

**RULES:** Magpies 48 d Goannas 9 **SOCCER:** B'rigg 2 d Central Coast 2  
**LEAGUE:** Mounties 45 d Eagles 20 **SOCCER:** L'pool 4 d Fraser Pk 1



**THE HARD YARDS with PAUL HAIGH**

# At their Beijing best

THE Beijing Olympics are over and it's now another four years before the athletes of the world assemble in London for the 2012 event.

Liverpool area representative swim coach Alan Thompson, soccer star Trent McClenahan and Burilda Archery Club Cecil Hills member Lexie Feeney deserve special mention for their efforts in Beijing and the way in which they conducted themselves with dignity and pride.

Thompson was head coach for the first time and will be on deck again in 2012.

Bonnyrigg White Eagles have lodged the paperwork for promotion to the Football NSW Premier League next year. By winning this year's Super League the Eagles are automatic qualifiers for elevation, with financial status, administration stability, ground facilities, strategic planning and junior development important components of the criteria.

Football NSW presented the Super League championship winners with the prized trophy on Sunday at Bonnyrigg Sports Centre.

Football NSW general manager Ian Holmes said the official decision on promotion and relegation in all its sanctioned competitions will be

announced late September. Eagles secretary George Mandic said the club is thrilled with the prospect of returning to Premier League.

One of the rising stars of international lawn bowls is St Johns Park's Claire Duke.

The 25-year-old is flying high and recently returned from an international event in Malaysia where she represented Australia.

Duke reached the semis of the pairs and triples and made the quarter finals in the singles.

This came hot on the heels of her singles victory in the Queensland Open. While relatively new to St Johns Park, Duke has already made a huge impression and is rated among the top women's players in the nation. In 2004 Duke won the Australian Indoor singles and in January this year won a world title in Christchurch as a member of the Australia's women's fours team. The Commonwealth Games New Delhi, India, 2010, is Duke's ultimate goal but her immediate goal is the NSW Open at Taren Point Bowling Club, September 22-26.

Let me know what you think about local sports by visiting: [www.liverpool.yourguide.com.au/blogs/](http://www.liverpool.yourguide.com.au/blogs/)

## LOOKING BACK



**1939-'45:** Warwick Farm Racecourse was used by Australian, US and British armed forces. The camp was known as Camp Warwick and also HMS Golden Hind. **Picture: AJC**

## SPORTS SHORTS

### Sparkling Bollinger

FAIRFIELD Liverpool Cricket Club fast bowler Doug Bollinger will tour India with the Australian A team next month. Bollinger will make the seven-match trip to India between September 3 and September 26, including two three-day and five one-day matches against India A and New Zealand A teams. Earlier this year, the left-arm fast bowler earned a Cricket Australia contract.

### Skipper Clarke

Liverpool's Michael Clarke will skipper the Australian team for the one-day series against Bangladesh in Darwin starting this Saturday. The 27-year-old deputises for injured skipper Ricky Ponting. Australia play three one-dayers in the Commonwealth Bank-sponsored series on August 30, September 3 and September 6.

### Magpies soar

Fourth-placed Moorebank Sports Magpies Australian Football League team play Uni of NSW in the elimination semi finals at Wagener Oval, Ashbury, this Sunday at 8am.

### Wheelie good covers

In last's week's Looking Back piece we featured the magazine cover from December 18, 1960, for the grand opening of motor racing at Warwick Farm. To find out more go to [www.progcovers.com](http://www.progcovers.com).

**SPORT SOAPBOX - Email your comments or stories: [phaigh@fairfaxmedia.com.au](mailto:phaigh@fairfaxmedia.com.au)**

## Experts recommend Chiropractic Care for overall health and wellbeing.

Do yourself a favour and have a free spinal examination at Living Chiropractic During August's Spinal Health Awareness Campaign.

Chiropractor Matthew Constable, who has been in Chiropractic practice for the last 13 years, said chiropractors are highly trained, registered health care professionals who specialise in identifying and correcting problems with the spine that affect the nervous system. Matthew said "Many people are not only suffering poor quality of life due to undiagnosed spinal conditions but they may be unaware of the cause of their problems".

Most people know that chiropractors can help with painful conditions such as back and neck pain, hip and shoulder problems, headaches, pins and needles and numbness in the arms or legs.

Often people are not aware that many other problems, associated with a person's nervous system not functioning properly, can be helped with chiropractic care.



Living Chiropractic is encouraging people to see a chiropractor not only to overcome existing conditions, but to be healthier and function better.

"It is my hope that people will take the opportunity to have themselves and their families checked by a chiropractor while we are promoting Spinal Awareness this month".

Not only are there many conditions that can be helped if there is a problem with the spine, but a sound nervous system is vital for living well.

**38 Scott Street, Liverpool  
Phone: 96006900**

Chiropractic care can benefit people who suffer common conditions including fatigue, shortness of breath, constipation, diarrhoea, poor bladder control, irregular periods, erectile problems, asthma, poor concentration and behavioural problems particularly in children.

Even recurrent sinus, snoring and throat problems and digestive problems are some of the conditions that can be helped with chiropractic care when there is interference to a person's nerves.

It is vital people get the chance to have their spines examined because many are suffering and being limited in their lifestyle unnecessarily.

Be one of the first 19 callers to mention this article and get your first consultation as well as a thorough chiropractic, orthopaedic and neurological examination FREE.

**The fee for this first visit is normally \$135 but for the first 19 appointments ONLY we will do it FREE.**

Mon, Wed & Thurs  
7:30am – 11:30am &  
2:30pm – 6:00pm

**Call 9600 6900 to book your appointment now**

