

**SIXTEENTH
ANNUAL REPORT**

1993/94

ANNUAL REPORT 1993/94
of
GIRRAWEE AMATEUR ATHLETIC CLUB

Presented at the 16th Annual General Meeting
held at Kings Langley Public School
29 August 1994 at 7.30pm

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CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

SUMMER COMPETITION

* Michelle Townsend (Snr)	1993/94	Doug Leabon (Snr)
* Lynette Smith (Snr)	1992/93	Michael Finucane (Snr)
* Lynette Smith (Snr)	1991/92	Michael Finucane (Snr) / Viv Manwaring (Vet)
* Lynette Smith (Snr)	1990/91	* Bruce Hogg U18
Stella Mauceri U17	1989/90	* John Doolan (Snr)
Elizabeth Knoke U15 / Kate Rada U15	1988/89	* Jeff Micallef U19
Jackie Wheeler (Snr)	1987/88	* Viv Manwaring (Vet)
* Jackie Wheeler (Snr) / * Deborah Mulhall (Snr)	1986/87	Michael Jamieson U14
Jackie Wheeler U20	1985/86	* Peter Kropman U18
* Jackie Wheeler U19	1984/85	Frank Soballa U17
Kellie Fenech U14	1983/84	* Robert Kropman U14
Kellie Fenech U13	1982/83	* Phillip Fenech U15
Deborah Mulhall U16	1981/82	* Phillip Fenech U14
Jackie Wheeler U15	1980/81	* Michael McHugh U14
* Catherine Downer U13 / * Jackie Wheeler U14	1979/80	Ralph Downer U15
* Joanne Kendall U13	1978/79	Simon Gemmell U14

WINTER COMPETITION

Lynette Smith (Snr)	1993	* Bob Sewell (Vet)
Lynette Smith (Snr)	1992	* Con Starr (Snr)
Amy Thorpe U14	1991	* Bruce Hogg U18
Terri Baraniak (Vet)	1990	* Wally Schmid (Snr)
Terri Baraniak (Vet)	1989	* Paul Sewell U17
	1988	* Bob Sewell (Vet)
	1987	* Bob Sewell (Vet)
Pauline Gunns U20	1986	* Bob Sewell (Vet)

CITY INTER-CLUB

1991/92	Robert Kropman
1986/87	Craig Downie / Mark Wright
1985/86	Craig Downie

* Denotes overall champion

CLUB COMPETITION RESULTS 1993/94

WINTER COMPETITION 1993 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN CROSS-COUNTRY AND ROAD RACING COMMITTEE

MEN		WOMEN	
Senior: Bob Sewell	27 points	Senior: Lynette Smith	25 points
Viv Manwaring	24 points		
Junior: Andrew Watson	27 points	Junior: Elana Schmid	27 points

Pointsoring runs completed by competitors (minimum 12 out of 23 runs required to qualify for the competition) were:

Bob Sewell	20 runs	John Dwyer	10 runs
Viv Manwaring	17	Con Starr	6
Andrew Watson	16	Michael Kammerer	5
Elana Schmid	13	Bruce Hogg	3
Lynette Smith	12		

SUMMER COMPETITION 1993/94 - CONDUCTED OVER FOUR ROUNDS AT C V KELLY PARK, GIRRAWEEEN

MEN		points	WOMEN		points
1.	Doug Leabon	39½	1.	Michelle Townsend	40
2.	Brent Balinski	38 *	2.	Lynette Smith	37
3.	Stephen Muir	38 *	3.	Melissa Briggs	36
4.	David Beattie	37½	4.	Sandra Narezzi	35½
5.	Matthew Beattie	36	5.	Natalie Deegan	32
5.	Craig Willetts	36	6.	Gemma Deane	31½
7.	Bob Sewell	34½	7.	Nicole Page	31
8.	Damian Briggs	34	8.	Linda Hatherly	28½
9.	Viv Manwaring	33½	9.	Helen Sestic	28
10.	Paul Sewell	33	9.	Natalia Sestic	28
11.	Adrian Grogan	32½	11.	Tammy Newport	21
12.	Peter Balinski	31	12.	Rebecca Deane	20
12.	Peter Murray	31	13.	Karen Smith	17½
14.	Jason Willetts	30½	14.	Meredith Jeff	17
15.	Michael Finucane	23	15.	Veronica Sestic	14
16.	Paul Weymark	21	16.	Kelly Marmara	11
17.	Stephen Hinwood	17	17.	Vikki Savage	9
18.	Wayne Jeff	16½	18.	Alison Randle	7
18.	Nathan Manwaring	16½	19.	Erika Wood	5
20.	John Dwyer	16	20.	Anne Knoke	0
20.	Derryn Manwaring	16	20.	Elizabeth Knoke	0
22.	Graham Sheargold	15	20.	Kristy Kolc	0
23.	Stephen Halverson	14	20.	Melissa Kolc	0
24.	Peter Handel	13	20.	Tamara Prentice	0
24.	David Hatherly	13	20.	Elana Schmid	0
24.	Andrew Watson	13			
27.	Bruce Hogg	8			
28.	Patrick Beattie	7			
29.	Robert Kropman	5			
30.	Steven Francken	2			
31.	Matthew Tame	0			
31.	Stuart Tame	0			
31.	Jarrold Whiteside	0			
31.	Jason White	0			

* Placings of Brent and Stephen for the men's division were made after application of the tie-break system.

MEMBERSHIP 1993/94

WOMEN: 25

MEN: 36

TOTAL: 61

VETERAN

John Dwyer
Stephen Halverson
Viv Manwaring
Bob Sewell

U17

Adrian Grogan
Linda Hatherly
Derryn Manwaring
Andrew Watson

SENIOR

Michael Finucane
Steven Francken
Peter Handel
Bruce Hogg
Meredith Jeff
Wayne Jeff
Michael Kammerer *
Elizabeth Knoke
Robert Kropman
Doug Leabon
Peter Murray
Alison Randle
Paul Sewell
Graham Sheargold
Karen Smith
Lynette Smith
Con Starr *
Michelle Townsend
Craig Willetts

U16

Rebecca Deane
Natalie Deegan

U15

David Beattie
Damian Briggs
David Hatherly
Stephen Hinwood
Sandra Narezzi
Helen Sestic

U14

Patrick Beattie
Gemma Deane
Kristy Kolc
Vikki Savage

U20

Nathan Manwaring
Paul Weymark
Jason Willetts

U13

Brent Balinski
Melissa Briggs
Tammy Newport
Tamara Prentice

U19

Veronica Sestic

U12

Peter Balinski
Matthew Beattie
Melissa Kolc
Kelly Marmara
Stephen Muir
Elana Schmid
Natalia Sestic
Matthew Tame
Stuart Tame
Jarrod Whiteside
Erika Wood

U18

Anne Knoke
Nicole Page
Jason White

* Winter only

GIRRAWEEEN AMATEUR ATHLETIC CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 1993/94

President	:	Bob Sewell
Secretary	:	Viv Manwaring
Treasurer	:	Viv Manwaring
Registrar	:	Viv Manwaring
Fundraising	:	Sean Battersby
Club Records	:	Robert Kropman
Winter Competition	:	Bob Sewell
Summer Competition	:	Michael Finucane
Coaching	:	Bob Sewell
Publicity	:	Bob Sewell
Canteen	:	Michael Briggs
ANSW delegate	:	Viv Manwaring
Blair Zone delegate	:	Lynette Smith

LIFE MEMBERS

John Wheeler
Bob Sewell

HON. AUDITOR

Michael Elsley

COMMITTEE REPORTS

PRESIDENT

The Club maintained its membership at a similar level to the previous three seasons which is a good sign.

Performances were good with eight State medallists compared to nine last season - Bruce Hogg (cross-country), Lynette Smith (heptathlon), Peter Murray (veterans), John Dwyer (veterans), Adrian Grogan (disabled events), Rebecca Deane (secondary schools and Little As), and Helen Sestic and Gemma Deane (Little As).

Australian medals were won by Peter Murray (veterans), Adrian Grogan (disabled events), and Rebecca Deane (secondary schools and Little As).

If the Club is to continue operating, it is essential that a fundraising officer comes forward who can pursue sponsorship and organise some major fundraising activities. The current ground hiring fee and water rates take most of our income from registrations and canteen, so fundraising is now the urgent priority. This would also help us in the neglected area of equipment purchases, eg new javelins.

Thanks to the athletes who doubled as timekeepers and recorders during the season. It was disappointing that nearly every week adult spectators ignored our calls for assistance.

Congratulations to the Club Championship trophy winners, especially those winning awards for the first time - Andrew Watson and Elana Schmid in the winter competition, and Doug Leabon, Brent Balinski, Stephen Muir and Melissa Briggs in the summer competition.

After 16 seasons with the Club it still puzzles me why so many athletes pay to join and then do not, or rarely, participate in any of the Club's activities. Look at the membership list and count how many names you know. Look at the summer point score and count the number of athletes who scored minimal points - 17 or 29% of summer members scored less than 10 points. The Club encourages the better performed athletes to compete on Saturday afternoons in the Sydney Interdistrict competition, but that cannot be used as a reason because there was basically no support from Girraween.

Blair Zone competition is in the doldrums and is monopolised by athletes from the Nepean Club. It is hoped that Penrith, Blacktown and Girraween can provide more involvement in future. The 1994/95 competition will begin at Blair Oval, St Marys on Wed night 7 September at 6.15pm. I invite all Girraween athletes to attend and see that it is an enjoyable competition.

The Club has accepted the invitation to be part of the South West Region in the Sydney Interdistrict competition this season and I urge our top athletes to participate on Saturday afternoons.

Geoff Baldock, proprietor of West Ryde Trophies, has since the late 1980s been helping the Club with donations of trophies plus engraving from time to time. Geoff has recently retired and has passed the business on to his son. The Club wishes Geoff all the best in his retirement.

Thanks to my fellow committee members for your assistance during the season.

I invite everyone here tonight to return for the new season which will commence on Sat 10 September at C V Kelly Park.

Bob Sewell

SECRETARY

My award for "athlete of the season" would have to be shared by Rebecca Deane and Adrian Grogan.

Rebecca has improved in leaps and bounds over the last two years after joining Girraween Little Athletics in 1986 as an U8. In 1992/93 she won her first individual medal at the State Little Athletics T & F Championships and also picked up two medals at the NSW Secondary All Schools T & F Championships. Last season she repeated the dose, but went much further by being selected to represent NSW in the Australian Schools T & F Championships and the Australian Little Athletics Teams Championships, winning medals at both. Rebecca is joining the 2WS Hills Club this season to further her ambitions and we wish her well for the future.

Every now and again an athlete comes along from "nowhere" to make involvement in this sport worthwhile. Adrian joined us last season after my wife received a telephone call from his parents looking for an athletics club in the area. Adrian is slightly affected by cerebral palsy (graded class 7 in athletics out of an 8-point scale) and I understand athletics was medically recommended for him. He has set an example to us all with his dedication to training (despite his grumbles at Bob Sewell for "pushing" him) and has achieved incredible results with gold medals at the NSW Secondary All Schools T & F Championships (disabled section), NSW Disabled Games and Australian Disabled Championships.

Adrian cannot be with us tonight as he is on his way to Beijing - he has been selected by the Cerebral Palsy Sporting and Recreation Association of NSW to represent Australia in the 6th Far East and South Pacific International Competition (FESPIC) Games on 4-10 September. A small presentation towards his expenses was made on behalf of the Club before he departed.

For a small Club, we keep generating very good athletes as well as catering very much for the "social" athlete. Last AGM's report alluded to the need for PLANNING OUR FUTURE which will mean time, effort and commitment to produce and implement such a plan.

Blacktown Council is pushing ahead with planning for a synthetic track on Aquilina Reserve as an outer ground training track for the 2000 Olympics. If this eventuates, a perfect opportunity presents itself for a visionary with energy to burn to develop a decent (in terms of numbers and viability) senior club in the area based at that ground. After all, there is an abundance of Little As talent around to draw upon. This would further threaten the viability of our Club but be a benefit to the sport.

The financial viability of our Club could be assisted by forging yet closer links with Girraween Little Athletics Centre. The Little Athletics Association is working on guidelines to assist clubs that want to do this for development of the sport, and this is an aspect worth watching and fostering.

On a personal note, I am continuing on as President of Girraween Little Athletics Centre for 1994/95. Unfortunately the Centre like last season is without a Secretary and am filling in for that position again as well. The message is that, for my sanity and peace of mind, I cannot also be Secretary, Registrar and Treasurer of this Club. The time has arrived for more "new blood" to come forward and be part of the administrative action.

Viv Manwaring

REGISTRAR

Registrations for the 1993/94 season totalled 61. This compares well with figures for the past three seasons, being 51 in 92/93, 59 in 91/92, and 57 in 90/91.

Of these 61 registrations, 25 were female and 36 were male. The largest groups were seniors (19) and U12 (11), and the median age group was U17.

Viv Manwaring

WINTER COMPETITION

Participation in winter cross-country and road racing was rather disappointing with only five regular runners competing - Viv Manwaring, Andrew Watson, Lynette Smith, Elana Schmid, and me.

Bruce Hogg was stationed at Lismore but was able to get to Nowra in July for the NSW Cross-country Championships, finishing 2nd in the U20 8km. He was selected in the NSW team for the **Australian Cross-country Championships** in Melbourne in August, finishing 30th in the U20 8km.

Bob Sewell

SUMMER COMPETITION

The season again saw a competition consisting of 4 rounds of 4 weeks each. Competitors were awarded 1 point for every event completed up to a maximum of 5 points a round. A bonus of ½ point for equalling, or 1 point for bettering, a personal best was awarded up to a maximum of 5 bonus points a round.

This meant a maximum of 10 points a round or 40 points for the season. If a tie occurred at the end of the season, splitting rules were:

- * wearing of correct uniform throughout the season
- * regular (50% or more) attendance at Blair Zone competition, and
- * number of personal best performances in the final round.

The season saw a very close competition once again with Michelle Townsend taking the overall title by the smallest possible margin (½ point) from Doug Leabon.

Congratulations to all those athletes who made the effort to compete regularly.

Michael Finucane

CLUB RECORDS

Excluding fun days, 43 Club records were established this past year. The women far outshone the men by setting 32 or 75% of them. The star was Lynette Smith who established 9. She showed the benefit of intensive strengthening work and a more committed training routine which culminated in her improving by 581 points to pick up the silver medal in the NSW heptathlon.

Other good efforts were from Nicole Page, Natalie Deegan, Rebecca Deane, Helen Sestic, Craig Willetts and Bruce Hogg who equalled or bettered open records.

Robert Kropman

BLAIR ZONE

The Blair Zone Interclub competition this year was run like last year on separate point scores for "track", "field", and "track and field" in each age group. Points were awarded according to the position finished in each event and for competing. Of the 13 Girraween athletes who attended Blair, the following received awards:

Lynette Smith won the Open Women's track, field, and track and field.
Nicole Page won the U18 Women's field, and track and field.

The other Girraween competitors were Michael Finucane, Michelle Townsend, Meredith Jeff, Wayne Jeff, Linda Hatherly, Bruce Hogg, Peter Murray, Paul Sewell, Bob Sewell, Elizabeth Knoke, and Robert Kropman.

All Girraween Club members are eligible to compete at Blair Zone on Wednesday evenings on payment of a small competition fee. The competition is open to athletes from U12 to Veterans **regardless of ability**. Hopefully next season, which starts Wed 7 September, there will be a greater number of Girraween representatives.

Lynette Smith

PUBLICITY

The Club received good publicity in the Blacktown Advocate, Blacktown City Guardian, Parramatta Advertiser, and Parramatta Mercury during the season.

However it is becoming more difficult to obtain publicity in these papers as more sports than ever before are vying for the available space.

See the "Press Plaudits" section for publicity the athletes and the Club received.

Bob Sewell

TREASURER

This year's Account opened with a credit balance of \$594.61 but with a loan liability of \$400.00 used to purchase singlets. As at 31 July 1994, the Account showed a credit balance of \$222.89 with the loan liability eliminated.

Income was almost entirely (91%) raised through Club fees (\$570) and canteen (\$421). My appreciation to Michael Briggs for his efforts in keeping the canteen "ticking over". There were no fundraising activities organised.

Water rates and Park Trust fees (\$745) ate up most of this income. Two new 1kg discuses were purchased, and the Club contributed \$100 towards repair to the large pit runup surface. The Club also presented \$50 to both Bruce Hogg and Rebecca Deane towards their expenses in selection in NSW teams for Australian Championships.

The Club is grateful to Michael Elsley for auditing the books for this year.

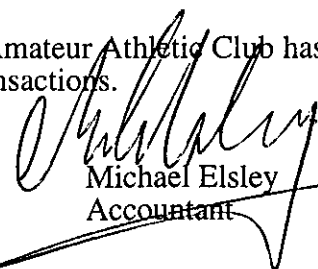
Looking ahead, the Club has no accumulation of funds to meet any contingencies. For example, the synthetic runups at the pits are in a very worn state, and the Little Athletics Centre is considering the need to replace them within the next two years. The Club needs to consider what part it will play in assistance.

Viv Manwaring

GIRRAWEE AMATEUR ATHLETIC CLUB
INCOME AND EXPENDITURE STATEMENT AT 31 JULY 1994
St George Building Society Account - 111/528/203

1991/92	1992/93		1993/94
		Income	
272.55	431.53	Balance brought forward	594.61
2216.00	1557.00	Registrations received	2332.00
276.70	529.75	Canteen profits	421.00
126.00	84.00	Sale of singlets	240.00
21.98	4.86	Interest income	12.18
20.00	12.00	Donations	5.00
15.00		Sale of winter handbooks	
32.00	32.00	Sale of summer handbooks	
36.50	33.10	Visiting athletes ground fees	16.00
	200.00	Raffle profits	
	49.25	Transfer from Representative Account	
<u>3016.73</u>	<u>2933.49</u>	TOTAL INCOME	<u>3620.79</u>
		Expenditure	
1716.00	1174.00	Registrations to ANSW	1762.00
145.00	125.00	ANSW affiliation fees	141.00
	504.91	Water rates	345.05
	86.42	Trophies	
550.00		Park Trust fees	400.00
10.80	4.50	Printing, postage and stationery	
15.00		Purchase of winter handbooks	
32.00	40.00	Purchase of summer handbooks	
	169.65	Purchase of singlets	400.00
12.96	123.80	Equipment purchases	241.35
3.44	10.60	Bank fees	8.50
	100.00	Representative assistance scheme	100.00
100.00		Transfer to Representative Account	
<u>2585.20</u>	<u>2338.88</u>	TOTAL PAYMENTS	<u>3397.90</u>
<u>431.53</u>	<u>594.61</u>	Balance carried forward	<u>222.89</u>

I certify that this Income and Expenditure Statement of Girraween Amateur Athletic Club has been checked and is a true and fair representation of its financial transactions.


Michael Elsley
Accountant

ASSETS

Singlets (unsold)	420.00
Bank account	222.89

LIABILITIES

Park Trust fees (1994)	560.00
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NET ASSETS	<u>82.89</u>
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EQUIPMENT

stored at C V Kelly Park

60 competition standard hurdles
Mobile hurdle transporter
Mobile tape hurdle marker

4 steeplechase hurdles
Mobile steeplechase transporter
1 water jump pit

Javelins:	1x800g 1x700g 3x600g
Discus:	1x2kg metal ring 3x1½kg metal ring 2x1kg metal ring
Shot puts:	1x7.260kg (16 lb) 2x5.449kg (12 lb) 2x4.535kg (10 lb) 1x4.000kg (8.8 lb) 2x3.632kg (8 lb) 1x2.724kg (6 lb)
Tapes:	1x10m 1x50m 1x100m metal
Stop watches:	11
Starter gun:	1
Ear protectors:	1
Miscellaneous:	1 metal stationery cupboard 2 metal clothes cupboards 2 notice boards 1 records board 14 clip boards 1 lap board 2 sets of throw markers

ESTIMATED REPLACEMENT COST - \$20,000

WINTER 1993 CROSS-COUNTRY AND ROAD RUNNING RESULTS

03-04-93

X-country at Meadowbank Park

Men 6km:	C Starr	26:30
	V Manwaring	26:50
1.6km:	B Sewell	8:01
Women 1.6km:	L Smith	6:47
	E Schmid	8:02

17-04-93

Road at Cabarita (WMZ 1)

Men 8km:	V Manwaring	35:31
4km:	A Watson	15:07
	J Dwyer	16:11
2km:	B Sewell	9:40
Women 2km:	L Smith	8:42

01-05-93

X-country at Ramsgate

Men 10km:	J Dwyer	44:22
2km:	B Sewell	10:03

15-05-93

X-country at Bass Hill (WMZ 3)

Men 8km:	M Kammerer	28:53
4km:	A Watson	17:28
	V Manwaring	17:40
2km:	B Sewell	9:46
Women 4km:	L Smith	21:45
2km:	E Schmid	9:25

29-05-93

Road at A H Whaling, Baulkham Hills (WMZ 5)

Men 8km:	M Kammerer	29:14
	C Starr	40:31
4 4km:	A Watson	16:57
	V Manwaring	17:42
	B Sewell	21:26
Women 1 6km:	E Schmid	6:51
	L Schmid	7:02

19-06-93

Road at Parramatta Park (WMZ 6)

Men 6.4km:	M Kammerer	22:51
	B Sewell	30:49
3.2km:	A Watson	12:05
	V Manwaring	12:42
	C Starr	13:09
Women 1.5km:	E Schmid	6:37
	L Smith	7:11

10-04-93

X-country at Dundas

Men 7.5km:	B Hogg	25:07
5km:	A Watson	21:23
	C Starr	21:55
	J Dwyer	22:10
	V Manwaring	22:10
1.5km:	B Sewell	8:33
Women 2.5km:	L Smith	12:50

24-04-93

X-country at Parramatta Pk (WMZ 2)

Men 8km:	J Dwyer	35:28
	C Starr	37:07
3.5km:	A Watson	13:46
2km:	B Sewell	10:51
Women 2km:	L Smith	9:15
	E Schmid	9:58

08-05-93

X-country at Wyatt Park, Auburn

Men 5km:	A Watson	20:56
	V Manwaring	21:39
2.5km:	J Dwyer	9:42
	B Sewell	12:21
Women 2.5km:	L Smith	11:52
	E Schmid	12:05

22-05-93

X-country at Crestwood , B'ham Hills (WMZ 4)

Men 7km:	M Kammerer	25:00
	C Starr	31:38
	B Sewell	38:31
4.6km:	A Watson	19:42
	J Dwyer	19:52
	V Manwaring	20:05
Women 2.3km:	L Smith	11:20

05-06-93

NSW Road Championships at Holsworthy

Men Vet 10km:	B Sewell	58:55
U16 4km:	A Watson	15:36

12-06-93

NSW All Schools X-country Champs at Bass Hill

U16B 4km:	A Watson	17:25 (30th)
U10G 1.5km:	E Schmid	6:36 (15th)

26-06-93

Parramatta Open at Parramatta Park

Men 8km:	V Manwaring	35:10
3.2km:	A Watson	12:09
	B Sewell	15:07
Women 3.2km:	L Smith	15:30
1.6km:	E Schmid	7:01

03-07-93

NSW X-country Championships at Nowra

Men U20 8km: B Hogg 27:55 (2nd)
Girls U12 2km: E Schmid Not known

10-07-93

Road at Abbotsford

Men 4km: V Manwaring 16:26
B Sewell 18:59

11-07-93

LAANSW X-country Championships at Werrington

U11B: S Muir 10th
U8G: E Schmid 13th
U13G: G Deane 11th
U14G: R Deane 5th

17-07-93

Road at Epping (WMZ 7)

Men 8km: B Hogg 34:38
5km: A Watson 21:29
V Manwaring 21:51
B Sewell 24:24
Women 2km: E Schmid 8:49

24-07-93

NSW Road Relay Champs at Parramatta Park

Men 5km: M Kammerer 17:20
A Watson 19:37
V Manwaring 20:09
J Dwyer 20:09
B Sewell 24:26

31-07-93

Concrete path at Auburn West

Men 8km: B Sewell 37:46
4km: A Watson 15:07
V Manwaring 15:27
J Dwyer 17:04
Women 2km: E Schmid 9:29

07-08-93

X-country at Wyatt Park, Auburn

Men 5km: V Manwaring 20:56
B Sewell 24:26

14-08-93

Road at Bicentennial Park, Homebush (WMZ 8)

Men 4km: A Watson 15:17
B Sewell 18:30
Women 2km: E Schmid 8:52

28-08-93

Australian X-country Championships, Melbourne

Men U20 8km: B Hogg 28:24 (30th)

21-08-93

X-country at Crestwood, B'ham Hills (WMZ 9)

Men 4 6km: V Manwaring 19:41
J Dwyer 20:19
B Sewell 23:36
Women 2 3km: E Schmid 10:57
L Smith 11:13

04-09-93

Concrete path at Auburn West

Men 4km: A Watson 15:35
V Manwaring 15:54
Women 2km: E Schmid 9:19

11-09-93

NSW Cross-country Relay Championships at Bass Hill

OPEN MALE 4x4KM

A Watson 16-07
V Manwaring 16-28
J Dwyer 16-47
B Sewell 19-14
19th - team time 68-36

OPEN FEMALE 4x4KM

H Sestic 18-42
R Deane 18-54
L Smith 20-32
T Newport 21-07
6th - team time 79-15

U/14 FEMALE 4x2KM

V Savage 8-47
G Deane 9-04
K Kolc 9-37
M Briggs 10-32
6th - team time 38-00

U/12 MALE 4x2KM

S Muir 7-55
M Tame 8-15
S Tame 9-27
J Whiteside 9-29
5th - team time 35-06

U/12 FEMALE 4x2KM

E Schmid 9-30
M Kolc 9-40
T Prentice 9-51
N Sestic 9-51
5th - team time 38-52

SUMMER 1993/94 RESULTS

CLUB COMPETITION

The following ground records were established:

Women

Lynette Smith	Open / Senior	100H	17.6
	Senior	200H	35.6
	Senior	400	1:07.3
	Senior	800	2:39.9
	Senior	HJ	1-60
	Senior	SP	10-20
	Senior	Discus	36-50
	Senior	Javelin	35-92
Veronica Sestic	U19	1500W	8:42.3
Nicole Page	U18	100	13.2
	Open / U18	LJ	5-13
Natalie Deegan	Open / U16	TJ	10-65
Linda Hatherly	U16	100	13.4 eq
Rebecca Deane	U15	90H	14.6
	U15	200H	33.4
	Open / U15	100	12.7 eq
	U15	200	27.5
Helen Sestic	Open / U15	1500W	7:42.7
Melissa Briggs	U13	100	13.8

Men

Steve Halverson	Vet	HJ	1-43 eq
Craig Willetts	Open / Senior	HJ	1-91
Bruce Hogg	U20	1500	4:31.7
	Open / U20	1 Mile	4:35.8
	U20	5000	17:29.0
Jason Willetts	U20	200	23.9
Matthew Beattie	U12	80H	15.3
Stephen Muir	U12	5000	19:54.8

FUN DAYS - NEW RECORDS

2.724kg shot put "throw"

Senior Women	Lynette Smith	16-92 (new open)
U13 Women	Melissa Briggs	9-19
U12 Women	Natalia Sestic	5-72
U20 Men	Nathan Manwaring	20-55

4x100 relay

Open Women	Nicole Page U18	55.0
	Linda Hatherly U17	
	Sandra Narezzi U15	
	Melissa Briggs U13	

A further 48 records were established in 60m, 300m, 1000m, standing LJ, and scissors HJ.

CHS T & F CHAMPIONSHIPS (Sydney Athletic Field, 10/11/12.09.93)

Nicole Page	Open	LJ	4-91	6th
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MOOVE GAMES - NSW SECONDARY ALL SCHOOLS T & F CHAMPS (Sydney Athletic Field, 09/10.10.93)

Nicole Page	U17	LJ	5-07	6th
Natalie Deegan	U16	TJ	10-40	7th
Adrian Grogan	U16 disabled	100	13.8	1st
		LJ	3-38	1st
Rebecca Deane	U15	100	12.73	6th
		200	26.46	2nd
		200H	28.74	2nd
Gemma Deane	U14	80H	14.12	5th

WORLD VETERANS CHAMPIONSHIPS (Miyazaki, Japan, 07-17.10.93)

John Dwyer	M55	400	1:01.2	heat
		800	2:20.4	heat
		1500	5:04	heat

NSW DISABLED GAMES (Narabeen, 13.11.93)

Adrian Grogan	CP class 7	100	14.6	1st
		200	30.3	1st
		400	1:06.5	1st
		Discus	18-70	1st
		Javelin	14-50	1st

AUSTRALIAN SCHOOLS CHAMPIONSHIPS (Canberra, 10/11/12.12.93)

Rebecca Deane	U15	100	12.65	4th heat
		200	25.30	4th final
		90H	13.30	4th final
		200H	28.17	2nd final

ASICS WESTS GAMES (Auburn, 02.01.94)

Lynette Smith	Open	HJ	1-60	2nd	John Dwyer	Vet	200	28.8	6th heat
		SP	9-22	7th	Bob Sewell	Open	3000	14:51	11th
		Jav	34-48	2nd	Bruce Hogg	U20	1500	4:12	3rd
Linda Hatherly	Open	HJ	1-50	6th	Brent Balinski	U15	1500	5:45	4th
	U17	100	13.3	8th heat		U13	800	2:52	9th
					Peter Balinski	U13	800	3:04	12th

NSW MULTIPLE EVENTS CHAMPIONSHIPS (Sydney Athletic Field, 29/30.01.94)

Women's Open Heptathlon	Lynette Smith	4110 points	2nd
DAY ONE	DAY TWO		
100H	18.20	LJ	4-85
HJ	1-67	JAV	33-32
SP	9-79	800	2:32.59
200	28.55		

AUSTRALIAN DISABLED CHAMPIONSHIPS (Canberra, 05/05.03.94)

Adrian Grogan	CP class 7	100	14.27	1st
		200	29.93	1st
		400	1:04.43	1st
		Discus	18-20	2nd

LAANSW STATE MULTIEVENT (Albion Park Rail, 05/06.03.94)

Rebecca Deane	U15	4th	5703	David Beattie	U15	27th	5209
Gemma Deane	U14	1st	5499	David Hatherly	U15	25th	5553
Sandra Narezzi	U14	12th	4597	Matthew Beattie	U12	7th	4071
Tammy Newport	U13	27th	3607	Stephen Muir	U12	29th	3413

LAANSW STATE CHAMPIONSHIPS (Sydney Athletic Field, 19/20.03.94)

Rebecca Deane	U15	100	12.7	4th	Steve Hinwood	U14	200H	32.5	8th heat
		200	25.8	5th			LJ	5-18	12th
		90H	13.4	3rd			SP	12-12	6th
		200H	28.5	3rd	Brent Balinski	U13	3000	10:59.1	12th
Helen Sestic	U15	1500W	7:14.0	2nd	Matthew Beattie	U12	800	2:34.3	15th
Gemma Deane	U14	100	12.9	5th heat					
		200H	28.8	3rd					
Vikki Savage	U14	3000	12:21.0	9th					

NSW VETS CHAMPS (Homebush, 19/20.03.94)

John Dwyer	M55	800	2:24	3rd
Peter Murray	M30	100	11.51	2nd
		200	24.01	3rd
		400	53.85	4th

AUSTRALIAN VETS CHAMPS (Homebush, 01-04.04.94)

John Dwyer	M55	400	1:01.1	5th
		800	2:22.0	5th
Peter Murray	M30	100	11.91	3rd
		200	23.98	5th

ALA AUSTRALIAN TEAMS CHAMPIONSHIPS (Adelaide, 24.04.94)

Rebecca Deane	2nd	Multi event	90H 13.4, 100 12.5, 800 2:25, LJ 5-13, Disc 21-46
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BLAIR ZONE COMPETITION (Various grounds, Wednesday evenings)

Lynette Smith	Open Women	1st track, 1st field, 1st track + field
Nicole Page	U18 Women	1st field, 1st track + field

Sport

The Parramatta and Holroyd Mercury

PARRAMATTA ADVERTISER



The Mercury, Thursday, May 20, 1993

03.04.93

GIRRAWEE at Meadowbank:
MEN: 6km: C Starr 26m30s V Manwaring M Starr 3km: N Schmid 10m37s W Jeff B Sewell
WOMEN: 1.6km: L Smith 6m47s E Schmid M Jeff

10.04.93

GIRRAWEE at Dundas: 7.5km: B Hogg 25m7s 5km Snr: A Watson 21m23s C Starr M Starr Veteran: J Dwyer 22m10s V Manwaring 2.5km: W Jeff 10m16s 1.5km: B Sewell 8m33s WOMEN: 2.5km: L Smith 12m50s 1.5km: M Jeff 8m33s

24.04.93

GIRRAWEE at Parramatta: Cross Country 8km: J Dwyer 35m28s W Jeff C Starr 3.5km: A Watson 13m46s 2km: S Muir 8m10s D Eastcott B Sewell WOMEN: 2km: P Eastcott 9m11s L Smith E Schmid

15.05.93

GIRRAWEE: Cross-country at Bass Hill: MEN 8km: M Kammerer 28m53s 4km: A Watson 17m28s W Jeff V Manwaring 2km: S Muir 8m5s D Eastcott B Sewell WOMEN 4km: A Thorpe 18m33s L Smith 2km: P Eastcott 9m16s E Schmid T Lambert

22.05.93

GIRRAWEE at Baulkham Hills: Cross Country: Men 7km: M Kammerer 25m C Starr B Sewell 4.6km: J Dwyer 19.52s V Manwaring W Jeff U-16 4km: A Watson 19m42s Women 2.3km: L Smith 11m20s M Jeff U-14 2.3km: A Thorpe 9m42s P Eastcott

29.05.93

GIRRAWEE at Baulkham Hills: MEN: 8km: M Kammerer 29m14s C Starr 4.4km: V Manwaring 17m42s W Jeff B Sewell U-16: A Watson 16m56s WOMEN: 1.6km: P Eastcott 6m40s E Schmid L Smith

19.06.93

GIRRAWEE at Parramatta Park: 6.4km: MEN: M Kammerer 22m51s W Jeff B Sewell 3.2km: A Watson 12m5s V Manwaring C Starr 1.5km: D Eastcott 6m36s WOMEN: 1.5km: L Smith 7m11s M Jeff U-14 1.5km: A Thorpe 5m55s E Schmid P Eastcott

TOONGABBIE'S Amy Thorpe scored a convincing win in the Combined High School north western zone cross country championships late last month. She represented Catherine McAuley in the 4km event at Parramatta Park. The Bob Sewell-trained member of Girraween Amateur Athletic Club is aiming to improve her second place in last year's regional championship. Thorpe is training with club mates for the upcoming NSW road championships and the NSW all schools cross country championships.

The Mercury, Thursday, June 3, 1993

WILLIAM Clarke College's Gemma Deane, a member of Girraween Amateur Athletics Club, won the Hills zone schools association's cross country championship at Dural on May 11. Gemma won the 12 years 2 1/2 kilometre event in which her training partner Kristey Kole, representing Gilroy College, Castle Hill, finished sixth. Deane's sister Rebecca finished second in the 13 years race over the same distance.

The Mercury, Thursday, July 15, 1993

GIRRAWEE Amateur athletics club's Bruce Hogg won silver in the NSW cross country championships at Nowra on July 3. The 20-year-old who covered the arduous 8km course in 27min50sec. qualifies for the Australian championships in Melbourne on Aug 28 and 29. The club seeks sponsorship for him.

Advocate

BLACKTOWN CITY GUARDIAN

The Sydney Morning Herald

THE SUN-HERALD

BLACKTOWN ADVOCATE

Wednesday, June 16, 1993

Juniors back in form

GIRRAWEE Amateur Athletic Club juniors have shown improved form in recent district schools cross country championships.

Club member Kristy Bell improved in her third place last year when she ran strongly at Central Gardens, Merrylands to win the 10-years 2km race.

Patricia Eastcott finished second in the 12-years 3km event and Stephen Muir achieved his best-ever result when he finished second in the 11-years 3km run.

Rachel Love, 8, fought all the way to finish seventh and qualify for her first regional championship.

In the Hills zone competition at Crestwood Reserve, Baulkham Hills, Melissa Kole finished second in the 10-years age group.

All the above runners have qualified for the regional cross country championships to be held at Cattai on Thursday.

Out of the 22 members of Girraween's training squad, 10 runners are now preparing for the NSW Little Athletics cross country championships.

17.07.93

GIRRAWEEEN at Epping: Men
10km: B Hogg 34m38s. 5km: A
Watson 21m29s V Manwaring B
Sewell. Girls 2km: E Schmid 8m49s.

31.07.93

GIRRAWEEEN at Auburn West:
4km: A Watson 15m7s V Manwaring J Dwyer.

WEST METROPOLITAN at West Auburn: Veteran 8km: K Mayhew (CRH) 27m54s G Ryan (RBH) L Vaughan (Hills) Snr 8km: J Caetan (TW) 27m47s M Hehir (Hills) J Burroughs (TW) Veteran 4km: V Manwaring (Gir) 15m27s B Harrison (Hills) J Dwyer (Gir) Snr 4km: S Clegg (TW) 14m29s D Murphy (TW) S Garratty (TW) U-18 4km: N Nolan (TW) 13m58s B Scalley (Hills) A Watson (Gir) U-13 2km: R Paterson (Hills) 6m57s L McInnes (Hills) P Marrins (TW) **WOMEN:** 8km: E Moffitt (Hills) 35m15s V Savage (Hills) 4km: M Wilson (CRH) 15m36s B Stanford (CRH) U-16 4km: M Vandewater (Hills) 16m K Simpson (TW) U-15 2km: N Miller (TW) 7m27s J Lodge (TW) E Schmid (Gir).

07.08.93

WEST METRO at Auburn: MEN: Veteran 5km: V Manwaring (Gir) 20m56s B Sewell (Gir) A Ross (TW) Snr: R Coyne (Hills) 22m56s 2.5km: J Burroughs (TW) 9m38s E Fabar (TW) U-18: L Nolan (TW) 8m44s N Nolan (TW) U-13: M Katalinic (Hills) 9m22s S Lodge (TW) **WOMEN:** 5km: M Wilson (CRH) 21m24s K Morrison (Blacktown) U-15 2.5km: N Miller (TW) 10m4s J Lodge (TW).

14.08.93

WEST METROPOLITAN at Homebush Bay: Veteran 10km: S Vassallo (Hills) 33m04s A Blonner (Hills) N Fowler (TW) Veteran 4km: B Harrison (Hills) 14m50s K Junior (TW) B Sewell (Girraween) Snr 10km: N Rees (Parramatta) 32m0s D Riley (Hills) B Smith (Hills) 4km: P Starr (Hills) 13m54s M Crompton (TW) R Coyne (Hills) U-20 10km: I Thompson (CRH) 33m18s D Simpson (TW) S Troup (Hills) 4km: L Nolan (TW) 14m13s N Nolan (TW) B Tynan (TW) Boys U-16 4km: N Schmid (Hills) 15m51s A Watson (Girraween) M Tonkin (Hills) U-13 2km: M Katalinic (Hills) 17m14s C Renton (Jns) M Mittelheuser (TW) **WOMEN:** Open 4km: E Simpson (Hills) 15m10s B Stanford (CRH) E Renton (Jns) Girls U-17 4km: E Morris (CRH) 15m23s M Vandewater (Hills) F Sage (TW) U-14 2km: R Junior (TW) 8m14s B Sigsworth (TW) A Tonkin (Hills).

21.08.93

GIRRAWEEEN at Baulkham Hills: 4.6km: V Manwaring 15m41s J Dwyer B Sewell. **WOMEN:** 2.3km: R Deane 10m3s E Schmid.

04.09.93

WEST METROPOLITAN at West Auburn: MEN: Veteran 8km: S Vassallo (Hills) 27m19s K Mayhew (CRH) B Harrison (Hills) 4km: N Fowler (TW) 14m26s V Manwaring (Girraween) A Ross (TW) Snr 8km: L Vaughan (Hills) 31m12s J Sneddon (Hills) R Clarke (Hills) 4km: S Clegg (TW) 14m07s A Watson (Girraween) R Coyne (Hills) 2km: N Fowler (TW) 6m57s E Faber (TW) W Schmid (Girraween) U-13 8km: B Scalley (Hills) 31m47s 2km: M Mittelheuser (TW) 8m13s C Renton (Jensen) **WOMEN:** 8km: K Clarke (Hills) 36m38s 4km: F Sage (TW) 18m07s E Renton (Jensen) S Brown (Jensen) U-14 km: C Faber (TW) 7m24s M Vandewater (Hills) N Miller (TW).

11.09.93

GIRRAWEEEN at Bass Hill: MEN 4km: A Watson 15m55s J Dwyer V Manwaring U-12 2km: S Muir 7m55s M Tame S Tame. **WOMEN** 4km: H Sestic 18m42s R Deane T Newport U-14 2km: V Savage 8m47s G Deane K Kolc U-12 2km: E Schmid 9m30s M Kolc T Prentice-N Sestic.

PARRAMATTA ADVERTISER, Wednesday, August 25, 1993

Champs set for relay challenge

GIRRAWEEEN Amateur Athletics Club is preparing for the upcoming NSW cross country relay championships.

Ages of the competitors vary from under 12 to veterans and runners will compete in the four-member team relay events.

The championships will be held at The Crest at Bass Hill on Saturday, September 11, from 10.30am.

Meanwhile, the Girraween club is also well into training for its 16th track and field season.

Registration and grading will be held on Saturday, September 18 from 1.30pm at CV Kelly Park.

Athletes of any standard are invited to the trials.

BLACKTOWN CITY GUARDIAN, Thursday, September 2, 1993

Athletics

Girraween Amateur

Girraween Amateur Athletic Club's junior winter championships have been won by two juniors who are new to the senior ranks.

They are 15 year old Andrew Watson and 8 year old Elana Schmid.

Both athletes were regular competitors in the West Metropolitan Zone's road and cross country races and Andrew finished third in the zone's nine race series.

Elana was 12th in the series, but often beat girls up to five years older in two kilometre races.

Last year's winter Lynette Smith retained the senior women's championship.

Veteran Bob Sewell beat injury and weight problems to win the men's championship which he had won previously way back in 1988.

The club will enter four teams in the NSW cross country relay championships which will be held at The Crest in Bass Hill on Saturday, September 11, starting at 10.30 am.

Club registrations will be accepted on Saturday, September 18, from 1.30 pm and a program of graded track and field events will be held during the afternoon.

Budding athletes of any standard from novice to experienced are invited to attend.

Age groups are U12 to Veteran and registered little athletes in the U13, U14 and U15 age groups are charged a reduced fee of \$6 for the season.

The Parramatta and Holroyd Mercury, Thursday, September 9, 1993



GIRRAWEEEN Amateur Athletic Club's eight-year-old Elana Schmid beat several girls up to five years older when she came 12th in the west metropolitan zone's road and cross country event last month. Club mate 15-year-old Andrew Watson came third.

GIRRAWEEEN Amateur Athletic Club veteran Bob Sewell conquered injury and weight problems to win the men's championship of the west metropolitan zone last month which he had previously won back in 1988.

BLACKTOWN ADVOCATE, Wednesday, September 15, 1993

Dynamic duo's winning records

GIRRAWEE Amateur Athletic Club's dynamic sisters Rebecca and Gemma Deane, of Seven Hills, competed in 11 events each at the Hills Zone independent schools' track and field championships.

Rebecca, 14, was named "athlete of the championships" after she set new zone records in the 90m hurdles (14 sec), 100m (12.9 sec), 200m (27.5 sec) and the 400m (65.1 sec). She also won the 800m, finished second in the 1500m and the relay, and third in high jump and discus.

Gemma, 13, won her age championship by winning the 200m in 28.3 sec — another zone record — as well as the 1500m. She finished second in the 90m hurdles, the 400m, the shot put and discus.

Linda Hatherly, 15, won her age championship when she was placed first in the 90m hurdles and the high jump, and took third placings in the 200m, the shot put and discus.

Promising triple jumper Natalie Deegan, 15, did not have her event on the program, so she concen-

trated on the long jump instead and won with a zone record leap of five metres.

Vikki Savage, 13, won the discus event at the Christian schools' zone championships, finished second in the 400m, 800m and 1500m, and third in the javelin.

In the Hills Zone primary schools' championships, nine-year-old Melissa Kolc won the 800m.

Girraween Athletic Club invites athletes of any standard to attend Saturday afternoon competition at C.V. Kelly Park from 1.30pm.

PARRAMATTA ADVERTISER

Wednesday, September 29, 1993

Kristy kicks up records

GIRRAWEE Amateur Athletic Club's Kristy Kolc is the emerging star of junior athletics.

Kristy, 13, has set two zone records at the Independent Schools Championships at Baulkham Hills — 10.17m in the shot put for her age group, and a personal record of 24.18m in the discus.

Capping a terrific championship, Kristy finished second in the 1500m and third in the 800m.

She also finished with second placings in the shot put, discus, high jump and 1500m at the recent Orange Blossom Festival for Hills Districts schools.

Elsewhere, GAAC member Vikki Savage finished equal second in shot put and third in discus at the recent Christian Schools State track and field titles.

In other club news, GAAC's Tammy Newport, 12, won the 200m, finished second in the 100m and was the runner-up in the 800m at the recent Wentworthville zone championship.

Steven Muir, 11, is another GAAC member to experience recent success by winning the 800m metropolitan west zone championship in the brisk time of 2min 40sec.

18.09.93

Athletics

Girraween Amateur's grading competition at C.V. Kelly Park men's 100m: S Hanlon 11.7sec, M Finucane, A Watson; heat winners: D Ostrowski 12.2, D Leabon 13.5, B Warner 14.1, R Mills 14.7, S Muir 15.9; 200m: S Hanlon 25.3, M Finucane, D Manwaring; heat winners: J Dwyer 30.2, R Mills 33.1, M Beattie 35.0; 1500m: S Fracnken 4.46.2; D Ostrowski, P Weymark, long jump: N Manwaring 5.91m, D Manwaring, D Ostrowski.

Shot put seniors: N Manwaring 10.94m, W Jeff, M Finucane; under-17: D Manwaring 9.45, B Warner; under-15: D Briggs 8.36, D Beattie; under-12: M Beattie 6.97, S Muir; javelin veteran's: V Manwaring 25.14, B Sewell; seniors: M Finucane 24.74, D Ostrowski, D Leabon; under-19: P Weymark 27.82; under-17: B Warner 20.32; under-15: D Briggs 30.18, D Beattie, M Beattie.

Women's 100m: G Deane 13.4sec, N Page, S McFarlane; heat winners: T Newport 14.6, K Smith 15.9, M Townsend 16.2.

Women's 200m: G Deane 29.7sec, S McFarlane, L Smith; heat winners: N Page 31.3, M Townsend 36.9, K Smith 37.0; high jump: L Smith 1.45m, L Hatherly, S Narezzi; under-13: M Briggs 1.30, T Newport, E Wood.

Discus: L Smith 32.22m, G Deane, L Hatherly; under-13: M Briggs 18.44, N Sestic, T Prentice.

Javelin: L Smith 31.06m, M Townsend, L Hatherly.

BLACKTOWN CITY GUARDIAN

Wednesday, September 15, 1993

Athletics

Girraween Amateur

Members of Girraween Amateur Athletic Club have started the summer track and field season with success in school's zone competition.

Irongirl sisters Rebecca, 14, and Gemma Deane, 13, represented William Clarke College in 11 events on the one day at the Hills Zone Independent School's Zone Championships. Even Jane Flemming cannot match this as she competes in only four events on the first day of the heptathlon.

Rebecca, 14, broke four zone records when she won the 90 metres hurdles (14 seconds), the 100 metres (12.9), the 200 metres (27.5) and the 400 metres (65.1).

She was named "athlete of the championships" after also winning the 800 metres, finishing second in the 1500 metres and relay and third in the high jump and discus.

Thirteen year old Gemma won the 200 metres in 28.3 (new zone record) and the 1500 metres and finished second in the 400 metres, the 90 metre hurdles, the shot put and the discus to win her age championship.

Linda Hatherly, 15, also won her age championship when she won the hurdles and high jump and finished third in the 200 metres, the shot put and the discus.

Natalie Deegan, 15, broke the zone record when she recorded 5 metres in the long jump.

David Hatherly, 14, finished third in the high jump with a personal best of 1.58 metres.

In the Christian school's zone, thirteen year old Vikki Savage, from Toongabbie Baptist School, won the discus, finished second in the 400, 800 and 1500 and third in the javelin throw.

Melissa Kolc represented Matthew Pearce Primary School in the zone championships at Baulkham Hills and came from behind to win the 800 metres.

The Girraween Club holds track and field competition every Saturday afternoon from 1.30 pm and athletes of all standards are invited to compete at C.V. Kelly Park.

PARRAMATTA ADVERTISER, Wednesday, October 6, 1993

Stars shine on track

SEVERAL members of Girraween Amateur Athletic Club have started the new track and field season in sparkling form.

Talented sisters Rebecca and Gemma Deane recently represented their school William Clarke College in 11 events on the same day at the schools zone championships.

Rebecca, 14, broke four zone records by winning the 90m hurdles in 14sec, the 100m in 12.9sec, the 200m in 27.5sec and the 400m in 65.1sec in her age group. The teenager also won the 800m event capping a remarkable meeting.

As a result, Rebecca was named the athlete of the schools zone championships.

Younger sister, Gemma, 13, won the 200m in the zone record time of 28.3sec and the 1500m event for her age group. She also finished second in the 400m, 90m hurdles, shot put and discus to be crowned champion in her 13 years age group.

Another GAAC member Linda Hatherly won the 15 years hurdles and high jump events at the same meeting. Linda also finished third in the 200m, shot put and discus throwing events.

GAAC competitor Natalie Deagan, 15, broke

the zone record when she won the long jump leaping 5m.

In the Christian schools' zone titles, GAAC's Vikki Savage, 13, won the discus, finished second in the 400m, 800m, 1500m and was third in the javelin.

Another GAAC runner Melissa Kolc won the 800m in the recent State Primary Schools' zone championships at Baulkham Hills.

GAAC holds track and field meetings every Saturday at C V Kelly Park, starting 1.30pm.

SPORT RESULTS

Athletics

Girraween Amateurs

Competition at C V Kelly Park, September 25, men's 200m: J Willets 24.3, M Finucane; heat winners: A Grogan 30.5, P Sewell 31.2, M Beattie 35.0, S Muir 36.9.

Men's 800m: M Finucane 2.22.3, P Weymark, J Dwyer; 3000m: D Leabon 10.47.5, P Weymark, W Jeff; high jump: C Willets 1.60m, M Finucane, P Sewell.

Long jump: G Kalliris 4.90m, P Weymark, V Manwaring; triple jump: G Kalliris 9.75m, D Leabon, W Jeff.

Discus seniors: J Willets 30.30m, P Sewell, N Manwaring.

Under-19: P Weymark 22.46m, G Kalliris, A Grogan.

Under-16: D Briggs 28.70m, A Watson, D Beattie; under-12: M Beattie 15.66m, S Muir.

Women's 200m: R Deane 27.5, G Deane, S Narezzi; heat winners: H Sestic 33.0,

K Smith 36.1, K Marmara 38.3.

Women's 800m: T Newport 3.02.4, H Sestic, R Deane.

Women's 3000m: H Sestic 14.07.2, R Deane, G Deane.

High jump: L Hatherly 1.40m, L Smith; long jump: R Deane 4.19m, S Narezzi, M Briggs; triple jump: R Deane 8.71m, H Sestic, S Narezzi.

Women's shot put seniors: L Smith 8.95m, L Hatherly, M Jeff; under-15: S Narezzi and R Deane (both 8.29m); G Deane; under 13: M Briggs 6.49m, N Sestic, T Newport.

Competition at C V Kelly Park, October 2, men's 100m: P Murray 11.5, R Kropman, P Weymark; heat winners: D Hatherly 13.3, P Handel 13.9, M Beattie 15.2, B Sewell 16.8; 400m: M Finucane 55.9, R Kropman, P Weymark.

Men's 1500m: M Finucane 4.49.8, P Weymark, D Leabon; 200m hurdles: R Kropman 33.0, V

Manwaring, M Beattie; long jump: P Murray 4.98m, M Finucane, D Hatherly.

Triple jump: M Finucane 10.26m, D Hatherly, D Briggs; shot put senior: R Kropman 13.02m, P Murray, M Finucane; under-19: P Weymark 8.68m; under-17: A Grogan 7.73m; under-15: D Briggs 9.88m; D Hatherly, D Beattie; under-13: B Balinski 6.17m; under-12: M Beattie 6.48m, S Muir, P Balinski.

Javelin veteran's: V Manwaring 27.90m, B Sewell; seniors: R Kropman 46.66m, P Murray, M Finucane; under-15: D Briggs 30.20m, D Beattie, D Hatherly; under-13: M Beattie 17.18m, S Muir.

Women's 100m: R Deane 12.9, G Deane, L Hatherly; heat winners: L Smith 14.4, V Sestic 14.4, M Townsend 16.1.

Women's 400m: H Sestic 72.9, L Smith, V Sestic; 200m hurdles: R Deane 34.9, S Narezzi, G Deane; long jump: L Smith 4.51m, L Hatherly; triple jump: L

Smith 9.53m, L Hatherly. Discus seniors: L Smith 29.06m, M Townsend, K Smith; under-20: V Sestic 26.48m; under-16: H Sestic 26.76m, L Hatherly, R Deane; under-14: G Deane 24.42m, S Narezzi; under-13: M Briggs 17.74m, T Newport; javelin: L Smith 28.18m, M Townsend, L Hatherly.

Triple jump: M Finucane 10.26m, D Hatherly, D Briggs; shot put senior: R Kropman 13.02m, P Murray, M Finucane; under-19: P Weymark 8.68m; under-17: A Grogan 7.73m; under-15: D Briggs 9.88m; D Hatherly, D Beattie; under-13: B Balinski 6.17m; under-12: M Beattie 6.48m, S Muir, P Balinski.

Javelin veteran's: V Manwaring 27.90m, B Sewell; seniors: R Kropman 46.66m, P Murray, M Finucane; under-15: D Briggs 30.20m, D Beattie, D Hatherly; under-13: M Beattie 17.18m, S Muir.

Women's 100m: R Deane 12.9, G Deane, L Hatherly; heat winners: L Smith 14.4, V Sestic 14.4, M Townsend 16.1.

Women's 400m: H Sestic 72.9, L Smith, V Sestic; 200m hurdles: R Deane 34.9, S Narezzi, G Deane; long jump: L Smith 4.51m, L Hatherly; triple jump: L

Smith 9.53m, L Hatherly. Discus seniors: L Smith 29.06m, M Townsend, K Smith; under-20: V Sestic 26.48m; under-16: H Sestic 26.76m, L Hatherly, R Deane; under-14: G Deane 24.42m, S Narezzi; under-13: M Briggs 17.74m, T Newport; javelin: L Smith 28.18m, M Townsend, L Hatherly.

BLACKTOWN CITY GUARDIAN

Wednesday, October 20, 1993

Athletics

Girraween Amateur

Eight members of Girraween Amateur Athletic Club competed in the Moove Games (the NSW secondary schools track and field championships) at Sydney Athletic Field on Saturday and Sunday, October 9 and 10.

Rebecca Deane, 14, and Adrian Grogan, 16, won two medals each.

Rebecca hopes she will be selected in the State team which will compete in Canberra on December 10, 11 and 12 after reaching the Australian schools championships qualifying standard in her four events.

In her heat of the 200 metres, Rebecca won in the outstanding time of 25.83 seconds to be fastest qualifier for the final, but could not reproduce this form later on Sunday afternoon and finished second.

Rebecca also finished second in 200 metres hurdles (28.3 seconds) and sixth in the 100 metres (12.7), but had to withdraw from the 90-metres hurdles on Sunday because of illness after finishing third in her heat in 14.03 seconds.

Adrian was ecstatic after winning gold medals in the disabled 100 metres (13.8 seconds) and long jump (3.38 metres).

He has been training with the Girraween Club for the last month and prefers running to other events, although he competes in most of the club's events on Saturday afternoons at C.V. Kelly Park.

Nicole Page, Natalie Deagan, Linda Hatherly, Gemma Deane, Tammy Newport and Brent Balinski did not finish amongst the medals, but gained valuable experience from the games.

02.10.93

Athletics

GIRRAWEEEN at C V Kelly Park: 100m: P Murray 7.5s, R Kropman P Weymark. 400m: M Finucane 55.9s, R Kropman P Weymark. 1500m: M Finucane 4m49.8s, P Weymark, D Leabon. 200m Hurdles: R Kropman 33s, V Manwaring, M Beattie. Long jump: P Murray 4.98m, M Finucane, D Hatherly. Triple jump: M Finucane 10.26m, D Hatherly, D Briggs. Snr shot: R Kropman 13.02m, P Murray, M Finucane. Javelin: R Kropman 46.67m, P Murray, M Finucane. **WOMEN:** 100m: R Deane 12.9s, G Deane, L Hatherly. 400m: H Sestic 72.9s, L Smith, V Sestic. 200m hurdles: R Deane 34.9s, S Narezzi, G Deane. Long jump: L Smith 4.51m, L Hatherly. Triple jump: L Smith 9.53m, L Hatherly. Discus: L Smith 29.06m, H Sestic, V Sestic. Javelin: L Smith 28.18m, M Townsend, L Hatherly.

09.10.93

ATHLETICS

GIRRAWEEEN at C V Kelly Park: **MEN:** 200m: J Willets 24.2s, C Willets S Chandra. 800m: M Finucane 2m13.65s, N Fowler, S Balinski. 1500m: D Leabon 4m49.8s, S Muir, M Beattie. High jump: C Willets 1.91m, S Hanlon, M Finucane. Long jump: V Manwaring 4.80m, D Leabon, D Beattie. Discus Snr: J Willets 24.20m, C Willets, P Murray. **WOMEN:** 200m: S Narezzi 30.24s, M Briggs, L Smith. 80m hurdle: S Narezzi 14.9s, M Briggs. 1500m walk: H Sestic 7m59.1s, V Sestic. High jump: L Smith 1.51m. Long jump: S Narezzi 4.61m, M Briggs, H Sestic. Triple jump: S Narezzi 9.07m, M Briggs, K Smith. Shot put Snr: L Smith 9.70m, V Sestic, M Jeff.



Belinda Konopka ... flying down the track at the Moove Games

Top racing athletes

ATHLETES at Blacktown High School put in a strong performance at the recent Moove Games against competitors from across the State.

The Moove Games are the track and field championships for NSW secondary schools.

Five students represented Blacktown High School at the games, which are a stepping stone for many young athletes to compete in national and international competitions.

Moana Crichton came third in the under-15 800m with a time of 2:20.86, and won the 1500m, running 4:59.68.

Belinda Konopka came fourth in the under-16 90m hurdles (13.95 seconds) and eighth in the long jump (4.71m).

Adam Pomeroy was eighth in the under-14 100m with a time of 12:84, while Luke Collis was first in the under-19 3000m walk (13:22.95).

Melanie O'Keeffe was third in under-14 shot put (11.99m) and second in the under-15 javelin (33.02m).

Two members of Girraween Amateur

athletic club won medals at the Moove Games.

At the games, 14-year-old Rebecca Deane, of Seven Hills, finished second in the 200m hurdles with a time of 28.3 seconds.

Rebecca won her 200m heat with a time of 25.83 seconds, but was unable to reproduce this form in the final where she finished second.

In the 100m final, Rebecca made a slow start, finishing sixth in 12.7 seconds.

Rebecca reached the qualifying standards for the Australian championships in the four events, and hopes she will be selected in the state team which will compete in Canberra in December.

Adrian Grogan, 16, of Wentworthville, won two gold medals in the disabled 100m (13.8 seconds) and long jump (3.38m).

Adrian has been training with Girraween Athletics club for just one month, but has already become a keen runner.



GIRRAWEE Amateur Athletic Club's 14-year-old Rebecca Deane finished second in the 200 metres and 200 metres hurdles events at the Moove Games earlier this month. She had to pull out of the 90 metres hurdles because of illness after finishing sixth in the 100 metres. She reached the qualifying standard for the Australian schools championship in each of her events. She hopes to make the State team which competes in Canberra in December.

GIRRAWEE's Adrian Grogan 100 metres run in 13.8 seconds earned him a gold medal at the Moove Games earlier this month. He also won gold for his 3.38 metres in the disabled long-jump.

PARRAMATTA ADVERTISER

Wednesday, October 27, 1993

Rebecca running in four

by PAUL HAIGH

GIRRAWEE Amateur Athletic Club runner Rebecca Deane will compete in four events at the Mars Australian Schools Track and Field Championships.

The teenager will race in the 100m, 200m, 90m hurdles and 200m hurdles events at the titles to be held between December 10 and 12 in Canberra.

Rebecca, 14, qualified for the nationals with top performances in four events at the recent Moove Games including second placings in the 200m and 200m hurdles.

The talented youngster is now working hard at training, refining her technique and sharpening her speed for the biggest athletics meeting of her life.

The Sydney Morning Herald
Friday, October 22, 1993

NSW TEAMS for Mars Australian All Schools Track and Field Champs, Canberra, Dec 10-12:

U-15: 100m: E Cannon K Grubb D Strauss M Mroz R Deane M Siomka E Wilson R Ryan C Hancock S Richardson 200m: M Siomka S Richardson E Cannon E Wilson R Deane 400m: E Wilson L Skuse R Hayward 800m: R Nowland L Skuse S English L Elms B Blanco A Ferrier R Yates K O'Neill 1500m: L Elms 3000m: R Nowland E Lenon A Ferrier T Moxham 90m hurdle: K Grubb King N Mroz A McNamara R Phillips R Deane 200m hurdle: R Deane K Grubb H McMillan N Mroz J Fowley J Hewitt P Gosbee

Athletics

Girraween Amateur

Seven Hills athlete Rebecca Deane, 14, has been selected to compete in four events at the Mars Australian schools track and field championships which will be held in Canberra on December 10, 11 and 12.

Rebecca won two silver medals at the recent Moove Games and reached the Australian qualifying standard in her four events when she recorded 12.7 seconds (100 metres), 25.83 (200 metres), 14.03 (90m hurdles) and 28.3 (200m hurdles).

She is a member of Girraween Amateur Athletic Club and represented William Clarke College at the Games.

Rebecca is training hard at C.V. Kelly Park to reach her peak for the Canberra championships.

In the year 2000, Rebecca will be 21 and would like to attend the Sydney Olympics as a competitor.

Competition at C.V. Kelly Park, October 16:—

Men, 100m: P. Murray 11.5, C. Willetts, J. Willetts. Heat winners: D. Leabon 13.4, V. Manwaring 13.5, B. Warner 13.9, B. Zaverucha 14.7, S. Muir 16.5.

400m: M. Finucane 54.7, P. Murray, P. Weymark. 1500m: D. Ostrowski 4.41.8, D. Labon, B. Zaverucha.

200m hurdles: C. Willetts 31.3, J. Willetts, D. Manwaring.

Long jump: N. Manwaring 5.88m, S. Hanlon, J. Willetts.

Triple jump: C. Willetts 12.63m, J. Willetts, N. Manwaring.

Javelin: veteran, V. Manwaring 26.36m, B. Sewell; senior, C. Willetts 32.38m, N. Manwaring, M. Finucane; U17, D. Manwaring 33.14m, B. Warner, A. Grogan; U15, D. Briggs 31.36m, D. Beattie, B. Balinski.

Women, 100m: R. Deane 13.5, N. Page, G. Deane. Heat winners: L. Hatherly 13.9, N. Deegan 14.8, T. Walker 15.3, M. Townsend 16.0.

400m: S. McFarlane 70.3, L. Smith, T. Newport.

200m hurdles: S. Narezzi 35.5, N. Page, M. Briggs.

High jump: S. Narezzi 1.31m, R. Deane, G. Deane.

Long jump: L. Hatherly 4.52m, N. Deegan, L. Smith.

Triple jump: N. Deegan 9.89m, L. Smith, L. Hatherly.

Discus: L. Smith 32.42m, M. Townsend, D. Mills.

Javelin: L. Smith 30.78m, M. Townsend, G. Deane.

Athletics

Girraween Amateur

Competition at C.V. Kelly Park, October 23:—

Men, 200m: C. Willetts 23.9, J. Willetts, P. Murray. Heat winners: A. Grogan 29.2, B. Warner 30.6, V. Gravits 33.6, S. Muir 35.7.

800m: D. Ostrowski 2.07.2, P. Weymark, W. Jeff. 3000m: S. Francken 10.11.5, D. Leabon, P. Weymark.

High jump: C. Willetts 1.82m, J. Willetts, P. Murray.

Discus: Veteran, V. Manwaring 20.24m, B. Sewell; senior, P. Sewell 27.44m, P. Murray, C. Willetts; U20, J. Willetts 28.50m, P. Weymark, A. Grogan; U15, D. Briggs 30.82m, D. Beattie, D. Hatherly.

Women, 200m: R. Deane 27.6, G. Deane, N. Page. Heat winners: A. Randle 32.1, H. Sestic 32.1, M. Jeff 36.1.

High jump: L. Smith 1.47m, L. Hatherly.

Long jump: N. Page 4.85m, R. Deane, G. Deane.

Triple jump: R. Deane 9.70m, G. Deane, M. Briggs.

Shot put: Senior, L. Smith 9.57m, M. Jeff, M. Townsend; U15, H. Sestic 10.10m, R. Deane, G. Deane; U13, M. Briggs 7.38m, N. Sestic, T. Newport.

Athletics

Girraween Amateurs competition at C.V. Kelly Park on October 30

men's 100m:

P Murray 11.2,

C Willetts, J Willetts;

400m: P Murray 53.9,

S Hanlon, P Weymark;

1500m: D Leabon

4.37.1, P Weymark, S

Francken; 200m

hurdles: C Willetts 30.9,

J Willetts, D Manwar-

ing.

Long-jump: C Willets

12.89m, J Willetts,

D Manwaring; shot-put

seniors: P Murray

9.97m, C Willetts,

P Sewell; under-20:

J Willetts 10.06m,

S Hanlon; under-17:

D Manwaring 9.90m,

A Grogan; under-12:

M Beattie 6.39m,

S Muir.

Javelin, veteran's:

V Manwaring 26m,

B Sewell; seniors:

P Murray 38.66m,

P Sewell, S Hanlon;

under-17: D Manwaring

33.98m, A Grogan;

under-13: M Beattie

18.08m, S Muir;

women's 100m:

L Hatherly 13.4,

N Page, L Smith; long

jump: N Deegan 4.66m,

L Hatherly, L Smith;

triple jump: N Deegan

9.95m, L Smith; discus:

L Smith 33.15m,

H Sestic, M Jeff; javelin:

L Smith 31.92m, M Jeff,

H Sestic.

Leading club cham-

pionship point-scorers.

Men's: D Leabon 18.5,

P Weymark 17,

D Beattie 17, S Muir 17,

B Balinski 16.5.

Women's:

M Townsend 20,

M Briggs 19, H Sestic

19, L Hatherly 16.5,

G Deane 16.5.

PARRAMATTA ADVERTISER, Wednesday, November 3, 1993

Rebecca out to race best

YOUNGSTER Rebecca Deane is certainly a name to jot down in the little black book.

The Girraween Amateur Athletic Club runner has made her presence felt in several major competitions in 1993.

Next month the 14-year-old will pit her skills against her best peers in the nation when Rebecca competes at the Australian Schools Track and Field Championships in Canberra.

Outstanding results at the recent Moove Games qualified Rebecca in four events at the nationals to be held between December 10-12 in Canberra.



From the sideline

with PAUL HAIGH

Rebecca will compete in the 100m, 200m sprints and two hurdle events over 90m and 200m.

From The Sideline wishes Rebecca Deane all the best at the national schools titles in Canberra.

Athletics

Girraween Amateurs competition at C V Kelly, Park, November 13, men's 100m: P Murray 11.2, C Willetts, P Sewell; 40m: P Murray 53.4, C Willetts, V Manwaring.

5000m: P Weymark 18.56.8, B Balinski, S Muir; 200m hurdles: C Willetts 30.5, D Briggs, M Beattie; long jump: C Willetts 5.37m, P Sewell; triple jump: C Willetts 13.10m, P Sewell; shot putt senior: P Murray 10.25m, C Willetts, P Sewell; under-15: D Briggs 9.58m; under-13: B Balinski 7.76m, M Beattie, S Muir; javelin veterans: V Manwaring 26.38m, B Sewell; senior: P Murray 40.46m, C Willetts, P Sewell; under-15: D Briggs 30.80m, M Beattie, B Balinski.

Women's 100m: R Deane 12.7, N Page, L Hatherly; 200m hurdles: R Deane 33.4, S Narezzi, M Briggs.

Long jump: N Deegan 4.73m, L Hatherly; triple jump: N Deegan 10.65m, L Hatherly; discus: L Hatherly 25.64m, M Briggs, N Page.

27.11.93

GIRRAWEEEN at C V Kelly Park:
MEN: 100m: P Murray 11.45 C Willetts J Willetts 400m: P Murray 54.3s B Hogg C Willetts. 1500m: B Hogg 4m31.7s B Warner M Beattie. Long Jump: N Manwaring 5.97m C Willetts J Willetts. Triple Jump: C Willetts 12.89m N Manwaring J Willetts. Shot: P Murray 10.12m C Willetts P Sewell. Javelin: P Sewell 32.34m C Willetts O Leabon. WOMEN 100m: N Page 13.3s M Briggs L Hatherly. Long Jump: L Smith 4.68m L Hatherly N Deegan. Triple Jump: N Deegan 10.29m L Smith L Hatherly. Discus: L Smith 30.86m L Hatherly N Page.

04.12.93

GIRRAWEEEN at C V Kelly Park:
MEN: 200m: J Willetts 24.1s C Willetts P Murray. 800m: M Finucane 2m18.5s D Leabon C Willetts. 5000m: B Hogg 17m28s D Leabon S Muir. High Jump: C Willetts 1.7m P Murray J Willetts. Discus: P Murray 28.84m C Willetts P Sewell. WOMEN: 200m: G Deane 28.4s R Deane S Narezzi. Long Jump: N Page 5.13m S Narezzi M Briggs. Triple Jump: S Narezzi 9.44m M Briggs. High Jump: L Smith 1.4m L Hatherly N Deegan. Shot: L Smith 9.4m L Hatherly M Townsend.

Rebecca has targets set

REBECCA Deane, of Seven Hills, has been selected to compete in four events at the Mars Australian Schools Track and Field Championships in Canberra in December.

Rebecca, 14, reached the qualifying standards for the Australian titles when she recorded 12.7 seconds (100m), 25.83 (200m), 14.03 (90m hurdles) and 28.3 (200m hurdles) at the recent Moove Games.

Her efforts also won her silver medals at the games in the 200m run and 200m hurdles.

Rebecca, who attends William Clarke College at Kellyville, is a star performer for Girraween Amateur Athletic Club and Girraween Little Athletics centre.

She is now training hard to develop her speed and hurdling technique for the Australian titles.

SPORT

Thursday, December 9, 1993

Adrian's five wins

ADRIAN Grogan from Girraween Amateur Athletic Club took out five events at the NSW Disabled Track and Field Championships at Narrabeen Sports Centre on November 13.

Adrian, who suffers from cerebral palsy, won the 100, 200 and 400 metre sprints, discus and javelin.

This follows his recent success at the Moove Games where he won two gold medals in the 100 metres sprint and the long jump.

Grogan runs home with gold

THE NSW Disabled Track and Field Championships at Narrabeen recently saw Girraween athlete Andrew Grogan, 16, win five gold medals.

A member of the Girraween Amateur Athletic Club, Adrian won gold in the 100m, 200m and 400m runs, the discus and the javelin throw despite frequent rain which hampered all performances.

Adrian can now add those five gold medals to the two he won in the recent Moove Games in which he won the 100m and the long jump.

His outstanding performances led to his selection by the Disabled Athletics Association to attend a training camp last month at the Australian Institute of Sport in Canberra where he received instruction in running style, weight training, nutrition and fitness testing.

The Australian Disabled Championships in Canberra next March 5 and 6 is Adrian's next target.

LITTLE ATHLETE OF THE ISSUE

FUN RUNNER

VOLUME 15 NO 4
April/May 1994

LITTLE ATHLETE AWARD



Rebecca Deane with Andrew Lloyd

Girraween Athletics Club

A few weeks after her 15th birthday, Rebecca Deane of Seven Hills, NSW, was the star of the Doonside Athletic Track. Winning the 90m and 200m hurdles, and the 100m and 200m sprint double, at the West Metropolitan Regional Championships. Rebecca qualified for the NSW championships with her performances and her goal is to make the NSW team to compete in the Australian Teams Championships, to be

held in Adelaide late April. She hopes to improve her performances of 1993, where she was 2nd in the U15 200m hurdles and 4th in the 200m and 90m hurdles.

After showing some potential at the school athletics carnival when she was seven, Rebecca joined the Girraween LAC, and has been a member ever since. This year she will join the 2WS Hills Club to make the transition to seniors.

Rebecca is a Yr10 student at the William Clarke College in Kellyville. She enjoys athletics because it is fun and it's a great opportunity to meet people. Her ambition is to keep on running, and to travel overseas with athletics. Perhaps she will someday be as successful as her favourite athletes Sally Gunnell, the UK hurdler, or Melinda Gainsford, who is the 1994 "Role Model" for NSW Little Athletics.

Athletics is Rebecca's main interest, however, she also finds time to train for netball, and enjoys reading and art. She plans to run some cross country races this season, which will give her a good base fitness for the '94/'95 track season -- her first in senior ranks.

Athletics

Competition at CV Kelly Park, February 19.

Men, 100m: P Murray 11.7, S Knight, A Watson. 400m: P Murray 56.5, A Watson, D Leabon. 1500m: D Leabon 4.58.3, S Knight, P Sewell. Triple Jump: M Finucane 10.54, P Sewell, S Knight. Shot Put: P Murray 10.09, P Sewell, S Knight. Javelin: P Sewell 34.16, D Leabon, S Knight.

Women, 100m: N Deegan 13.7, M Townsend, N Sestic. Triple Jump: N Deegan 10.45. Discus: L Hatherly 24.88, M Townsend, N Deegan.

Leading point scorers in club championship with one week remaining: Men, S Muir 38, D Beattie 37, B Balinski 37, C Willetts 36. Women, M Townsend 39, M Briggs 36, S Narezzi 35, L Smith 35.

Athletics

Girraween Amateur Athletic Club Competition at CV Kelly Park, February 26

Men, 200m: P Murray 25.1, S Hanlon, A Watson. 800m: P Murray 2.19.6, D Leabon, P Mason. 3000m: P Mason 9.47.5, B Balinski, P Sewell. High Jump: S Hanlon 1.70, P Murray, P Sewell. Discus Veteran: V Manwaring 22.48, S Halverson, B Sewell. Senior: P Murray 28.26, P Sewell, D Leabon. U-13: D Briggs 32.4, S Hinwood, D Beattie. U-15: M Beattie 20.56, B Balinski.

Women, 200m: L Smith 29.3, S Narezzi, M Briggs. 800m: L Smith 2.39.9, V Sestic, H Sestic. High Jump: L Smith 1.60. Long Jump: N Page 4.84, S Narezzi, M Briggs. Triple Jump: N Deegan 9.84, M Briggs, M Townsend. Shot Put: L Smith 9.70, L Hatherly, N Page. U-15: H Sestic 9.52, M Briggs, S Narezzi.

Athletics

Girraween Amateur Athletic Club

The competition held at CV Kelly Park last Saturday, March 5.

Men, 60m: winner P Sewell 7.8sec, runner-up A Watson, third V Manwaring. 300m: A Watson 44.6sec, P Sewell, V Manwaring. 1000m: P Sewell 3min16.2sec, B Balinski, G Sheargold. Standing long jump: T Hewitt 2.43m, P Sewell, A Watson. Scissors high jump: T Hewitt 1.4m, P Sewell, A Watson. Shot put (2.7kg): P Sewell 22.67m, V Manwaring, G Sheargold.

Women, 60m: S McFarlane 8.2sec, N Page, L Smith. 300m: L Smith 45.8sec, S McFarlane, V Savage. 1000m: V Savage 3min55.6sec. Standing long jump: N Page 2.13m, L Smith, V Savage. Scissors high jump: L Smith 1.45m, V Savage. Shot put (2.7kg): L Smith 16.92m, N Page, V Savage.

The winter competition will start at 2pm on Easter Saturday, April 2, at Meadowbank.

Wednesday, March 16, 1994

Athletics

Girraween Amateur Athletic Club

Girraween Amateur Athletic Club's summer championship have been won by 23 year old Michelle Townsend.

Michelle obtained the maximum 40 points to finish ahead of Lynette Smith, also 23 who won in 1991, 1992 and 1993, with 12 year old Melissa Briggs in third place.

In the men's section, Douglas Leabon 22, scored 39 1/2 points to finish ahead of juniors Brent Balinski 12, and Stephen Muir 11.

The club's championship is based on self improvement and the six placegetters were still improving in the last round of competition.

Members of the club and the Little Athletics Centre will compete in the State Little Athletics Track and Field Championships at Sydney Athletic Field on March 19 and 20.

They are Stephen Hinwood (U14), Brent Balinski (U13), Matthew Beattie (U12), David Sillince (U10), Helen Sestic (U15), Rebecca Deane (U15), Vicki Savage (U14), Gemma Deane (U14), Melissa Briggs (U13) and Emma O'Neill (U12).

Interclub racing will start at Meadowbank on Saturday, April 2.

The club's first major competition will be the NSW novice cross country championship and sporting events at Ramsgate on Saturday, 30th April.

Wednesday, March 30, 1994

Athletics

Girraween Amateur Athletic Club

A member of Girraween Amateur Athletic Club has been selected to represent Australia at the sixth Far East and South Pacific Games for disabled athletes which will be held in Beijing, China, from September 4-10.

He is 16 year old Adrian Grogan, of Greystanes, who will compete in the 100, 200 and 400 metres.

Adrian suffers from a mild form of Cerebral Palsy, but this has not stopped him from covering the 100 metre distance in an Australian record time of 13.8 seconds.

The Girraween Club is currently seeking sponsors to help pay for Adrian's trip.

In the meantime, a Chinese banquet has been organised at the Chinese Ambassador Restaurant, 127-129 Argyle Street, Parramatta, on Friday, May 6, at 7.30 pm.

Cost is \$25 per head which includes a meal and a donation.

Supporters are asked to telephone 631-3061 if they wish to attend the banquet.

BLACKTOWN ADVOCATE, Wednesday, March 30, 1994

Michelle tops the score to win title

MICHELLE Townsend, 23, has won Girraween Amateur Athletic Club's 16th summer championship.

She scored the maximum 40 points to beat Lynette Smith, also 23, who carried the championship for the past three seasons.

Third place went to 12-year-old Melissa Briggs.

In the men's division Douglas Leabon, 23, scored 39.5 points to beat juniors Brent Balinski, 12, and Stephen Muir, 11.

Ten club members were selected to compete in the State Little Athletics track and field championships at Sydney Athletic Field last weekend.

Three competitors — Helen Sestic and sisters Rebecca and Gemma Deane — were successful in their medal bids.

Rebecca won bronze in her 90m and 200m hurdles events, Helen won silver for the third consecutive year in the 1500m walk, and Gemma came third in the 200m hurdles.

PARRAMATTA ADVERTISER, Wednesday, May 11, 1994

Club's golden boy

ADRIAN Grogan has won a silver medal in the three gold medals at the Australian cerebral palsy track and field championships.

The 16-year-old from Wentworthville reaped gold in the 100m, 200m and 400m.

Grogan won the 100m in 14.27s, the 200m in 29.93s and the 400m in 64.43s.

The Girraween Amateur Athletic Club runner also

Grogan's attention is now focused on the sixth annual Far East and South Pacific Games in China in September.

He will represent Australia in the same three track events.

The Parramatta and Holroyd Mercury
Thursday, May 12, 1994

FUNDRAISING dinner for Girraween Amateur Athletics Club's Adrian Grogan at the Chinese Ambassador Restaurant, Parramatta, last Friday, netted about \$2000. The money goes towards the \$3500 cost for him to compete at the Far East and South Pacific Games for disabled athletes in Beijing in September. There were 147 at the dinner and the NRMA contributed \$500.



BLACKTOWN ADVOCATE, Wednesday, May 4, 1994



Shane Lee and Rebecca Deane warm up for their silver-winning form at Adelaide

—Two— take home medals

TWO Blacktown teenagers joined 200 young athletes from across Australia at the Olympic Sports Field in Adelaide last month to contest the 1994 Little Athletics Australian Team and Multi Event Championships.

Girraween Little Athletics Centre champion Rebecca Deane, 15, brought home silver from the under-15 girls multi event contest, while Shane Lee, 13, from Blacktown Little Athletics Club, threw 16.02m in the under-13 boys shot put to win a silver medal.

Their efforts helped NSW win the overall pointscore for the fifth successive year.

Rebecca achieved personal bests in the 800m and long jump. Her time of 13.4 seconds in the 90m hurdles, repeated by multi event winner Karlee Grubb, was hailed as a national record. (Rebecca believes another athlete already has beaten that time at another meet.)

Rebecca was also a member of the winning NSW 4 X 100m mixed relay team.

The athlete is coached by Ron White and attends William Clarke College at Kellyville.

Shane, who has won shotput and discus events at state titles for the past four years, took a four-week crash course in javelin for the Adelaide contest. (NSW Little Athletics contests do not include javelin.)

Shane, a Doonside High School student, is coached by Geoff Quirk.

GIRRAWEE AMATEUR ATHLETIC CLUB

C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 1994

MEN

OPEN

S Mallard (N)	10.7	100
Jeff Micallef	23.7	200
Jeff Micallef	53.0	400
Craig Downie	2:01.9	800
R Hamill (RH)	4:11.1	1500
Bruce Hogg	4:35.8	1 Mile
Craig Downie	9:04.2	3000
Bruce Hogg	16:17.4	5000
Kevin Junor (P)	2:19.0	800s/c
Keith Law (Pen)	7:36.8	1500W
Robert Kropman	16.2	110H
Robert Kropman	28.1	200H
David Tarbottom (CTC)	59.2	400H
Nathan Manwaring	6-50	LJ
Craig Willetts	14-17	TJ
Craig Willetts	1-91	HJ
Robert Kropman (7.26kg)	13-95	SP
Robert Kropman (2kg)	42-08	DIS
Robert Kropman (800g)	56-72	JAV

VETERAN

Viv Manwaring	12.4
Viv Manwaring	27.0
Viv Manwaring	58.9
Viv Manwaring	2:20.7
Jim McArdle	4:50
Ted Hemmens	5:31.0
Ted Hemmens	10:37
Jim McArdle	18:26.1
Bob Sewell	3:17.7
Bob Sewell	10:35.9
Viv Manwaring	31.8
Viv Manwaring	5-25
Viv Manwaring	10-83
Stephen Halverson	1-43
Viv Manwaring	
Hans Kropman (7.26kg)	8-57
Viv Manwaring (2kg)	24-30
Viv Manwaring (800g)	32-78

CTC: Campbelltown City
Pen: Penrith

N: Nepean
RH: Ryde-Hornsby

P: Parramatta

SENIOR

Peter Murray	11.0	100
Jeff Micallef	23.7	200
Michael Finucane	53.4	400
Jeff Micallef		
Craig Downie	2:01.9	800
Michael Finucane	4:18.7	1500
Craig Downie	4:46.7	1 Mile
Craig Downie	9:04.2	3000
Craig Downie	16:25.7	5000
John Doolan	2:52.5	800s/c
Robert McGaughey	7:51.5	1500W
Robert Kropman	16.2	110H
Robert Kropman	28.1	200H
Bob Broadhurst	1:09.9	400H
Jeff Micallef	6-26	LJ
Peter Murray		
Peter Kropman	13-23	TJ
Craig Willetts	1-91	HJ
Robert Kropman (7.26kg)	13-95	SP
Robert Kropman (2kg)	42-08	DIS
Robert Kropman (800g)	56-72	JAV

U20

Damien Beckhouse	11.6
Jason Willetts	23.9
Jeff Micallef	53.4
Garry Moran	2:10.9
Bruce Hogg	4:31.7
Bruce Hogg	4:35.8
Robert Kropman	11:39
Bruce Hogg	17:29.0
Peter Kropman	3:21
Peter Kropman	16.9
Ralph Downer	30.5
Garry Moran	1:04.4
Jeff Micallef	6-48
Craig Willetts	14-17
Damien Beckhouse	1-81
Robert Kropman (7.26kg)	12-26
Robert Kropman (2kg)	35-50
Robert Kropman (800g)	46-40

U19

Jeff Micallef	11.6	100
Craig Willetts		
Paul Manton	23.9	200
Jeff Micallef	53.0	400
Bruce Hogg	2:08.2	800
Jim Irving	4:35.9	1500
Bruce Hogg	4:54.2	1 Mile
Bruce Hogg	9:21.9	3000
Bruce Hogg	17:17.5	5000
Peter Kropman	2:30.9	800s/c
		1500W
Peter Kropman	16.2	110H
Peter Kropman	28.2	200H
Peter Kropman	1:01.2	400H
Peter Kropman	6-46	LJ
Craig Willetts	13-20	TJ
Peter Kropman	1-82	HJ
Jeff Micallef (5.449kg)	13-49	SP
Damien Beckhouse (1.5kg)	39-78	DIS
Andrew Grace (800g)	49-34	JAV

U17

Kurt Quinlivan	11.5	100
Phillip Fenech	24.1	200
Phillip Fenech	53.8	400
Jon Hetherington	2:08.9	800
Bruce Hogg	4:31.4	1500
Ron Irving	4:56.4	1 Mile
Bruce Hogg	9:33.1	3000
Bruce Hogg	16:49.0	5000
Mark Irving	2:28.0	800s/c
		1500W
Kurt Quinlivan	16.2	110H / 100H
Phillip Fenech	28.8	200H
Peter Kropman	1:02.9	400H
Phillip Fenech	6-37	LJ
Peter Kropman	12-14	TJ
Shane Hanlon	1-83	HJ
Robert Kropman (4.535kg)	14-20	SP
Greg Howard (1.5kg)	39-72	DIS
Robert Kropman (700g)	53-76	JAV

U15

Michael McHugh	12.0	100
Ilia Gill	24.7	200
Phillip Fenech	57.2	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	3000
Andrew Baraniak	16:50	5000
Shane Ferguson	2:43.7	800s/c
		1500W
Nicholas Potten	15.8	100H / 90H
Michael McHugh	31.2	200H
Michael Wheeler	1:07.8	400H
Ilia Gill	5-51	LJ
Michael McHugh	11-61	TJ
Ilia Gill	1-81	HJ
Andrew McIlwaine(3.632kg)	16-18	SP
Andrew McIlwaine (1kg)	48-50	DIS
Andrew McIlwaine (600g)	52-84	JAV

U18

Phillip Fenech	11.6
Nathan Manwaring	
Phillip Fenech	24.6
Nathan Manwaring	55.1
Bruce Hogg	2:07.4
Ron Irving	4:29.9
Bruce Hogg	4:47.6
Bruce Hogg	9:16.5
Bruce Hogg	16:17.4
Mark Irving	2:32.1
Peter Kropman	16.0
Peter Kropman	29.1
Peter Kropman	1:03.6
Nathan Manwaring	6-50
Craig Willetts	12-97
Shane Hanlon	1-89
Robert Kropman (5.449kg)	13-63
Greg Howard (1.5kg)	38-78
Andrew Grace (700g)	45-28

U16

Phillip Fenech	12.1
Phillip Fenech	24.3
Phillip Fenech	53.6
Andrew Baraniak	2:11.0
Andrew Baraniak	4:32.3
Paul Sewell	5:01.1
Andrew Baraniak	9:37.9
Paul Sewell	18:12
Peter Kropman	2:41.9
Paul Sewell	9:54.0
David Gallo	14.9
Phillip Fenech	29.1
Phillip Fenech	1:05.1
Chris Saliba	6-11
David Gallo	11-93
Peter Kropman	1-73
Robert Kropman (4.535kg)	13-58
Greg Howard (1kg)	44-30
Jon Hetherington (700g)	44-14

U14

Ilia Gill	12.1
Ilia Gill	25.6
Michael McHugh	59.5
Shane Ferguson	2:28.0
Nathan Schmid	4:52.0
Nathan Schmid	5:47.2
Garry Moran	11:08.7
Nathan Schmid	18:50.0
Warren Dempsey	2:56
Derryn Manwaring	9:21.6
Michael Jamieson	15.1
Phillip Fenech	34.0
Nicholas Potten	1:10.4
Ilia Gill	5-15
Barry Prasetya	10-67
Ilia Gill	1-76
Andrew McIlwaine(3.632kg)	14-88
Andrew McIlwaine (1kg)	43-22
Andrew McIlwaine (600g)	45-38

U13

Ivica Mikic	13.1	100
Ilia Gill	27.0	200
Michael Ryan	1:05.0	400
Phillip Fenech	2:34.4	800
Phillip Fenech	5:14.6	1500
Nathan Schmid	5:37	1 Mile
Nathan Schmid	10:49	3000
Nathan Schmid	18:12.2	5000
Stephen Mooney	3:09.3	800s/c
		1500W
Chris Saliba	14.5	90H / 80H
Chris Saliba	37.9	200H
Warren Dempsey	1:18.1	400H
Rodney Scarr	4-97	LJ
Chris Saliba	9-88	TJ
Ilia Gill	1-66	HJ
Andrew McIlwaine(2.724kg)	14-22	SP
Andrew McIlwaine (1kg)	37-70	DIS
Andrew McIlwaine (600g)	32-50	JAV

U12

Ilia Gill	13.3
Ilia Gill	29.0
Michael Wheeler	1:07.2
Nathan Schmid	2:33
Nathan Schmid	4:59.6
Gerard Mahony	5:37.0
Gerard Mahony	11:12.9
Stephen Muir	19:54.8
Dale Berryman	3:21.0
Matthew Beattie	15.3
Jeff Micallef	36.9
Michael Wheeler	1:22.0
Ilia Gill	4-46
Jeff Micallef	8-87
Ilia Gill	1-55
Andrew McIlwaine(2.724kg)	12-15
Andrew McIlwaine (1kg)	31-08
Andrew McIlwaine (600g)	24-56

WOMEN

OPEN

Rebecca Deane	12.7	100
Leanne Saliba		
Heidi Novosell (G)	26.9	200
Jackie Wheeler	1:03.4	400
Susannah Hartgers (TW)	2:24	800
Tracey Lawless (N)	5:05	1500
Kim Pitzing	5:53	1 Mile
Kim Pitzing	11:50	3000
Kim Pitzing	20:12	5000
Yvette Jaeger	2:53.6	800s/c
Helen Sestic	7:42.7	1500W
Lynette Smith	17.6	100H
Catherine Downer	33.3	200H
Tracey Wheeler	1:14.6	400H
Nicole Page	5-13	LJ
Natalie Deegan	10-65	TJ
Vera Abramas (SG)	1-66	HJ
Natalie Avellino (4kg)	10-32	SP
Sue Read (NC) (1kg)	39-66	DIS
Tracey Wheeler (600g)	37-40	JAV

VETERAN

Terri Baraniak	15.8
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
Janette Hatherly	3-14
Jackie Williams	6-26
Janette Hatherly	1-08
Janette Hatherly (4kg)	5-86
Janette Hatherly (1kg)	18-08
Janette Hatherly (600g)	11-42

G: Greystanes
SG: St George

N: Nepean
TW: Tiger Wests

NC: North Canberra

SENIOR

Jackie Wheeler	13.6	100
Jackie Wheeler	29.1	200
Lynette Smith	1:07.3	400
Lynette Smith	2:39.9	800
Julie Peksis	5:50	1500
Julie Peksis	6:18	1 Mile
Robyn Eglentals	13:11	3000
Julie Peksis	22:25	5000
Jackie Wheeler	3:21	800s/c
Lynette Smith	8:41.9	1500W
Lynette Smith	17.6	100H
Lynette Smith	35.6	200H
Tracey Wheeler	1:16.1	400H
Lynette Smith	4-83	LJ
Lynette Smith	10-28	TJ
Lynette Smith	1-60	HJ
Lynette Smith (4kg)	10-20	SP
Lynette Smith (1kg)	35-60	DIS
Lynette Smith (600g)	35-92	JAV

U19

Jackie Wheeler	13.8	100
Jackie Wheeler	28.9	200
Jackie Wheeler	1:04.6	400
Jackie Wheeler	2:42.2	800
Jackie Wheeler	5:46	1500
Jackie Wheeler	6:23	1 Mile
Jackie Wheeler	13:03	3000
Jackie Wheeler	24:12	5000
Jackie Wheeler	3:24	800s/c
Veronica Sestic	8:42.3	1500W
Tracey Wheeler	18.7	100H
Tracey Wheeler	35.9	200H
Tracey Wheeler	1:15.6	400H
Jackie Wheeler	4-83	LJ
Jackie Wheeler	9-82	TJ
Tracey Wheeler	1-52	HJ
Tracey Wheeler (4kg)	9-92	SP
Tracey Wheeler (1kg)	35-04	DIS
Tracey Wheeler (600g)	37-06	JAV

U17

Nicole Page	13.4	100
Tracey Connors	28.4	200
Jackie Wheeler	1:06.0	400
Jackie Wheeler	2:35	800
Kim Pitzing	5:12	1500
		1 Mile
Kim Pitzing	11:50	3000
Jackie Wheeler	23:06	5000
Tracey Wheeler	3:19.9	800s/c
Veronica Sestic	8:35.5	1500W
Kylie Walker	18.7	100H / 90H
Tracey Connors	33.9	200H
Tracey Wheeler	1:14.6	400H
Nicole Page	5-05	LJ
Catherine Kropman	10-16	TJ
Tracey Wheeler	1-58	HJ
Tracey Wheeler (4kg)	9-66	SP
Tracey Wheeler (1kg)	32-62	DIS
Tracey Wheeler (600g)	32-50	JAV

U20

Jackie Wheeler	14.2
Jackie Wheeler	29.0
Jackie Wheeler	1:05.6
Tracey Wheeler	2:44
Jackie Wheeler	6:02
Lynette Smith	8:02
Tracey Wheeler	15:31
Tracey Wheeler	25:35
Jackie Wheeler	3:17
Lynette Smith	9:01.0
Tracey Wheeler	18.5
Jackie Wheeler	35.4
Tracey Wheeler	1:16.6
Lynette Smith	4-61
Catherine Kropman	10-03
Lynette Smith	1-53
Catherine Kropman (4kg)	10-02
Tracey Wheeler (1kg)	36-94
Tracey Wheeler (600g)	37-40

U18

Nicole Page	13.2
Jackie Wheeler	28.3
Jackie Wheeler	1:03.4
Jackie Wheeler	2:41.1
Jackie Wheeler	5:43
Jackie Wheeler	6:30
Jackie Wheeler	13:09
Jackie Wheeler	22:46
Tracey Connors	3:15.6
Veronica Sestic	8:18.8
Kylie Walker	19.1
Kylie Walker	36.8
Jackie Wheeler	1:18.2
Nicole Page	5-13
Catherine Kropman	9-73
Catherine Kropman	1-50
Catherine Kropman (4kg)	8-88
Natalie Avellino (1kg)	35-02
Tracey Wheeler (600g)	33-24

U16

Linda Hatherly	13.4
Jackie Wheeler	
Jackie Wheeler	28.9
Jackie Wheeler	1:05.1
Jackie Wheeler	2:36
Jackie Wheeler	5:35
Katrina Ward	6:14
Jackie Wheeler	12:34
Kim Pitzing	20:12
Tracey Wheeler	4:10
Veronica Sestic	8:10.7
Catherine Downer	15.7
Catherine Downer	33.3
Tracey Wheeler	1:16.4
Tracey Wheeler	5-01
Natalie Deegan	10-65
Lynette Smith	1-58
Natalie Avellino (4kg)	10-32
Natalie Avellino (1kg)	33-78
Tracey Wheeler (600g)	30-18

U15

Rebecca Deane	12.7	100
Leanne Saliba		
Rebecca Deane	27.5	200
Tracey Wheeler	1:06.3	400
Rebecca Deane	2:36.4	800
Kim Pitzing	5:28	1500
Kim Pitzing	5:53	1 Mile
Kim Pitzing	11:50	3000
Kim Pitzing	20:14	5000
Cherie Madden	3:31	800s/c
Helen Sestic	7:42.7	1500W
Rebecca Deane	14.6	90H / 80H
Rebecca Deane	33.4	200H
Tracey Wheeler	1:17.7	400H
Linda Atkins	4-94	LJ
Sarah Ferguson	10-28	TJ
Tracey Wheeler	1-59	HJ
Dianne Kidd (2.724kg)	12-28	SP
Natalie Avellino (1kg)	34-38	DIS
Tracey Wheeler (600g)	30-00	JAV

U14

Rebecca Deane	13.0
Rebecca Deane	28.3
Rebecca Deane	1:03.8
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
Helen Sestic	8:16.6
Rebecca Deane	13.3
Rebecca Deane	32.5
Catherine Kropman	1:21.9
Linda Atkins	4-73
Catherine Kropman	9-90
Catherine Kropman	1-55
Natalie Avellino(2.724kg)	12-91
Natalie Avellino (1kg)	34-22
Natalie Avellino (600g)	30-44

U13

Melissa Briggs	13.8	100
Tania Ringhof	29.1	200
Tracey Wheeler	1:06.5	400
Tracey Wheeler	2:42.6	800
Catherine Kropman	5:37	1500
Kim Pitzing	12:09.0	1 Mile
Kim Pitzing	21:39	3000
Catherine Kropman	3:44	5000
Helen Sestic	8:09.7	800s/c
Sarah Ferguson	14.6	1500W
Sandra Narezzi	37.0	80H
Sarah Ferguson	1:22.1	200H
Tracey Wheeler	4-58	400H
Tracey Wheeler	9-68	LJ
Tracey Wheeler	1-44	TJ
Tracey Wheeler		HJ
Natalie Avellino(2.724kg)	12-20	SP
Natalie Avellino (1kg)	33-04	DIS
Natalie Avellino (600g)	23-76	JAV

U12

Melissa Briggs	14.4
Tammy Gilchrist	
Linda Hemmerling	30.3
Linda Hemmerling	1:10.1
Kellie Fenech	2:48.0
Catherine Kropman	5:42.0
Melissa Briggs	6:50.5
Catherine Downer	13:04.0
Kellie Fenech	26:06.0
Melissa Briggs	16.8
Melissa Briggs	40.2
Catherine Kropman	1:35.0
Tracey Wheeler	4-35
Catherine Kropman	8-75
Melissa Briggs	1-42
Natalie Avellino(2.724kg)	8-51
Natalie Avellino (1kg)	18-70
Tracey Wheeler (600g)	15-06

FUN DAY AND OTHER RECORDS

2.724kg SHOT PUT "THROW"

OPEN:	Robert Kropman	31-66	Lynette Smith	16-92
VETERAN:	Viv Manwaring	18-55	Jackie Williams	6-83
SENIOR:	Robert Kropman	31-66	Lynette Smith	16-92
U20:	Nathan Manwaring	20-55	Tracey Wheeler	14-54
U19:	Jeff Micallef	24-60	Tracey Wheeler	16-29
U18:	Peter Kropman	23-86	Veronica Sestic	12-78
U17:	Robert Kropman	27-24	Tracey Wheeler	14-66
U16:	Robert Kropman	26-99	Natalie Avellino	13-53
U15:	Robert Kropman	18-80	Dianne Kidd	12-91
U14:	Andrew McIlwaine	21-34	Siobhan Battersby	9-82
U13:	Jason Irvine	13-16	Melissa Briggs	9-19
U12:	Wayne Mulhall	7-83	Natalia Sestic	5-72
OFFICIAL:	Hans Kropman	21-09		

60M SPRINT

OPEN:	Peter Murray	7.1	Nicole Page	8.2
VETERAN:	Viv Manwaring	8.1		
SENIOR:	Peter Murray	7.1	Lynette Smith	8.8
U20:	Nathan Manwaring	7.5		
U19:	Nathan Manwaring	7.6		
U18:	Nathan Manwaring	7.4	Nicole Page	8.2
U17:	Andrew Watson	7.7	Linda Hatherly	8.5
U16:	Brad Tudman	8.5	Natalie Deegan	8.8
U15:	Derryn Manwaring	8.0	Sandra Narezzi	8.6
U14:			Sandra Narezzi	9.0
U13:	Brent Balinski	10.5	Melissa Briggs	9.0
U12:	Matthew Beattie	9.7	Natalia Sestic	10.3

300M UNLANED

OPEN:	Michael Finucane	39.5	Lynette Smith	45.8
VETERAN:	Viv Manwaring	43.2		
SENIOR:	Michael Finucane	39.5	Lynette Smith	45.8
U20:				
U19:	Paul Weymark	41.8		
U18:			Veronica Sestic	50.0
U17:	Andrew Watson	45.5	Nicole Page	56.7
U16:	Brad Tudman	45.1	Natalie Deegan	50.2
U15:	Stephen Hinwood	47.1		
U14:			Helen Sestic	48.5
U13:				
U12:	Stephen Muir	56.8	Natalia Sestic	58.0

1000M

OPEN:	Wayne Jeff	3:15.7	Helen Sestic	3:35.5
VETERAN:	Viv Manwaring	3:38.1		
SENIOR:	Wayne Jeff	3:15.7	Lynette Smith	4:06.0
U20:				
U19:				
U18:			Veronica Sestic	4:06.1
U17:	Adrian Grogan	3:41.8		
U16:	Brad Tudman	3:19.3		
U15:				
U14:			Helen Sestic	3:35.5
U13:	Brent Balinski	3:32.6		
U12:	Peter Balinski	3:48.0	Natalia Sestic	4:08.0

1200M S/C

OPEN:	Graham Ryan (RB)	3:53.5	Deborah Mulhall	5:57
VETERAN:				
SENIOR:				
U20:				
U19:			Deborah Mulhall	5:57
U18:	Andrew Grace	6:34		
U17:	Mark Irving	4:02.1		
U16:	Ron Irving	4:30.8		
U15:	Robert Kropman	5:35		
	Jeff Micallef			
U14:	Darian Law (Pen)	5:10		
U13:	Stephen Mooney	6:01		
U12:	Paul Sewell	7:03		

RB: Randwick-Botany Pen: Penrith

2000M S/C

OPEN:	Peter Kropman	7:39
VETERAN:	Bob Sewell	8:24
SENIOR:	John Doolan	7:47
U20:		
U19:	Peter Kropman	7:39
U18:	Ron Irving	7:42
U17:		
U16:		
U15:	Paul Sewell	8:15
U14:		
U13:		
U12:		

STANDING LJ

OPEN:	Robert Kropman	2-84	Catherine Kropman	2-30
			Lynette Smith	
VETERAN:	Stephen Halverson	2-36		
SENIOR:	Robert Kropman	2-84	Catherine Kropman	2-30
			Lynette Smith	
U20:				
U19:	Nathan Manwaring	2-70		
U18:	Nathan Manwaring	2-71	Nicole Page	2-13
U17:	Andrew Watson	2-34	Nicole Page	2-25
U16:	Brad Tudman	2-27	Natalie Deegan	2-08
U15:	Stephen Hinwood	2-44	Sandra Narezzi	2-21
U14:	Nathan Schmid	1-90	Sandra Narezzi	2-08
U13:	Brent Balinski	1-82	Melissa Briggs	2-17
U12:	Matthew Beattie	1-85	Natalia Sestic	1-72

SCISSORS HJ

OPEN:	Nathan Manwaring	1-60	Lynette Smith	1-45
VETERAN:	Stephen Halverson	1-40		
SENIOR:	Michael Finucane	1-52	Lynette Smith	1-45
U20:	Nathan Manwaring	1-60		
U19:	Nathan Manwaring	1-50		
U18:	Nathan Manwaring	1-59	Nicole Page	1-35
U17:			Linda Hatherly	1-26
			Lee Westwood	
U16:			Natalie Deegan	1-30
U15:	David Hatherly	1-45	Sandra Narezzi	1-20
U14:			Sandra Narezzi	1-15
			Helen Sestic	
U13:			Melissa Briggs	1-30
U12:	Stephen Muir	1-05	Natalia Sestic	1-05

4x100M RELAY

OPEN MEN: 48.4 (20.02.93)
Michael Finucane (Sen) Robert Kropman (Sen)
Peter Murray (Sen) Viv Manwaring (Vet)

OPEN WOMEN: 55.0 (18.12.93)
Nicole Page (U18) Linda Hatherly (U17)
Sandra Narezzi (U15) Melissa Briggs (U13)

8x100M RELAY

OPEN MEN: 1:39.7 (09.03.91)
Michael Finucane (Sen) Wayne Jeff (Sen) Bruce Hogg (U18)
Craig Willetts (U18) Garry Dempsey (U17) Shane Hanlon (U17)
Nathan Manwaring (U17) Andrew Baraniak (U16)

OPEN WOMEN: 1:50.5 (16.03.85)
Jackie Wheeler (U19) Tracey Connors (U17) Tracey Wheeler (U17)
Michelle Cauchi (U15) Natalie Avellino (U14) Catherine Kropman (U14)
Jackie Neil (U14) Tracy Scorer (U14)

OPEN MIXED: 1:48.2 (07.03.87)
Deborah Mulhall (Sen) Glen Richardson (Sen) Jackie Wheeler (Sen)
Peter Kropman (U19) Ron Irving (U17) Robert Kropman (U17)
Catherine Kropman (U16) Michael Wheeler (U16)

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