



# The Athletes Feats

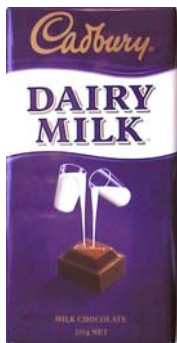


October 2006

**AT Development Officer** (Meet Director/Commentator/Janitor/Receptionist/Team Manager/First Aider/Fireman/Painter/Furniture removalist/Editor/Athlete/MC.....)

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Events  
Tasmania

[www.eventstasmania.com](http://www.eventstasmania.com)

Although I have been here for 3 months now, there are a few people in the Athletics Tasmania community I am yet to meet. So if you see this crazy character (see picture) getting around, don't be shy!!

So far things have been flying along, as I pretty much jumped straight into cross country events, in particular the Australian Cross Country and Road Walks Championships.

I've also been busy getting around to lots of schools and meeting people.

Everyone I have dealt with thus far has been great to deal with and I am looking forward to spending many seasons in Tassie.

Just a little about me. I am 24, with a degree in Marketing/Psychology. I worked for 2 years as the Marketing Manager for an Accounting firm in Albury, before travel-

ing the world last year. Athletically, my favourite event is the 1500m. I have been involved in Athletics since I was a little athlete aged 6.

My impression of athletics in Tasmania so far is all positive. It's a brilliant athletics community, with some of the most dedicated and passionate officials and volunteers one could imagine. After working as a volunteer under Helen Lee at Melbourne 2006, I was amazed to see how many of the officials at M2006 were from Tassie.

Combined with the best athletics mind in Oceania, our President Brian Roe, we are resourced to handle an event of any scale in Tasmania.

Furthermore, we have many of the nations best athletes, from world youth representatives to a Commonwealth Games medalist in Donna MacFarlane.

It is my aim to increase the



participation of athletics in Tasmania on all levels. I believe we need to move away from the 'elitist' perception our sport has and encourage more numbers of all abilities.

I look forward to dealing with you all and my door is always open.

[richard@tasathletics.org.au](mailto:richard@tasathletics.org.au)

Cheers,

Richard Welsh.

## AT/TIS Development Squad

Recently, we announced the new development squad. There are 49 of Tasmania's best athletes. Members will be invited on camps, receive high performance news and some equipment. Our goal is to have 3 Tasmanian's at the next World Junior Championships in 2008 and they will most likely come from the Development Squad. They are;

Tao Baker, Tom Beard,

Simon Bennett, Anthea Bennett, Daniel Boatwright, Libby Clarke, Sam Crosswell, Kim Dutkowski, Chris Edwards, Karinna Fyfe, Aaron Griggs, James Guest, Andrew Harding, Josh Harris, Tyler Heron, Todd Hodgetts, Jamie Iles, Sophie Ireland, Elyse Jenkins, Tamika Johnson, Melissa Kay, Brittany Knee, Rhiannon Maher, Lizzy Malcolmson, Carmen Miller, Anita Millington, Jessica Morey,

Nathan Morey, Stuart Morse, Toby Campaign, Laura Nicholson, Katie Nicholson, Grant Page, Huw Peacock, Hamish Peacock, Nicole Perry, Oscar Phillips, Madelin Poke, Danielle Dwyer, Oliver Stanesby, Danielle Taylor, Isabella Thomson, Luke Vaessen, Lauren Vaessen, Maverick Weller, Morgan Whiley, Holly Baxter, Hannah Chapman, Christopher Clear.

[www.tasathletics.org.au](http://www.tasathletics.org.au)

## Australian Cross Country & Road Walks Championships



Is that blue sky I can see in Tassie.....? They lied to me on the mainland!!

*To win, all you do is  
get to the front and  
stay there.*



If you are interested in reading a serious article on this event, see [www.athletics.org.au](http://www.athletics.org.au) or the current issue of Run 4 Your Life magazine, otherwise keep reading.

Although the heatwave suited a native mainlander like myself, during lap 3 of the open mens race, after I had my asthma attack, I was cursing myself for ordering the hay bails.

The temptation to pull out was overwhelming, but after putting in 80 hours of organisation that week alone, I was finishing no matter what!!

Post event was a bit of a blur, but oh so thankfully, The Mercury reminded me of the pain in full colour on Monday morning. No doubt it wont be the last time we see that photo come out, god knows what Fiona will do with it....

As Team Manager, at 2am on Saturday night, I decided it was time for Ryan Foster to end his 18th birthday celebrations and go home to rest up for the next days relay and time trial. However, all drunks know best and he went against my advice, needless to say, I found the next day funnier than he did.

The most amazing thing about Sunday was the attraction of the bushfire. After receiving a sms from Fiona at the walks saying they just had the ambulance arrive, I responded by saying we have the fire and police at Pontville, I think I won!!

Although it was a great way to hit the ground running (literally) in my new job, I look forward to Perth next year, as an athlete only.

### Athletics Quiz - ps, Max Cherry got the same score as Fiona during my testing.

Be the first person to contact the AT office with all the correct answers and you will receive a slab of Musashi Bottled Water;

1. At the 2005 Telstra Australian Relay Championships, North West won which events?
2. AT Board Member, Brendan Hanigan, is 3rd on the overall Australian rankings for which event?
3. At this years Telstra

Australian Road Walks Championships, who won a gold medal for Tasmania?

4. How many medals did Australia win at the IAAF 2005 World Championships in Helsinki?
5. What was the time Cathy Freeman ran in winning the 400m at Sydney 2000?
6. What is the Australian Mens 100m record?
7. Who were Tasmania's two Track & Field

representatives at the Melbourne 2006 Commonwealth Games?

8. Which Australian city is bidding to host the 2011 IAAF World Champs?
9. Who was the first Australian to run under 4min for the mile?
10. The national series meet held in Hobart on February 9th is named after who?

## New TIS Track & Field Co-ordinator

Former Victorian Institute of Sport coach, Peter Fortune was appointed by the Tasmanian Institute of Sport earlier this year as the coordinator of the elite track and field program.

Peter comes from an elite coaching background with his involvement with athletes such as Cathy Freeman, Tamsyn Lewis and Kris McCarthay.

In Tasmania he is very keen to focus on young developing athletes and a major aspect of his work will be helping Tasmania's younger elite athletes and especially their

coaches in conjunction with Athletics Tasmania's development program.

As Cathy Freeman's coach, he has been able to travel widely and observe major competitions. He was the team coach for the Australian Olympic Team at the 1996 and 2000 Olympics. He has also been a coach with two Australian World Junior Teams and two World University Games Teams. Peter sees his role as wider than institute athletes and coaches. He looks forward to working closely with Athletics Tasmania and the Australian Track & Field Coaches

Association.

He can be contacted at the TIS on 03 6336 2039 or 0418 137 534 or [peter.fortune@tis.tas.gov.au](mailto:peter.fortune@tis.tas.gov.au).

He will travel regularly throughout Tasmania and is keen to meet all athletes and Tasmania if he hasn't already done so.

I urge everyone to have regular contact with Peter, as he is a truly international level coach who is here to assist all coaches and athletes.

*Editors note - Fort is extremely friendly, knowledgeable and informative.*

## NorthWest

[www.nwtasathletics.org](http://www.nwtasathletics.org)

The North West Athletic Club conducts a special fun day of athletic competition which is open to all athletes this day is called our Gala Day, athletes from many clubs (North Launceston, Sandy Bay, Riverside, Eastern Suburbs & Masters Athletics, just to name a few) around the State come up to Penguin Athletics Track and compete in a variety of events for prize money. These events are handicapped events, but

you are still able to record your times and distances to A.A. & A.T. acceptability.

The day set aside is Saturday February 17<sup>th</sup> 2007 start time 12.00 noon last event 5.00pm with a BBQ and presentations commencing at 4.30pm (food and drinks at a nominal price).

An individual Pentathlon and Teams Heptathlon are also contested on the day for prize money.

This day is designed so athletes can experience athletics in a different way, yet also are still able to achieve high performances if needed.

Application Forms contact Trent & Kathy Nicholls NWAC 64 314281 or e-mail [trent-nicholls@ozemail.com.au](mailto:trent-nicholls@ozemail.com.au) or Richard Welsh Athletics Tasmania 62 349551

Cheers from the North West Athletics Club

**If your club has an event or something of interest coming up, let AT know and we will help you promote it.**

*Leave no stone unturned in your preparation.*



**Athletics**  
Tasmania



"The gun goes off  
and everthing  
changes...  
the world changes...  
and nothing else  
really matters."

*Patti Sue Plummer*

"Most people run a race  
to see who is fastest. I  
run a race to see who  
has the most guts." -

Steve Prefontaine

## OVA

[www.ovathletics.org](http://www.ovathletics.org)

Welcome to the OVA news thus far this season. The winter season has been quite a successful season for a number of winter athletes who have been competing in both the Cross Country and Walks areas.

The greatest highlight for OVA has undoubtedly been the inclusion of Daniel Coleman in the World Race Walking Cup team, and his subsequent appointment as the first Australian Junior Captain in a World Cup event. Daniel performed exceptionally well in being the first Australian and Southern Hemisphere walker home. His 42<sup>nd</sup> position was tremendous given the fact that he was the 4<sup>th</sup> placed U/18 athlete at the championship.

Daniel thoroughly enjoyed his experience in Spain and thanks the Tasmanian athletic fraternity for their support and well wishes.

The Morey family are continually making a name for themselves across the winter running program, by placing in the top two or three in their respective age groups.

Jessica Morey is fast emerging as an athlete to watch out for in the future as she slowly improves with each event that she competes in. One of Jessica, Nathan's and Sam's strengths is the love and dedication in all that they do, especially with regard to training. Training is one

of the most important binding sessions in athletics, as the majority of events held under competition are individual based. Training is not just about learning how to perform, but how to communicate and become integrated into the holistic approach to the sport of athletics and how to have fun without the added pressure of competing.

Also competing well throughout the winter season is the Parry family, they too have been silently placing in the junior events, with Georgia looking as though she will be a very competitive walker in the future.

The Australia Cross Country Championships saw a few OVA athletes competing and we congratulate Sam Morey, Tom Beard, Nathan Morey, Jessica Morey, Jayden Hey and new OVA athlete Natasha Fitzpatrick for their great runs in this difficult competition. Nathan and Tom just missed out on the teams bronze in the U/18 relay event. Congratulations and we look forward to next year in WA.

Also competing on the same weekend were the OVA walkers in the Nationals Road Walks, held at the windy DEC course.

OVA walkers to compete, with all achieving personal bests were: Georgia Parry, Stephanie Holloway, Alycia

Wiggins, Celia Butler, Chase, Richardson and Daniel Coleman.

Congratulations to all athletes and especially to Chase Richardson who won the Bronze in the U/16 5KM and Daniel Coleman who successfully defended his U/18 National title in the 8KM event. Well done to all and I am sure that our younger athletes will continue to be successful in the coming years.

Well the Track and Field is about to descend upon us, and I know that all are looking forward to a wonderful season, full of fun, excitement, success and enjoyment.

Not only is this a great time for the athletes, it is equally a season packed full of enjoyment and hard work for the officials.

OVA wish all athletes and clubs the very best, as the following season promises to be the best ever.

OVA would also like to welcome Richard Welsh to our Tasmanian athletic community, and I am sure (having worked with Richard at the Comm. Games) will bring with him a great enthusiasm to ensure the viability of athletics in this State.



## Newstead Harriers

The Newstead Harrier Club has conducted another highly successful cross country season and would like to thank all race sponsors, officials, property owners, athletes and their families for their contribution to a fantastic year.

The club's annual dinner will be held on Saturday 18<sup>th</sup> November at the Sunnyhill Country Club Hotel, 6pm for a 6:30pm start.

The club would like to congratulate its distance coach Simon Phillips who has been selected in the

Australian team to compete at the World 100km championships in Korea.

The club would also like to congratulate James Guest, Todd Hodgetts, Daniel Boatwright, Oscar Phillips, and Libby Clarke on their selection in the AT-TIS development squad.

Track and field training is well underway with club coaches conducting a range of sessions at various venues.

New club singlets have been designed and a new

club website is under construction.

Jan Boatwright is the club's track and field registrar this season and until such time as the AT on-line registration system is up and running, please see Jan at the track to sign up.

For further details on any of the above, phone club secretary Catherine Phillips on 0407 319 861.

## Tasmanian Masters Athletics

[www.tasmanianmasters.missiondesign.org](http://www.tasmanianmasters.missiondesign.org)

Tasmanian Masters Athletics conducts low key track and field competition for men and women over 30 yrs of age in Hobart and Launceston on Wed evenings.

Competition for this year begins in Hobart on the 18th Oct and will culminate with the Australian Masters Athletic Championships from 6th - 9th Apr 2007.

No qualifying standards are required to compete at these championships. Everyone over 30 is welcome.

10km events (run and walk) will be held on 15th Nov, 6th Dec and 31st Jan and these are open to all athletes and score points towards Athletics South Interclub competition. Southern distance run-

ners and walkers should note that these are the only 10km track races held in Hobart apart from State Championships.

Anyone requiring further information regarding masters athletics should contact Mick Stevenson on 62721182 or email [Mick.Stevenson@utas.edu.au](mailto:Mick.Stevenson@utas.edu.au)

### Coaching Courses

A level 1 course is on in the South on 29 October and 19 November. It is a 2 day course and if you are interested in attending, contact Richard at the AT office.

A course will also be held in the North in October & November, dates to be confirmed.

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*"No one ever drowned  
from sweat"*

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### Clubs online

This new system is now operative and a training session will be held on Tuesday 17 October at the AT office. A phone hook-up will be available for those not able to attend.

Online registrations and entry will be available shortly.



**Athletics**  
Tasmania

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Congratulations Jarrod Shaw in winning a bronze medal in Sydney at the Australian Half Marathon Championships in September.



Congratulations Hamish Peacock for attaining a World Youth Qualifier for the javelin.

## Upcoming Course & Events

- Saturday 7 October - Officials course (Hobart)
- Tuesday 24 October - Southern School Knockout (Hobart)
- Wednesday 25 October - NorthWest School Knockout (Penguin)
- Tuesday 31 October - Northern School Knockout (Launceston)
- Saturday 4 & Sunday 5 November - Tasmanian All Schools T & F (Hobart)
- Tuesday 7 November - Tasmanian School Knockout Final (Launceston)
- Sunday 29 October and 19 November - Level 1 Coaching Course, (Hobart)
- Sunday 3 December - Tasmanian Club Championships (Penguin)
- Thursday 28 December - Race to The Taste fun run (Hobart)
- Sunday 7 January - Cadbury Marathon (Hobart)

### Interclub Starting Dates

North - 1pm, Sunday 15 October at St Leonards, Launceston

NorthWest - 1pm, Saturday 21 October at Penguin

South - 1pm Saturday 21 October at the Domain Athletic Centre, Hobart

### Handbook

Thank you everyone for the input provided for the 2006/2007 handbook. It is going to the printers in the first week of October and will be available to all registered members of Athletics Tasmania, either through your club, branch or Athletics Tasmania directly.

Be sure to regularly visit our new website for a comprehensive calendar, news and results.

[www.tasathletics.org.au](http://www.tasathletics.org.au)