



TRACK TALK

Athletics South Newsletter

June 18, 2009

Issue 11

HUW IS OFF TO WORLD YOUTH CHAMPIONSHIPS IN ITALY!



Huw Peacock is the only Tassie selected to represent Australia at the World Youth Champs in Italy next month.

But he has to find a fair bit of money to get there, so AT are going to help out by putting on a trivia night.

When—Friday June 26

Where—Domain Function Centre

Cost—\$15 per head or \$100 for a table of up to 10.

Includes—entry, pizza for dinner, lucky door ticket.

So get your tables organised and email them to

richard@tasathletics.org.au

If you can't get there, but want to help out, donations can be made to Evan Peacock or via the AT office.

**AT MEDIA RELEASE**

11 June 2009

Foster Fires at NCAA Finals

When he updated his facebook status just a few hours ago, it read “Ryan Foster has packed his victories in his knapsack, put on the white singlet and developed a plan. Time to go make Mum and Dad proud!”

And that he did. At the NCAA Championships in this morning (AEST), Foster won his heat of the 800m in 1min 47.57 sec. That time leapt him to number two on the Tasmanian all time list, behind world junior bronze medallist Brendan Hanigan.

The 20 year old Penn State scholarship holder passed through the halfway mark in 51.85sec, sitting in second place and after finding himself back in the field with 200m remaining, fought on strong to win the heat and have progress to the semi finals as the fastest qualifier from the four heats.

Having moved to the USA almost 12 months ago to take up the scholarship in Pennsylvania, Foster has continued to reach new heights, running personal bests for 800, 1000 and the mile.

The 2009 NCAA championships are being held at John McDonnell Field on the University of Arkansas campus at Fayetteville. With the strict qualification procedures, simply making it to the start line has required multiple runs at local, regional and state events, to bring only the top collegiate athletes from across the USA to the NCAA finals. The competition is so strong, it would be ranked second behind the World University Games in terms of quality of competition for college/university athletes around the world. Foster is one of only eight Australian’s to qualify for the NCAA finals.

Postscript:

Further results—2nd in semi final - 1.46.78.

(Fastest 800m run by an Australian in 2009 to date)

8th in Final—1.47.81

WELL DONE RYAN!



ATHLETICS SOUTH OFFICE BEARERS FOR 2009/2010

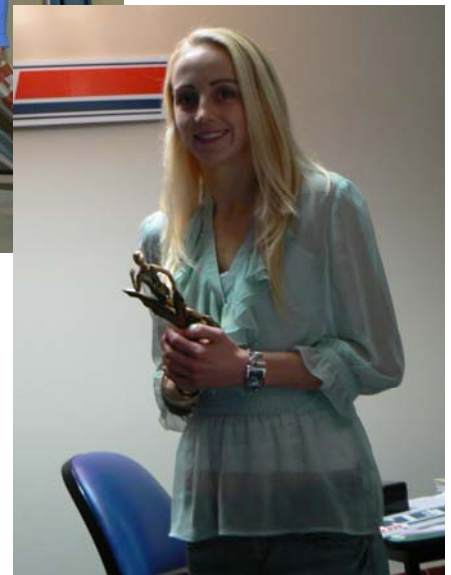
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OFFICIAL'S DEVELOPMENT DIRECTOR	JENNY STEVENSON
PUBLIC RELATIONS DIRECTOR	MICHELLE O'LEARY
DELEGATE TO AT	JARROD GIBSON



ATHLETICS SOUTH PRESENTATION EVENING—29TH MAY

Congratulations to all award winners.

UNDER 14 WOMEN	-	KAITLIN MORGAN (OVA)
UNDER 14 MEN	-	BEN COVINGTON (SANDY BAY)
UNDER 16 WOMEN	-	DANIELLE MCCONNELL (EASTERN SUBURBS)
UNDER 16 MEN	-	BRENT O'LEARY (OVA)
UNDER 18 WOMEN	-	JESSICA MOREY (OVA)
UNDER 18 MEN	-	HUW PEACOCK (EASTERN SUBURBS)
UNDER 20 WOMEN	-	KIARA CHAMBERS (EASTERN SUBURBS)
UNDER 20 MEN	-	HAMISH PEACOCK & CHRIS MCCONNELL (EASTERN SUBURBS)
SENIOR WOMEN	-	MELANIE DANIELS (NORTHERN SUBURBS)
SENIOR MEN	-	GRANT PAGE (NORTHERN SUBURBS)
AS MEDAL	-	TRISTAN THOMAS
DOREEN FRAWLEY MEMORIAL AWARD	-	DANIELLE MCCONNELL, MELANIE STREET
GRAEME BRIGGS AWARD	-	HUW PEACOCK





ATHLETICS SOUTH OFFICIAL OF THE YEAR

JENNY STEVENSON





EASTERN SUBURBS CLEANED OUT THE TROPHY CABINET BY WINNING THE WOMEN'S, MEN'S AND COMBINED PREMIERSHIP FOR THE TRACK & FIELD SEASON.



**ATHLETICS TASMANIA MEDIA RELEASE—17 June 2009****Tasmanian Athletics Coaches and Officials Recognised**

Mike Pace has been selected as the top athletics coach in Tasmania for 2008-09.

Athletics Tasmania, in conjunction with the Tasmanian Branch of the Australian Track and Field Coaches Association has announced that the Hobart insurance broker is to be the inaugural recipient of the **Max Cherry Memorial Award for Coach of the Year**.

The Award was re-named in honour of the State's most renowned athletics coach following his passing in April last year.

Pace and his athletes had a wonderful season with newcomer Melanie Daniels springing a major surprise by winning the Australian 3000 metres championship whilst evergreen Grant Page was inspired to personal bests at 800m and 1500m, and a new state record at 3000m.

Pace prevailed in an outstanding field of nominees, which included co-finalists Evan Peacock, Wayne Holt and Craig Hicks.

Two new awards instituted during the season were also keenly contested.

Brendan Hanigan has converted the skills and knowledge gained as an international representative over many years to guide a dedicated band of young athletes, and is recognised as the winner of the **Emerging Coach Award**, ahead of Wim Vaessen and Jy Webb.

Outstanding work in developing and delivering education courses for fellow coaches resulted in the selection of **Darrel Harington** as the recipient of the **Contribution to Coaching Award**, from fellow finalists, Fay Denholm, Mike Gunson and Max O'Toole.

AT has also announced that three outstanding contributors to the sport at grass roots level will receive the Association's **Merit Award** for 2009. Coach **Peter Turnock**, starter **Jim Morgan** and national technical official **Shaun Wilson** have each provided valuable service to club, branch and state athletics in Tasmania for more than 15 years.

Turnock who also turns his hand to club administration with Eastern Suburbs and officiating with Athletics South, plays an effective role as a club and squad coach whilst Morgan is also well known for his role in setting up equipment for schools and club meets at Hobart's Domain Athletic Centre.

Wilson was one of the youngest officials in the country when he began his time with the sport in the early 1990s and has since risen to become a key member of the national officiating panel as a technical manager and photo finish judge.

The awards will be formally presented at Athletics Tasmania's Annual General Meeting to be held in Ross this Sunday (21 June 2009).



FROM THE AT PRESIDENT 07/0609—

REGISTRATION OF OFFICIALS, ADMINISTRATORS AND CLUB COMMITTEE MEMBERS.

Dear Colleagues,

We extend a special request to clubs and branches to ensure that all competition officials, administrators and very importantly, club committee members are all registered with Athletics Tasmania via the on line system. We estimate that some 100 such persons were not formally registered last year.

Please note that this is only not necessary where the person is registered as an athlete. Athlete registration is sufficient to cover all other areas.

On line registration can simply be effected by going to the AT website (www.tasathletics.org.au), clicking on the online registration and following the prompts.

We confirm that there is no charge for registration purely as an Official, Administrator and Club Committee Member and so we hope that there is no reason why this request cannot be fully implemented. If you require any assistance, or prefer simply to submit a paper list, please contact Fiona in the AT Office (info@tasathletics.org.au).

Please note that it is vitally important for all Officials, Administrators and Club Committee Members to be formally registered for a range of reasons—for statistical data collection about active participation in the sport in Tasmania, for insurance reasons, particularly for officers and committee members liability coverage, contact details and other recognitions, such as nomination for service awards, community honours etc.

We also confirm that coach registration (full insurance coverage and other recognition for eligible coaches) can be achieved EITHER by becoming a current financial member of the Tasmanian Branch of the ATFCA OR registering via the Athletics Australia system (www.athletics.com.au). Either system automatically provides membership of Athletics Tasmania.

They are now posted in the results section of the AT website.

Brian Roe
President
18 June 2009



Five Questions Every Athlete Should Ask Themselves

By Jonathan Conneely

For <http://www.elitefts.com/>

How bad do you want to be a great athlete? Many people talk about it but very few actually do it. I once heard a quote that I will never forget and that I use on a weekly basis while working with athletes: "A great athlete does every day what a good athlete does occasionally."

A great athlete does whatever it takes on a daily basis while a good athlete does it when it's convenient. A great athlete trains every day while a good athlete trains when it's comfortable. A great athlete goes out of his or her way to eat properly so that the body recovers faster while a good athlete eats whenever and whatever is available.

Many athletes enjoy playing their sport, but that isn't what I'm talking about. I'm not talking about just making the varsity team. I'm talking about being a contributor to the varsity squad. I'm not talking about just getting a scholarship. I'm talking about being an All-American. I'm not talking about just being a professional. I'm talking about being an All-Star or a Hall-of-Famer. I'm talking about being great! There are many good athletes out there, but very few are great. The difference between the good ones and the great ones is what they do on a daily basis. It's called consistency, hard work, and dedication.

If you are an athlete, I want you to ask yourself five questions. These five questions will determine if you have what it takes to be great or if you're satisfied with just being good.

1. How bad?

How bad do you want it? How bad do you really want to be great? Do you just talk about it or are you doing what it takes on a daily basis to be great? Michael Jordan once said, "Some people want it to happen, some wish it would happen, and others make it happen." You have got to go and make it happen. You have to go and take it. How bad do you want it?

2. Why?

Why do you want it? Do you want to be great so people notice you? Do you want to be great to be famous? Do you want to be great to make money? Do you want to be great so that you can help others? Whatever it is, you need to know why. Why do you do what you do on a daily basis to be great? What is it that motivates you?



3. What?

What are you willing to do until you get it? What are you willing to sacrifice? Many athletes say they want to play professionally and that's great. However, do you know what it takes now for you to get there? Do you know what you need to do on a daily/weekly/monthly/annual basis to reach that ultimate goal to play professionally? To be a great athlete takes a lot of sacrifice. You may have to go to bed early when your friends are out at a movie. You may have to tell your girlfriend that you can't hang out because you need to train. Are you willing to make those kinds of sacrifices?

4. How much?

How much do you really invest into it? How much time do you put into what you do? It takes time to be great at anything. How much time do you put into practicing? How much time do you put into studying so that you can master your sport? Be honest with yourself. Are you really ready to invest the time necessary to be great at what you do? There is no substitute for hard work. Are you willing to put the time into practice? Are you willing to work? How much are you willing to work at it?

5. Do you really?

Do you really love it? Is this your passion? Your passion is what is going to drive you. It is what keeps you going when times get tough. Things will not always be easy. The road is going to get rocky, and if you do not love what you are doing, you will quit. If you do not have a passion for this, you will throw in the towel. You really need to ask yourself, "Is this what I love to do?" If not, hang it up and find something that you do love to do. This is what life is all about!

Now that you have asked yourself these questions, go and get it. Go and take what you deserve, and don't look back until it is yours!

Article supplied by Darren Alomes

"The only one who can tell you 'you can't' is you. And you don't have to listen." –

Nike



TASSIE WALKERS WALK THE WALK

The annual Race Walking Australia Carnival was held on the shores of Lake Burley Griffin last weekend in Canberra in cold and occasionally very wet weather. A record number of 297 walkers entered a total of 397 events, making this the biggest race walking event that has ever been held in Australia.

The Carnival showcased a bright future for race walking across the Nation, with the sport growing in recognition due to the outstanding walkers in our Country competing in Olympic, Commonwealth and other World Championships. All our elite senior and junior walkers were in attendance, a great event for our young aspiring walkers to be part of.

Our Open and Masters athletes' Daniel Coleman and David Moore performed very well in their respective events. David Moore one of the club's senior walkers competed in the 10 mile (16.1km) recording his fastest time since becoming a Masters Athlete. Daniel Coleman the States most decorated walker competed in the Open 10km event, winning the race some 35 seconds off his personal best. The result was very pleasing for Daniel as he has had a serious injury which has interrupted both his competition and training since last October. It is pleasing to note that Daniel's win came with no sign of any concern. We wish him well.

The junior race walking team led by Sophie Eberhardt showed why the future of Race walking In Tasmania is a whole lot brighter. The team comprising of Sophie Eberhardt, Tahlia Hunt, Sarah Guy, Jemma Smith, Louis Rose and Jack Wright.

Jemma Smith (SB) 9yrs the youngest of the walkers competed in the girl's U/10 1km event. Jemma has only been training with Rosemary since January 09 and already shows a lot of potential with her walking and is technically very sound, showing her talent as a race walker. Jemma did not go unnoticed by Brent Vallance from the AIS. Jemma won the bronze in that age group in a huge personal best and backed this up 40 minutes later to record 19th in a field of 37, picking up the handicap trophy.

Sarah Guy (OVA) 9yrs, another youngster in the same age group also performed well. Given that Sarah had been unwell in the week leading up to the Federation walks she did an exceptional job to even make to the start line. Sarah's time was a seasons best, and her form was very pleasing.

The U/12 event was contested by Tahlia Hunt – 10yrs (OVA) and Jack Wright (OVA) 11yrs. Tahlia despite a much interrupted 6 months due to major growth problems where she has been unable to train or compete. As a result of this Tahlia has only been back training for 6 weeks and was very pleased with her result in 11th position, backing up again some 20 mins later to compete in the U/14, showing her fighting spirit. Tahlia has a bright future in race walking.



Our other young U/12 athlete new to both training and race walking Jack Wright (OVA 11yrs) competed in the same event, with an injury to his ankle just prior to racing. Jack was determined to compete and complete the 2KM race, and actually crossed the line in 5th place and with a personal best; this however was short lived, as he was disqualified when he was unable to keep his form due to the injured ankle. This was Jack's first major competition and he will have learnt a great deal from this we look forward to seeing more of Jack in the future.

Our two U/14 athletes, both with another year in the age group, performed of a highest standard. Both Sophie Eberhardt (OVA 12yrs) and Louis Rose (OVA) 12yrs, showed why Brent Vallance feels that they have promise by being very competitive with their National rivals, placing 5th in their respective events, in large fields, with some highly acclaimed walkers.

Sophie Eberhardt competed in the U/14 2KM event against 37 other girls in the biggest field for the day, performing in a determined and well disciplined manner, coming home in 5th position ; a personal best time for Sophie by 1.5 mins. As this was Sophie's 2nd Federation Walk she knew what to expect and took things in her stride not worrying about the others and concentrating on her own form and reaping the benefits. Sophie is well her way to achieve a great performance in the Australian Championships in August in her preferred longer distance the 3KM.

Louis Rose(although only training since January 09), competed in the U14 2km for boys competing in torrential rain which at times reduced his vision due to his glasses fogging up. Despite this Louis finished 5th also recording a 1.5 min personal best. Louis also won the handicap for the U14 boys as well as gaining the admiration of the AIS coach as a future champion in race walking, due to his sound technical ability.

Although the numbers in Race Walking in Tasmania are small at the moment, the standard is quite high. It is imperative in race walking unlike many other athletic events, that the younger the athlete the better. The event is highly technically and a race walker needs to be focused, determined and technically sound to be a race walker in the future. We welcome any new walkers to our great Club.

We look forward to seeing the improvement of these race walkers in the months to come, and look forward to the National Titles in Parramatta in August.

Rosemary Coleman



ATHLETICS TASMANIA MEDIA RELEASE

14 May 2009

2009 UTAS Australian All Schools & Youth Championships

Athletics Tasmania, Athletics Australia and the University of Tasmania are delighted to announce that the 2009 UTAS Australian All Schools and Youth Championships will be hosted at the Domain Athletics Centre in Hobart.

The Championships, will run from Friday December 4 to Monday December 7, 2009 and it is expected that more than 1500 athletes and 270 officials will be involved in the largest track and field event on the Australian calendar.

The President of Athletics Tasmania, Brian Roe explained the benefits of Tasmania hosting the event.

"In terms of competitor numbers, this will be the largest track and field competition ever to be held Tasmania, both in terms of numbers and in the complexity of its organisation. And given the meet runs over four days, the impact on the Tasmanian economy will be substantial with some 4000 people expected to travel to the state's capital," Mr Roe said.

He is also anticipating some terrific competition at the event.

"This is the premier competition for athletes of this age in the country and Tasmania's finest now have 205 days to prepare themselves and make the most of the home ground advantage."

In a significant coup for Australian athletics, the University of Tasmania has partnered up with Athletics Tasmania and Athletics Australia to become the naming rights sponsor of the Championships.

University of Tasmania Vice-Chancellor Professor Daryl Le Grew said that UTAS is very proud to be involved in bringing this national event to Tasmania and showcase the university and the state to young people from all around Australia.

"The synergy between young people that excel in the sporting arena and in academic pursuits is well known and it is certainly a strong element of student life that we promote at UTAS," he said.

"This national event will be an exciting opportunity for us to help host young, active Australians in Tasmania," Vice-Chancellor Le Grew continued.

Athletics Australia's CEO, Danny Corcoran also acknowledged the importance of the event.



“We are really pleased to be able to take our All Schools and Youth Championships to Tasmania and, with the support of the University of Tasmania, expect it to be a great event. Under age events like this one are important to the development of our up and coming athletes and it is fantastic that the University of Tasmania is supporting Athletics Australia, Athletics Tasmania and youth athletes across the country.”

Each Australian state and territory will be represented at the Championships, with some south east Asian countries and Oceania countries also considering sending athletes.

The Australian All Schools were last held in Tasmania in 2002, but since combining with the Youth Championships has grown considerably in size.

[Refer to Athletics Tasmania website for information and updates.](#)



REMINDER

Athletics South has booked the Domain Athletics Centre for training, Monday and Wednesday 5-7 pm and Sundays 10-12 pm until the end of September. Athletes are reminded that they need to be registered to use the DAC facilities.

So whether you are participating in cross country runs, winter throw series, or simply rocking up to the Domain to train, you must be registered.

Register on-line at www.tasathletics.org.au or see your club representatives at the cross country events.



CROSS COUNTRY SEASON IS WELL UNDERWAY

To download the Winter Program card go to the Cross Country section of the website

www.athleticssouth.org.au

Results also available on website.

WINTER THROWS SERIES

Athletics South has sanctioned the following winter throws meets at the Domain Athletics Centre, all throws will be offered.

As ever, any help with setting up and running of the events is greatly appreciated.

10—12 Sunday mornings

- June 21
- July 26
- August 23
- September 27

Reminder—athletes must be registered to compete.



GLENORCHY CLASSIC FUN RUNS THIS SUNDAY AT THE DEC, 10 A.M. START TIME.

NOTE FROM RICHARD WELSH, AT

ANYONE WISHING TO HELP OUT AT THE IGA TASMANIAN ALL SCHOOLS CROSS COUNTRY ON JUNE 30 AND JULY 8, ATHLETICS TASMANIA HAVE A BUS GOING UP FROM THE DOMAIN EACH DAY, SO PEOPLE CAN GET A FREE LIFT (FREE LUNCH ALSO INCLUDED).

COACHING COURSE IS TENTATIVELY PLANNED FOR JULY—ONCE CONFIRMED DETAILS WILL BE ADVISED AND PLACED ON AT WEBSITE.



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

THANKS TO CONTRIBUTORS, Darren Alomes, Kevin Alomes, Evan Peacock, Richard Welsh, Lynne Cure, Rosemary Coleman.



WINTER COMPETITION SPONSOR



SUMMER COMPETITION SPONSOR