



TRACK TALK

Athletics South Newsletter

GOOD LUCK TO ALL ATHLETES PARTICIPATING IN
THE PACIFIC SCHOOL GAMES IN CANBERRA,
NOVEMBER 30 - DECEMBER 6TH.

November 21, 2008

Issue 5

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ATHLETICS SOUTH REUNION DAY



SATURDAY

20TH DECEMBER, 2008

DOMAIN ATHLETICS CENTRE

DRAFT PROGRAM ON PAGE 2

OTHER MAJOR EVENTS AT THE DOMAIN ATHLETIC CENTRE

TO MARK IN YOUR CALENDAR

BILL BARWICK MEMORIAL, TWILIGHT MEET, TUES 6TH JANUARY, 2009

BRIGGS ATHLETICS CLASSIC—FRIDAY 30TH JANUARY, 2009





DRAFT COPY

Reunion Day Program Saturday December 20th

time	Men	Women
1:00	Javelin S1	
	Triple Jump S1	Triple Jump S1
	High Jump (1:45)	
	Hurdles 400/200	Hurdles 400/200
1:20	Heats Lionel Skeggs Mem. 100m	Heats Froggy Wise Mem. 100m
1:40	60m	60m
1:45	Shot Put S1	Javelin
2:00		High Jump
2:15	Max Cherry Memorial 1500m	Max Cherry Memorial 1500m
2:30	McDonald Family Hammer	McDonald Family Shot Put
	Jo Millar-Cubit Long Jump	Jo Millar-Cubit Long Jump
	Tas Bevis Memorial 5000m	
3:00		Final, Froggy Wise Memorial 100m
3:15	Final, Lionel Skeggs Memorial 100m	
	Shot Put S2	Hammer
	High Jump S2	
3:30	Albert Johnson 1500m walk (h/cap)	Albert Johnson 1500m walk (h/cap)
	Triple Jump S2	Triple Jump S2
3:45		Noel Ruddock 3000m
	Javelin S2	
4:05	200m	200m
4:20	Relays – Paarlauf Relay	Relays – Paarlauf Relay

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.



DRAFT COPY

Bill Barwick Memorial twilight 6th January 2009

time	Men	Women
6:00	Javelin	Shot Put
		High Jump
	Relay TBA S1	Relay TBA 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 TBA S2	Relay TBA 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.



NEW ATHLETICS SOUTH WEBSITE

www.athleticssouth.org.au

Our Webmaster needs more photos for the Athletics South website. These will display on a random basis on the right hand side of the home page.

Please send your contributions to
kevmorse@bigpond.com



REQUEST FROM THE ATFCA COACHING COURSE CO-ORDINATOR

There is an increased number of throwers now training and competing. This is due largely to the quality of the coaching that is being provided by the current throws coaches. This creates its own problems, however, and the current coaches would appreciate some assistance. This is a great opportunity for a developing coach to improve their skills and knowledge under the guidance of experienced coaches. Anyone who is interested should contact the ATFCA Coaching Course Co-ordinator, Darrel, on 62487145 or dgharington@ozemail.com.au, and you will be put in contact with the throws' coaches.



2008/09 ATHLETICS SOUTH

Day	Date	Meet	Venue	Start
Sat	22-Nov	AS Interclub Prog # 1	Domain	12.30pm
Sat	29-Nov	AS Interclub Prog # 2	Domain	12.30pm
Sat	6-Dec	AS Interclub Prog # 3	Domain	12.30pm
Sat	13-Dec	State Clubs Championships	Penguin	
Sat	20-Dec	AS Reunion Day	Domain	1.00pm
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



ATHLETICS SOUTH OFFICIAL OPENING 1ST NOVEMBER, 2008

Thank you to the club representatives and “invitational” athletes that participated in the official opening proceedings.

Thank you also to the Lord Mayor Rob Valentine and Troy Bennett for attending and speaking at the opening



Athletics South President, Steve Wass,
Hobart City Council Lord Mayor, Ald
Rob Valentine
Troy Bennett, Bennett's Petroleum



Athletics South Club representatives.



Invitational 100 m handicap race participants



MEDIA RELEASE

18 November 2008

6 Tasmanian's Honoured at Gala Dinner

Six Tasmanians were honoured by Athletics Australia at its Gala Awards Dinner in Melbourne last night (Monday).

The evening acknowledged officials and administrators who have made significant contribution to Australian athletics at state, national and international level as well as inducting five new members into the Athletics Australia Hall of Fame.

Former Australian Team Manager and Athletics Tasmania Secretary, Noel Ruddock AM, current AT President Brian Roe and long serving AA Board Member, Clive Lee AM were recognised with Life Governorship of the sport.

Former AT Deputy President, Robin Hood AM was joined by current AT Vice President, Wayne Fletcher and Olympic and Commonwealth Games Field Referee, Chris Wilson in receiving Life Membership.

Those added to the exclusive Hall of Fame were Rob De Castella, Debbie Flintoff-King and Pam Kilborn Ryan, with posthumous induction accorded to Decima Norman and John Winter.

2008/2009 TASMANIAN CLUB CHAMPIONSHIPS

PENGUIN SATURDAY DECEMBER 11.

**REFER TO ATHLETICS TASMANIA WEBSITE FOR DETAILS OF THE
COMPETITION AND DETAILS OF TRAVEL SUBSIDY**



Whilst we may well and truly be into the summer track & field season, the winter season apparently was very successful. Jim Court kindly provided us with the following report.

Winter Competition Report

Saturday 27th September brought to a close one of the most successful winter seasons ever, marked by huge increases in club membership and record breaking fields in several events.

The interclub competition brought a rare double success to Northern Suburbs which won both the Men's and the Women's premierships in comfortable fashion after being strongly challenged by Sandy Bay in the first half of the season. Northern Suburbs have been fortunate in having athletes such as Grant Page, Adele Lucas, Phillip McConnon and Mel Daniels who were almost unbeatable in their age groups with the strong support of other high achievers particularly in the open age group.

The season brought out some exciting under16 runners. A very strong group of girls from OVA including Sarah Browning, Jessica Morey and Natasha Fitzpatrick dominated the competition and figured strongly in the awards for this age group.

The best of the under 16 boys were Henry West (Sandy Bay and Clive Reekie (Eastern Suburbs) and Josh Gallagher-Young (OVA). The more sparsely occupied under 20 section was dominated by Phillip McConnon and Mel Daniels although at times Noah Nischler, Peter Kleywegt, (Eastern Suburbs) and Paul Luttrell (Northern Suburbs) also performed well.

Grant Page and Angela Grimmond, winners of the two prestigious Athlete of the Season awards, were stand out successes in the open age group. Grant from Northern Suburbs and Angela from Eastern Suburbs also won the Road Championships and the Cross Country Championships in the open age division. Dave Costelloe Northern Suburbs and Chris Sullivan (Sandy Bay) also were prominent in the shorter races.

In winter competition, over 40% of the athletes are from the two older age groups and this adds a dimension of experience and inclusiveness hardly noticed in the track and field season. Two Sandy Bay athletes, Andrea Marquardt and Daniel Smee were the top performers in the over 35 division, with Francesca Smith (Sandy Bay), Michael Anderson (Northern Suburbs) and Dave O'Brien (TMA) consistently performing well.

In the over 50 section, TMA runners Greg Hickey and Peter Lyden were outstanding with Tony Sansom making a big impact on the shorter courses. For the women, Adele Lucas (Northern Suburbs) and Elaine Marquardt (Sandy Bay) were the stars with Adele Lucas gaining the maximum possible inter club points over the season, a distinction she shares with Andrea Marquardt.

We look forward to another bumper season next year although it remains to be seen whether or not the new stringent registration rules which restrict the accessibility of the winter competition, will reduce the flow of new faces into the activity.



Award Winners

Road Championship

Men's U/16	Joshua Gallagher-Young		Women's U/16	Sarah Browning/Jessica Morey
Men's U/20	Phillip McConnon		Women's U/20	Mel Daniels
Men's Open	Grant Page		Women's Open	Angela Grimmond
Men's O/35	Michael Anderson		Women's O/35	Andrea Marquardt
Men's O/50	Peter Lyden		Women's O/50	Adele Lucas

Cross Country Championship

Men's U/16	Ewan McPherson		Women's U/16	Jessica Morey
Men's U/20	Phillip McConnon		Women's U/20	Mel Daniels
Men's Open	Grant Page		Women's Open	Angela Grimmond
Men's O/35	Daniel Smee		Women's O/35	Andrea Marquardt
Men's O/50	Greg Hickey		Women's O/50	Adele Lucas

Athletes of the Season

Angela Grimmond and Grant Page

Most Improved

Natasha Fitzpatrick

Handicap Champion

Jarrold Gibson

Special Merit Award

Phillip McConnon



Be there when it happens- The value of belief

On Saturday the 29th of November approx 130 athletes (primary & secondary students) will fly out of Hobart and Launceston to Sydney, meet up as a team and then bus to Canberra to be part of the largest athletics competition they are possibly ever to be part of, the 2008 Pacific School Games. This meet is significant in many ways but perhaps the most is the significance of Tasmania's finest having an opportunity to compete against athletes from other countries, to mingle and mix with these athletes, gain exposure to different cultures and of course to show off Tasmania's skills to the athletics fraternity in the region.

The issue with a meet of this type is all too often a small nation, or in our situation a small state, will go to a meet of this type without a real goal, without real direction and without any expectation. This is a trap because I feel it gives us all a cop out or fallback position based around excuses if we by chance have a poor performance by individual standards and then in turn by team standards.

The first point I will make is that whenever any athlete gets an opportunity to represent their region, state, country etc they should treat it as a privilege and an honour. I am not saying for a minute that the current group will not however wearing the Tasmanian colours should be a huge moment for the group. Unlike a team sport each person makes the team based on excellence and in an individual capacity, which means everyone can see with their own eyes just how well each other team member is travelling. What I see missing from the sport of athletics is the element of collective belief in each and every person in the team to perform with 100% effort toward a common goal. The value of belief is missing but it can be regained or in many cases introduced.

Let's look at the reason for going firstly. Why does each athlete initially want to be selected? For most it would be the same reason and for others it may be a once in a lifetime experience. I believe that with a collective 'value of belief' amongst the group those athletes whom may think it is a once off may well be motivated to think '*hey, I belong; I want to do this again*'. Our sport is so hard to measure for success that we tend not to plan for success as a coping strategy for perceived failure or less than expected performance? I coached an athlete who told me a story of a chance meeting with Australian marathon runner Lee Troop. She boldly approached and asked him for advice in the quest to conquer her competitive demons for her favoured event, the 400m. Lee's advice was simple yet complicated. He said "*Be there when it happens because one day it will happen*" and for many of our young athlete's in early December it could happen in this competition. If a common belief is introduced amongst the team from within the team the likelihood of individual and team success increases. The best way to improve performance at a big meet such as PSG is to introduce a team based goal setting process that incorporates the value of belief and the collective goal for the team. The goal may be as simple as each athlete making the call room? I suggest for some smaller countries this may be the management's goal??



For Tasmania the collective goal setting process could revolve around each member talking to each other member of the team, finding out where they come from, what their interests are etc. To know is to believe and if each member of the team knows something about each other member they are more likely to take a vested interest in another's performance, be more supportive, more encouraging and more believing. Having this belief will often stand out to other teams and countries and may have a broader bearing on how those others respond when competing against a strong united team made up of strong, believing individuals.

One of my current athletes' whom is in the team in December often talks about a moment that stands out for him in athletics. He has seen the footage on television only and feels the power in the footage. It is of a sprinter at the Olympics back I believe in the 90's. He is competing in the 200 or 400m and tears his hamstring mid race. He collapses on the ground in agony and is distraught as all his hours and potentially years have finished on the rubber in a far away country. As all this emotion goes through his head a man jumps the fence, runs over and helps him up and assists him, hoping on one leg to the finish line to officially finish the race. This man was his father and together they shared a moment which many people remember more than who won the race and the time it was run in.

Whilst I don't advocate that we could all do this, and most likely under current competition rules the likelihood of being allowed to do so is probably in the negative, I would say that a team that believes in each member would have every person in the group wanting to do just that. Help their fellow team mate in any situation of adversity. This could very well happen in December at PSG whether it is injury, disappointment in performance, ill health or just plain old stress. The value of belief for all would help everyone perform more confidently and just maybe someone will "*be there when it happens!*"

Damian Lawler

AMFSprint™

Footnote: When saying "*be there when it happens*" Lee Troop means that one magic performance where everything comes together, everything goes right and ones dreams come true! This is a fluid statement as for a junior athlete there will be many days "*when it happens*".



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

NAME: *Kevin Alomes.*

ROLE IN ATHLETICS: *Coaching, Administrator and dogsbody I think. I love it.*

Why do I do It?

Don't know any better?

When did I last cook the family meal and what was it? *Wednesday evening, Stirred fried honey and Ginger Chicken.*

If Welshy says jump your response is??

What over and how high

Rosemary Coleman is famous for what? *All smiles.*

Who didn't Peter Fortune coach to a gold medal

Welshy, doubt if he could?

What is the best form of clothing to wear to the Domain in winter?

Very thick jackets and gloves, a must;

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

Eastern Suburbs of course,

Skins/ 2XU, cool or uncool? *Slightly UN cool.*

If you could be anything in Athletics anywhere in the world what and where??

Coaching in Europe, always plenty going on. Oh yes! With an unlimited bank balance.

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking? *Yes! Don't know what I was thinking, I probably need to do more speed work.*



Do you know?

1. Who was the founder of the modern Olympic Games?
2. Where the following summer Olympic Games were held?

- 1896
- 1900
- 1904
- 1908
- 1912
- 1920
- 1924
- 1928
- 1932
- 1936
- 1948
- 1952
- 1956
- 1960
- 1964
- 1968
- 1972
- 1976
- 1980
- 1984
- 1988
- 1992
- 1996
- 2000
- 2004
- 2008



SNAPSHOT OF ATHLETICS SOUTH INTERCLUB SURVEY (TO DATE).

Total Started Survey: 72
 Total Completed Survey: 72 (100%)

1. Your age

	Response Percent	Response Count
10	0.0%	0
11	1.4%	1
12	1.4%	1
13	0.0%	0
14	6.9%	5
15	1.4%	1
16	6.9%	5
17	6.9%	5
18	6.9%	5
19	5.6%	4
20 or older	62.5%	45

2. How do you participate in athletics? (more than 1 answer is permissible)

	Response Percent	Response Count
Athlete	69.4%	50
Coach	15.3%	11
Official	27.8%	20
Parent/Support Crew	22.2%	16
Admin	5.6%	4

3. What importance do you place on personal points at interclub?

	Response Percent	Response Count
None at all	27.8%	20
A little	44.4%	32
High	19.4%	14
Very high	8.3%	6



4. What importance do you place on club points at interclub?

	Response Percent	Response Count
None at all	13.9%	10
A little	40.3%	29
High	37.5%	27
Very high	8.3%	6

5. How important is it to you that interclub results are published as soon as possible?

	Response Percent	Response Count
Not at all	4.2%	3
Take it or leave it	8.3%	6
High	50%	36
Very high	37.5%	27

6. What sort of changes to interclub competition interest you? (you can choose more than one answer)

	Response Percent	Response Count
Points based on PB's	38.9%	28
Age group points	31.9%	23
More regional challenges	30.6%	22
More fun day events	25.0%	18
More social events	33.3%	24
Club teams	30.6%	22
Handicaps	43.1%	31
School based teams/clubs	12.5%	9



SNAPSHOT OF ATHLETICS SOUTH INTERCLUB SURVEY (TO DATE) continued.

What sort of changes to interclub competition interest you? **Suggestions received so far.**

1. If we are to persist with open sessions we need to manage the numbers in each session better. E.g. We could determine a max number for session one and entries received after that number has been reached are placed in session 2. Introduce a programme of officials training. Introduce a programme of assistance for each club to build of a network of coaches in a manner similar to what Eastern Suburbs has done.
2. Need more smiles especially from coaches
3. Increase the profile of athletics by having a regular article and photos in the Mercury. Check the Examiner and see the coverage athletics has—it's great. Photos shouldn't just be of high profile athletes. Relays should be held mid-program in 1 program. Why not have a twilight meet once in a while?
4. Have relays earlier in the program
5. A state interclub series in a similar format to the schools knockout would be good. A day dedicated to state relay championships similar to in other states such as NSW. For regular interclub a uniformed programme across all branches so points are statewide.
6. I think the points work better as an overall points system rather than age group points or points based on PB's. If it was based on PB's, the newcomers, who improve most quickly, would pick up the most points. The problem with handicaps is that the racing style is different. Personally I prefer picking someone a tad faster than you, and trying to stick with them for as long as possible.
7. In my opinion clubs really seem to have no bearing on anything except for what colours you wear during the day. It'd be cool to see AS devise a system where athletes are encouraged to be proud of the club they run for and not simply run in the colours—my thought anyway.
8. All branches using same software, branches not clashing meets and no north and north west on same weekend. Relays at 2pm each week, differing types of relays, 100m race every week, look at the demographic of the sport and schedule accordingly. Gala day to open season at Launceston every year, interclub start after schools finish, early November and finish close to Christmas and then start late January (3rd week) and finish April.
9. Results should be published on the web as soon as is possible.
10. And that it runs on time
11. I do not agree with the new point scoring and registration for events. I think it is silly having to estimate what time you may run or what distance you may throw because each day is different. I much prefer the grading system last year!
12. In a previous club I have been in we received regular group emails on up and coming team events and results plus occasional items of interest. The communication brings the club together. Relays are good to bring clubs together. Perhaps there are too few clubs in Hobart for a lively inter-club competition. I would like to see a state-wide club x-country event. This would capitalise on the north-south rivalry that exists in Tas.
13. More interaction with Little A's. Social events at conclusion of program Music, commentary during



14. Fix the current grading before races. We need to get the most competitive races possible not string the athletes out.
15. Not approving of field events not split into divisions. Having the entire field of juniors to masters in one session makes the event last a long time, takes up the time of precious officials, and creates boredom for the competitors due to the large waiting period between jumps/throws.
16. Cheaper
17. If points are to be used for Club competition then a graduation system be used to ensure that smaller clubs have an opportunity to compete against larger clubs. Current system results in inequity and is not truly supportive of the sport.
18. Needs a VERY big boost in publicity, not necessarily with Olympians game reps, but ordinary Athletes.
19. Handicapped mile races. Or just pure mile races. Maybe 2—3 a year.
20. Maybe to get more numbers each club could target a group of schools and offer some incentive to come and join with that club.
21. Have more events with the Launceston and Penguin clubs to get more competition for our athletes.
22. Age group points would add a new dimension. A school based competition based on the Melbourne one would be great. Handicaps are fun if done correctly. More relays, throw relays, jump relays or combined, Run/Jump/Throw relays and add a walk.
23. Meet after every interclub—bbq.
24. More interclub meets and all throws on all weeks.
25. Chocolate.

If you haven't already completed the survey—A secure and anonymous online 6 question survey is posted at:

http://www.surveymonkey.com/s.aspx?sm=bd6eng4N3CJI0ggdkWUrGw_3d_3d

The survey is password protected (password: athleticssouth)

We would love to hear your opinions on this topic.



Sesamoiditis

©MMG 2001

(http://www.eorthopod.com/images/ContentImages/foot/foot_sesamoid/foot_sesamoiditis_intro01.jpg)

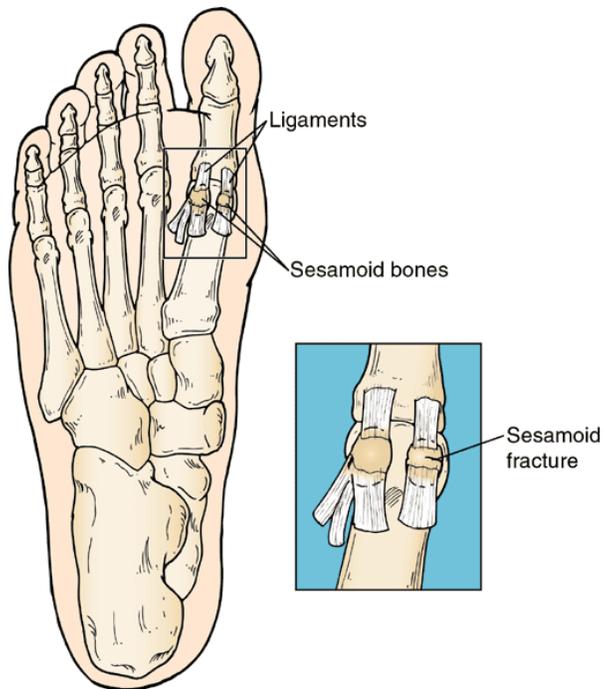
What is it?

Sesamoiditis is the inflammation of the sesamoid bones. These bones are positioned beneath the ball of the big toe. There are usually 2 sesamoid bones in the foot, which are embedded within a tendon, running beneath the big toe. The name 'sesamoid' refers to the shape of the bones, which resembles sesame seeds.

Sesamoid bones can be found throughout the body, usually positioned within a tendon that runs over a joint. While these bones appear to be small and insignificant, they provide distinct advantages. Their position provides protection to the tendon and allows the tendon to sit further away from the bone beneath, increasing the force that can be created by the tendon.



Sesamoid Injury



Bottom of Foot

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<http://www.med.umich.edu/1libr/sma/sesamoid.gif>

Who gets this injury?

Athletes who repetitively use the ball of their foot to propel off the ground may be more likely to experience injuries to the sesamoid bones. Events involving jumping and running may be the most likely track and field events to cause this type of injury.

How can it be prevented?

Careful attention should be paid to footwear. Poorly positioned plates on the bottom of running spikes and the wearing-out of soling may impinge on the sesamoid bones and reduce protection from hard surfaces such as a synthetic athletic track.

Therefore, replacing shoes which are worn-out and ensuring that the borders of spike plates are not positioned directly under the sesamoid bones are important considerations. Plates that extend half to two-thirds of the foot length are less likely to impinge on the sesamoid bones.



Full length spike plate

http://www.footlocker.com/images/products/large/116593_1.jpg



How is it diagnosed?

To clarify the diagnosis, it is worthwhile visiting your local Doctor, Podiatrist or Physiotherapist. An x-ray may be used to rule-out fractures of the bones. Sesamoid bones can be fractured through violent impacts or even develop stress fractures. Once these diagnoses have been excluded, it is likely that the condition is purely inflammatory.

If treated early, this condition may be managed with rest, icing and offloading of the bones. Offloading is possible by using a simple felt addition to your shoe's insole. (see below).



(<http://www.myfootshop.com/detail.asp?ProductID=806>)

Running, jumping training and other exercises which involve pushing off the ground should be avoided initially. Cross training may be performed on a bike or by deep water running. This will allow you to maintain fitness levels while waiting for your injury to heal.

If the injury is not improving after 2-3 weeks of rest, a referral to your local sports medicine doctor should be considered.

If you require further information or advice regarding this article please contact Sam Leitch at sam@ispahan.com.au or at Ispahan Podiatry on 6224 3555.

Sam Leitch

Podiatrist

B.App.Sc.(Pod)

PGDipSportMed



Mistakes

Tom Watson Sr. was the guiding hand in the success of IBM for forty years. He knew the risks associated with business and the value of learning from mistakes. One year a young executive was given responsibility for a project that cost over \$10 million. As it turned out, the idea failed, and when the young man was called in, he offered his resignation.

"You can't be serious," said Watson. "We've just spent \$10 million on educating you!"

When Thomas Edison was trying to invent the electric light, he made thousands of "mistakes" before he had any success. The discovery of rubber vulcanization was made by accident. Gail Borden made countless business blunders before achieving success with condensed milk. Levi Strauss made the mistake of selling his entire supply of dry goods, leaving him with only canvas to make pants from. Milton Hershey failed more than once in the candy making business before finding success with the Hershey bar.

Almost every enterprise has experienced its share of mistakes. Mistakes are a tool of learning. Although repeating mistakes is foolish, a legitimate try that turns sour should be accepted as part of the process moving forward to a better idea. Those who adhere to the old adage, "If you are not making mistakes, you are not making progress" are frequently the persons who make the biggest advancements in business. We have a natural tendency to avoid trial and error, and often find risk-taking to be unsettling. Yet, it is those who take calculated risks who reap the benefits. As Edward J. Phelps so aptly stated, "The man who makes no mistakes does not usually make anything."

Consider this: Are you so afraid of making mistakes that you are shielding yourself from success?

Alan Elliott

Author of "A Daily Dose of the American Dream"

"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."

Lance Armstrong



Legacy Books

From one generation to the next

2 Pauls Crt, Ringwood North VIC 3134

www.legacybooks.com.au

(03) 9870 7800

Media Release 12 November 2008

Australia Post Stawell Gift controversies revealed

For the first time many of the controversies and legends of the Australia Post Stawell Gift were revealed with the launch of the *Stawell Gift Almanac* at the National Post Master Gallery in Melbourne today.

Published by Legacy Books and sponsored by Australia Post, The *Stawell Gift Almanac* is the first book to comprehensively cover the first 127 years of Australia's oldest professional footrace, from 1878-2008 with the stories behind each win of this iconic race. Many years have been steeped in controversy, including:

1933: The attack on Gift Winner Goldie Heath in an attempt to derail his win.

1975: Gift winner Jean-Louis Ravelomanantsoa's refusal to race just hours before the event.

1988: The 'sting' by Gift winner Scott Antonich and his identical twin brother Paul to fool the punters into believing Scott was not well prepared for the race.

Legacy Books publisher, Barrie Milligan, said the importance of the manuscript to Australia's sporting history could not be underestimated:

"As soon as I read this manuscript I knew it had to be published, not only as a record of the Stawell Gift but also as a way to preserve the Gift's cultural history and examine its wider effect on Australia's culture," said Barrie.

"Professional foot running is one of the oldest forms of organised sport in Australia and was once one of the biggest. However, it is a scantily recorded section of Australia's history. The 'old timers', who were there when professional footrunning was the talk of the town are getting fewer each year. While some remain, it was time to record their stories—of fame, of risks, of shady deals behind the bookmaker's stands—the stories of their towns and

communities getting together to create an event that would benefit the town both economically and socially."

Previous Gift winners have praised the book as a long anticipated record of Australia's most famous and prestigious footrace.

"In Gary Watts' exhaustively researched, thoroughly absorbing almanac of one of Australia's unique and premier sporting events, the sports fan will read a sharply focussed rear view mirror of the life of the Stawell Gift and hopefully get an insight into why so many devote their lives to trying to win it. Watts has crafted a superlative work where old myths and fundamental truths are revealed and laid bare." – Paul Young, Stawell Gift winner 1985.

"Congratulations to the author and everyone connected to this excellent book on the history of the Stawell Gift, an event that has stood the test of time since 1878. It will inspire the future athletes and coaches of this great sport. I am proud to be part of the current generation of athletes, coaches and officials. We are the custodians responsible to preserve the integrity and professionalism for all the generations that preceded us. And for all generations that will follow." – Daniel Millard, Stawell Gift winner 1997 and great-grandson of 1878 winner.

"Eagerly awaited, this comprehensively researched history catalogues all the elements that are woven into the rich tapestry that makes 'Stawell' a sporting icon. Illustrates all the unique cultural traits of the true Professional Runner." – Malcolm Durant, Stawell Gift winner 1958.



Author Gary Watt, a sporting journalist with 30 years experience, spent over six years extensively researching the book. Having attended his first Stawell Gift carnival in 1978, Watt spent over 6000 hours researching the complete history of this world famous sporting contest and has interviewed many of the surviving Stawell Gift champions, incorporating their personal victories and experiences throughout the chapters of this book.

The *Stawell Gift Almanac* is available from selected Australia Post shops, good book stores or directly from Legacy Books (03) 9870 7800, info@legacybooks.com.au.

\$39.95 Softcover, \$49.95 Hardcover, \$99.95 Limited edition leather-bound.

CHRISTMAS GIFT IDEA PERHAPS????



Stawell Gift winners (left to right)

Gary Watt (author of the Stawell Gift Almanac), Jack Hayes, John O'Donnell, Bill Williams, Mal Durant, Noel Hussey, Neil Beachley, Peter Durham, Dallas O'Brien, Paul Singleton, Andrew McManu, Glenn Crawford, Dale Seers, Rod Matthews, Josh Ross, Adrian Mott, Sam Jamieson



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

NAME : *Craig West*

ROLE IN ATHLETICS: *Spectator / Treasurer SBHC*

Why do I do It? *Keeps me healthy*

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

If Welshy says jump your response is?? *I'm a sprinter*

Rosemary Coleman is famous for what? *Tour guide.*

Who didn't Peter Fortune coach to a gold medal *Me!*

What is the best form of clothing to wear to the Domain in Winter?

Beanie & Jacket

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

Northern Suburbs

Skins/ 2XU, cool or uncool? *Never worn either*

If you could be anything in Athletics anywhere in the world what and where??

Be Jana Pitman's optometrist

Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking?

I'm a genius
