



# **TWELFTH ANNUAL REPORT**

## **1989/90**

ANNUAL REPORT 1989/90

AS PRESENTED AT THE 12th ANNUAL GENERAL MEETING OF THE  
GIRRAWEEEN AMATEUR ATHLETIC CLUB

HELD AT C.V. KELLY PARK ON 6th JULY, 1990 AT 7.30 PM

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GIRRAWEE AMATEUR ATHLETIC CLUBCLUB COMPETITION CHAMPIONSSUMMER COMPETITION

<u>Female</u>	<u>Season</u>	<u>Male</u>
Stella Mauceri U/17	1989/90	* John Doolan (Senior)
Elizabeth Knoke U/15 Kate Rada U/15	1988/89	* Jeff Micallef U/19
Jackie Wheeler (Senior)	1987/88	* Viv Manwaring (Vet)
* Jackie Wheeler (Senior) * Deborah Mulhall (Senior)	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

WINTER COMPETITION

Terri Baraniak (Vet)	1989	* Paul Sewell U/17
	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

\* Denotes overall champion

GIRRAWEE AMATEUR ATHLETIC CLUB  
CLUB COMPETITION RESULTS 1989/90

WINTER COMPETITION 1989 - conducted at various venues by the  
 West Metropolitan Cross Country and  
 Road Racing Committee.

FEMALE:		Terri Baraniak	9 points
MALE:	1st	Paul Sewell	26 points
	2nd	Andrew Baraniak	17 points
	3rd	Ted Hemmens	12 points
JUNIOR:		Nathan Schmid	8 points

SUMMER COMPETITION 1989/90 - conducted over five rounds at  
 C.V. Kelly Park, Girraween.

FEMALE:	1st	Stella Mauceri	40 points
	2nd	Terri Baraniak	30 points
	3rd	Kate Rada	19 points
MALE:	1st	John Doolan	54½ points
	2nd	Paul Sewell	52½ points
	3rd	Shane Hanlon	45 points
	4th	Robert Kropman	43 points
	5th	Andrew Baraniak	31 points
	6th	Simon Mahony	30½ points
	7th	Viv Manwaring	30 points
	8th	Gerard Mahony	24 points
	9th	Bob Sewell	23 points
	10th	Ted Hemmens	16 points
		David Gibson	16 points

GIRRAWEEEN AMATEUR ATHLETIC CLUBFormed September 1978C.V. Kelly Park, Oramzi Road, GirraweenCLUB COMMITTEE 1989/90

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

LIFE MEMBERS

John Wheeler

Bob Sewell

HON. AUDITOR

John Heyes, AASA CPA

COACHING

Bob Sewell , Viv Manwaring

SPONSORS

Lidco Sales Pty Ltd

Love Industries

Nestles Australia Ltd



PRESIDENT

The past season has been one of contrasts with slightly improved membership and increased attendance at winter events being countered by reduced attendance at Blair Zone interclub.

The Club received good publicity from the efforts of Andrew Baraniak who won the State All Schools Cross Country Championship and the Pulsar Quartz 3000m on the track.

Another success story was the performance of Terri Baraniak who started the winter season as a spectator and graduated to racing cross country, improving to the point where she finished second in the Zone pointscore and second in our summer pointscore as well as winning the "MOTHER AND SON" section of the City to Surf with Andrew.

Once again the Club was run by a small committee of athletes comprising Viv Manwaring, Paul Sewell and myself who had the task of officiating, competing and organising Club activities.

The problem facing us for the coming season is finding a new method of attracting members as placing advertisements in the local newspapers, sending letters and posters to local schools, and canvassing the Girraween Little Athletics Centre have not been successful over the last couple of years.

We were one of only 14 Sydney clubs which had increased membership last season. Thirty clubs lost members with 269 athletes disappearing from the Sydney scene, so the problem of attracting members appears to be wide-spread and not just a localised one.

Congratulations to last season's award winners and thanks to all the athletes who helped with starting, timekeeping, judging and recording.

Bob Sewell

SECRETARY

It is difficult to come after the writings of the President and not be repetitive but one comment I strongly endorse is the need for more involvement of Club members on the committee. It is not good for the future of the Club to have only three people trying to effectively carry out duties and compete as athletes.

For variation, it is worthwhile reporting on some changes that have been introduced by NSWAAA. Firstly, the Association has changed its name to ATHLETICS NSW. Secondly, in an effort to increase the profile of athletics, ATHLETICS NSW has introduced SUPERLEAGUE - not giant football, but an athletics competition for elite athletes primarily at Sydney Athletic Field on Saturday evenings during Dec/Jan in the coming season. Thirdly, dual membership has been introduced for U13, U14 and U15 athletes to LAANSW and ATHLETICS NSW. This basically means that a junior athlete can join an Amateur Athletic Club and compete in LAA events, and vice versa, without having to actually join LAANSW except if regularly competing under both.

It may seem that this latter situation does not affect this Club as LAANSW athletes have been more than welcome to compete with us particularly during the summer. However it will have a serious effect on this Club if junior athletes choose to join Girraween Little Athletics Centre in preference to us. Loss of the numbers would have little effect on the Centre and may in fact help through possibly being able to run mixed teams at State Relays, whereas the loss would be critical to this Club because of the need for a minimum of 20 members to survive.

Viv Manwaring

#### PUBLICITY

Results from Winter and Summer competitions appeared regularly in the Sunday Telegraph, Sun-Herald, Parramatta Advertiser and Blacktown Advocate.

The Advertiser, Advocate and Mercury published articles about our successful runners, mainly Andrew Baraniak.

Bob Sewell

#### WINTER SEASON

Attendance at winter season races was improved on the previous season with six regular runners.

Andrew Baraniak performed well to win the U14 NSW All Schools Cross Country Championship over 4 km, but illness prevented him from competing in the Australian All Schools event.

In the State Cross Country Championships, Andrew finished second in the U14 4 km event and Nathan Schmid was fourth in the U12 2 km event.

The Club won four trophies in the West Metropolitan Race Series with Andrew winning the U16 age group, Nathan finishing second in U12's, Terri Baraniak second in senior women, and Paul Sewell third in U20's.

Andrew was the fastest U16 male in the Trevor Lonard Memorial Handicap race over 8 km and Nathan won a trophy for third place in the handicap.

Bob Sewell

#### SUMMER SEASON

Low membership again this season made the Club Competition less enjoyable than it could have been. It was pleasing to see a real trier in John Doolan take out the overall champion award. Despite loss of some days due to rain, our numbers were boosted by visitors from other clubs and centres so that competitors averaged 15 (high of 20 and low of 9).

40 Club records were broken, 11 by women and 29 by men. The most notable were by:

- \* Robert Kropman breaking the open shot put and discus records
- \* Jeff Micallef breaking the open long jump record, and
- \* Andrew Baraniak (U15) breaking the open mile record.



A special mention needs to be made of Terri Baraniak who was encouraged by the deeds of her children to join the athletic fraternity, and made a splash by breaking or setting 10 veteran Club records.

Small teams again represented the Club at the Angus and Coote Shield, Tiger-Wests Games and Blacktown City Games. A greater effort by Club members must be made to attend these meetings as it is an excellent way of promoting the Club. The same comments hold for Blair Zone interclub on Wednesday nights. I managed to attend around five meetings for the first time until old age/injury took their toll but I enjoyed the mixed competition. Bob Sewell alone was left to "carry the flag".

Andrew Baraniak was the shining light, achieving gold and silver at the Pulsar Quartz Games. This effort resulted in his selection in the NSW team for the Australian All Schools Championships in Adelaide where Andrew picked up a bronze medal in the 3000m, a just reward for his dedication and effort and obviously a pleasing result for his coach, Bob Sewell.

Viv Manwaring/Paul Sewell

#### TREASURER/REGISTRAR

The Club started the season with an opening balance in the Operating Account of \$501.51 and, as at 30 June 1990, had a closing balance of \$775.81.

The opening balance in the Representative Account was \$183.48 and, at 30 June 1990, had a closing balance of \$192.77.

At first glance it would seem that the Club's finances in the two Accounts has increased from \$684.99 to \$968.58. However, as explained in the notes to the Income and Expenditure Statement, outstanding payments amount to \$410.64 of which the largest comprises \$250.00 for annual Park Trust fees. The real finances available to the Club are therefore \$557.94.

It should be noted that the approximate doubling of the income and expenditure on registrations is due to the significant increase in early membership for winter cross country running, being six in 1989 compared to eighteen in 1990.

The season saw a total registration of 25 members comprising 20 men and 5 women which, while being the second lowest in the Club's 12-year history, was still a 25% increase on the previous year.

Viv Manwaring

#### CANTEEN

Profit for the 1989/90 season was \$51.20 which is not too bad considering only a few athletes took advantage of the canteen facilities.

Paul Sewell



# INCOME & EXPENDITURE STATEMENT

for the period ended 30th June, 1990

1988/89		1989/90
	Income	
403.57	Balance brought forward	501.51
590.00	Registrations received (1)	1147.00
65.30	Canteen profits (2)	135.02
44.00	Sale of singlets	58.00
39.44	Interest from Building Society	29.37
----	Donation	0.56
----	Sale of Winter Handbook	15.00
6.00	Sale of Summer Handbook	12.00
<hr/>		<hr/>
1148.31	TOTAL INCOME	1898.46
=====		=====
	Notes: (1) \$49.00 outstanding	
	(2) \$83.82 1987/88 & \$51.20 1989/90	
	Expenditure	
392.00	Registrations paid to Association	884.00
75.95	Association Affiliation fees	95.56
----	Electricity (3)	----
42.55	Trophies (4)	----
----	Park Trust fees (4)	----
19.41	Printing, stationery and postage (4)	----
96.54	Newspaper advertisement	108.00
----	Association Winter Handbooks	15.00
20.00	Association Summer Handbooks	20.00
0.35	Bank fees	0.09
<hr/>		<hr/>
646.80	TOTAL EXPENDITURE	1122.65
=====		=====
	Notes: (3) Proportion \$109 owed to GLAC	
	for 1988/89 written off by GLAC	
	(4) Outstanding accounts \$100 trophies,	
	\$250 Park Trust fees, and \$10.64	
	postage	
501.51	Net excess carried forward to next season	775.81
	(St. George Bldg Society A/N 111528203)	
168.00	Singlets in hand - 10 mesh @ \$14.00	140.00
310.00	- 28 std @ \$10.00	280.00
	REPRESENTATIVE ACCOUNT	
173.63	Balance brought forward (5)	183.48
14.85	Interest from Building Society	9.29
-5.00	Statement fee	----
<hr/>		<hr/>
183.48	TOTAL	192.77
=====		=====
	(St. George Bldg Society A/N 111535690)	

Note: (5) Outstanding account \$50 Andrew Baraniak towards travel expenses Adelaide for Australian Age Chps

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.

MEMBERSHIP 1989/90MEN: 20WOMEN: 5TOTAL: 25VETERAN

Terri Baraniak  
 Ted Hemmens  
 Jim McArdle  
 Viv Manwaring  
 Bob Sewell  
 Michael Smith

SENIOR

John Doolan  
 Craig Downie  
 Deborah Mulhall  
 John Sneddon  
 Mark Wright

U/20

Robert Kropman  
 Jeff Micallef

U/18

Doug Leabon

U/17

Stella Mauceri  
 Paul Sewell

U/16

David Gibson  
 Shane Hanlon  
 Elizabeth Knoke  
 Katerina Rada  
 Chris Saliba

U/15

Andrew Baraniak

U/13

Simon Mahony

U/12

Gerard Mahony  
 Nathan Schmid



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 Cupboard  
 2 Metal Clothes Cupboards  
 2 Notice Boards  
 1 Records Board  
 14 Clip Boards  
 1 Lap Board  
 2 sets Throw Markers

ESTIMATED REPLACEMENT COST AT JUNE 1990 - \$18,300

**GIRRAWEE AMATEUR ATHLETIC CLUB**  
**WINTER 1989 CROSS COUNTRY AND ROAD RUNNING RESULTS**

1.4.89	-	CROSS COUNTRY AT MEADOWBANK:		
		Men 9 km:	P Sewell	34.24
			B Sewell	40.24
8.4.89	-	ROAD RACES AT CABARITA (W.M.Z. RACE 1):		
		Men 8 km:	P Sewell	30.05
			T Hemmens	32.31
			B Sewell	35.38
		U14 4 km:	A Baraniak	13.49 (1st)
15.4.89	-	ROAD RACES AT RICHMOND (W.M.Z. RACE 2):		
		Men 8 km:	P Sewell	32.33
			B Sewell	37.07
		U14 4 km:	A Baraniak	13.44 (1st)
22.4.89	-	CROSS COUNTRY AT DUNDAS:		
		Men 7.2 km:	P Sewell	29.27
			T Hemmens	32.27
			B Sewell	39.04
29.4.89	-	CROSS COUNTRY AT BAULKHAM HILLS:		
		Men 9 km:	A Baraniak	34.20
			P Sewell	35.34
			T Hemmens	39.32
			B Sewell	42.39
		Women 2 km:	T Baraniak	10.09
6.5.89	-	CROSS COUNTRY AT RAMSGATE:		
		Men 10 km:	P Sewell	39.46
			A Baraniak	40.14
			B Sewell	45.51
		U17 4 km:	P Sewell	14.27
		U14 2 km:	A Baraniak	6.34 (1st)
13.5.89	-	CROSS COUNTRY AT AUDLEY (SUTHERLAND OPEN):		
		Men 5 km:	P Sewell	19.20
			B Sewell	25.40
		U14 2 km:	A Baraniak	6.25 (1st)
		Women 5 km:	T Baraniak	25.39
20.5.89	-	ROAD RACES AT PARRAMATTA (W.M.Z. RACE 3):		
		Men 8 km:	P Sewell	29.57
			T Hemmens	31.49
			B Sewell	34.47
		U14 4.8 km:	A Baraniak	— (1st)
		U12 1.7 km:	N Schmid	5.54
		Women 8 km:	T Baraniak	41.35
27.5.89	-	CROSS COUNTRY AT AUBURN WEST:		
		Men 8 km:	P Sewell	29.12
			T Hemmens	29.33
			B Sewell	33.50
		U14 4 km:	A Baraniak	12.37
			N Schmid	14.59
		Women 8 km:	T Baraniak	37.54
3.6.89	-	CROSS COUNTRY AT AUBURN:		
		Men 8 km:	P Sewell	29.20
			T Hemmens	30.31
			B Sewell	37.31
		Women 8 km:	T Baraniak	37.30
4.6.89	-	N.S.W. ALL SCHOOLS CROSS COUNTRY CHAMPIONSHIPS AT MACQUARIE UNIVERSITY:		
		U14 4 km:	A Baraniak	(1st)
		U12 2 km:	N Schmid	(11th)
10.6.89	-	ROAD RACES AT EPPING (W.M.Z. RACE 4):		
		Men 10 km:	P Sewell	38.49
			T Hemmens	40.41
			B Sewell	45.40
		U14 5 km:	A Baraniak	18.04 (1st)
		U12 2 km:	N Schmid	7.35 (1st)
17.6.89	-	ROAD RACES AT PARRAMATTA PARK (PARRAMATTA OPEN):		
		Men 8 km:	B Sewell	35.20
		U18 4.8 km:	P Sewell	17.14
		U14 1.6 km:	A Baraniak	4.56
		U12 1.6 km:	N Schmid	5.34



24.6.89	-	ROAD RACES AT BAULKHAM HILLS (W.M.Z. RACE 5):		
		Men 7.2 km:	P Sewell	26.31
			T Hemmens	28.33
			B Sewell	30.50
		U14 4.8 km:	A Baraniak	17.03 (1st)
		U12 2.4 km:	N Schmid	9.32 (1st)
		Women 4.8 km:	T Baraniak	21.21
1.7.89	-	ROAD RACES AT BAULKHAM HILLS (W.M.Z. RACE 6):		
		Men 8 km:	P Sewell	31.39
			T Hemmens	32.12
			B Sewell	35.26
		U12 1.6 km:	N Schmid	5.26 (2nd)
8.7.89	-	CROSS COUNTRY AT BASS HILL (STATE CHAMPIONSHIPS - MEN 8 KM, WOMEN 6 KM):		
		Men 8 km:	P Sewell	32.33
			B Sewell	38.30
		Women 6 km:	T Baraniak	-
15.7.89	-	ROAD RACES AT RICHMOND (W.M.Z. RACE 7):		
		Men 8 km:	P Sewell	29.33
			G Richardson	31.28
			B Sewell	33.23
		U14 4 km:	A Baraniak	13.48 (2nd)
		U12 2 km:	N Schmid	7.09 (1st)
		Women 8 km:	T Baraniak	37.22
22.7.89	-	ROAD RACES AT BAULKHAM HILLS:		
		Men 8 km:	P Sewell	28.59
			T Hemmens	30.53
			B Sewell	33.45
		U14 4.4 km:	A Baraniak	14.33 (1st)
		U12 1.6 km:	N Schmid	5.23 (2nd)
		Women 8 km:	T Baraniak	37.42
29.7.89	-	STATE CROSS COUNTRY CHAMPIONSHIPS AT LANSDOWNE:		
		Men 12 km:	G Richardson	52.47
			P Sewell	53.37
			B Sewell	58.59
		U18 6 km:	P Sewell	23.40 (17th)
		U14 3 km:	A Baraniak	9.57 (2nd)
		U12 2 km:	N Schmid	- (4th)
5.8.89		RACES ON CONCRETE PATH AT AUBURN WEST (W.M.Z. RACE 8):		
		Men 8 km:	P Sewell	29.23 (1st U20)
			A Baraniak	33.30
			B Sewell	34.23
		U14 4 km:	A Baraniak	13.30 (1st)
		Women 8 km:	T Baraniak	37.24
19.8.89	-	ROAD RACES AT WESTLEIGH (W.M.Z. RACE 9):		
		Men 8 km:	P Sewell	32.46
			B Sewell	44.28
		U14 5 km:	A Baraniak	17.29
		U12 3 km:	N Schmid	11.16
26.8.89	-	ROAD RACES AT CABARITA:		
		Men 8 km:	A Baraniak	30.20
			T Hemmens	32.47
			P Sewell	34.01
			B Sewell	36.03
		U17 4 km:	P Sewell	14.46
9.9.89	-	TREVOR LONARD MEMORIAL HANDICAP:		
		Men 8 km:	A Baraniak	29.21 (Fastest U16 B)
			T Hemmens	32.05
			N Schmid	33.47 (3rd in HCP)
			P Sewell	34.09
			B Sewell	37.58
		Women 8 km:	T Baraniak	38.36

## RESULTS OF WEST METROPOLITAN ZONE RACE SERIES:

MALE	-	U13:	N Schmid	(2nd)	58	points
		U16:	A Baraniak	(1st)	59	points
		U20:	P Sewell	(3rd)	49	points
FEMALE	-	SENIOR:	T Baraniak	(2nd)	43	points

GIRRAWEE AMATEUR ATHLETIC CLUB  
SUMMER COMPETITION RESULTS 1989/90

12

CLUB COMPETITION

The following records were established:

Veteran Women:

Terri Baraniak                      100m 16.9 , 200m 35.7 , 400m 1.18.1 , 800m 2.59.5 ,  
1500m 6.03.9 , 1 mile 6.52.7 , 3Km 13.16 ,  
5Km 22.08 , LJ 3.04 , SP 5.36

Open Women:

Sue Read (North Canberra AAC )                      Dis 39.66

Veteran Men:

Viv Manwaring                      800m 2.20.7 , HJ 1.43 , Jav 32.78  
Jim McArdle                      1500m 4.50 , 5Km 18.26.1  
Ted Hemmens                      1 Mile 5.31.0  
Michael Smith                      Dis 24.14

U/20 Men:

Jeff Micallef                      100m 11.9 (equal) , 200m 24.0 , 400m 53.4 ,  
LJ 6.48 (new open record) , TJ 12.87  
Robert Kropman                      3Km 11.39 , HJ 1.78 , SP 12.26 (new open record) ,  
Dis 35.50 (new open record) , Jav 46.40

U/16 Men:

Chris Saliba                      LJ 6.11

U/15 Men:

Andrew Baraniak                      800m 2.08.1 , 1500m 4.24.0 , 3Km 9.34.7 ,  
5Km 16.50 , 1 Mile 4.44.3 (new open record)

U/13 Men:

Simon Mahony                      1 Mile 6.03.0

U/12 Men:

Nathan Schmid                      800m 2.33 , 1500m 4.59.6 , 5Km 19.58  
Gerard Mahony                      1 Mile 5.37.0 , 3Km 11.12.9

PULSAR QUARTZ GAMES

Sydney Athletic Field, 17/18 October 1989

U/15 Men:

Andrew Baraniak                      2nd in 1500m 4.23.7  
1st in 3Km 9.41.1

AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS

Adelaide, 11 December 1989

U/15 Men:

Andrew Baraniak                      3rd in 3Km 9.24.4



GIRRAWEE AMATEUR ATHLETIC CLUBC.V. KELLY PARK GROUND RECORDS  
AS AT 30th JUNE 1990M 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 2.20.7
R. Hamill (RH) 4.11.03	1500	Jim McArdle 4.50
Andrew Baraniak 4.44.3	1 Mile	Ted Hemmens 5.31.0
Craig Downie 9.04.15	3K	Ted Hemmens 10.37
Graham Ryan (RB) 16.20.87	5K	Jim McArdle 18.26.1
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	
Jeff Micallef 6.48	LJ	Viv Manwaring 5.25
Clay Tompkins (NS) 13.30	TJ	Viv Manwaring 10.83
Clay Tompkins (NS) 1.84	HJ	Viv Manwaring 1.43
Robert Kropman 12.26 (7.26kg)	SP	Hans Kropman 8.57 (7.26kg)
Robert Kropman 35.50 (2kg)	Dis	Michael Smith 24.14 (2kg)
Andrew Grace 49.35 (800g)	Jav	Viv Manwaring 32.78 (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
Peter Kropman 12.0		Jeff Micallef 11.9
Peter Kropman 25.3	200	Jeff Micallef 24.0
Craig Downie	400	Jeff Micallef 53.4
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	Robert Kropman 11.39
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	Jeff Micallef 6.48
Peter Kropman 13.23	TJ	Jeff Micallef 12.87
Peter Kropman 1.72	HJ	Robert Kropman 1.78
Peter Kropman 11.03 (7.26kg)	SP	Robert Kropman 12.26 (7.26kg)
Peter Kropman 30.54 (2kg)	Dis	Robert Kropman 35.50 (2kg)
Peter Kropman 44.70 (800g)	Jav	Robert Kropman 46.40 (800g)



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
Andrew Baraniak	2.08.1	800
Andrew Baraniak	4.24.0	1500
Andrew Baraniak	4.44.3	1 Mile
Andrew Baraniak	9.34.7	3K
Andrew Baraniak	16.50	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	
Chris Saliba	6.11	
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  
 Ilia Gill 26.99  
 Michael Ryan 1.05.0  
 Phillip Fenech 2.34.36  
 Phillip Fenech 5.14.52  
 Simon Mahony 6.03.0  
 Warren Dempsey 11.09  
 Warren Dempsey 19.47.21  
 Stephen Mooney 3.09.21  
 Chris Saliba 14.47

Chris Saliba 37.81  
 Warren Dempsey 1.18.07  
 Rodney Scarr 4.97  
 Chris Saliba 9.88  
 Ilia Gill 1.66  
 Andrew McIlwaine 14.22 (2724K) SP  
 Andrew McIlwaine 37.71 (1kg) Dis  
 Andrew McIlwaine 32.51 (600g) Jav

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

U/12  
 Ilia Gill 13.21  
 Ilia Gill 29.0  
 Michael Wheeler 1.07.12  
 Nathan Schmid 2.33  
 Nathan Schmid 4.59.6  
 Gerard Mahony 5.37.0  
 Gerard Mahony 11.12.9  
 Nathan Schmid 19.58  
 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 N

OPEN  
 Heidi Novosell (G) 12.99  
 Heidi Novosell (G) 26.81  
 Jackie Wheeler 1.03.36  
 Susannah Hartgers (WS) 2.24  
 Tracey Lawless (N) 5.05  
 Kim Pitzing 5.53  
 Kim Pitzing 11.50  
 Kim Pitzing 20.12  
 Yvette Jaeger 2.53.6  
 Tracey Wheeler 18.41  
 Catherine Downer 33.23  
 Tracey Wheeler 1.14.54  
 Tracey Wheeler 5.01  
 Jeanine Ward (J) 10.49  
 Vera Abramas (SG) 1.66  
 Natalie Avellino 10.32 (4kg)  
 Sue Read (NC) 39.66 (1kg)  
 Tracey Wheeler 37.41 (600g)

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

VETERAN  
 Terri Baraniak 16.9  
 Terri Baraniak 35.7  
 Terri Baraniak 1.18.1  
 Terri Baraniak 2.59.5  
 Terri Baraniak 6.03.9  
 Terri Baraniak 6.52.7  
 Terri Baraniak 13.16  
 Terri Baraniak 22.08  
 Terri Baraniak 3.04  
 Jackie Williams 6.26  
 Terri Baraniak 5.36 (4kg)  
 Jackie Williams 14.30 (1kg)  
 Jackie Williams 10.50 (600g)

G: Greystanes AAC; J: Jensen AAC; N: Nepean AAC;  
 NC: North Canberra 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  
 200H Catherine Downer 33.23  
 400H Tracey Wheeler 1.16.35  
 LJ Tracey Wheeler 5.01  
 TJ Catherine Kropman 10.35  
 HJ Lynette Smith 1.58  
 SP Natalie Avellino 10.32 (4kg)  
 Dis Natalie Avellino 33.78 (1kg)  
 Jav Tracey Wheeler 30.18 (600g)



U/15

Tracey Wheeler	13.67	100
Tracey Wheeler	28.55	200
Tracey Wheeler	1.06.26	400
Kim Pitzing	2.39	800
Kim Pitzing	5.28	1500
Kim Pitzing	5.53	1 Mile
Kim Pitzing	11.50	3K
Kim Pitzing	20.14	5K
Cherie Madden	3.31	800SC
Jasmin Matosin	15.09	90H
		80H
Tracey Wheeler	34.96	200H
Tracey Wheeler	1.17.69	400H
Linda Atkins	4.94	LJ
Sarah Ferguson	10.28	TJ
Tracey Wheeler	1.59	HJ
Natalie Avellino	11.91 (2724kg)	SP
Elizabeth Knoke	9.22.4	1500W
Natalie Avellino	34.38 (1kg)	Dis
Tracey Wheeler	30.00 (600g)	Jav

U/13

Tracey Wheeler	13.96	100
Tania Ringhof	29.10	200
Tracey Wheeler	1.06.46	400
Tracey Wheeler	2.42.53	800
Catherine Kropman	5.37	1500
Kim Pitzing	12.09.0	3K
Kim Pitzing	21.39	5K
Catherine Kropman	3.44	800SC
Sarah Ferguson	14.57	80H
Sarah Ferguson	38.09	200H
Sarah Ferguson	1.22.01	400H
Tracey Wheeler	4.58	LJ
Tracey Wheeler	9.68	TJ
Tracey Wheeler	1.44	HJ
Natalie Avellino	12.20 (2724kg)	SP
Natalie Avellino	33.04 (1kg)	Dis
Natalie Avellino	23.76 (600g)	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/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

