



TRACK TALK

Athletics South Newsletter

February 27, 2008

Issue 8

AT MEDIA RELEASE

26 February 2009

Weekend 1 of State Championships Preview

The Tasmanian Track & Field Championships begin this Saturday, with a new format that has brought about a significant increase in entries.

Athletics Tasmania's gamble to put the state titles on over two weekends appears to have paid off, with athletes supporting the concept. Weekend 1 will be on this Saturday and Sunday in Launceston, with weekend 2 set down for March 14 and 15 in Hobart.

An example of the depth of juniors coming through the sport at the moment, is the under 18 men, where a massive 23 entries for the 100m alone has been received, with no less than eight of the athletes having represented Tasmania at national level recently. In a sign of the direction of athletics in the state, it is up on the eight who entered the same event in 2007.

Throwing excitement for the weekend will come in the men's and women's shot put. Australian under 23 champion **Todd Hodgetts** of Newstead Harriers will start the firm favourite for the men's title and will no doubt set about intimidating the opposition with one of his monstrous grunts. The field will also include **Peacock brothers Hamish and Huw**, along with Australian University Games bronze medallist in the hammer **Stuart Morse** and Tasmanian representative **James Guest**. The women's Shot Put could very well have one of the youngest Tasmanian open champions, with underage state record holder Rebecca Direen. The 14 year old has been on a record breaking spree this season and has the form leading into the competition to gain the upper edge over North West's Victoria Lynd and Northern Suburbs athlete Nicky Ristrom.

The distance race of the weekend is likely to be the men's 1500m on Saturday afternoon. Fresh from setting new personal bests at the Briggs Athletics Classic last month, **Sam Ferguson** (North West) and **Josh Harris** (Tamar) will have a battle on their hands to outdo one another. While this writer holds the fastest personal best in the field, his form has been average of late and is likely to struggle in the middle stages. **Tom Beard** has made an impressive return from injury over 400 and 800m races, and will provide depth to the field also.

Richard Welsh



**AT MEDIA RELEASE**

22 February 2009

State Record and 'A' qualifier for Thomas

Tristan Thomas continued his red hot form today in Canberra, clocking a World Championships 'A' qualifier and breaking the Tasmanian 400m hurdles record.

Running at the ACT Championships, Thomas clocked 49.25sec, to equal the 'A' qualifying mark and take 1/100th of a second off Simon Hollingsworth state record, which dated back to the 29th February, 1996.

Speaking from the nation's capital, the AIS and TIS scholarship holder was over the moon. "It means more to me than the 400m did. I guess the 400m wasn't really the goal, as I was still doing 400m hurdles, so to do it in the event that I am wanting to do means heaps," said Thomas, referring to his run over the 'flat' 400m last month where he also bettered the state record previously held by Hollingsworth.

Though he hit six of the ten hurdles in today's race, it was a massive new personal best, taking almost half a second off his winning time from last month's Briggs Athletics Classic in Hobart. His new personal best of 49.25sec now has him sitting 4th on the Australian all time list. "To jump all these guys including Simon and to get the state record in the process is really pleasing. I think it's going to take a little while for that to sink in, as there is some pretty good company on that list," the Sandy Bay athlete added.

The timing of good form is sensational for Thomas, as the three biggest meets of the Australian domestic season all occur in the next month. Next Saturday at the Sydney Track Classic, he will face USA's World Champion Bershawn Jackson and South African Commonwealth Champion LJ Van Zyl who have personal bests of 48.02 and 48.22 respectively. "I've got to race a few big guys in the coming weeks and while I have dreamt of beating these guys, I needed a decent run on the board before I could believe it."

Today's performance adds to the two 'B' qualifiers that Thomas has produced this season over the 400m hurdles, for the 12th World Championships in Athletics in Berlin, Germany from August 15 – 23 this year. He is joined by 3000m Steeplechaser Donna MacFarlane as the only Tasmanians to have qualifiers at this stage.



2008/09 ATHLETICS SOUTH CALENDAR

Day	Date	Meet	Venue	Start
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	

PROPOSED CHANGES TO TRACK & FIELD PROGRAM FOR SEASON 2009/2010

Ken Doughty has put forward the following suggestions for possible changes to the programming for the next season of track and field. You are invited to respond to these suggestions. Please do not individually respond to Ken, **contact your club representative** who will in turn collate responses and pass onto Ken.

Thoughts and ideas.

Track

That sessions one and two be introduced for events 60m, 100m and 200m.

That mixed gender racing be for sessions one and not session two, and be available for all other track events.

Program 4 include both 60m and 100m but no sessions for these events.

Some programs to have relays in the middle, not the end of the program.

Field

Where there are two sessions of a discipline the first is mixed gender.

In horizontal jumps an ability requirement for one of the sessions is introduced (similar to men's high jump)

Overall

That AS restricts the number of entries per session (to get an even spread of numbers over both sessions)

Saturday start time be 1 o'clock, that track times be moved forward by thirty minutes.



"Welcome to Olympic Park, home of many Olympic champions; including Betty Cuthbert, Steve Monaghetti. He didn't win Olympic gold, but that doesn't matter... this is my story...."

Or so says Stephen Rae, one of Tasmania's finest middle distance and hurdle athletes. I found Steve wandering the track at Olympic Park, in Melbourne, on a fine summers day; as the afternoon breeze blows lightly through his grey hair. As training partner Nathan Morey jogs off along the back straight, I asked Steve some questions about his time as an athlete...

I begin, "Steve, you do athletics obviously, the main question is what is your main event at the moment? Are we looking at the sticks [400m hurdles], the flat 400m or even the 800m?"

"Look, my love will always be for the hurdles. Obviously, this gives me a bit of passion for the 400m, but, my main focus at the moment is the 800m."

We approach the 200m, when I ask Steve about the 800m; particularly, where he's been, where he is at the moment, and especially where he'd like to be.

"Well, the 800m. Pretty simple, two laps. It doesn't take that much to figure it out."

After pondering for a moment, he keeps a straight face when he continues, saying, "if someone like Brendan Hanigan can run it, I figure anyone can".

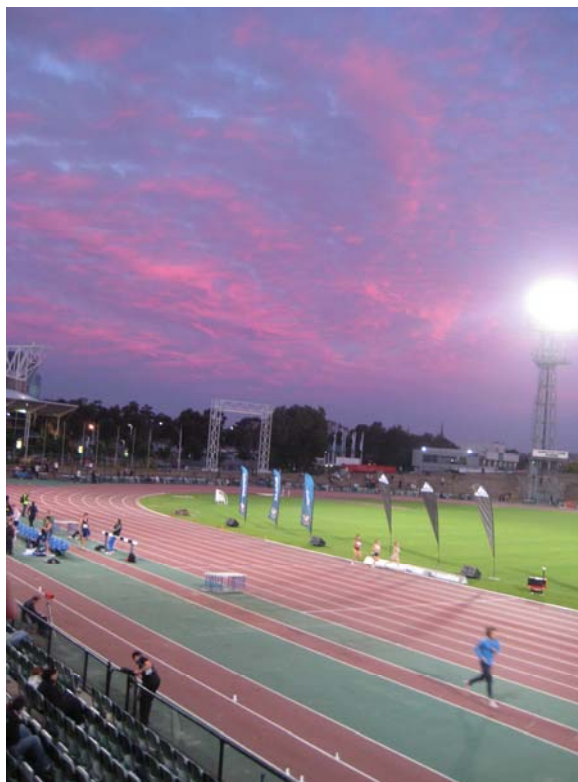
Luckily for him, Steve is coached by one of Australia's best distance runners, the famous Brendan Hanigan; currently the holder of the third fastest 800m time ever run by an Australian. Whilst Brendan, or Hags as his group often call him, now looks after his three beautiful boys at home with his wife, Tracey, he still gets a thrill watching his athletes strive for their best both on and off the track.

After a slight chuckle off camera from Nathan, Steve goes on.

"Ah, I've been at my peak before; 1.52.2 guy. Where am I now? Melbourne!" Steve the self proclaimed group comedian, as you'll see later. "I'm just coming off the back of a 1.55.9 on the weekend. Really hoping to pick up, go under the 1.55 mark today. Even around a 1.55 high or a 1.56; I'd be satisfied with that."



The wind down the home straight rustles through the audio device in the video camera, as the glorious setting sun glares down onto the red mondo track.



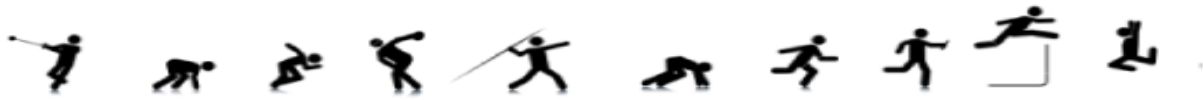
"Where would I like to be? Well 2014 I believe, World Champs of Masters is going to be in Melbourne. So, I see myself here in five years time.. I can see it; the best thirty-five year old athlete in the world. You know, I hope the beard will be a little bit bigger, a little bit greyer".

Many of the Tasmanian athletes can recognise Steve, simply by the name on the back of his training top. Anyone who sees the fluoro green "GRAMPS" knows the burden this 29 year old carries; particularly in the form of the beard around his mouth and the patches of grey hair on his head. Unfortunately, age has not been kind to Steve. However, it is something this heroic young man has come to terms with over the years. It is something he is proud of; it is what makes Steve, well Steve.

With Gramps on one side of the training top, it is the famous slogan on the front that really has heightened Steve's career. I asked Steve about his training group, the ever so popular, Hanigan's Heroes.

"Oh! Hanigan's Heroes! The Heroes! The Hanigan's Heroes was a little concept that I came up with about a season and a half ago, one winter session, as when I do- being the joke master of the team- was throwing some names about, and I thought, wouldn't it be funny to substitute 'Hogan' with 'Hanigan'.. put the apostrophe and the 's' in.. and it really just went from there." The rest of the group know of course, that the concept was definitely not his.

He laughs out loud, (or 'lol' as the youth of today like to exclaim) when saying, "we've got T-shirts and.... That's it!"



"Membership is pretty exclusive, you've got us three, plus a young bloke by the name of Tom Beard. He's got a lot of potential, but he's a bit of a butt-scratcher. There's Sam Morey, he's a class all to his own. We've got a few youngens, such as Tom "Pazza" Paz. Ah, Mr Mizuno [Jayden Hey]..."

I interrupt Steve, when something short of a miracle happens. After spotting a very lovely looking young female over at the pole vault, the camera- by itself, of course- moves from Steve over to that direction, focuses for a moment, then returns. Amazing.

Upon the completion of their walking lap at Olympic Park, the topic of drinking arises- unfortunately not the 'keeping the fluids up' kind of drinking, more the 'after party,' or 'yes! I ran well!' side. However, Nathan Morey is quick to jump in to answer for Steve.

"Well, Domma and I definitely aren't drinking as we have to compete on Saturday [at the Club Champs in Penguin] where as Steve is actually staying here".

Steve simply replies, with a grimace on his face, with his catch phrase, "Chocolate rain!".

The camera then turns around for the final view of Olympic Park, before the three Heroes embark on their warm-up before their competition at the Victorian Milers Club; in the 800m. The wind continues to blow steadily, as the sun begins to disappear behind the back straight stands; the cloudless blue sky creating the perfect scene, lighting up the vivid blue eyes of Tasmanian great Stephen Rae, as he concludes his interview..

"I think your going to see some good running tonight, either by the 'Vic Boys', or by us... the Tas Invasion..."

The interview then ends with Steve tripping over the printer on the ground, hence ruining the scores for the night... and yes, Steve did go on to run a PB that meet.

From my time with Steve, I discovered something new. Something that I will hold close to me for the rest of my athletics career and quite possibly the rest of my life. Something that I'd like to share with you.

And that is, if you can find meaning in your running, then you can find meaning in that other absurd past time....

... life.

Dominic Anastasio



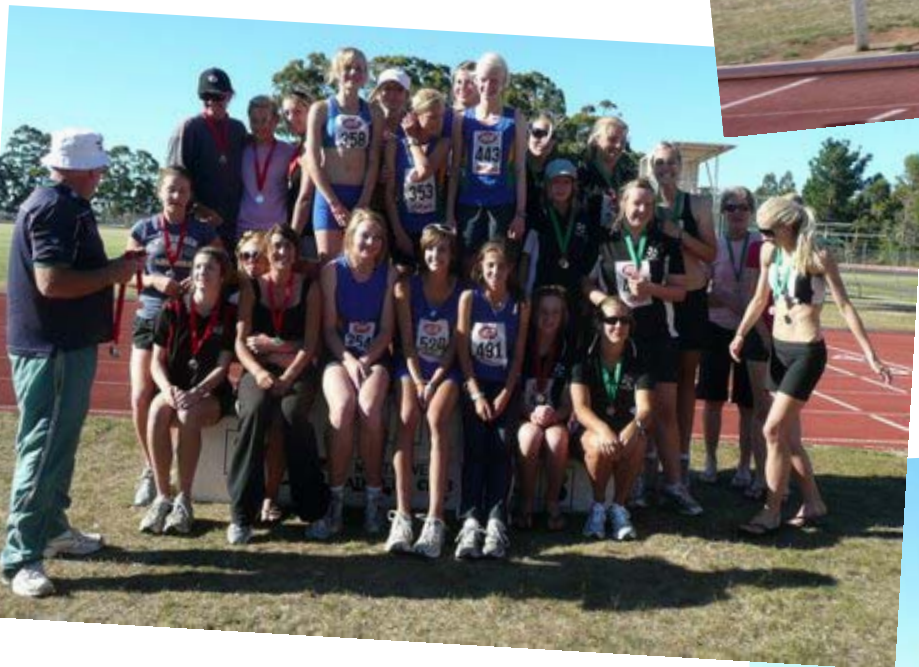
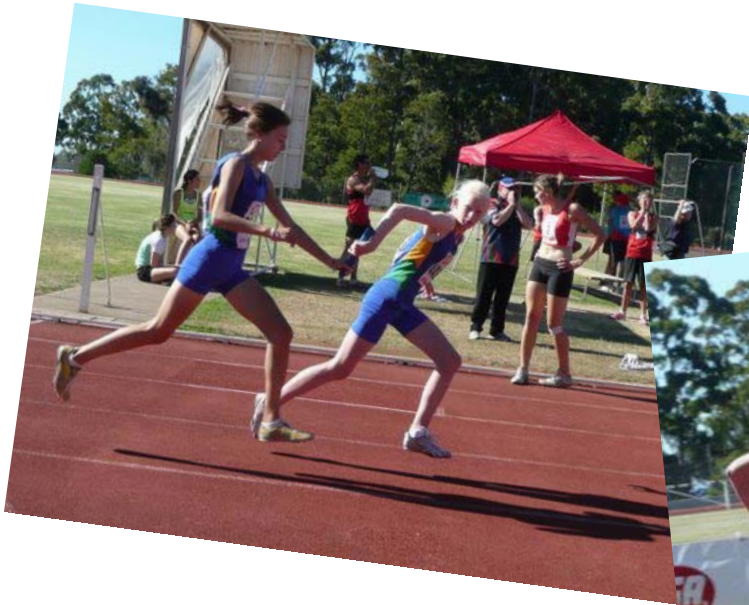
DUNE TRAINING SESSION



CLUB CHAMPIONSHIPS PENGUIN—pics supplied by Rosemary Coleman









Attitude

by Charles Swindoll

“The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.

It is more important than appearance, giftedness, or skill.

It will make or break a company ... a church ... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ...

I am convinced that life is 10% what happens to me, and 90% how I react to it.

And so it is with you ... we are in charge of our Attitudes.”



End off season raffle

\$1.00 per ticket

Drawn Aths South Fun day 28th March

First prize

Ryobi Wood chipper (valued \$220)

Second prize

Makita Workshop radio (valued \$180)

Third prize

Johnny Walker Black Label Scotch (valued \$100)

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10 Success Tips for life

According to [Brian Tracy](#), a leading expert on the development of human potential, highly successful people think differently than others. They are habitual optimists and generally have a positive/constructive attitude toward life. Optimists are focused on the future, feeling that the best is yet to come, while pessimists tend to focus on the negative and look to the past. Following is a list of “secrets to success” of several highly successful people.

Perhaps these secrets below can help you to make this next year your most successful one yet?

1. Visualize, think, and talk about what you want in your life. Commit to making it happen and refuse to think and talk about what you don't want. Be clear about what you want to achieve and do what it takes to achieve it.
2. Believe in yourself and your dreams. Having a sense of pride in yourself breeds confidence.
3. Do what you love. Focus on your passion instead of the money. Passion creates energy and excitement which, when combined with preparation, breeds success.
4. Improve your potential. Develop the knowledge and skills you need to succeed. Take the time to continuously increase your brainpower by attending programs, reading books, and listening to audiotapes.
5. Maintain a positive attitude. Always look for the good and the valuable lesson you may be learning.
6. Look for solutions rather than focusing on the problems and who to blame.
7. Stay focused on your **goals** and the future. Write them down as though they have already happened. If you know where you are going and have a plan of action for getting there, you are more likely to arrive.
8. Don't give up. Be persistent and continue to persevere even in adversity. Most successful people have failed several times before they succeed. Use failure as fuel for future success.
9. Be willing to take risks.
10. Take responsibility for your life; act as though you are the president of your own company.

Excellence is about being your personal best. Set yourself up for excellence: focus on something you are passionate about and set a new goal. What is the biggest tip to achieving your goals? **Write them down!** Just send yourself an email as “proof” and as a validation. You'll be surprised when you revisit that email or letter next year.

According to a Harvard Business School study, written goals can translate into earnings of 10 times more than those who fail to establish goals or put their goals in writing. The study of their graduates from over 30 years of research found that only 3% who actually wrote down their goals. But those 3% were the most successful in the whole study! Of the remaining 97%, 11% had goals but had not written them down and 86% had not yet established goals.

Twenty years later, they polled the same group. The 11% group who had goals (but not written down) were making twice as much as the 86% group who had no goals. However, the 3% group who had written down their goals were **making 10 times more than the average** of all the other graduates and 98% of all the wealth resided with that same 3%!

Get out that pen!

What are your goals for 2009?

Damo

AMFSprint™



SHAKEN AND STIRRED

One in two young people are at risk of an alcohol-related brain injury. Have fun when you socialise, but minimise the potential harm when you do. Make sure you look after yourself and your friends... and get home safely.



www.braininjury.org.au





YOU WOULDN'T LIKE ME WHEN I'M ANGRY

Social violence is increasing, particularly when alcohol is involved. Although one punch can kill, many more people will receive a permanent disability from trauma to the head from fighting. Have a good night out and make sure you and your friends get home safely. No one likes violence... it's just not worth the risk.



www.braininjury.org.au





MENTAL TRAINING

DARREN ALOMES

In first edition of the AS newsletter, Damian Lawler provided an article titled 'Mental Training for Warriors'.

The basic premise of the article is to develop strategies to remove any ceiling you have created to develop a platform for performance to be taken to a new level.

Mental training is important in the sport of track and field.

Listening to commentators talk about toughness elicits responses of players using physical strength to subdue an opposing player, although this may be important in some sports. In a sporting context, toughness is the act of doing something without fear of the consequences.

In track and field this is of utmost importance. This toughness in track and field, is not about physical strength, it is about mental strength.

What is toughness?

Toughness is the ability to perform at your best under all circumstances. It is developed through not only training the bio-motor abilities, being strength, stamina, speed and suppleness but through mental training.

Everybody can develop and improve the mental performance through training.

What type of competitor are you in big competitions?

I believe there three types of competitors in sport, these are;

1. Fierce Someone who performs consistently above their level to compete against everyone
2. Strong Someone who performs consistently well against their level of performance
3. Athlete Someone who performs consistently below their best.

Over my career, I have competed and trained with about 6 fierce competitors, so they are very rare.

With a good base in mental training an athlete can go from being an athlete to one of being a strong competitor. Being a fierce competitor is more innate then the other two.

How do you develop and improve mental training?

For me I follow a sequential order of steps, to develop the basic elements of relaxation and imagery skills to help enhance mental performance



If, as an athlete, you develop both these skills they will help improve your performance, if you develop relaxation skills they will provide a base for you to improve your performance.

A five step approach that can be used improve relaxation and imagery skills are follows;

Initial technique (coach and athlete)

Step 1 (Relaxation Breathing)

- Lie down, preferably on floor, use a pillow if you need to. As a side note I prefer not to, as athletes sometimes miss the reason for the exercise. Remember we are after mental relaxation not physical relaxation.
- Darken Room
- Have athlete concentrate on breathing, by breathing in through nose and follow breath down to pit of stomach. Follow the breath up and out of your mouth.
 - There will be a noticeable change in breathing as the participant gets it).

Step 2 (Relaxation of the Body)

- Introduce voluntary muscle contractions and relaxation of muscle. Start with lower legs and introduce other limbs - individually.
 - The aim is to feel how the relaxing the contracted muscle feel.
 - I tend to contract only one limb at a time.

Step 3 (Imagery Thought)

- Give the participant something to look or feel for. I initially use a nice sunny sandy beach.
- Tell the participant to feel the heat of the sun
- Then get them to feel the sand on their feet and between their toes
- Get them to hear the waves rolling in and breaking.

Step 4 (Imagery Visualisation)

- Get the athlete visualise the beach.
 - There tends to be two types of visualisation by people
 - In - Looking on to themselves
 - Out - Looking out through theirs eyes

Step 5

Gradually introduce sport specific events

Most participants can get up to Step 4 in the first session.

Remember as with any form of training, mental training requires regular and consistent work.

Quote

"The mind, once expanded to the dimensions of larger ideas, never returns to its original size."



'Heads Up 2 Brain Injury...



... an interactive learning opportunity for secondary school students which aims to reduce the likelihood of them sustaining a brain injury ...

DO YOU HAVE STUDENTS WHO:

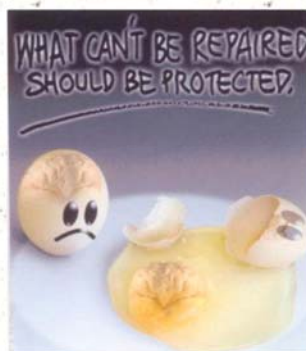
- Would benefit from learning more about the brain and how it works?
- Participate in, or are exposed to high risk activities?
- Would benefit from gaining a greater awareness of the possible outcomes of those activities, particularly brain injury?
- Would benefit from talking to, and learning about the life experiences of, people with acquired brain injury?

If you answered **YES** to any of these questions contact the Brain Injury Association of Tasmania

on Ph: 1300 BIA TAS (1300 242 827) or Email: enquiries@biat.org.au

to arrange for a 'Heads Up 2 Brain Injury' presentation in your school.

"I liked the content of the program, and found the information was presented in an interesting way. I also really liked being able to talk to a person with an acquired brain injury. This allowed a greater understanding of what it is really like to have an ABI. It is definitely the thing that has stuck with me the longest".
Participant, Penguin High.



"I found the brain injury awareness workshop a real eye opener for the students who participated and also for myself...the fact that the students could keep their attention for the whole afternoon session was a reflection of the quality and meaningfulness of the topic..."
Teacher, Riverside High.



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ANDREW SKELLEY, SENIOR STATION OFFICER, 'A' PLATOON HOBART FIRE BRIGADE
(MEMBER OF TMA AND SANDY BAY)

Skills is an extreme firefighter, this means he can be dropped into the wilderness to fight fires that are almost impossible to get to otherwise. It is usually a small group that go together - very dangerous work—pic is of him in Victoria with one of the skycranes which holds 9 tonnes of water.



MISS OVA 2009

Miss OVA 2009 was held at the DAC on Saturday 21st February. Whilst there was only a small number of entrants there was no doubting their enthusiasm. The entrants adapted to their new genders and personalities with consummate ease—a little too comfortably some would question??!!!

Entrants were Daisy (Dave) Sutton, Crystal (Nathan) Morey, Charon (Tom) Beard, Lavinia (Levi) Hunt, Paris (Mark) Nichols and a late entry in the evening gown section was Georgina (George) Miller. All were escorted on the catwalk by Ronald (Jess) Morey. After parading in the three sections, schoolwear, swimwear and evening wear, the spectators votes were tallied and Charon (Tom) Beard was crowned queen sorry Miss OVA for 2009.





Evening wear session
From left to right
Ronald Morey
Daisy Sutton
Lavinia Hunt
Crystal Morey
Charon Beard
Paris Nichols



APOLOGIES FOR THE QUALITY OF SOME OF THE PICS—BUT I HAD TO DOWNSIZE THEM CONSIDERABLY—OTHERWISE THE NEWSLETTER WAS GOING TO BE ABOUT 3MB!!!!







PICS FROM BRIGGS MEET





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

NAME: **Dragon**
ROLE IN ATHLETICS: **Athlete, Coach (HRA)**

1. Why do I do it? **To challenge myself**
 2. When did I last cook the family meal and what was it? **2 nights ago—bacon n pasta dish with potato base n 6 veg**
 3. If Welshy says jump your response is? **Block**
 4. Rosemary Coleman is famous for what? **Not sure. I know she coaches and is a good supporter of athletics.**
 5. Who didn't Peter Fortune coach to a gold medal? **Cathy Freeman**
(Ed note: we will assume that Dragon mis-read that question)
 6. What is the best form of clothing to wear to the Domain in winter? **Skins, dry fit tops, gloves, bandana LOL**
 7. Just between us which is the best club in Tassie athletics (I won't tell anyone else)? **ES They are not just about points for their club**
 8. Skins/2XU, cool or uncool? **Cool**
 9. If you could by anything in Athletics anywhere in the world what and where? **400m world champion at the world championships defending my title.**
 10. Should this interview take more than 60 sec's and if the answer is "yes" what on earth were you thinking? **Took me 43s, had to rush cos I did it at work.**
-

**DATES TO REMEMBER:**

ATHLETICS SOUTH FUN DAY—28TH MARCH (MORE DETAILS LATER)

WINTER CROSS COUNTRY SEASON COMMENCES 4TH APRIL—SEE YOUR CLUB REGARDING REGISTRATIONS

ATHLETICS SOUTH AGM AND PRESENTATION EVENING—29.5.09

Athletes and coaches are reminded that lanes 1 and 2 at the Domain Athletics Centre are NOT to be used for training purposes.

This is a condition of hiring the ground from the Hobart City Council.

Lane barriers are quite often put in place but it appears that people using the ground merely move them out of the way.

Apparently the resurfacing of the track is a long, long way off the planning agenda of the Hobart City Council so we need to ensure that we all abide by the hiring conditions outlined by the council.



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

Next issue due out 27th March, 2009, contributions due by Monday 23rd March, 2009.

THANKS TO CONTRIBUTORS, Damian Lawler, Darren Alomes, Rosemary Coleman, Dominic Anastasio, Jenny Stevenson, Ken Doughty



WINTER COMPETITION SPONSOR



SUMMER COMPETITION SPONSOR