOCIATION) RACE WALKING JUDGES EDUCATION AND CERTIFICATION SYSTEM (RWJECS) LEVEL 11 COURSE, AND SHE PASSED.!!!



DATES TO REMEMBER:

ATHLETE OF THE YEAR PARTY—SATURDAY MAY 9 IN
LAUNCESTON. FOR MORE DETAILS AND TO BOOK, CONTACT
ATHLETICS TASMANIA.

ATHLETICS SOUTH AGM AND PRESENTATION EVENING—29.5.09

If you have any news, pics etc. email me at moleary@blundstone.com.au.

THANKS TO CONTRIBUTORS, Damian Lawler, Darren Alomes, Sam Leitch, Rosemary Coleman, Lynne Cure, Richard Welsh.



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SUMMER COMPETITION SPONSOR