



# TRACK TALK

Athletics South Newsletter

May 8, 2009

Issue 10

**ATHLETICS SOUTH INC.**



**AGM  
& TROPHY NIGHT  
FRIDAY 29TH MAY  
DOMAIN ATHLETICS CENTRE**

**6.30 pm FOR 7.00 pm**

**SPIT ROAST**

**\$15.00 P/HEAD**



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](http://www.tasathletics.org.au) or see your club representatives at the cross country events.

\* Note Sunday 10th May the Mothers Day Classic is on so the Domain would not be available for training purposes.



## CROSS COUNTRY SEASON IS UNDERWAY



**IF YOU HAVEN'T ALREADY DONE SO—**From April 1, all members are required to re-new your registration.

To download the Winter Program card go to the Cross Country section of the website [www.athleticssouth.org.au](http://www.athleticssouth.org.au)



## Exciting Start to the Winter Season

The Bellerive Beach car park area took on a festive look on Saturday morning, 4<sup>th</sup> April, as the 2009 Athletic South Winter Cross Country season was launched. Club tents, banners and large crowds added to the excitement and hopefully the large numbers of first time runners who arrived will come back.

The first event of the season by tradition incorporates the Graeme Cruise Memorial Run with a perpetual trophy for the winner of the men's 6km race. The out and back course takes in Bellerive Beach, Howrah Beach and the headland in between them. The shorter course goes to the start of Howrah Beach.

.In near perfect conditions, Grant Page again took possession of the trophy race adding to a series of wins which stretch back to 2004. As on three occasions in the past, Jason Allie came in only a few seconds behind. Further back were Richard Welsh and Damon Court.

The women's 6km was won in effortless fashion by steeple chase Olympian, Donna MacFarlane who had a big lead over ex Melbourne Marathon winner and 2006 World Sprint Orienteering Champion, Hanny Allston. In third place was Tasmanian Female distance athlete of the year, Angela Grimmond and she was followed by Andrea Marquardt and Ilka Barr.

Amazingly, there were six U/16 girls in the first eight places of the women's 3km. First to finish was Jess Morey, followed a few seconds later by promising junior, Natasha Fitzpatrick. Francesca Smith came in third and she was followed by U/16s Zoe Moss and Tessa Johns.

The men's 3km was won by Phil McConnon who makes a habit of winning the harder cross country runs. Second was Daniel Smee and he was followed by Nathan Morey, Dave Costelloe, Chris Sullivan and Sam Morey. It was an excellent day for the Morey siblings, Jess, Nathan and Sam. All three got into the top fifteen overall places which may be something of a record.

As has been the case for several years, the inter club competition looks likely to be dominated by Sandy Bay and Northern Suburbs.

Sandy Bay Men took the honours this day, with a comfortable win in the Men's Competition, 21 points ahead of Northern Suburbs. The Women's Competition ended with Sandy Bay just two points ahead of Northern Suburbs. This proved the value of the small but loyal group of slow joggers and walkers who pay registration and turn up to walk for a point to their club.

Winter Athletics was the big winner with 220 competitors indicating that while concerns are held about reduced numbers in track and field, cross country is booming.

Jim Court

---



## Round 3 Winter Season-The Geilston Bay Relays

This event is meant to be a “soft” work out which leaves the top athletes fresh for their assault on the Round the River Fun Run which is held on the next day. With three per team, each needing to do just one 3km lap, the event is over reasonably quickly for some. However, relay events generate a competitive atmosphere which all athletes seem to get caught up in. No matter where your team is in the big picture there always seems to be another hot on your heels and you feel the obligation to keep up the lead that your team mates have gained.

In the Women’s competition, the Sandy Bay women’s team of Olivia Gillie, Andrea Marquardt and Roslind Woodworth, proved too strong for the Eastern Suburbs and Northern Suburbs open teams, even without top runner Donna MacFarlane. Eastern Suburbs U16 were fourth across the line and not far behind them were four other U/16 teams including three from Sandy Bay and the top U/20 team from Eastern Suburbs. Amidst this youth, the Northern Suburbs U/35 team finished in seventh place overall to win the O/35 division. The solitary O/50 team of Jenny Stevenson, Margaret Horne and Ruth Court, also came from Northern Suburbs and although it finished a long way back, the point score was just as good as any other age division winner.

In the men’s competition, the Northern Suburbs Team of Grant Page, Richard Welsh and Damon Court, the first three place getters in last seasons Tasmanian Distance Athlete of the Year competition, was always going to come in first. Open Teams from Sandy Bay and Eastern Suburbs followed and in fourth spot, the TMA team of Alvin Johns, William Yee and Michel Bermudes took first place in the O/35 division. The top teams in the U/16, U/20 and O/50 divisions were all provided by Northern Suburbs with the O/50 team of Mike Pace, Ray Bell and Tony Sansom just able to hold off a strong challenge from the second TMA O/35 team and the Sandy Bay O/50 Team.

Overall Northern Suburbs comfortably won both men’s and women’s event. Not only did the Club provide the most teams but several of the teams were age group winners.

A resurgent Eastern Suburbs matched Sandy Bay in both competitions to gain a share of second place with the Bay. An under strength TMA, with some of its best runners still on the mainland were fourth.

Jim Court

---



## The State Short Course Cross Country Championship

The first of these events was held on ANZAC Day starting at the Cross Roads Oval, Domain Hobart. It also doubled as round 4 of the Athletics South Winter Competition.

The event was held at 1:30pm and was open to runners from all over Tasmania. Overcast skies, damp ground and a departure from routine did nothing to deter a large number from competing although there were only a few entries from the north of the State. The TMA personnel had to work solidly to get the flag hungry course prepared but after huge efforts the event started on time.

The 4km course follows the Soldiers' Walk track down to the bottom of the Domain. The way back up is marked with some demanding uphill sections only partly alleviated by several bewildering switch backs which gain you little altitude for a lot of horizontal movement. The down hill run is quite pleasant and as I was passing the remembrance plaques it occurred to me that I was enjoying the type of life in Australia that those soldiers wanted to preserve.

The women's race was won comprehensively by Donna MacFarlane, with Mel Daniels in second place followed by Andrea Marquardt. Fourteen year old birthday girl, Natasha Fitzpatrick did marvelously well to take fourth spot in such a field and she was followed by Jenna Chiffey-Grey and then another U16 in Jillian Lyell from the North West Athletic Club.

In the men's 4km, Grant Page added to his already imposing victory list with a comfortable win ahead of Richard Welsh. Promising U/20, Josh Harris from the Tamar Club took out third place just ahead of Damon Court, Dave Costelloe, Aaron Humphrey and Jordan Harries.

The team positions have yet to be announced but Sandy Bay women look to have secured first place with Northern Suburbs second. In the men's team competition, Northern Suburbs appears to have taken first and second position with Sandy Bay third.

The men's inter club meet was won comfortably by Northern Suburbs. Eastern Suburbs caused an upset by beating Sandy Bay into second spot, and looks towards an increasingly significant role in the competition.

The contest between Sandy Bay and Northern Suburbs women was yet another cliff hanger, with Sandy Bay winning by just three points.

Jim Court

(Note: Results details can be accessed on the Athletics South website).

---



Pics copied from Sandy Bay Harriers website with permission from Chris Sullivan

<http://www.sandybayharriers.org.au/gallery/>



Congratulations to our Athletics South Athletes who recently competed in the Australian Under 20/U23 Championships in Adelaide.

### **Gold Medal**

Huw Peacock - U20 Mens Hammer (61.68m)

Hamish Peacock - U20 Mens Javelin (72.00m)

### **Silver Medal**

Melanie Daniels - U23 Womens 1500m (4:31.91)

### **Bronze Medal**

Hamish Peacock - U20 Mens Shot (15.26m)

### **other performances**

**4th** Danielle McConnell - U20 Womens Hammer (43.42m)

Rebecca Direen - U20 Womens Shot (11.13m)

Hamish Peacock - U20 Mens Discus (50.14m)

Huw Peacock - U20 Mens Shot (14.52m)

**5th** Chris McConnell - U20 Mens Shot (13.61m) & U20 Mens 400m Hurdles (57.54)

Huw Peacock - U20 Mens Javelin (56.36m) & U20 Mens Discus (47.33m)

**6th** Mikayla Genge - U20 Womens Hammer (42.78m)

Hamish Peacock - U20 Mens Hammer (46.72m)

**7th** Rebecca Direen - U20 Womens Hammer (38.61m)

**8th** Chris McConnell - U20 Mens Discus (40.19m)

**10th** overall in heats - Chris McConnell - Mens U20 110m hurdles (16.23)

**12th** Kaitlin Morgan - Womens U20 High Jump (1.65m)

**16th** overall in heats - Noah Nischler - Mens U20 800m (1:59.32)

**17th** overall in heats - Noah Nischler - Mens U20 1500m (4:10.44)

Congratulations to the following athletes on their achievements.

Huw Peacock who has been selected in the Australian team to compete at the 6th world youth championships in Bressanone, Italy in July. Huw has also been selected in the Athletics Australian U19 Talent Squad.

Daniel Coleman who won the MTR Hong Kong International Elite 10KM race walking competition by 2 minutes on 19th April.





## 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

- May 17 (World Athletics Day,
- May 24
- May 31
  
- June 7
- June 14 (21 if required)
  
- July 26
  
- August 23
  
- September 27

***Reminder—athletes must be registered to compete.***





## STREET, PEACOCK AND GRIMMOND DOMINATE EASTERN SUBURBS ATHLETIC CLUB TROPHY NIGHT

On 17 April, Eastern Suburbs athletes, officials and families gathered at the Domain to celebrate the success of the previous 12 months, which had included Athletics South Premierships in all 3 categories, Athletics Tasmania Male Club Championships, Hobart Harriers Cup, F Kohl Shield, as well as some fantastic individual performances in both winter and summer competition at all levels.

While Eastern Suburbs are not a dominant club in Cross Country, Angela Grimmond had won the Tasmanian Distance Runner of The Year for 2008/09, and continued this success, receiving the XC Champion and XC Consistency Awards. Clive Reekie won the Mens Consistency Award, while a number of awards for age group consistency winners were also awarded to Ataita Faulkner (U/16), Prairie Nischler and Tom Coad (U/20), Mat Brooks (Open), Sharon Coad and Jarrod Gibson (O/35) and Danny Byas (O/50).

Eastern Suburbs dominated the Athletics South Summer Premierships, and contributions to this were acknowledged with Chris McConnell (1277) and Mel Street (1014) taking out the Consistency Awards for most points over the season. Mel Street also received the President's Plate, while Mat Brooks was awarded the Best Clubman Award. Club Captain's Awards were made to Chris McConnell and Claudia Conley, while the Coaches Award was presented to Ross Welling. Angela Grimmond and Julian Rushworth were named as Best First Year Athletes, while Hugh and Claudia Nicklason received Potential Awards for their first year performances. Huw Peacock received the Best Throws Performance Trophy for his performance in the Hammer at Open Nationals while Mat Brooks and Inessa Corney were also presented with trophies for their success in the Blake 400m Handicap held at the AS Fun Day.

Medallions were also presented to the winners of the ES Club Championships which were held in conjunction with Northern Suburbs. Winners included Emma Morrisby (U/11), Olivia Direen and Matthew Hosie (U/12), Tim Coad (U/13), Thomas Gravina (U/14), Ross Welling & Claudia Conley (U/15), Lily Salter & Louis Coad (U/16), Tyler Bailey (U/18) and Mat Brooks (Open).

The presentations concluded with Huw Peacock and Mel Street being named Eastern Suburbs Athletes of the Year, before all athletes, officials, Life Members and friends gathered for a supper to celebrate the successes of the season past and to plan for the year ahead, including a large cake which was presented to President Jarrod Gibson for his 40<sup>th</sup> birthday which occurred the following week.

Eastern Suburbs will hold their Annual General Meeting and election of new committee at a separate event in September. Thank you to all athletes, families and supporters who contribute to the ongoing success of the club

Jarrod Gibson.





## **Sandy Bay Harrier Club AGM and Trophy Presentation Night**

Sandy Bay Harrier Club AGM and Trophy presentation night is on Friday 22<sup>nd</sup> May at the Domain Athletic Centre. The AGM will start at 7 for 7.30pm, supper will be provided and the bar will be open. Trophy presentation will include Cross Country 2008 and Track & Field 2008-09 seasons. All current and non-current SBHC members are invited to come along.

## **NORTHERN SUBURBS ATHLETIC CLUB**

**ANNUAL GENERAL MEETING AND TROPHY EVENING**

**FRIDAY 15TH MAY, 2009 7.00 P.M.**

**DOMAIN FUNCTION ROOM**

**ALL WELCOME**

**PLEASE BRING A PLATE OF FOOD FOR SUPPER**

**BAR SERVICE AVAILABLE**

OVA

## **ANNUAL GENERAL MEETING & PRESENTATION DAY**

The Annual General Meeting and Presentation of trophies for the 2008/2009 season will be held at the Domain Athletic Centre 2.00pm Saturday 16 May 2009.



POST SEASON THOUGHTS  
DARREN ALOMES

The track and field season has finished, cross country season is going in earnest. Athletes and officials are generally having well earned breaks from training and competing. Coaches although not necessarily visually coaching athletes, are into post-season reviews and pre-seasoning planning for athletes.

What do coaches do for post-season reviews and pre-season planning?

### **Post Season Review.**

The role of this review is as the heading suggests, reviewing the season after it has finished.

Why do we do this?

Review what went right, what went wrong. This comes about because we are humans and we humans have been known to stuff up.

This information is used in pre-season planning.

### **Pre Season Planning**

After the review, the coach and athlete work out a plan. There were three articles on planning done in previous issues of the newsletter, namely issues 2, 3 and 4, so this article will refrain from re-hashing information. Instead this article will look at two issues that cause angst among coaches, athletes and parents. These are;

Priorities

Time Management

#### ***Priorities***

As an athlete I remember attending a meeting with John Quinn, former TIS high performance, who mentioned your priorities as an athlete should be as follows;

Athletics

Athletics

Education or Employment

Social Aspects

*What are your priorities?*

Listening to more experienced people, read older, they talk about how the youth of today have it easy. In contrast the youth of today, believe they have it tougher than previous generations. The older generation think that is BS, in hindsight I believe they are both partially correct, the younger generation probably do have it easier in some parts than the older generation, but I respectfully suggest that the youth of today have it harder than previous generations in other areas.

Who is to blame for this? No one group is to blame, but I believe a change in culture and society has overall, lead people to wanting more, and becoming lazier. *Read wanting more for less.*

Back in the 1960's getting employment was reasonably easy, you left school and the next day you had a job. In the next 40 years, you had fewer jobs due to the increase in use of technology and employers wanting more skilled workers at a younger age. I can remember a job ad asking for junior staff to work full time in an occupation with 2 years work experience in that occupation.

---



The two areas, that I see as being harder for the younger generations is firstly the requirement to have a solid educational background with experience in work earlier than older generations. Other areas that are perceived to be harder are probably cop outs and excuses.

The reason I feel that education and employment are the two areas that has become a higher priority because of the premium on occupations and the requirement of getting the best education you can. Remember athletics doesn't pay the bills, so what a 20 year could do 10 years ago is not what a 20 year old can necessarily do now.

### ***Time Management***

This is by far the biggest issue concerning people in the sport, whether that is parents, athletes, partners or coaches. With any development of time management, you have to be realistic and remember there is only 24 hours in a day and 7 days in a week. Nothing more, nothing less.

During my final year at University I used a time management sheet religiously. This had to cater for study, full time work and training commitments as well as sleep and relaxation.

Roughly my daily schedule looked liked this.

5:30-6:00 - Abdominal, yoga or pilates  
6:30-7:30 - Training at Gym  
8:00- 6:00 - Work and Uni Commitments  
6:30 - 8:00 - Training  
8:00 - 9:00 - Study  
10:00 - Bed

My priorities at this time were

Study  
Work  
Sport  
Social

Ask yourself this. Do I have what it takes to be single minded about something and push everything else to one side?

If YES, you will achieve.

If NO, you may achieve but if you give part effort you get part results.

To finish below is a common statement parents make to their teenage children when they complain about how tough they have it. I quote

*Enjoy school, as it is the best time of your life. The only responsibility you have is to go to school.*

*Wait till you get a full time job, a house and a family then come back and tell me how hard you had as a child.*

Mum & Dad

---



## CLUB OF THE MONTH

Mt Wellington acts as a stunning back drop for the Domain athletics centre and Athletics South's regular interclub competitions. PHOTO BY ANITA SANSON



# Athletics South

As with most things Tasmanian, the structure and delivery of athletics competitions is different to anywhere else in Australia. While most states have their member association, followed by clubs, whom often come together and host competitions, Tassie has a third tier, which sits in the middle. The regions in Launceston and Hobart have a branch, consisting of representatives from each club that do everything from owning their own equipment to running weekly and major competitions.

Written by **RICHARD WELSH** | Images Courtesy of **RICHARD WELSH & ANITA SANSON**

**T**HE GROUP OF ATHLETICS ENTHUSIASTS IN HOBART IS ATHLETICS SOUTH. Sharing their headquarters with Athletics Tasmania at the picturesque Domain Athletics Centre in Hobart, they organise events year round, thanks to a group of hard working and knowledgeable volunteers, with much success.

Aided by a bigger population base, they easily attract the largest number of competitors on a weekly basis and for a couple of weekends a year, attract media attention by hosting events such as Tasmania's oldest fun run, the City 2 Casino, held each May.

Throughout the year, events will vary from cross country and road runs, to track & field meets and race walking.

### Winter – Cross Country

It's a Saturday morning on Bellerive Beach. On one side of the beach is the hallowed turf of the famous Bellerive Oval, the other side has a clear view across the Derwent River to the city of Hobart and the massive Mt Wellington. In the middle, are some 200 people, ready to take off over 3km or 6km of cross country.

This is the scene, every Saturday from April to September, in a different venue throughout Hobart, thanks to Athletics South. The events are placed in a different location each week, in

all directions of southern Tasmania, to take advantage of various natural surroundings that fans of cross country running like to take in.

To cater for people of all standards, there is always two distances to choose from, typically one lap or two laps. Anything from 2 – 12km, plus the odd off road club relay.

It's a low key, no fuss situation, with Donna MacFarlane paying her \$3.50 each week and getting the same treatment as a 10 year old school kid, or 70 year old grandparent. While competition is fierce when the gun goes, tales are shared between all over a cup of tea or milo after the morning effort.

Peter Lyden has attended as many of the weekly events as anyone and among others, is instrumental in the planning and set up. "Winter compe-

tion provides an excellent way for people to get introduced into athletics in a friendly kind of manner. It can be quite daunting to come and run at the track, as there is nowhere to hide. Whereas you come and run out in the bush, once you run around the corner, you can walk," joked Lyden who still runs each week.

While many participants also run on the track over summer, cross country attracts many that are rarely seen on the track. "The winter competition attracts a lot of families and older athletes who might compete in other sports over summer and visa versa. For example, Eastern Suburbs are very dominant on the track, they thrash everyone every week, but masters will invariably bowl them over in the winter competition," Lyden added.

Which introduces the club factor to Athletics South. There are essentially five athletics clubs in Hobart, Sandy Bay, Eastern Suburbs, Northern Suburbs, Old Virgilians (OVA) and Masters. A terrific battle in recent years has seen Northern Suburbs creep slightly ahead on overall points, ahead of Tasmania's oldest club Sandy Bay.

As Lyden said, Eastern Suburbs dominate the summer events, as they have strong depth in many sprints and throwing events, but not so much in the distance. While someone like Donna MacFarlane or Grant Page are great individual point earners for a club, the point structure in place rewards those with large participation and regular attendance, as opposed to the odd sensational run.

### Summer – Track and Field

Without a doubt, Athletics South conducts the most vibrant weekly track & field competition in Tasmania. From October to March, up to a couple of hundred will descend on the Domain Athletics Centre for Interclub competition on Saturday afternoon.

On offer for distance fans, will generally be an 800m and 3000m, or 1500m and 5000m, with the odd steeplechase thrown in for variety. Each year the Bill Barwick Memorial Mile is held and occasionally a 1000m race or something obscure will also be put on the program when requested, for example last season Donna MacFarlane set a new Australian record for the rarely contested 2000m steeplechase.

The nature of competition is completely inclusive. Fifteen hundred metre races are run in anything from 3.45 by Grant Page to several minutes more by a novice or masters athlete.

Depending on the interest on the day, several races will be conducted for



Donna MacFarlane taking a coaching clinic for school kids at the Domain, stretching and talking at the steeple. PHOTO BY RICHARD WELSH



the shorter events, with up to six 800m races appearing on the results listing.

**Media Exposure**

The media coverage is amongst the strongest for any weekly competition in the nation. The local News Limited owned 'The Mercury' covers every track & field competition throughout the summer, with a post event report in the following day, almost always accompanied with a photograph. Every Tuesday, the local reporter will also have a column feature in the sports section, reporting on anything relevant for the week.

A preview for every week's competition can also be heard on the Ultra 106.5 FM morning sports show with David Wood which is played on Saturday morning radio.

Aside from weekly coverage, the rapport with local journalists is quite strong and anytime a newsworthy story is sent out on a media release, Win TV, Southern Cross and ABC television crews will more often than not make their way up to the track to cover the happenings.

This exposure may come as a surprise to any reader based in the big cities throughout Australia, but thanks to the relationship between Athletics South and Athletics Tasmania, the media coverage would make most other Australian athletics centres jealous.

**Coaching**

Any budding distance runner in Hobart, has a wide range of coaching choices to select from, with each club having at least one coach. Almost all clubs have established distance running coaches, consisting of a strong squad culture. Former Australian 800m Champion Brendan Hanigan has a vibrant group of some 15 athletes mostly from the OVA, with ability varying from teenage girls to national level men, which is a common scene in Hobart.

Mike Pace is the official Northern



Some of the former greats of the 80's and 90's turned up for the 2008 Tasmanian Bevis 5000m to race in honour of their sick coach Albert Johnson. PHOTO BY MIKE DALTON



**Without a doubt, Athletics South conducts the most vibrant weekly track & field competition in Tasmania. From October to March, up to a couple of hundred will descend on the Domain Athletics Centre for Interclub competition on Saturday afternoon.**



Peter Lyden running the 5000m. PHOTO BY ANITA SANSON



Henry West of Sandy Bay during the steeplechase. PHOTO BY ANITA SANSON



Donna Macfarlane sitting in third behind John Jago and Olive Reekie with Kedir Ahmed tucked in behind. PHOTO BY ANITA SANSON



COPY OF ARTICLE COURTESY OF R4YL MAGAZINE

### CLUB OF THE MONTH

Suburbs coach and has looked after Grant Page for his entire career. However 'Pacey', like most coaches, has a very inclusive attitude, as he coaches young kids and older adults aiming to get fit as well as national 1500m finalist Page.

Sadly, in 2008 the grandest coach of Tasmanian athletics passed away and his void is still evident in Hobart. Just prior to his passing, 81 year old Max Cherry claimed to have coached 1000 runners and no one would have doubted that claim. Throughout his career, he had guided Dave Chettle to a 2.10 marathon, Commonwealth Games 1500m representative Randall Markey and more recently, Beijing Olympian Donna MacFarlane. More than that, if a starting gun was fired, Max would be there. If it was Tuesday or Thursday afternoon, he would be at the finish line at the Domain, taking splits and yelling out advice and times to his charges.

As expected, it has taken several people to try and fill the gap left by Max. Tasmanian Institute of Sport Track & Field Coordinator Peter Fortune has stepped in to assist with several of Max's athletes, including MacFarlane and several members of the AI/TIS Development Squad.

Daniel Clarke is now beginning to work with many of the Sandy Bay athletes, plus Peter Turnock and Jy Webb have their own squads of Eastern Suburbs runners they are working with. Peter Lyden continues to be inundated with requests for masters athletes to join his growing squad, whom he trains with several times a week.

#### Officials

Like most running organisations, Athletics South is largely administered by volunteers. Those volunteer officials however, are some of the most knowledgeable in the country, with several working at the Sydney Olympics and Melbourne Commonwealth Games. Executive Director of Athletics South, Helen Lee, was named Athletics Australia's Volunteer of the Year in 2007 and is one of the most likeable leaders the sport currently has. Her experience is vast, acting as the Post Event Control Manager at both Sydney 2000 and Melbourne 2006, plus the competition director for the highly successful 2006 Australian Cross Country Championships held in southern Tasmania.

In addition to the officials, the majority of participants will chip in and lend a hand where required. Clubs work on a rotational structure of setting up cross country courses throughout the winter and often it is the athletes who will be seen setting up and packing down courses while on their warm up or cool down jogs.

#### Weekend Warriors

Perhaps the most spotted athlete at



Richard Welsh (1726) and Grant Page (1747) lead runners during a Tasmanian XC at Portville. PHOTO BY ANITA SANSON

**"Winter competition provides an excellent way for people to get introduced into athletics in a friendly kind of manner. It can be quite daunting to come and run at the track, as there is nowhere to hide. Whereas you come and run out in the bush, once you run around the corner, you can walk..."**



Off and racing in an inter high cross country event. PHOTO BY RICHARD WELSH

#### FURTHER INFORMATION:

##### ATHLETICS SOUTH

Website:

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

Email:

[Athletics\\_South@bigpond.com](mailto:Athletics_South@bigpond.com)

Telephone:

(03) 6236 9766

an Athletics South competition would be David 'Crezza' Cresswell. Crezza is famous around the running scene in Hobart, for turning up everywhere and epitomising the nature of running. No one has ever doubted the determination shown from Crezza, be it over 100m at interclub or a long course cross country event. His unique style has been witnessed by thousands, over all events in Tasmania and though no one can recall him ever winning a race, he often gets the biggest cheer.

Crezza's story is beginning to inspire so many more 'weekend warriors' to lace up their running wheels and get into it, which is becoming a regular occurrence at Athletics South events.

#### Moving Forward

A strong push into schools in the past three years has swelled competition numbers to their strongest in almost ten years. While those who have been involved in the sport for multiple decades will brag of the days when a 31 minute male 10km runner was only average, distance running in Hobart is again heading in a positive direction.

"The depth of quality runners now

is a lot smaller than it was in the late 80's, early 90's," says Lyden. While the goal is of course to increase that depth, a more long term approach has been taken in the development of the sport to focus on the school scene and to attract teenagers into the sport.

While the churn rate from little athletics to senior athletics is one of the country's best in Tasmania, several young athletes have skipped little athletics and headed straight to club competition. Given the 'burn-out' of so many young athletes, the gamble to focus on teenagers is one that looks set to succeed.

The success rate of keeping athletes in the sport once they hit their 20's is much higher if they have only done athletics for a couple of years, rather than from little athletics at a young age. Therefore a large percentage of the current teenagers running in Hobart are expected to remain in the sport for many years to come, which should then build the depth in the

open ranks. With that age, will come the strength required for many of the youngsters to progress from strong middle distance runners, to quality distance runners. "There is some promise in some of the juniors out there. However there aren't a lot of them translating good middle distance times over 800/1500m, to the longer events. Look at some of the boys running top notch 1500m, stick them over a 3000m and their translation is not good. Back in the days of Markey, they just scooted along to the further distances," says Lyden.

Athletics South's Public Relation Director Michelle O'Leary, is herself relatively new to the sport and is excited about the growth of the sport in years to come. "We currently have a group of young middle distance athletes contesting national finals, such as Sarah Browning, Phil McConnon, Clive Reekie, Jess Morey and Allie Britton, so their continued commitment and improvement augurs well for the future of these events. These athletes, along with Olympian Donna McFarlane and the other experienced runners in Hobart are great role models in inspiring the next crop of young athletes." **f3**







## INPUT TO CHANGES TO TRACK & FIELD PROGRAM FOR 2009/2010

Submissions are invited through your Club or ATFCA to assist with formulation of the Athletics South Track & Field program for the 2009/2010 season.

Some ideas that have been suggested to date are:

### 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.

To ensure your submission is considered your representative will need to collate and onforward to Ken Doughty by 29th May.

---



## RESULTS - AMA CHAMPIONSHIPS - ADELAIDE

22 Tasmanian Masters athletes competed in the Australian Masters Championships in Adelaide 10-13 Apr which I think was our largest team to attend our National Championships outside of Tasmania and almost certainly our most successful, returning with a combined total of 29 gold, 27 silver and 13 bronze individual medals, plus gold, silver and bronze from our 3 relay teams.

### W35 Suzy Cole

800m 2.16.6 1st  
1500m 4.46.79 1st

### W40 Amanda Coombe

800m 2.36.0 3rd  
Shot 6.49 5th  
1500m 5.32.9 5th  
400m 68.98 5th

### W45 Debbie Lance

60m 8.38 2nd  
100m 13.49 2nd  
200m 27.40 2nd  
400m 62.10 2nd  
Pentathlon 3015 Pts 1st

### W45 Debbie Crawford

60m 8.55 5th  
100m 14.06 6th  
200m 28.52 4th  
400m 63.26 3rd  
800m 2.32.92nd

### W55 Adele Lucas

60m 9.89 5th  
100m 15.86 6th  
200m 32.53 3rd  
400m 74.71 2nd  
Pentathlon 2819 Pts 1st

### W65 Lynne Andrews

60m 10.62 1st  
100m 17.73 1st  
200m 36.74 2nd  
400m 1.36.02nd

### W75 Jean Albury

5k Walk 37.38.28 1st  
10k Road Walk 1.17.27 1st

### W80 Shirley Brasher

60m 13.79 2nd  
800m 4.55.0 1st  
1500m 9.46.55 1st  
Discus 10.54 1st  
400m 2.06.15 1st  
T Jump 4.80 1st  
Hammer 16.47 1st

### M35 Brett Roach

10k 34.57.3 1st  
5k 16.41.22 1st  
8kCC 29.08.0 1st

### M45 Wayne French

800m 2.33.2 6th  
10k 40.01.4 2nd  
1500m 4.59.73 6th  
5k 18.51.14 3rd  
8kCC 33.05.0 2nd

### M50 Peter Lyden

1500m 4.48.81 4th  
5k 18.02.14 1st  
8kCC 31.02.0 1st

### M50 David Wagner

800m 2.35.6 5th  
10k 42.15.6 2nd  
1500m 5.04.17 5th  
5k 18.41.20 2nd  
8kCC 33.05.0 2nd

### M55 John Bermingham

800m 2.22.8 3rd  
1500m 4.44.94 1st  
5k 17.25.51 1st

### M55 Craig Hicks

Shot 11.0 1st  
Hammer 28.00 2nd  
Weight Pentathlon 2545 Pts 2nd

### M55 David Cresswell

60m 11.67 9th  
100m 19.30 8th  
200m 39.92 10th  
800m 3.41.1 9th  
5k 29.33.91 12th  
8kCC 52.23.0 8th

### M60 Mike Walker

10k 41.02.1 1st  
5k 19.43.26 3rd  
8h CC 34.15.0 3rd

### M60 Laurie Marsh

5k Walk 28.10.86 4th

### M60 Alan Coleman

60m 8.15 2nd  
100m 12.85 2nd  
200m 26.97 3rd  
400m 60.32 3rd

### M65 Bob Robertson

10k 43.58.1 3rd  
2k Steeple 8.37.29 2nd  
5k 20.40.53 2nd  
8kCC 37.16.0 3rd

### M80 Stan Harrex

800m 4.16.2 1st  
10k 1.04.57.2 1st  
1500m 8.28.63 1st  
5k Walk 38.55.45 2nd  
5k 30.57.18 1st  
8kCC 56.25.0 1st

### M80 Bruce Campbell

800m 4.21.5 2nd  
10k 1.10.35.4 2nd  
1500m 9.12.51 2nd  
Discus 21.97 = 1st  
Javelin 15.05 2nd  
5k 34.05.58 2nd  
8kCC 59.53.0 2nd

### W 4x100m Relay 58.96 1st.

Lynne Andrews, Adele Lucas, Debbie Lance, Debbie Crawford  
Their individual times in the 100m totaled 61.14. Their tactics and baton changes were excellent.

### W4X400m Relay 5.13.22 2nd

Lynne Andrews, Adele Lucas, Debbie Lance, Amanda Coombe

### M4x400m Relay 4.39.07 3rd

Dave Wagner, Bob Robertson, Mike Walker, Pete Lyden

Jo Oliver Javelin 3rd





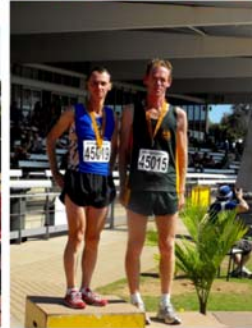
# PHOTO ALBUM - AMA CHAMPIONSHIPS - ADELAIDE



Shirley Brasher, Anna Zeitzen 60m



Craig Hicks Shot



Wayne French 10k 2nd



Debbie Lance 60m 2nd



Suzy Cole 800m 1st



John Bermingham 800m 3rd



Alan Coleman 60m 2nd



Lynne Andrews 60m 1st



Brett Roach 10k 1st



David Wagner 10k 2nd



Amanda Coombe 800m



# PHOTO ALBUM - AMA CHAMPIONSHIPS - ADELAIDE



Debbie Crawford 800m 2nd



Bob Robertson 2k Steeple 2nd



Joy Walker & Judy Wagner



Alan Coleman 100m 2nd



Shirley Brasher & Suzy Cole



Lawrie Marsh 5k walk 4th



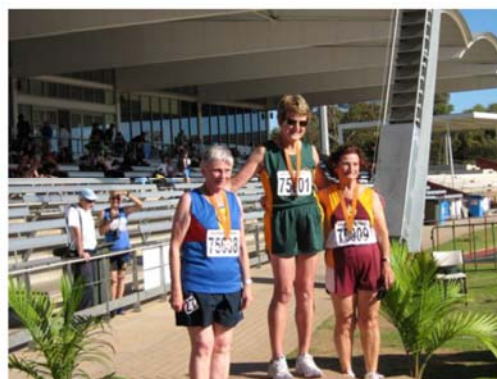
Stan Harrex & Bruce Campbell start 800m 1st & 2nd



Judy & Craig Hicks



Adele & David Lucas Lynne Andrews



Jean Albury 5k Walk 1st



“Do not let what you cannot do interfere with what you can do.” - John Wooden

**CITY TO CASINO FUN RUN & WALK**  
**MAY 17, 2009**  
**ON LINE ENTRY AVAILABLE**  
**REFER TO ATHLETICS SOUTH WEBSITE**

REMEDIAL AND SPORTS MASSAGE THERAPIST MICHAEL BRIDGMAN IS AVAILABLE FOR BOOKINGS AT THE DOMAIN ATHLETICS CENTRE, ON WEDNESDAYS FROM 1.00 P.M.—6.00 P.M. - 0411 720298

LEFT AT THE DOMAIN ATHLETICS CENTRE, ON THURSDAY 5TH MARCH, A SET OF STARTING BLOCKS— LABELLED DGH AND WITH A STICKER DETAILING NAME AND ADDRESS. IF YOU HAVE SPOTTED THEM STORED SOMEWHERE PLEASE CALL 62 487145 IF YOU HAVE ANY DETAILS.

*If you have any news, pics etc. email me at [moleary@blundstone.com.au](mailto:moleary@blundstone.com.au).*

*THANKS TO CONTRIBUTORS, Darren Alomes, Richard Welsh, Jim Court, Chris Sullivan, Jarrod Gibson, Jenny Stevenson.*



WINTER COMPETITION SPONSOR



SUMMER COMPETITION SPONSOR