



ATHLETICS EAST NEWSLETTER JANUARY 2014

FROM THE EDITOR

Welcome to the first edition of the Athletics East Newsletter. Given this is the first edition we are open to suggestions and feedback for snippets you would like to see more of and those bits of information you don't want to see.

The New Year is upon us and no doubt each and every one of you has dragged yourself from your Christmas and New Year's indulgences and have started to get some routine with your running again.

We have been met with scorching conditions (which will help to sweat off that Christmas excess) but as always crazy runners train rain, hail and shine. I am looking forward to reporting on all the happenings of team AE for 2014.

Lisa Biffin – AE Communications Officer

NAME THE NEWSLETTER

What would you like our newsletter to be called? The obvious choice is "Athletics East Newsletter" but if you have some creative genius about you and would like to put forth some suggestions please email: athleticseast.aus@gmail.com

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Æ RACE UPDATE

October – November – December

It was certainly a busy end for 2013 which saw the AE flag flying high over a number of events. The cross country season came to close at Fernleigh and the Track season got off to a flying start with increased numbers stepping out to the start line.

It's always hard to pinpoint any event that was a standout or a particular performance but I think hands down the performance of the entire AE team at the NSW State Relays was one of the best performances to date.

The AE Fun Runners have also been a busy bunch over the final quarter of 2013 with many of the members venturing out to all parts of New South Wales to compete in races.

Fernleigh 15

The last race of the Cross Country season saw the team trek down to Newcastle in an attempt to reclaim back to back premiership titles for the females. Rebecca Holmes, Jude Gregory, Rona MacNiven, Gillian Sohun and Jane Boyd all pounded the pavement for 15km in a gallant effort which saw the team fall short to a full forced Sydney University side. Despite the 2nd place finish it was a fantastic dual all year and hopefully with a full team on board back from injury the AE flag will fly high again.

Maroubra Fun Run

A huge turnout for the Athletics East at the Maroubra fun run which followed with some impressive performances by the team.

Thanks to all runners and walkers plus our own cheer squad Ken C and Yvonne J.



Amy Curtis had a fantastic run winning the 4km event overall and which were accompanied by some impressive age category podium finishes from the team. All times plus age place is shown below.

4K AE Team Placed 12th
 Amy Curtis 14:58 1st
 Naomi Tancread 16:25 3rd
 Gillian Sohun 16:49 3rd
 Matthew L 17:59:00 4th
 Wayne M 19:04:00 7th
 David D 19:36:00 2nd
 Sarah B 22:28:00 14th
 Kirsty Mc 23:03:00 10th
 Alika H 25:35:00 33rd
 Fiona S 25:35:00 10th
 Peter S 36:28:00 8th
 Rosemary B 36:28:00 2nd
 Barbara L 27:51:00 7th
 Joan P 35:51:00 5th WALK

8K AE Team placed 7th

Jim B 38:21:00 1st

Mike P 37:59:00 10th

Eddie P 38:41:00 27th

Sue N 43:17:00 8th

Sue C 45:38:00 15th

Charles P 49:01:00 7th

NSW 3000m Championships

The NSW state 3000m Championships saw a small contingent of AE runners competing but also a large number of AE supporters track side to cheer on Gillian Sohun, Jude Gregory and Chamkaur Dhaliwal.



The two girls were the first to compete and raced together in a perfectly executed display of team work. Jude Gregory has not raced on the track for some time due to an ongoing Achilles injury and flew around with Gillian Sohun to both recording fantastic times of 11.46.60 (Gill) and 11.49.77 (Jude).

The final AE competitor saw the fast footed Chami fly around the track at a pace so fast it was difficult to get photographic evidence of this attendance.

Chammy stormed home to run well clear of the 9 minute mark in 8.57

NSW State Relay Championships

Possibly the most fantastic team performance by both men, woman and support staff at this year's NSW State Relay Championships which saw the AE front with 8 teams and come away with 8 medals. Everyone brought their A game to the track and supported each and every team member that raced over distances they weren't familiar with or braved the tough conditions that Sydney presented for the weekend. The honour roll is simply impressive and an indication of what getting together as a team with a positive approach and pinch of 'can-do' attitude can result in.

- Male 160+(over 40) 4 x 1500 – 1st
- Female open 4 x 800 – 3rd
- Female 160+(over 40) 4 x 800 – 1st
- Female 120+ (over 30) 4 x 1500 – 1st
- Male 160+ (over 40) 4 x 800 – 1st
- Female 120+ (over 30) 4 x 800 – 1st
- Female under 14 4 x 100 – 2nd
- Female 160+ (over 40) 4 x 1500 – 1st

Sri Chinmoy Iron Cove

Congratulations to all the runners in last Sundays Sri Chinmoy race where we scooped the winnings with 5 trophies awarded to Jim Box, Mike Parker, Fiona Stapleton, Julia Szymanski and Charles Pace, unfortunately we were too busy eating pancakes and didn't hear Charles named called out for his trophy, but this was collected later on, so well done Charles!

Results below:

14km

Michael Parker (3rd 50-59) 1:02:51
 Wayne Morgan (7th 50-59) 1:13:41
 Jim Box (2nd 60-69) 1:08:48
 David Doctor (3rd 60-69) 1:16:26
 Keren Winterford (23rd under 50) 1:20:52
 Sue Cheng (25th under 50) 1:21:15
 Julia Szymanski (2nd 50-59) 1:20:37
 Fiona Stapleton (3rd 50-59) 1:26:52
 Kirsty McEwin (Joined Charles in the 7km!)



7km

Charles Pace (2nd 60-69) 37:55
 Rose Veitch (7th under 50) 32:13

Balmain Fun Run

A beautiful sunny morning presented itself for the annual Balmain Fun Run which saw a picturesque location and great friendly atmosphere.

Over a very hilly course which saw a 5km and 10km event the team came away with some fantastic results:

5km:

- Josh Thompson – 19:33 – 4th in age category
- Lisa Biffin – 22:37 – 5th in age category

10km:

- Mike Parker:- 43:24 - 4th in age category
- Fiona Stapleton: - 62:17 - 7th in age category.

AE ATHLETE IN FOCUS

-- Jude Gregory --

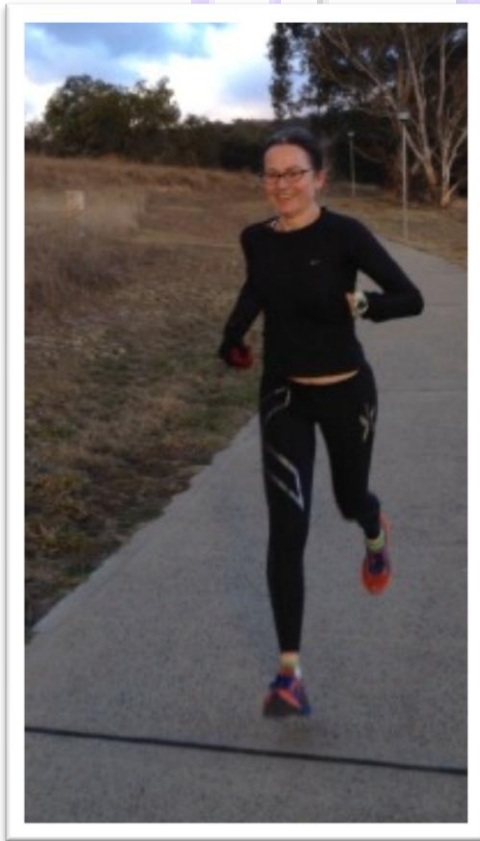
AE editor sits down with long time member Jude Gregory to get a bit more of an insight into the lady with a cheeky streak.

1. What is your current occupation?

Senior Environmental Scientist at Sydney Water

2. How long have you been an AE Member for?

Since, er about August 2009 I think, when a colleague introduced me to Pete G when he was one of the designers for the desal plant.



3. When did you start running and why?

I was a reluctant cross-country runner at school (out-of-shape and red-faced), then nothing for years until I realized running was ideal procrastination when you should be writing up a PhD! I tried one lap, then two laps etc of the track at uni (again, red-faced!), but I got fitter and hooked on road and trail running in my uni-town in Wales. It got easier when I stopped smoking too!

4. What is your favourite event?

OOOh, tough question. The State relays I think. Running as a team is wonderful, and the atmosphere just fantastic. Plus you feel like such a professional running with a baton!

5. What is your best running achievement to date?

Strangely enough, it relates to when I couldn't run. I was out for about 9 months due to injury. but, against all my expectations came back in good shape due to a bit of pool-running and road-bike dedication and pals in the AE squad keeping me sane!!

6. Where are we likely to find you on a Sunday?

I imagine it's similar to most runners' Sundays:

1. eat ... early long-ride /run ...eat
2. Coffee & eat
3. Place the (almost weekly) Wiggle order - eat
4. Lunch & Coffee
5. Plan get on the foam roller and never get round to it so at instead
6. dinner and drink

7. Tell us something we don't know about you

Aha! Well that would be telling wouldn't it?! Oh, ok then. Two things.

1. I can speak a bit of Kiswahili after a stint as a diving instructor on an island off the coast of Tanzania, and;
2. if I drink enough G&T I think can do a bit of tap dancing

8. What's your main running goal?

To improve my 10 km and half marathon times this year (Addidas 10 in May and Gold Coast half in July)

9. Is there an event/race you have unfinished business with? If yes why?

No one race in particular but based on other races, I really should be able to improve my time for the Half...I mean come ON Jude....sort it out!

10. What is your nickname?

At work it's Gregsy, but the spellchecker keeps changing it to Greasy.

11. Do you have a personal motto?

Life's too short for bad coffee. (is that too shallow...?)

12. What is your least most favourite thing about running?

The constantly full washing basket

13. What is your favourite Training session?

Love the 200 & 300's but the satisfaction after a good session of 1km's can't be beaten :)



RACE RESULTS

October – November –
December 2013

Some amazing results for the start of the track season and it is fantastic to see the junior contingency showing some talent. It has been a record breaking couple of months for the AE Juniors with young gun Masie Stevens on fire setting records in u14 200m (twice) and leading home the u14 girls 100m relay team to a new record.

Sarah-Jane Beattie also showed a classy start to the season by lowering her 800m PB in two outings.

12th October 2013
Outer Ground - Rotary
Women's 1500m
Lesley Eller 7.24.6

19th October 2013
Treloar Shield - SOPAC
Women's 90m Hurdles
Ines De La Vega 15.73

19th October 2013
Outer Ground - Rotary
Women's 800m
Lesley Eller 3.34.7

26th October 2013
Treloar Shield - Illawong
Women's 100m
Masie Stevens 13.30

Women's 200m
Masie Stevens 27.35 **U14**
Rec

2nd November 2013
Treloar Shield - ES Marks
Women's 100m
Masie Stevens 12.93

Women's 200m
Masie Stevens 26.80 **U14**
Rec

Women's 800m
Naomi Tancred 2.43.74
Sarahjane Beattie 2.45.62

Women's 1500m
Amy Curtis 4.52.27
Jude Gregory 5.24.24
Naomi Tancred 5.40.21

9th November 2013
Treloar Shield - SOPAC
Women's 100m
Masie Stevens 13.26
Ines De La Vega 14.36

Women's 90m Hurdles
Ines De La Vega 15.34

Women's 200m Hurdles
Ines De La Vega 34.37

Women's 3000m
Gillian Sohun 11.46.60
Jude Gregory 11.49.77

Mens 3000m
Chamkaur Dhaliwal
8.57.70

30th November 2013

ANSW Relay Champs - SOPAC
Men 160+ 4 x 1500 1st - 18.47.55

Pierre Lorenzi 5.28
Mark Gregory 4.29
Peter Sweeny 4.33
Chamkaur Dhaliwal 4.17

Women Open 4 x 800 3rd - 10.23.59

Josefin Eriksson 2.22
Rona Macniven 2.38
Sarahjane Beattie 2.39
Julia Tyne 2.45.07

Women 120+ 4 x 1500 1st - 21.59.13

Rona Macniven 5.16
Gillian Sohun 5.33
Rebecca Holmes 5.26
Jude Gregory 5.44

Women 160+ 4 x 800 1st - 10.41.19

Jane Boyd 2.37
Naomi Tancred 2.39
Rebecca Holmes 2.44
Jude Gregory 2.41

17th November 2013
ANSW Relay Champs - SOPAC

Women 120+ 4 x 800 1st - 11.24.81

Lisa Dhaliwal 2.57
Rona Macniven 2.48
Jude Gregory 2.51
Jane Boyd 2.48

Men 160+ 4 x 800 1st 8.48.07

Matt Lynch 2.22
Peter Sweeny 2.10
Mark Gregory 2.11

Chamkaur Dhaliwal 2.05

Women U14 4 x 100 2nd -
51.80 - U14 Rec

Sophie Sullivan, Sara
Dougan
Brigid Sullivan, Maisie
Stevens

Women Open 4 x 1500
DNF

Josefin Eriksson 4.49.6

Women 160+ 4 x 1500 1st
- 21.57.54

Naomi Tancred 5.21
Sally Hannah 5.28
Jane Boyd 5.34 Sara
Gillian Sohun 5.34

23rd November 2013
Outer Ground - Rotary

Women's 800m
Lesley Eller 3.38.0

30th November 2013
Outer Ground - Rotary

Women's 1500m
Lesley Eller 7.22.1

30th November 2013
Treloar Shield - SOPAC

Women's 200m

Masie Stevens 27.03

Women's 800m

Sarahjane Beattie 2.36.31

PB

Boyd 2.36.93

Naomi Tancred 2.38.34

7th December 2013

Treloar Shield -

Campbelltown

Women's 400m

Rebecca Holmes 77.18

Women's 1500m

Josefin Eriksson 4.44.58

Amy Curtis 4.57.38

Rona Macniven 5.00.86

Rebecca Holmes 5.26.29

Sally Hanah 5.32.29

Women's 5000m

Gregory 20.17.03

Gillian Sohun 20.37.24

Mens 100m

Matt Lynch 12.56

Mens 400m

Matt Lynch 56.87

Mens 1500m

Mark Gregory 4.24.46

14th December 2013

Treloar Shield - SOPAC

Women's 100m

Masie Stevens 13.09

Women's 200m

Masie Stevens 28.08

Women's 800m

Sarahjane Beattie 2.34.18

PB

Rebecca Holmes 2.44.47

21st December 2013

Treloar Shield - SOPAC

Women's 100m

Sara Dougan 13.47

Women's 200m

Sara Dougan 28.28

Women's 80m Hurdles

Sara Dougan 15.13

Women's 90m Hurdles

Ines De La Vega 15.12

Women's 1500m

Sally Hannah 5.32.76

RACE CALENDAR

SUMMER CALENDAR

Race Schedule:

29th January – Nepean & Blair Zone
1st February - NSW Club Champs Day 2 – Homebush
4th February – ANSW Permit Meet – Mingara
7th – 9th February – NSW Junior and Youth Championships
15th February – NSW 5000m Championships and all comers
22nd – 23rd February – NSW Masters Championships
28th February – 1st March – NSW 10,000m Championships
28th February – 2nd March – NSW Open & U23 Championships
8th – 10th March – Australian Masters Championships – Hobart
8th March – Allcomers – Homebush
15th March – Sydney Track Classic – Homebush
20th March – Allcomers – Homebush
29th March – Allcomers – Homebush
3rd – 6th April – Australian Track and Field Championships - Melbourne

WINTER CALENDAR (DRAFT)

The following calendar is a draft of the ANSW winter calendar which will form part of the AE Runners Winter Premiership points. However these events are all inclusive and if any of the fun runners would like to participate all are welcome. Pop these dates in your diary. All dates for the AE winter races will be listed as soon as they have been finalised

Race Schedule:

30th Mar - Mountain Champs, Mt Conobolas, Orange
12th Apr - Novice Champs, Scarborough Park, Ramsgate
3rd May - Sydney 10km, Homebush
31st May - Cross Country Relays, Miranda
21st Jun - Long Course CC, Nowra
12th Jul - Road Relays, Ourimbah
2nd Aug - Short Course CC, Rydalmere
7th Sep - Half Marathon, Lake Gillawarna
21st Sep - Marathon (Sydney Running Festival)
19th Oct - Fernleigh 15, Adamstown, Newcastle

***NOTE: The Fun Runners calendar will be released in the next newsletter*

AROUND THE TRAPS

Some news to hit the desk is that there is the sound of wedding bells in the air with fellow AE team members Stephanie Bullock and her new fiancée Garth Crossley getting engaged on their recent holiday back home.

Following suit Lisa Biffin and Josh Thompson have also recently gotten engaged on a recent holiday and not to stop at the engagement have decided to have a baby on top of that. "Mini Biff" as the little person is currently known as will be sporting their first pair of runners come May.



Wedding bells have also recently rung for AE member Amy Curtis who looked beautiful in white on her special day and is now back into the swing of training after a relaxing honeymoon.

CONGRATULATIONS:

A big congratulations to Ken Cross who has been notified he has successfully passed part 1 of the level 2 advanced middle and long distance coaching course. The second part is scheduled for 30th March and we wish him the best of luck for the final component.

INJURY CORNER

No one ever wants to be in the injury corner and it's possibly the cause of all runners' bad moods! However we wish a speedy recovery to the following AE athletes who are currently on the road to running recovery:

- Amy Curtis – Plantar Fasciitis
- Charles Pace – Bruised Ribs, although appears to be back to training and training well.
- Jane Boyd - suffered calf strain/partial tear and is recovering well with plenty of cross training.
- Julia Tyne - recovering well from operation undertaken in December 2013. It was an operation on her right leg (left leg had similar Op previous year) for a partial occlusion. It's being caused by gastrocnemius muscle that was being compressed against patella and tibia.

Following successful surgery Julia tore her calf muscle during recovery period (twice!) which has somewhat slowed her progress.

Good news is that she has been able to progressively load the calf and it is responding so well she may be jogging next week.

Julia is showing courage and determination which i am sure will be well rewarded once she returns to fitness. It will be great to see her progression as after very limited training she recorded 2:45:07 for a leg of the 4 x 800 open relay team which finished 3rd.

A small mention that some AE members often cross train in the pool, cycle or compete in local swimming and cycling events. If you are interested in coming along send an email to athleticseast.aus@gmail.com



NEW MEMBERS

We love new members and we would like to welcome Rose Veitch, Anna McDonald and Josefine Eriksson to team AE.

SOCIAL MEDIA

The club is now connected on a variety of social media platforms and is regularly updating, posting and blogging. Make sure you keep up to date with everything Athletics East:

Follow us on Twitter:

www.twitter.com/athleasts

Friend us on Facebook:

www.facebook.com/aerunnersclub

Like our page on facebook:

www.facebook.com/athleticseast

Follow us on Instagram:

www.instagram.com/athleticseast

Connect with our blog:

www.athleticseast.asn.au/

Email us at:

athleticseast.aus@gmail.com

As a runner you need to keep your body in shape and help through those niggles and pains. If you are looking for a massage, physio, or Pilates group to join check out any one of these local businesses:

Massage:

Bo Chi – 0410 748 260 (Bondi)

Wayne Morgan – 02 9311 3062 (Mobile)

Physiotherapy:

Peter Sweeny – (02) 9232 2311 (CBD)

****NOTE: Are you a qualified therapist and would like to advertise your services?
Please contact AE at athleticseast.aus@gmail.com with your details.**