



# **ELEVENTH ANNUAL REPORT**

**1988/89**



ANNUAL REPORT 1988/89

AS PRESENTED AT THE 11th. ANNUAL GENERAL MEETING  
OF THE GIRRAWEE AMATEUR ATHLETIC CLUB

HELD AT C.V. KELLY PARK 25th AUGUST, 1989 at 8 P.M.

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GIRRAWEEEN AMATEUR ATHLETIC CLUB

CLUB COMPETITION CHAMPIONS

<u>Female</u>	<u>Season</u>	<u>Male</u>
Elizabeth Knoke U/15 Kate Rada U/15	1988/89	* Jeff Micallef U/19
Jackie Wheeler (Sen.)	1987/88	* Viv Manwaring (Vet)
* Jackie Wheeler (Sen.) * Deborah Mulhall (Sen.)	1986/87	* Michael Jamieson U/14
Jackie Wheeler U/20	1985/86	* Peter Kropman U/18
* Jackie Wheeler U/19	1984/85	Frank Soballa U/17
Kellie Fenech U/14	1983/84	* Robert Kropman U/14
Kellie Fenech U/13	1982/83	* Phillip Fenech U/15
Deborah Mulhall U/16	1981/82	* Phillip Fenech U/14
Jackie Wheeler U/15	1980/81	* Michael McHugh U/14
* Catherine Downer U/13 * Jackie Wheeler U/14	1979/80	Ralph Downer U/15
* Joanne Kendall U/13	1978/79	Simon Gemmell U/14

(\* Denotes overall champion)

WINTER COMPETITION

	1988	* Bob Sewell (Vet.)
	1987	* Bob Sewell (Vet.)
Pauline Gunns U/20	1986	* Bob Sewell (Vet.)

CITY INTER-CLUB

1986/87	Craig Downie Mark Wright
1985/86	Craig Downie

GIRRAWEEEN AMATEUR ATHLETIC CLUBCLUB COMPETITION RESULTS 1988/89

WINTER COMPETITION 1988 - conducted at various venues by the West Metropolitan Cross Country and Road Running Committee.

OVERALL AND MALE CHAMPION: Bob Sewell (Vet.) 32 points

JUNIOR CHAMPION: Paul Sewell 31 points

RUNNERS UP: Ted Hemmens (Vet.), Glen Richardson (Senior)

SUMMER COMPETITION 1988/89 - conducted over 5 rounds at C.V. Kelly Park, Girraween.

OVERALL AND MALE CHAMPION: Jeff Micallef 74 points

FEMALE CHAMPIONS: Elizabeth Knoke 73 points  
Kate Rada 73 points

RUNNERS UP:

Paul Sewell	60 points
Jim Irving	33 points
Viv Manwaring	32 points
Peter Kropman	29 points
Bob Sewell	21 points

Other competitors failed to complete 10 meetings to qualify.

GIRRAWEEEN AMATEUR ATHLETIC CLUB

Formed September, 1978

C.V. Kelly Park, Oramzi Road, Girraween.

CLUB COMMITTEE 1988/89

President	:	Bob Sewell
Secretary	:	Viv Manwaring
Treasurer	:	Peter Kropman
Registrar	:	Peter Kropman
Club Records	:	Viv Manwaring
Publicity	:	Bob Sewell
Canteen	:	Paul Sewell

LIFE MEMBERS

John Wheeler  
Bob Sewell

HON. AUDITOR

John Heyes, AASA, CPA

COACHING

Hans Kropman, Viv Manwaring, Bob Sewell

SPONSORS

Lidco Sales Pty. Ltd.  
Love Industries  
Nestles Australia Ltd.

**PRESIDENT**

The past season was one of disappointment because of a record low membership of 17 athletes. A small number of athletes from the previous season rejoined, but there was no response to an extensive membership drive which included advertisements in two local papers, letter and posters to six local schools and letters to 17 under 15 little athletes who had completed their final season with the Girraween Little Athletics Centre.

Apart from low membership, inactivity by approximately one third of the membership was another thorn in our sides. Several members were not sighted at all.

A major problem was that the Committee consisted of only four people, all athletes, namely Viv Manwaring, Peter Kropman, Paul Sewell and myself, who had to compete, officiate and organise the season's activities.

Thanks must go to the athletes who acted as starters, judges, timekeepers and recorders to enable us to get through the Saturday competition.

Because of the low membership, the Saturday afternoon meetings were on the verge of being terminated half way through the season, but we decided to carry on and were able to obtain a result in the Championship pointscore.

Once again, our support of the Blair Zone competition was negligible with only Paul and myself attending regularly. The format this season differed from previously. The competition alternated between St Marys, Doonside and Penrith with the pointscores from each field being totalled at season's end to decide the winners.

Near the end of the season, the Association sent a letter to all clubs with less than 20 members, stating that if they did not have 20 registered members by 28 February, they would not be able to affiliate for the next season. Consequently, we signed up two officials and two little athletes in a hurry and finished the season with the required number.

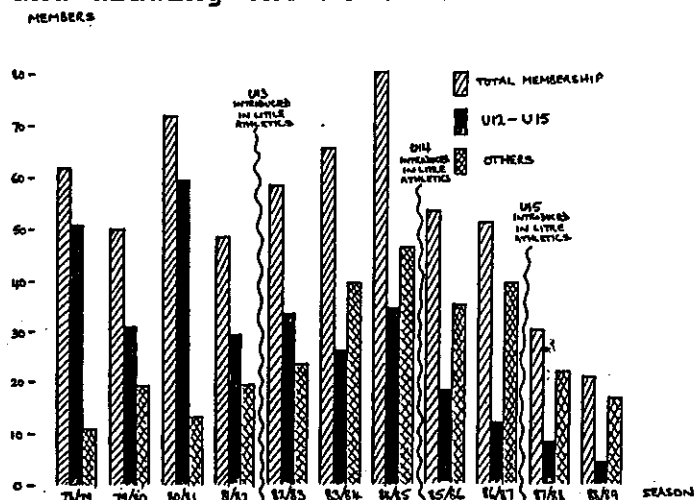
The Committee has decided to try one more season in an effort to save the Club, but if membership cannot be increased substantially, it seems that dissolution will result, bringing to an end a club that started with high hopes, but never quite fulfilled its potential, before experiencing a yearly decline in membership that culminated in last season's struggle to survive.

Bob Sewell

**SECRETARY**

The Club has managed to survive for another year, but only just. The membership of 21 has been the lowest in the 11 years of the Club.

The number of competitors each Saturday last season fluctuated from a low of 6 (January) to a high of 18 (October), with an average of 11. While the athletes enjoyed the fellowship and the sunshine, it made for some frustration in grading of competition and drawing the best out of each other.



The graph shows membership over the life of the Club. Numbers have been declining steadily since a peak in 1984/85. Most noticeable is the loss of the "heart" of the Club, the young athletes, undoubtedly due to the introduction of U14/U15 into Little Athletics.

Last year, a personal approach to each of the 17 athletes "graduating" from Girraween Little A's resulted in only 3 returning to athletics of which only 1 stayed with Girraween. Ads were placed in the local papers, a community announcement was made over 2WS, and 6 local high schools were approached: All with no result.

I am sure the incoming committee would appreciate any ideas or assistance in promoting the Club. Perhaps we should find out what formula Liberty Plains has used to grow from 20 members in 1987/88 to 53 in 1988/89!

On a brighter note, I congratulate Jeff Micallef on a well-deserved overall champion award. It was very pleasing to see this promising athlete, who still holds records in U8/U9 Girraween Little A's and U12 Girraween AAC, make a comeback to the sport.

A special congratulations must also go to Catherine Kropman who won a bronze medal in the U19 Heptathlon at the Pulsar Quartz Games.

Viv Manwaring

## **PUBLICITY**

Results from winter and summer competitions were sent to the Parramatta Advertiser nearly every week and were used quite frequently.

Advertisements for the start of the summer season were placed in the Advertiser and the Blacktown Advocate, but resulted in a nil result.

Bob Sewell

**WINTER SEASON**

The West Metropolitan Zone programme was poorly attended by Girraween with only three regular runners.

Paul Sewell was successful in the under 16 division, winning the Zone's road race series and the trophy for the fastest time in the Trevor Lonard Memorial Hcp.

Bob Sewell

**SUMMER SEASON**

Low membership again made for a somewhat disappointing season. Notwithstanding, 27 Club records were broken, 22 by the males and 5 by the females. Most notable were by Jeff Micallef equalling the open 100m record & breaking the open 400m record, and Peter Kropman breaking the open shot put record.

Only Bob and Paul Sewell competed in Wednesday night inter-club and a concerted effort by the Club is needed to boost representation. However, it was pleasing that small teams represented the Club at the Angus and Coote Shield, Blacktown City Games and the Tiger-Wests Games.

Catherine Kropman, as the only Club representative at the Pulsar Quartz Games, achieved a bronze medal in the U19 Pentathlon.

Viv Manwaring

**TREASURER/REGISTRAR**

The Club started the season with an opening balance in the Operating Account of \$403.57 and, as at 21 August 1989, had a balance of \$501.51.

This good result, considering the low Club membership, primarily resulted from Paul Sewell's excellent canteen profit of \$65.30 and the Girraween Little Athletics Centre writing off electricity charges of \$109 owed to it. A special "thank you" to the GLAC Committee for this gesture which has enabled our membership fees for the coming season to be substantially lowered in an effort to attract members.

The Representative Fund opened with a balance of \$173.63 and, as at 21 August 1989, had a balance of \$183.48 through interest accumulation.

The season saw a total registration of 21 members, the lowest in the Club's 11 year history, comprising 16 men, 5 women and 3 officials. Unfortunately, in order for the Club to exceed the minimum limit of 20 set by the Association for survival, four registrations had to be arranged towards the end of the season.

Peter Kropman

**CANTEEN**

Profit from Saturday afternoons was \$65.30 which is quite satisfactory considering the poor attendance.

Paul Sewell



INCOME & EXPENDITURE STATEMENTfor the period ended 21st August, 1989

<u>1987/88</u>		<u>1988/89</u>
	<u>Income</u>	
531.63	Balance brought forward	403.57
813.00	Registrations received	590.00
100.00*	Canteen profits	65.30
120.00	Sale of singlets	44.00
53.00	Refund - Triden Sports (singlets)	---
33.06	Interest received from Building Society	39.44
10.00	Donations	---
52.50	Reunion takings	---
1.00	Sale of Winter Handbook	---
---	Sale of Summer Handbook	6.00
<u>1714.19</u>	<u>TOTAL INCOME</u>	<u>1148.31</u>
	* Float returned	
	<u>Expenditure</u>	
480.00	Registrations paid	392.00
171.18	Association Affiliation Fees	75.95
129.15	Singlet purchases	---
20.00	Equipment purchases/repairs	---
171.00	Electricity (proportion paid to GLAC)	---**
102.06	Trophies	42.55
50.00	Park Trust fees	---
41.00	Printing, stationery and postage	19.41
---	Newspaper advertisement	96.54
11.00	End of season barbecue	---
30.00	Association handbooks	20.00
100.00	Canteen - float	---
5.23	Bank fees	0.35
<u>1310.62</u>	<u>TOTAL EXPENDITURE</u>	<u>646.80</u>
	** Proportion \$109 owed to GLAC written off by GLAC	
403.57	Net excess carried forward to next season (St. George Bldg Society A/N 111528203)	501.51
182.00	Singlets in hand - 12 mesh @ \$14.00	168.00
340.00	- 31 std @ \$10.00	310.00
	<u>REPRESENTATIVE ACCOUNT</u>	
164.78	Balance brought forward	173.63
11.35	Interest received	14.85
-2.50	Statement fee	-5.00
<u>173.63</u>	<u>TOTAL</u>	<u>183.48</u>
	(St. George Bldg Society A/N 111535690)	

I certify that the Income and Expenditure Statement of Girraween Amateur Athletic Club has been checked and that payments and receipts have been verified and that they show a true and correct record of the financial transactions.

J F HEYES, AASA CPA  
HON AUDITOR

350 Old Windsor Road  
Toongabbie 2146

MEMBERSHIP 1988/89MEN: 16WOMEN: 5TOTAL: 21VETERAN

Ted Hemmens  
 Viv Manwaring  
 Bob Sewell

U/18

Catherine Kropman

U/16

Stella Mauceri  
 Paul Sewell

SENIOR

John Doolan  
 Dean Hainsworth  
 Jim Irving  
 Peter Kropman  
 Glen Richardson  
 John Sneddon  
 Jackie Wheeler

U/15

Elizabeth Knoke  
 Katrina Rada

U/14

Nathan Manwaring

U/19

Jeff Micallef

U/12

Derryn Manwaring

REGISTERED OFFICIALS

Hans Kropman  
 Chris Mahoney  
 Grahame Ward

CLUB EQUIPMENT

60 Competition Standard Hurdles  
 Mobile Hurdle Transporter  
 80 to 110 Metre Mobile Tape Hurdle Marker

4 Steeplechase Hurdles and Mobile Transporter  
 1 Water Jump Pit complete

Javelins:     2 x 800 gram  
                  1 x 700 gram  
                  3 x 600 gram

Discus:        1 x 2 Kg. metal ring  
                  1 x 1½ Kg. metal ring  
                  2 x 1 Kg. metal ring

Shot Puts:     1 x 7.260 Kg. (16 lb.)  
                  2 x 5.449 Kg. (12 lb.)  
                  2 x 4.535 Kg. (10 lb.)  
                  1 x 4.00 Kg. (8.8 lb.)  
                  2 x 3.632 Kg. (8 lb.)  
                  1 x 2.724 Kg. (6 lb.)

Tapes:         1 x 10 metres  
                  1 x 50 metres

Stop Watches:  5 x AMF Countdown LC  
                  3 x AMF Single Event

Starter Gun: One

Miscellaneous Equipment:  
 1 Metal Stationery Cupbaord  
 2 Metal Clothes Cupboards  
 2 Notice Boards  
 1 Records Board  
 14 Clip Boards  
 1 Lap Board  
 2 sets Throw Markers

VALUE AS AT AUGUST 1989 - \$17,500

GIRRAWEE AMATEUR ATHLETIC CLUBWINTER 1988 CROSS COUNTRY AND ROAD RUNNING RESULTS

2.4.88	-	CROSS COUNTRY AT MEADOWBANK:		
		Men 8.7 km:	G Richardson	36.39
			B Sewell	39.57
		U16 8.7 km:	P Sewell	32.58
9.4.88	-	CROSS COUNTRY AT DUNDAS:		
		Men 7.2 km:	G Richardson	31.16
			B Sewell	34.44
		U16 7.2 km:	P Sewell	28.13
16.4.88	-	ROAD RACES AT RICHMOND (W.M.Z. SERIES RACE 1):		
		Men 8 km:	T Hemmens	33.25
			B Sewell	36.05
		U16 4 km:	P Sewell	15.07
23.4.88	-	ROAD RACES AT WEST AUBURN:		
		Men 8 km:	T Hemmens	33.19
			B Sewell	34.30
			G Richardson	35.25
		U16 8km:	P Sewell	29.56
7.5.88	-	CROSS COUNTRY AT AUDLEY:		
		Men 10 km:	B Sewell	44.52
		U16 3 km:	P Sewell	10.09 (2nd)
14.5.88	-	ROAD RACES AT CABARITA (SERIES RACE 2):		
		Men 8 km:	T Hemmens	32.18
			B Sewell	35.20
		U16 4 km:	P Sewell	14.27 (1st)
21.5.88	-	CROSS COUNTRY AT LANSDOWNE:		
		State 12 km:	B Sewell	58.14
		State U16 4 km:	P Sewell	15.01 (8th)
28.5.88	-	ROAD RACES AT PARRAMATTA PARK (PARRAMATTA OPEN):		
		Men 16 km:	B Sewell	72.42
		U16 3.2 km:	P Sewell	11.17 (7th)
5.6.88	-	STATE ALL SCHOOLS C.C. CHAMPIONSHIPS AT RAMSGATE:		
		U16 Boys 4 km:	P Sewell	13.24 (17th)
11.6.88	-	ROAD RACES AT BAULKHAM HILLS:		
		Men 8 km:	G Richardson	31.43
			B Sewell	37.42
		U16 8km:	P Sewell	29.51
18.6.88	-	ROAD RACES AT EPPING (SERIES RACE 3):		
		Men 10 km:	B Sewell	45.58
		U16 5 km:	P Sewell	19.42 (3rd)
25.6.88	-	CROSS COUNTRY AT NARRABEEN:		
		Men 8 km:	P Sewell	28.59
			B Sewell	34.18
		U16 4 km:	P Sewell	14.25

2.7.88 - CROSS COUNTRY AT PENNANT HILLS:			
Men 8 km:	B Sewell	36.09	
U16 4.2 km:	P Sewell	16.04	
9.7.88 - ROAD RACES AT EPPING:			
Men 10 km:	B Sewell	45.23	
U16 5 km:	P Sewell	24.04	
16.7.88 - CROSS COUNTRY AT RAMSGATE:			
Men 10 km:	B Sewell	43.46	
23.7.88 - ROAD RACES AT PARRAMATTA (SERIES RACE 4):			
Men 8 km:	T Hemmens	33.12	
	B Sewell	33.35	
	J Doolan	42.43	
U16 4.8 km:	P Sewell	17.23	(3rd)
6.8.88 - ROAD RACES AT WEST AUBURN (SERIES RACE 5):			
Men 8 km:	B Sewell	34.44	
U16 4 km:	P Sewell	14.46	(1st)
14.8.88 - CITY TO SURF:			
	P Sewell	59.00	
	T Hemmens	59.00	
	B Sewell	63.02	
	G Richardson	64.07	
20.8.88 - CROSS COUNTRY AT PENNANT HILLS (SERIES RACE 6):			
Men 8 km:	T Hemmens	38.44	
	B Sewell	42.58	
27.8.88 - ROAD RACES AT WESTLEIGH:			
Men 8 km:	T Hemmens	34.48	
	B Sewell	39.17	
U16 8 km:	P Sewell	34.35	
3.9.88 - ROAD RACES AT BAULKHAM HILLS (SERIES RACE 7):			
Men 8 km:	T Hemmens	32.11	
	B Sewell	34.07	
U16 4.4 km:	P Sewell	14.49	(1st)
17.9.88 - ROAD RACES AT CABARITA (TREVOR LONARD MEMORIAL HANDICAP):			
Men 8 km:	P Sewell	29.09	
	T Hemmens	31.28	
	B Sewell	35.20	

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GIRRAWEE AMATEUR ATHLETIC CLUB  
SUMMER COMPETITION RESULTS 1988/89

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CLUB COMPETITION

The following records were established:

Veteran Men:

Viv Manwaring	800 2.21.0, LJ 5.25, TJ 10.83, JAV 32.72
Bob Sewell	1500W 10.35.9

Senior Men:

Péter Kropman	100 12.0 (equal), 200 25.3, 400 56.0 (equal), 110H 20.1, LJ 6.08, TJ 13.23, HJ 1.72, SP 11.03 (new open record), DISC 30.54, JAV 44.70
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U19 Men:

Jeff Micallef	100 11.6 (equal open record), 400 53.0 (new open record), SP 13.49, DISC 39.42
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U16 Men:

Paul Sewell	1 Mile 5.01.1, 3K 10.03.9, 5K 18.12, 1500W 9.54.0
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U18 Women:

Catherine Kropman	TJ 9.73, HJ 1.50, SP 8.88
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U15 Women:

Elizabeth Knoke	1500W 9.22.4
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U16 Women:

Elizabeth Knoke	1500W 8.48.5
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It should be noted that times were recorded to 1/10th second which is a change from previous years where 1/100th second was used. This is in recognition of the near impossibility of hand-timing to the latter accuracy.

PULSAR QUARTZ GAMES

Sydney Athletic Field, 7/8/9 October 1988.

U19 Women:

Catherine Kropman	3rd in Heptathlon
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GIRRAWEE AMATEUR ATHLETIC CLUBC.V. KELLY PARK GROUND RECORDSAS AT 25th AUGUST, 1989M E N

<u>OPEN</u>		<u>VETERAN</u>
Phillip Fenech	100	Viv Manwaring 13.14
Jeff Micallef 11.6		
Paul Manton 23.89	200	Viv Manwaring 26.96
Jeff Micallef 53.0	400	Viv Manwaring 59.5
Craig Downie 2.01.83	800	Viv Manwaring 2.21.0
R. Hamill (RH) 4.11.03	1500	Ted Hemmens 4.56.0
Craig Downie 4.46.65	1 Mile	Ted Hemmens 5.34
Craig Downie 9.04.15	3K	Ted Hemmens 10.37
Graham Ryan (RB) 16.20.87	5K	Ted Hemmens 18.43
Kevin Junor (P) 2.19.0	800SC	Bob Sewell 3.17.70
Keith Law (Pen) 7.36.77	1500W	Bob Sewell 10.35.9
Peter Kropman 16.48	110H	
Peter Kropman 28.18	200H	Viv Manwaring 31.78
David Tarbottom (CTC) 59.19	400H	
Peter Kropman 6.46	LJ	Viv Manwaring 5.25
Clay Tompkins (NS) 13.30	TJ	Viv Manwaring 10.83
Clay Tompkins (NS) 1.84	HJ	Ian Richardson
		Viv Manwaring 1.40
Peter Kropman 11.03 (7.26kg) SP		Hans Kropman 8.57 (7.26kg)
Clay Tompkins (NS) 34.30 (2kg) Dis		Hans Kropman 23.72 (2kg)
Andrew Grace 49.35 (800g) Jav		Viv Manwaring 32.72 (800g)

B: Blacktown District AAC; NS: Northern Suburbs AAC; P: Parramatta District AAC; Pen: Penrith AAC; RB: Randwick-Botany Harriers AAC; WS: Tiger Wests AAC; CTC: Campbelltown City AAC; RH: Ryde-Hornsby AAC.

<u>SENIOR</u>		<u>U/20</u>
Ken Trotman	100	Paul Manton 11.85
Peter Kropman 12.0		
Peter Kropman 25.3	200	Ralph Downer 24.67
Craig Downie	400	Peter Kropman 55.17
Peter Kropman 56.0		
Craig Downie 2.01.83	800	Garry Moran 2.10.86
Craig Downie 4.18.76	1500	Peter Kropp 5.28
Craig Downie 4.46.65	1 Mile	Peter Kropman 5.52.1
Craig Downie 9.04.15	3K	
Craig Downie 16.25.68	5K	
John Doolan 2.52.48	800SC	Peter Kropman 3.21
John Doolan 9.18	1500W	
Peter Kropman 20.1	110H	Peter Kropman 16.82
Bob Broadhurst 30.91	200H	Ralph Downer 30.42
Bob Broadhurst 1.09.81	400H	Garry Moran 1.04.38
Peter Kropman 6.08	LJ	Peter Kropman 5.96
Peter Kropman 13.23	TJ	Ralph Downer 11.90
Peter Kropman 1.72	HJ	Peter Kropman 1.72
Peter Kropman 11.03 (7.26kg) SP		Greg Howard 10.26 (7.26kg)
Peter Kropman 30.54 (2kg) Dis		Greg Howard 31.39 (2kg)
Peter Kropman 44.70 (800g) Jav		Peter Kropman 45.00

U/19

Jeff Micallef	11.6	100
Paul Manton	23.89	200
Jeff Micallef	53.0	400
Peter Kropman	2.09.33	800
Jim Irving	4.35.82	1500
Mark Irving	5.24.0	1 Mile
Jim Irving	10.05.06	3K
Jim Irving	18.19	5K
Peter Kropman	2.30.9	800SC
Peter Kropman	16.19	110H
Peter Kropman	28.18	200H
Peter Kropman	1.01.18	400H
Peter Kropman	6.46	LJ
Peter Kropman	12.66	TJ
Peter Kropman	1.82	HJ
Jeff Micallef	13.49 (5.449kg)	SP
Jeff Micallef	39.42 (1.5kg)	Dis
Andrew Grace	49.35 (800g)	Jav

U/17

Phillip Fenech	11.79	100
Phillip Fenech	24.02	200
Phillip Fenech	53.71	400
Jon Hetherington	2.08.84	800
Peter Kropman	4.39.18	1500
Ron Irving	4.56.33	1 Mile
Ron Irving	9.52.13	3K
Ron Irving	17.46	5K
Mark Irving	2.28.0	800SC
		1500W
Peter Kropman	16.27	110H
		100H
Phillip Fenech	28.80	200H
Peter Kropman	1.02.86	400H
Phillip Fenech	6.37	LJ
Peter Kropman	12.14	TJ
Peter Kropman	1.80	HJ
Robert Kropman	14.20 (4.535kg)	SP
Greg Howard	39.72 (1.5kg)	Dis
Robert Kropman	53.76 (700g)	Jav

U/15

Michael McHugh	11.91	100
Ilia Gill	24.70	200
Phillip Fenech	57.12	400
Darren Kleinschafer	2.10.78	800
Darren Kleinschafer	4.29.26	1500
Paul Sewell	5.27	1 Mile
Darren Kleinschafer	9.58	3K
Darren Kleinschafer	17.30.37	5K
Shane Ferguson	2.43.69	800SC
Nicholas Potten	15.73	100H
		90H
Michael McHugh	31.19	200H
Michael Wheeler	1.07.78	400H
Ilia Gill	5.51	LJ
Michael McHugh	11.61	TJ
Ilia Gill	1.81	HJ
Andrew McIlwaine	16.18 (3.632kg)	SP
Andrew McIlwaine	48.50 (1kg)	Dis
Andrew McIlwaine	52.84 (600g)	Jav

U/18

Phillip Fenech	11.53	
Phillip Fenech	24.54	
Garry Moran	56.29	
Peter Kropman	2.09.64	
Ron Irving	4.29.82	
Ron Irving	4.52.90	
Ron Irving	9.41.10	
Ron Irving	16.29.20	
Mark Irving	2.32.01	
Peter Kropman	16.00	
Peter Kropman	29.02	
Peter Kropman	1.03.54	
Phillip Fenech	6.33	
Peter Kropman	12.53	
Peter Kropman	1.80	
Robert Kropman	13.63 (5.449kg)	
Greg Howard	38.78 (1.5kg)	
Andrew Grace	45.28 (700g)	

U/16

Phillip Fenech	12.04	
Phillip Fenech	24.30	
Phillip Fenech	53.58	
Stephen Friend	2.11.34	
Jim Irving	4.42.56	
Paul Sewell	5.01.1	
Paul Sewell	10.03.9	
Paul Sewell	18.12	
Peter Kropman	2.41.9	
Paul Sewell	9.54.0	
David Gallo	14.90	
Phillip Fenech	29.02	
Phillip Fenech	1.05.06	
Ralph Downer	5.86	
David Gallo	11.93	
Peter Kropman	1.73	
Robert Kropman	13.58 (4.535kg)	
Greg Howard	44.30 (1kg)	
Jon Hetherington	44.14 (700g)	

U/14

Ilia Gill	12.01	
Ilia Gill	25.52	
Michael McHugh	59.44	
Shane Ferguson	2.28.0	
Phillip Fenech	5.07.0	
Warren Dempsey	5.56	
Garry Moran	11.08.61	
Shane Ferguson	19.23	
Warren Dempsey	2.56	
Michael Jamieson	15.08	
Phillip Fenech	33.91	
Nicholas Potten	1.10.40	
Ilia Gill	5.15	
Barry Prasetya	10.67	
Ilia Gill	1.76	
Andrew McIlwaine	14.88 (3.632kg)	
Andrew McIlwaine	43.22 (1kg)	
Andrew McIlwaine	45.38 (600g)	

U/13

Ivica Mikic	13.08	100
Ilia Gill	26.99	200
Michael Ryan	1.05.0	400
Phillip Fenech	2.34.36	800
Phillip Fenech	5.14.52	1500
Stephen Mooney	6.04	1 Mile
Warren Dempsey	11.09	3K
Warren Dempsey	19.47.21	5K
Stephen Mooney	3.09.21	800SC
Chris Saliba	14.47	90H
		80H
Chris Saliba	37.81	200H
Warren Dempsey	1.18.07	400H
Rodney Scarr	4.97	LJ
Chris Saliba	9.88	TJ
Ilia Gill	1.66	HJ
Andrew McIlwaine	14.22 (2724K)	SP
Andrew McIlwaine	37.71 (1kg)	Dis
Andrew McIlwaine	32.51 (600g)	Jav

U/12

Ilia Gill	13.21
Ilia Gill	29.0
Michael Wheeler	1.07.12
Michael Wheeler	2.39.42
Michael Wheeler	5.29
Paul Sewell	6.17
Geoffrey McHugh	11.20
Paul Sewell	20.18
Dale Berryman	3.20.97
Jeffrey Micallef	16.12
Jeffrey Micallef	36.85
Michael Wheeler	1.21.92
Ilia Gill	4.46
Jeffrey Micallef	8.87
Ilia Gill	1.55
Andrew McIlwaine	12.15 (2.724kg)
Andrew McIlwaine	31.08 (1kg)
Andrew McIlwaine	24.56 (600g)

W O M E NOPEN

Heidi Novosell (G)	12.99	100
Heidi Novosell (G)	26.81	200
Jackie Wheeler	1.03.36	400
Susannah Hartgers (WS)	2.24	800
Tracey Lawless (N)	5.05	1500
Kim Pitzing	5.53	1 Mile
Kim Pitzing	11.50	3K
Kim Pitzing	20.12	5K
Yvette Jaeger	2.53.6	800SC
Tracey Wheeler	18.41	100H
Catherine Downer	33.23	200H
Tracey Wheeler	1.14.54	400H
Tracey Wheeler	5.01	LJ
Jeanine Ward (J)	10.49	TJ
Vera Abramas (SG)	1.66	HJ
Natalie Avellino	10.32 (4kg)	SP
Joanne Kendall (LP)	38.78 (1k)	Dis
Tracey Wheeler	37.41 (600g)	Jav

VETERAN

Jackie Williams	20.01
Jackie Williams	44.88
Jackie Williams	1.41.20
Jackie Williams	4.02
Jackie Williams	8.50
Jackie Williams	9.32
Jackie Williams	2.80
Jackie Williams	6.26
Jackie Williams	5.21 (4kg)
Jackie Williams	14.30 (1kg)
Jackie Williams	10.50 (600g)

G: Greystanes AAC; J: Jensen AAC; LP: Liberty Plains AAC; N: Nepean AAC; SG: St. George Women AAC; WS: Tiger Wests AAC.

SENIOR

Jackie Wheeler 13.51  
 Jackie Wheeler 29.05  
 Jackie Wheeler 1.08.59  
 Julie Peksis 2.44  
 Julie Peksis 5.50  
 Julie Peksis 6.18  
 Robyn Eglentals 13.11  
 Julie Peksis 22.25  
 Jackie Wheeler 3.21  
 Deborah Mulhall 19.82  
 Jackie Wheeler 35.63  
 Tracey Wheeler 1.16.04  
 Jackie Wheeler 4.64  
 Jackie Wheeler 9.65  
 Jackie Wheeler 1.40  
 Tracey Wheeler 9.94 (4kg)  
 Tracey Wheeler 34.58 (1kg)  
 Tracey Wheeler 34.42 (600g)

U/19

Jackie Wheeler 13.72  
 Jackie Wheeler 28.84  
 Jackie Wheeler 1.04.54  
 Jackie Wheeler 2.42.17  
 Jackie Wheeler 5.46  
 Jackie Wheeler 6.23  
 Jackie Wheeler 13.03  
 Jackie Wheeler 24.12  
 Jackie Wheeler 3.24  
 Tracey Wheeler 18.68  
 Tracey Wheeler 35.89  
 Tracey Wheeler 1.15.53  
 Jackie Wheeler 4.83  
 Jackie Wheeler 9.82  
 Tracey Wheeler 1.52  
 Tracey Wheeler 9.92 (4kg)  
 Tracey Wheeler 35.04 (1kg)  
 Tracey Wheeler 37.06 (600g)

U/17

Tracey Connors 13.47  
 Tracey Connors 28.38  
 Jackie Wheeler 1.05.97  
 Jackie Wheeler 2.35  
 Kim Pitzing 5.12  
  
 Kim Pitzing 11.50  
 Jackie Wheeler 23.06  
 Tracey Wheeler 3.19.82  
  
 Tracey Wheeler 18.72  
  
 Tracey Connors 33.85  
 Tracey Wheeler 1.14.54  
 Tracey Connors 4.82  
 Catherine Kropman 10.16  
 Tracey Wheeler 1.58  
 Tracey Wheeler 9.66 (4kg)  
 Tracey Wheeler 32.62 (1kg)  
 Tracey Wheeler 32.50 (600g)

U/20

100 Jackie Wheeler 14.13  
 200 Jackie Wheeler 28.92  
 400 Jackie Wheeler 1.05.52  
 800 Tracey Wheeler 2.44  
 1500 Jackie Wheeler 6.02  
 1 Mile Deborah Mulhall 9.09  
 3K Tracey Wheeler 15.31  
 5K Tracey Wheeler 25.35  
 800SC Jackie Wheeler 3.17  
 100H Tracey Wheeler 18.41  
 200H Jackie Wheeler 35.36  
 400H Tracey Wheeler 1.16.51  
 LJ Jackie Wheeler 4.57  
 TJ Tracey Wheeler 9.98  
 HJ Tracey Wheeler 1.50  
 SP Tracey Wheeler 9.72 (4kg)  
 Dis Tracey Wheeler 36.94 (1kg)  
 Jav Tracey Wheeler 37.41 (600g)

U/18

100 Jackie Wheeler 13.46  
 200 Jackie Wheeler 28.27  
 400 Jackie Wheeler 1.03.36  
 800 Jackie Wheeler 2.41.05  
 1500 Jackie Wheeler 5.43  
 1 Mile Jackie Wheeler 6.30  
 3K Jackie Wheeler 13.09  
 5K Jackie Wheeler 22.46  
 800SC Tracey Connors 3.15.53  
 100H Deborah Mulhall 20.54  
 200H Jackie Wheeler 36.82  
 400H Jackie Wheeler 1.18.14  
 LJ Jackie Wheeler 4.64  
 TJ Catherine Kropman 9.73  
 HJ Catherine Kropman 1.50  
 SP Catherine Kropman 8.88 (4kg)  
 Dis Natalie Avellino 35.02 (1kg)  
 Jav Tracey Wheeler 33.24 (600g)

U/16

100 Jackie Wheeler 13.4  
 200 Jackie Wheeler 28.88  
 400 Jackie Wheeler 1.05.01  
 800 Jackie Wheeler 2.36  
 1500 Jackie Wheeler 5.35  
 1 Mile Tracey Wheeler 6.48  
 3K Jackie Wheeler 12.34  
 5K Kim Pitzing 20.12  
 800SC Tracey Wheeler 4.10  
 1500W Elizabeth Knoke 8.48.5  
 100H Catherine Downer 15.62  
 90H Catherine Downer 33.23  
 200H Tracey Wheeler 1.16.35  
 400H Tracey Wheeler 5.01  
 LJ Catherine Kropman 10.35  
 TJ Lynette Smith 1.58  
 HJ Natalie Avellino 10.32 (4kg)  
 SP Natalie Avellino 33.78 (1kg)  
 Dis Tracey Wheeler 30.18 (600g)  
 Jav



U/15

Tracey Wheeler 13.67  
 Tracey Wheeler 28.55  
 Tracey Wheeler 1.06.26  
 Kim Pitzing 2.39  
 Kim Pitzing 5.28  
 Kim Pitzing 5.53  
 Kim Pitzing 11.50  
 Kim Pitzing 20.14  
 Cherie Madden 3.31  
 Jasmin Matosin 15.09

Tracey Wheeler 34.96  
 Tracey Wheeler 1.17.69  
 Linda Atkins 4.94  
 Sarah Ferguson 10.28  
 Tracey Wheeler 1.59  
 Natalie Avellino 11.91 (2724kg)  
 Elizabeth Knoke 9.22.4  
 Natalie Avellino 34.38 (1kg)  
 Tracey Wheeler 30.00 (600g)

100  
 200  
 400  
 800  
 1500  
 1 Mile  
 3K  
 5K  
 800SC  
 90H  
 80H  
 200H  
 400H  
 LJ  
 TJ  
 HJ  
 SP  
 1500W  
 Dis  
 Jav

U/14

Jackie Wheeler 13.38  
 Jackie Wheeler 28.49  
 Tracey Wheeler 1.05.53  
 Jackie Wheeler 2.37.0  
 Kim Pitzing 5.30  
 Catherine Kropman 6.26  
 Kim Pitzing 11.57  
 Kim Pitzing 20.31  
 Catherine Kropman 3.32  
 Tracey Wheeler 14.42  
 Lynette Smith 35.92  
 Catherine Kropman 1.21.88  
 Linda Atkins 4.73  
 Catherine Kropman 9.90  
 Catherine Kropman 1.55  
 Natalie Avellino 12.91 (2.724Kg)  
 Lynette Smith 9.24  
 Natalie Avellino 34.22 (1kg)  
 Natalie Avellino 30.44 (600g)

U/13

Tracey Wheeler 13.96  
 Tania Ringhof 29.10  
 Tracey Wheeler 1.06.46  
 Tracey Wheeler 2.42.53  
 Catherine Kropman 5.37  
 Kim Pitzing 12.09.0  
 Kim Pitzing 21.39  
 Catherine Kropman 3.44  
 Sarah Ferguson 14.57  
 Sarah Ferguson 38.09  
 Sarah Ferguson 1.22.01  
 Tracey Wheeler 4.58  
 Tracey Wheeler 9.68  
 Tracey Wheeler 1.44  
 Natalie Avellino 12.20 (2724kg)  
 Natalie Avellino 33.04 (1kg)  
 Natalie Avellino 23.76 (600g)

100  
 200  
 400  
 800  
 1500  
 3K  
 5K  
 800SC  
 80H  
 200H  
 400H  
 LJ  
 TJ  
 HJ  
 SP  
 Dis  
 Jav

U/12

Tammy Gilchrist 14.40  
 Linda Hemmerling 30.22  
 Linda Hemmerling 1.10.05  
 Kellie Fenech 2.48.0  
 Catherine Kropman 5.42.0  
 Catherine Downer 13.04.0  
 Kellie Fenech 26.06.0  
 Catherine Kropman 18.42  
 Catherine Kropman 46.06  
 Catherine Kropman 1.35.0  
 Tracey Wheeler 4.35  
 Catherine Kropman 8.75  
 Catherine Kropman 1.31  
 Natalie Avellino 8.51 (2.724kg)  
 Natalie Avellino 18.70 (1kg)  
 Tracey Wheeler 15.06 (600g)

FUN DAY & OTHER RECORDS2.724 Kg SHOT PUT "THROW"

OPEN: Robert Kropman (U/17) 27.24 7/3/87  
 VETERAN: Viv Manwaring 17.31 4/3/89; Jackie Williams 6.83 83/84  
 SENIOR: Peter Kropman 23.70 4/3/89; Jackie Wheeler 11.10 7/3/87  
 U/20: Tracey Wheeler 14.54 7/3/87  
 U/19: Jeff Micallef 24.60 4/3/89; Tracey Wheeler 16.29 8/3/86  
 U/18: Peter Kropman 23.86 8/3/86; Jackie Wheeler 10.00 83/84  
 U/17: Robert Kropman 27.24 7/3/87; Tracey Wheeler 14.66 84/85  
 U/16: Robert Kropman 26.99 8/3/86; Natalie Avellino 13.53 8/3/86  
 U/15: Robert Kropman 18.80 83/84; Natalie Avellino 12.61 84/85  
 U/14: Andrew McIlwaine 21.34 7/3/87  
 U/13: Jason Irvine 13.16 84/85; Kellie Fenech 9.12 82/83  
 U/12: Wayne Mulhall 7.83 84/85  
 OFFICIAL: Hans Kropman 21.09 7/3/87

8 x 100M RELAY

OPEN MEN'S TEAM - time 1.40 (17/3/84)  
 Paul Manton U/19, Phillip Fenech U/16, Peter Kropman U/16, Eric Barry (Sen.), Andrew Grace U/17, Garry Moran U/17, Craig Downie (Sen.), Jim Irving U/18.

OPEN LADIES TEAM - time 1.50.48 (16/3/85)  
 Catherine Kropman U/14, Tracy Scorer U/14, Natalie Avellino U/14, Michelle Cauchi U/15, Jackie Neil U/14, Tracey Wheeler U/17, Jackie Wheeler U/19, Tracey Connors U/17.

OPEN MIXED TEAM - time 1.48.15 (7/3/87)  
 Ron Irving U/17, Catherine Kropman U/16, Peter Kropman U/19, Robert Kropman U/17, Deborah Mulhall (Sen), Glen Richardson (Sen), Jackie Wheeler (Sen), Michael Wheeler U/16.

1200M STEEPLECHASE

OPEN: Graham Ryan (RB) 3.53.49  
 U/19: Deborah Mulhall 5.57  
 U/18: Andrew Grace 6.34  
 U/17: Mark Irving 4.02.02  
 U/16: Ron Irving 4.30.8  
 U/15: Jeffrey Micallef, Robert Kropman 5.35  
 U/14: Darian Law (Pen) 5.10  
 U/13: Stephen Mooney 6.01  
 U/12: Paul Sewell 7.03

2000M STEEPLECHASE

OPEN: Peter Kropman U/19 7.39  
 VETERAN: Bob Sewell 8.24  
 SENIOR: John Doolan 7.47  
 U/19: Peter Kropman 7.39  
 U/18: Ron Irving 7.42  
 U/15: Paul Sewell 8.15