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COLOSTRUM & THE AUSTRALIAN CYCLING TEAM

David Barry Vivian Walsh, better known just as **Charlie Walsh**, was the national coach for the [Australian Cycling Federation](#) at the [Australian Institute of Sport](#) from 1980 to 2001. He oversaw Australia's rise from between 20th and 30th in world [track cycling](#) to number one in 1993 and 1994. [Australia](#) came third at the [2000 Summer Olympics](#) in Sydney.

Walsh won more than 1,000 times in 25 years of racing at national and state level, including the [Austral Wheel Race](#) in 1969 on a 50yd handicap.

Criticisms

A number of scandals rocked the Australian cycling under Walsh. These include accusations that selection was biased in favour of Australian Institute of Sport cyclists, often ignoring other riders, and that the track team used a banned growth hormone tablet. Those allegedly involved cannot comment for fear of legal action.

Awards and Retirement

On [Australia Day](#) 1987 Walsh received an [Order of Australia Medal](#) (OAM) for service to cycling as national coaching director. Three years later in 1990 he was awarded the status of World Coach by the [Union Cycliste Internationale](#). He has won nine awards as Australian Coach of the Year for all sports, and was awarded the Australian Sports Medal on 14 July 2000.

Since his retirement as head coach he has been a coaching consultant with cycling, including supporting and being involved in the organisation of the [Tour Down Under](#) in [South Australia](#). In 2004, 2005, 2006, 2007 and 2008 Walsh assisted Adelaide coach Neil Craig with fitness work at the [Australian Football League](#) team, the [Adelaide Crows](#)

Lucy Tyler-Sharman

During 1998 the head of the drug unit of the UK Sports Council, Michelle Verrocken, accused the Australian track team of using a growth hormone, Insulin Growth Factor-1 (IGF-1), found in Colostrum tablets. Verrocken raised doubts on the legality of Colostrum saying: "We have to ask whether it is a scientific advance of sport or cheating."

Walsh ordered the purchase and use of Colostrum for his squad, to overcome illness. At the [1998 Commonwealth Games](#) cyclist [Lucy Tyler-Sharman](#) is alleged to have refused Colostrum which precipitated argument with Walsh and her expulsion from the team and the games. The Australian team doctor said: "We would not get involved in administering anything that was dubious. Colostrum is a dairy product, not a drug. It is produced naturally at the moment of birth for babies to suckle before breast milk appears." This was supported by [Brian Sando](#), an Australian medical official at the Games, who said: "Colostrum is high in IGF-1 (human growth hormones) but the simple fact is that when it is

taken orally in tablet form, the IGF-1 is denatured in the stomach and cannot be absorbed into the body. Colostrum in tablet form is nothing more than a training aid, as vitamins are, and it helps stave off infection."^[3]

Cycling News Sept 1998

And the drug claims continue..

The head of drug unit of the UK Sport Council, Michelle Verrocken, has accused the Australian track team of using an illegal growth hormone which is a compound found in colostrum tablets. Charlie Walsh ordered the purchase and use of Colostrum to help his squad overcome the threat of illness which devastated the team during the Perth World Championships in 1997.

It is believed that this decision in part led to the breakdown of the relationship between Charlie Walsh and Lucy Tyler-Sharman. She refused to take the drug which contains Insulin Growth Factor-1, which is on the IOC's banned list.

Verrocken issued a statement which said: "We have to ask whether it is a scientific advance of sport or cheating."

But the Australian medical official at the Games said she did not know what she was talking about. Brian Sando told the press that she had not done her research. He said: "Colostrum is high in IGF-1 (human growth hormones) but the simple fact is that when it is taken orally in tablet form, the IGF-1 is denatured in the stomach and cannot be absorbed into the body. The only way it can be absorbed is by injection. Colostrum in tablet form is nothing more than a training aid, as vitamins are, and it helps stave off infection."

Tyler-Sharman issued a statement alleging that the Australian team had spent \$18,000 of tax-payer's money buying banned human growth hormones.

Team doctor Peter Barnes also denies it is cheating. He told the press: "We would not get involved in administering anything that was dubious. Colostrum is a dairy product, not a drug. It is produced naturally at the moment of birth for babies to suckle before breast milk appears." It seems that the official defence is that IGF-1 is banned, while colostrum is not. But the former is contained in the latter.

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