



SEVENTEENTH ANNUAL REPORT

1994/95



Vikki van Trier and Steve ("Smokey") Halverson at the fund raising banquet at Parramatta's Chinese Ambassador Restaurant, 17 December 1994



Bevy of beauties at the fund raising banquet at Parramatta's Chinese Ambassador Restaurant, 17 December 1994 (r to l):
Lynette Smith, Nicole Page, Sandra Narezzi, friend Lisa, and Vikki Savage

ANNUAL REPORT 1994/95
of
GIRRAWEE AMATEUR ATHLETIC CLUB

Presented at the 17th Annual General Meeting
held at the Cumberland Catholic Club
Civic Avenue, Pendle Hill
on
1 August 1995 at 7.30pm

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CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

SUMMER COMPETITION

Linda Balinski (Vet)	1994/95	* Stephen Muir U13
* 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

Vikki Savage U15	1994	* Brett Warner U18
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 1994/95

WINTER COMPETITION 1994 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

MEN

Senior: Brett Warner	59 points
Graham Sheargold	52 points
Stephen Halverson	38 points
John Dwyer	34 points
Bob Sewell	29 points

Junior: Anthony Woods	38 points
Geoffrey Sheargold	23 points

WOMEN

Junior: Vikki Savage	24 points
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Other competitors did not compete in enough events to qualify (minimum 10 out of 20 runs required to qualify for the competition).

SUMMER COMPETITION 1994/95 - CONDUCTED OVER FOUR ROUNDS AT C V KELLY PARK, GIRRAWEEEN

MEN	points	WOMEN	points
1. Stephen Muir	40 *	1. Linda Balinski	37
2. Peter Balinski	40 *	2. Vikki Savage	36
3. Stephen Halverson	40 *	3. Lynette Smith	35½
4. Brent Balinski	40 *	4. Sandra Narezzi	31
5. Paul Weymark	40 *	5. Tiffany Gray	17
6. Bob Sewell	38	6. Michelle Townsend	16
7. David Beattie	35	7. Jessica Fisher	15
8. Nathan Seymour	32	8. Nicole Page	14
8. Graham Sheargold	32	9. Natalia Sestic	4
10. Garry Dempsey	30		
11. Adrian Grogan	29		
12. John Dwyer	28		
13. Viv Manwaring	25		
14. Andrew Watson	22		
15. Brett Warner	21		
16. Andrew Gray	20		
17. Phillip Bowden	19		
18. Gordon Guthrie	18		
19. Matthew Beattie	16		
20. Peter Murray	13		
21. Michael McKee	11		
22. Geoffrey Sheargold	10		
23. Michael Finucane	7		
23. Stephen Hinwood	7		
25. Anthony Woods	5		
26. Doug Leabon	0		
26. David Thursby	0		

* Placings of men's positions 1 to 5 were made after application of the tie-break system.

MEMBERSHIP 1994/95

WOMEN: 9

MEN: 27

TOTAL: 36

VETERAN

Linda Balinski
Phillip Bowden
John Dwyer
Gordon Guthrie
Stephen Halverson
Viv Manwaring
Bob Sewell

SENIOR

Garry Dempsey
Michael Finucane
Andrew Gray
Tiffany Gray
Doug Leabon
Michael McKee
Peter Murray
Graham Sheargold
Lynette Smith
David Thursby
Michelle Townsend
Paul Weymark

U19

Nicole Page

U18

Adrian Grogan
Brett Warner
Andrew Watson

U16

David Beattie
Stephen Hinwood
Sandra Narezzi

U15

Vikki Savage

U14

Brent Balinski
Nathan Seymour

U13

Matthew Beattie
Stephen Muir
Natalia Sestic
Anthony Woods

U12

Peter Balinski
Jessica Fisher
Geoffrey Sheargold

GIRRAWEEEN AMATEUR ATHLETIC CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 1994/95

President	:	Bob Sewell
Secretary	:	Viv Manwaring
Treasurer	:	Stephen Halverson
Registrar	:	Graham Sheargold
Fund Raising	:	Sandra Narezzi Nicole Page
Club Records	:	Michael Finucane
Winter Competition	:	Bob Sewell
Summer Competition	:	Michelle Townsend
Coaching	:	Bob Sewell
Publicity	:	Bob Sewell
Canteen	:	Michael Finucane
ANSW delegate	:	Viv Manwaring
Blair Zone delegate	:	Michael Finucane

LIFE MEMBERS

John Wheeler
Bob Sewell

HON. AUDITOR

Michael Elsley

COMMITTEE REPORTS

PRESIDENT

Our Club suffered a large drop in membership from 61 in 1993/94 to 36 last season, with only 9 females.

Saturday afternoon attendance at our Club summer competition was the usual 50% of members, and Blair Zone Interclub and NSW Interdistrict Competition were barely supported by Girraween.

On the performance front, our Club continued to perform well with Australian / State medals being won by Nicole Page (schools), Adrian Grogan (disabilities), Brent Balinski (little athletics), and Phil Bowden, Peter Murray, John Dwyer, Linda Balinski (veterans).

Fundraising was a positive aspect last season with activities such as a Chinese banquet, Christmas hamper, and a "cash for cans" scheme, raising some much needed funds.

Congratulations to our Club Championship winners. Summer competition male winner Stephen Muir is the youngest male in our Club's history to take out the award, and Linda Balinski is the first veteran woman winner. Linda is a role model for any athlete of any age or standard. A beginner at the start of the season, she trained as hard as anyone at Girraween - continually pushing herself to the limit, listening to the coach, and then doing the work without excuses.

Club members Michelle Townsend and Michael Finucane became husband and wife just after Christmas, and former member Robert Kropman also became hitched.

Our aim at the moment must be to publicise our new season's starting date (9 September) and I will be approaching schools and newspapers in the local area in this regard. However all members can assist by placing programs in shop windows, schools, and other locations such as libraries and sports stores.

I will once again attend the Pecky's Playground fun run to distribute information to runners at that venue, and I have already placed ads in the Blacktown Police Citizens Youth Club and various McDonalds stores.

Your committee has modified the Saturday afternoon summer program slightly, and our Club summer championship pointscore is proposed to be modified but still being based on self-improvement.

The new season should get off to a good start as we already have a membership of 15 enthusiastic distance runners eager to get onto the track.

Little Athletes aged U13 to U15 from any centres will be offered free membership under the "dual registration" scheme, and this may help us to attract more members this season.

I thank the members of the committee for their help last season.

It would be great to see everyone here tonight at our opening day of summer competition on Saturday, 9 September at C V Kelly Park.

Bob Sewell

SECRETARY

I've said it before and I say it again - for a small club we continue to do very well in producing medals at championships. Last season we had medallists in NSW Little Athletics (Brent Balinski); NSW Secondary All Schools (Nicole Page); NSW, Australian, and International Athletics for those with disabilities (Adrian Grogan); NSW Veterans (Phil Bowden, Peter Murray, Linda Balinski); and Australian Veterans (John Dwyer).

In my view, the outstanding performance came from Adrian who established three Australian records in his class (CP7) at the FESPIC Games in Beijing last September. Being a young man, he still has heaps of improvement potential over the next eight years or so.

Our membership suffered a significant reduction last season mainly in the ranks of juniors. There will be further losses to other clubs this coming season as we continue to have difficulty retaining the interest of our better athletes. There needs to be a continuing concerted effort to make our presence known particularly to local high schools and older members of local Little Athletics Centres.

Athletics Australia has produced an Administration Manual for clubs which provides many useful guidelines and hints. LAANSW, in cooperation with ANSW, is preparing guidelines for senior clubs and little athletic centres that wish to have closer ties, such as through amalgamation, for the benefit of the sport. LAANSW is expected to convene meetings of interested clubs and centres in our area in the not-too-distant future to discuss this.

Despite reduction in membership our finances, although nothing to skite about, are in the healthiest state they've been in for some years thanks to fund raising efforts during the season. Those efforts need to be continued and built on. A financial benefit from some form of amalgamation between Girraween Little Athletics Centre and our club would be treatment by the C V Kelly Park Trust (in terms of ground fees) as one organisation and not two.

Clubs have voted in favour of Athletics NSW becoming a company with limited liability. This is expected to happen this month. The significant change is that Athletics NSW will have a Board of Directors who will provide professionalism and leadership to the organisation, and high-profile contact with the business world. For example, one of the Directors will be Ralph Doubell, winner of the 1968 Olympics 800m and successful businessman. There will be no compulsion on any clubs to incorporate.

Viv Manwaring

REGISTRAR

Registrations for the 1994/95 season totalled 36. This is well down on figures for the past four seasons, being 61 in 1993/94, 51 in 92/93, 59 in 91/92, and 57 in 90/91.

Of these 36 registrations, 27 were male and 9 were female. The greatest loss occurred in the ranks of junior females.

Graham Sheargold

WINTER COMPETITION

There were eight regular competitors last season - Brett Warner, Graham Sheargold, Steve Halverson, John Dwyer, Anthony Woods, Geoffrey Sheargold, Vikki Savage, and me.

All these runners except John and me were competing in their first winter season with our Club. Brett improved as the season progressed, gaining third place in the U20 section of the West Metropolitan Zone's 9-race series.

None of our runners finished among the medals in cross-country or road championships.

Bob Sewell

SUMMER COMPETITION

The competition, again consisting of 4 rounds of 4 weeks each, was closer than ever before with five males finishing on the maximum of 40 points. After applying the tie-break system, Stephen Muir (U13) won from Peter Balinski (U12) and Steve Halverson (Vet). Stephen is the youngest male winner ever, joining Joanne Kendall (78/79), Catherine Downer (79/80), and Kellie Fenech (82/83) who were all U13.

In the women's division, newcomer Linda Balinski (Vet) beat Vikki Savage (U15) and Lynette Smith (Senior) by 1 and 1½ points respectively. Congratulations to all those athletes who made the effort to compete regularly.

The closeness of the male competition caused considerable discussion last season. Consequently, to give less reliance on the tie-break system, it is proposed to alter the competition next season as follows:

Score 1, 1½ or 2 points per event completed (as before) and retain the best 4 scores each week; at season's end, drop the worst 4 week results from the 16 competition weeks; and use the tie-break system (as before) to split ties.

This would mean that the maximum score can be 96 points (4x2x[16-4]).

Michelle Townsend

CLUB RECORDS

There were 34 fun day events records established, and 20 records in normal competition. This is well down on last season's efforts.

Michael Finucane

BLAIR ZONE INTERCLUB

With only five years to the year 2000 Olympics, Blair Zone interclub competition on Wednesday evenings is still suffering a slump, with the Nepean Club the only one supporting the concept to any extent.

The 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. While our Club had a number of athletes attend on an irregular basis, the only ones to compete regularly and win awards were:

Lynette Smith (Open) -	1st track, 2nd track and field
Nicole Page (U20) -	1st track, 1st field, 1st track and field.

Bob Sewell

NSW INTERDISTRICT COMPETITION

Our Club was eligible to compete with other Blair Zone clubs in the South Western team in the Interdistrict Competition on Saturdays at Homebush.

Nicole Page was our only participant, being part of the winning team in the B-grade women's competition.

Bob Sewell

PUBLICITY

Once again we received good support from the Parramatta Advertiser, Parramatta Mercury, Blacktown Advocate, and Blacktown City Guardian. See the "Press Plaudits" section for publicity our athletes received.

During the season the Mercury ceased to exist and was replaced by the Fairfax Sun which has Blacktown and Parramatta editions. Neither of those editions has used any of my information.

I can obtain publicity for our Club using successful results from senior, veteran, little athletics, and school competitions. Unfortunately I have to chase most of those results and it would help us all if athletes could contact me about their better performances as soon as they happen.

Bob Sewell

FUND RAISING

We had three fund raising activities which raised \$361.45 during the season:

- Christmas banquet at Parramatta's Chinese Ambassador Restaurant (\$160.50)
- Christmas hamper raffle (\$145.70), and
- cash for cans (\$55.25).

Our thanks to those who took part, and to Bob Sewell for his efforts with the cans.

Sandra Narezzi / Nicole Page

CANTEEN

The canteen made a profit of \$246.90 which is acceptable considering our significantly reduced membership compared to recent years, and the reliance on people's honesty in using it.

It is essential in future that someone be stationed in the canteen to keep a check on sale of goods and receipt of money.

Michael Finucane

TREASURER

We started the season with \$222.89 in the bank and managed to finish the season with \$771.70. Club fees (\$503.00), canteen (\$246.90), and fund raising activities (\$361.45) were our main sources of income.

We didn't buy any equipment or singlets during the year, and so managed to finish with no liabilities. This should give our Club a strong start to the 1995/96 season and allow us to work towards accumulating enough funds for contingencies such as repair and replacement of equipment.

Our Club presented \$50 to Adrian Grogan towards his expenses in selection in the Australian team for the FESPIC Games in Beijing.

Our thanks go to Michael Elsley for auditing the books again this year.

Steve Halverson

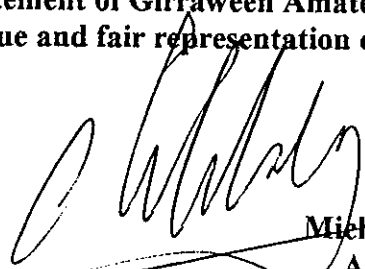


Graham Sheargold, 2nd in the men's winter competition, being presented with his award by Nicole Page at the fund raising banquet on 17 Dec 1994

GIRRAWEE AMATEUR ATHLETIC CLUB
INCOME AND EXPENDITURE STATEMENT AT 1ST JULY 1995
St George Building Society Account 11/528/203

1992/93	1993/94		1994/95
		Income	
431.53	594.61	Balance brought forward	222.89
1557.00	2332.00	Registrations received	1881.00
529.75	421.00	Canteen profit	246.90
84.00	240.00	Sale of singlets	120.00
4.86	12.18	Interest income	5.45
12.00	5.00	Donations	131.50
32.00		Sale of summer handbooks	
33.10	16.00	Visiting athletes ground fees	60.70
200.00		Raffle profits	145.70
		Banquet profits	160.50
		Cash for cans	55.25
2933.49	3620.79	Total income	3029.89
		Expenditure	
1174.00	1762.00	Registrations to NSW	1378.00
125.00	141.00	NSW Affiliation fees	158.00
504.91	345.05	Water rates	165.00
86.42		Trophies	
	400.00	Park Trust Fees	500.00
4.50		Printing postage and stationary	
40.00		Purchase of summer handbooks	
169.65	400.00	Purchase of singlets	
123.80	241.35	Equipment purchases	
10.60	8.50	Bank fees	7.19
100.00	100.00	Representative assistance	50.00
2338.88	3397.90	TOTAL PAYMENTS	2258.19
594.61	222.89	Balance carried forward	771.70

I state 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) 300.00
Bank Account 771.70

LIABILITIES

Nil -----

NET ASSETS 1071.70

EQUIPMENT

stored at C V Kelly Park

60 competition standard hurdles
Mobile hurdle transporter
Mobile tape hurdle marker (repairs needed)

4 steeplechase hurdles (repairs needed)
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)
 2x4.000kg (8.8 lb)
 2x3.632kg (8 lb)
 1x2.724kg (6 lb)

Tapes: 0x10m (1 missing)
 0x50m (1 missing)
 1x100m metal

Stop watches: 8 (3 missing)

Starter gun: 1
Starter caps: 7 boxes

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
 1 shot put / discus transporter

WINTER 1994 CROSS-COUNTRY AND ROAD RESULTS

02-04-94

Bitumen path at Meadowbank Park

Men 8km:	D Leabon	30:24
	B Warner	30:40
	G Sheargold	36:40
	B Sewell	38:41
U16B 4km:	D Beattie	16:05
U12B 1.4km:	M Beattie	4:49
	A Woods	5:03

16-04-94

X country at Auburn (Asics Wests 90th birthday)

Men 7.5km:	D Leabon	28:29
	A Watson	32:05 (2nd U20)
	G Sheargold	34:48
	B Sewell	36:40
5km:	D Beattie	21:39
	J Dwyer	22:16
	S Halverson	26:41
U12B 2.5km:	S Muir	10:02 (1st U12)
	A Woods	10:25
U14G 2.5km:	V Savage	10:50

30-04-94

NSW Novice X-country Championships, Ramsgate

Men 10km:	G Sheargold	47:04
	B Sewell	49:07
6km:	J Dwyer	27:39
	S Halverson	32:23
U18 Men 4km:	B Warner	14:34 (8th)
U14B 2km:	A Woods	7:58 (15th)

14-05-94

NSW X-country Relay Championships at Bass Hill

Open men	D Leabon	14:16
A team	B Warner	14:40
4x4km:	A Watson	16:04
	D Beattie	23:16
	Total time	1-08:16
Open men	G Sheargold	16:18
B team	J Dwyer	16:38
4x4km:	B Sewell	18:22
	S Halverson	18:30
	Total time	1-09:48

28-05-94

Bitumen path at Wilson Park, Ermington (WMZ 4)

Men 8.5km:	G Sheargold	33:27
	S Halverson	39:14
	B Sewell	39:15
U12B 2km:	S Muir	7:30
	A Woods	7:50
	G Sheargold	9:06
U14G 5km:	V Savage	22:43

9-04-94

X-country at Upjohn Park, Dundas (WMZ 1)

Men 7.5km:	D Leabon	29:34
	B Warner	31:10
	A Watson	34:21
	G Sheargold	38:34
	B Sewell	41:58
4km:	D Beattie	16:54
	J Dwyer	18:03
	S Muir	18:25
	S Halverson	20:55
U12B 1.5km:	A Woods	6:11

23-04-94

X-country at Crestwood, B'ham Hills (WMZ 2)

Men 8.5km:	D Leabon	31:47 (3rd senior)
	B Warner	34:55
	G Sheargold	40:17
	B Sewell	43:51
4.3km:	J Dwyer	18:27
	S Muir	18:52
	D Beattie	19:07
	S Halverson	21:50
U12B 2.2km:	A Woods	9:45
	G Sheargold	11:21
U14G 4.3km:	V Savage	18:58

07-05-94

X-country at North Ryde (WMZ 3)

Men 7.5km:	B Warner	30:49 (3rd U20)
	A Watson	31:55
	G Sheargold	33:50
	J Dwyer	34:09
	B Sewell	37:33
5km:	D Beattie	21:09 (2nd U16)
	S Halverson	25:34
U12B 2.5km:	S Muir	10:02
	A Woods	10:05
	G Sheargold	12:14

21-05-94

X-country at Prospect

Men 6km:	D Leabon	21:50
	B Warner	22:25
	G Sheargold	25:15
	B Sewell	27:34
4km:	D Beattie	15:23
	J Dwyer	16:25
	S Halverson	18:20
U12B 2km:	S Muir	7:32
	A Woods	7:33
	G Sheargold	9:13
U14G 4km:	V Savage	16:53

04-06-94

NSW Road Championships at Holsworthy

Men 10km:	G Sheargold	42:45
	B Sewell	49:13
	S Halverson	53:42
U18 Men 5km:	B Warner	18:33 (21st)
U12B 2km:	A Woods	7:23 (12th)
U14G 3km:	V Savage	12:04 (11th)

11-06-94

Parramatta Open at Parramatta Park

Men 16km:	G Sheargold	1-14:52 (43rd)
Men 8km:	S Halverson	39:30 (24th)
U20 Men 4.8km:	B Warner	18:15 (4th)
U12B 1.6km:	A Woods	5:46 (4th)
U14G 1.6km:	V Savage	5:54 (1st)

25-06-94

X-country at The Crest, Bass Hill (WMZ 5)

Men 8km:	B Warner	31:08 (1st U20)
	G Sheargold	34:08
	S Halverson	39:09
	B Sewell	41:36
U17 Men 4km:	A Watson	16:27
U12B 2km:	A Woods	7:47
U15G 4km:	V Savage	18:10

09-07-94

X-country at Werrington (WMZ 6)

Men 8km:	B Warner	30:50 (2nd U20)
	A Watson	31:25
	S Halverson	37:44
	B Sewell	39:54

16-07-94

Trevor Lonard Memorial Hcp (road races, Cabarita)

Men 8km:	G Sheargold	34:40
	J Dwyer	35:26
	S Halverson	37:44
	B Sewell	46:28
4km:	A Woods	15:28 (1st U16)
	D Beattie	18:15
	G Sheargold	19:40
U15G 8km:	V Savage	35:53

30-07-94

Road races at Parramatta Park (WMZ 7)

Men 8km:	B Warner	30:59
	G Sheargold	35:26
	J Dwyer	35:55
	S Halverson	39:23
	B Sewell	46:28
U16B 3.5km:	D Beattie	13:06
U12B 1.7km:	A Woods	6:06
	G Sheargold	8:35
U15G 3.5km:	V Savage	14:13

13-08-94

X-country at Wyatt Park, Auburn

Men 7 5km:	G Sheargold	35:09
	S Halverson	38:20
	B Sewell	46:29
5km:	D Beattie	21:56
	J Dwyer	21:58
U12B 2.5km:	A Woods	9:55
	G Sheargold	13:15

18-06-94

NSW Road Relay Championships at Newcastle

Open men	B Warner	19:25
A team	G Sheargold	20:27
4x5km:	J Dwyer	21:26
	S Halverson	22:59
	Total time	1-24:17
3km fun run:	A Woods	12:58 (3rd)

18-06-94

NSW Schools Road Walking Champs, Blacktown

U13G 2km:	Natalia Sestic	13:28
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02-07-94

NSW X-country Championships at Nowra

U18 Men 6km:	B Warner	24:38 (20th)
U12B 2km:	A Woods	8:25 (15th)

10-07-94

LAANSW X-country Championships, Albion Park

U15B 3km:	D Beattie	14:06.8 (11th)
U12B 2km:	S Muir	8:18.8 (22nd)
	A Woods	8:24.3 (27th)
U15G 3km:	V Savage	14:00.7 (5th)

23-07-94

NSW X-country Championships at Galston

Men 8km:	B Warner	30:38
	G Sheargold	34:57
	J Dwyer	35:25
	S Halverson	38:30
	B Sewell	38:53
U18 Men 5km:	A Watson	21:03 (13th)
U12B 2.5km:	A Woods	9:52 (4th)
U16G 5km:	V Savage	23:26 (5th)

06-08-94

Road races at Abbotsford

Men 8km:	J Dwyer	35:16
	G Sheargold	35:16
	B Warner	36:59
	S Halverson	38:20
	B Sewell	41:26
U13B 2km:	S Muir	7:29
	A Woods	7:31
	G Sheargold	9:27
U15G 8km:	V Savage	36:59

20-08-94

Road races at Epping (WMZ 8)

Men 5km:	B Warner	19:55
	S Muir	21:11
	G Sheargold	23:04
	B Sewell	26:48
U12B 2km:	A Woods	7:44
	G Sheargold	9:14

27-08-94

Concrete path at Auburn West (WMZ 9)

Men 4km:	J Dwyer	17:45
	B Sewell	20:12
U12B 2km:	A Woods	7:45
	G Sheargold	ran extra
U15G 4km:	V Savage	16:55

SUMMER 1994/95 RESULTS

CLUB COMPETITION

The following ground records were established at C V Kelly Park:

<u>Women</u>				<u>Men</u>			
Helen Sestic	Open	1500W	7:15.2	Steve Halverson	Vet	HJ	1-55
Lynette Smith	Senior	800	2:37.6	Paul Weymark	Senior	3000	10:14.2
	Senior	3000	13:02.3	Brent Balinski	U14	1500W	8:00.0
Nicole Page	U19	200	28.5		U14	3000	10:48.5
	U19	LJ	5-04		U14	5000	18:33.6
	U19	TJ	10-64	Stephen Muir	U13	800	2:32.6
				Peter Balinski	U12	3000	11:05.9
					U12	5000	19:43.5

FUN DAYS - NEW RECORDS

8x100 mixed relay (minimum 3 women): 1:46.2					
John Dwyer (Vet)		Stephen Halverson (Vet)		Garry Dempsey (Sen)	
Lynette Smith (Sen)		Paul Weymark (U20)		Nicole Page (U19)	
Adrian Grogan (U18)		Sandra Narezzi (U16)			

1 mile			
Brent Balinski	U14	5:40.4	

A further 32 records were established in 60m, 300m, 1000m, standing LJ, and scissors HJ.

6th FAR EAST & SOUTH PACIFIC INTERNATIONAL (FESPIC) GAMES (Beijing, China, 04-10.09.94)

Adrian Grogan	CP class 7	100	13.82 (Australian record)	4th
		200	27.77 (Australian record)	3rd
		400	1:03.27 (Australian record)	3rd

CHS T & F CHAMPIONSHIPS (Homebush, Sept 94)

Nicole Page	Girls 17+	TJ	10-24	7th
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MOOVE GAMES - NSW SECONDARY ALL SCHOOLS T & F CHAMPS (Homebush, 8/9.10.94)

Nicole Page	U19	LJ	5-15	4th
	U19	TJ	10-90	3rd
Brent Balinski	U14	1500	5:03.04	12th

NSW PSSA STATE CHAMPIONSHIPS (Homebush, 2/3.11.94)

Stephen Muir	U13	800	2:32.42	6th heat
Jessica Fisher	U12	HJ	1-39	6th

NSW STATE ATHLETICS CHAMPIONSHIPS (for those with disabilities) (Homebush, 5.11.94)

Adrian Grogan	CP class 7	100	13.90	1st
		200	29.21	1st
		400	1:04.74	1st

ASICS WESTS GAMES (Auburn, 01.01.95)

Paul Weymark	Open	1500	4:27.2	3rd
Brent Balinski	U15	1500	5:02.3	3rd
Peter Balinski	U13	800	2:47.2	1st

LAANSW TRANS TASMAN CHALLENGE (Sydney Athletic Field, 22.01.95)

Jessica Fisher	U12	HJ	1-51	1st
Peter Balinski	U11	1500	5:23.2	5th

NSW STATE CHAMPIONSHIPS (Homebush, 10-12.02.95)

Nicole Page	U20	LJ	4-58	9th
		TJ	10-60	6th

NSW STATE CHAMPIONSHIPS (Homebush, 25/26.02.95)

Stephen Hinwood	U16	SP	11-64	14th
		Discus	33-32	18th

AUSTRALIAN ATHLETICS CHAMPIONSHIPS (for those with disabilities) (Brisbane, 11/12.03.95)

Adrian Grogan	CP class 7	100	14.24	1st
		200	28.32	1st
		400	1:03.44	1st

NSW VETERANS 10km TRACK CHAMPIONSHIPS (Homebush, 12.03.95)

Phillip Bowden	M65-69	10km	45:54	1st
Bob Sewell	M55-59	10km	50:03	4th
Linda Balinski	W35-39	10km	52:28	1st

LAANSW STATE CHAMPIONSHIPS (Homebush, 18/19.03.95)

Peter Balinski	U11B	1500	5:10.0	8th
Brent Balinski	U14B	1500W	7:21.4	3rd
Stephen Hinwood	U15B	SP	13-93	5th
Sandra Narezzi	U15G	200H	29.8	5th heat
Vikki Savage	U15G	3000	12:04.0	9th

NSW VETERANS CHAMPIONSHIPS (Homebush, 25/26.03.95)

Phillip Bowden	M65-69	100	16.10	2nd
		200	32.69	2nd
		5000	21:45.92	2nd
Peter Murray	M30-34	100	11.86	2nd
		200	23.07	2nd
Linda Balinski	W35-39	5000	25:15.05	2nd

AUSTRALIAN VETERANS CHAMPIONSHIPS (Townsville, 28.04.95 - 01-05.95)

John Dwyer	M55-59	1500	5:06.4	3rd
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NSW INTERDISTRICT COMPETITION (Homebush, Saturdays Oct 94 - Jan 95)

Nicole Page	01.10.94	100	13.49
	15.10.94	TJ	10-59
	19.11.94	LJ	4-72
	07.01.95	100	14.58
	07.01.95	LJ	4-54

BLAIR ZONE COMPETITION (Various grounds, Wednesday evenings Sept 94 - Feb 95)

Lynette Smith	Open Women	1st track, 2nd track + field
Nicole Page	U20 Women	1st track, 1st field, 1st track + field



2.4.94

GIRRAWEE at Meadowbank:
Men: 8km: D Lebon 30m24s B
Warner G Sheargold. U-16 4km: D
Beattie 16m5s. U-12 1.4km: M
Beattie 4m49s A Woods. Girls U-12
1.4km: E Schmid 5m38s.

9.4.94

GIRRAWEE at Dundas: Cross
Country: MEN: 7.5km Vet: G
Sheargold 38m34s B Sewell. Snr: M
Kammerer 29m12s D Leabon P
Sewell. U-20: B Warner 31m10s A
Watson P Weymark. 4km Vet: J
Dwyer 18m35s S Halverson. U-16: D
Beattie 16m54s S Muir. BOYS:
1.5km U-12: A Woods 6m11s D
Eastcott G Sheargold. GIRLS:
1.5km U-13: D Schmid 7m0s P
Eastcott.

Girraween AAC:
Cross-country at North Ryde,
May 7:

Men, 7.5km veteran: J
Dwyer 34.09, B Sewell. Open:
B Warner 30.49, A Watson, G
Sheargold. 5km open: D
Beattie 21.09, S Halverson.
2.5km U/12: S Muir 10.02, A
Woods, G Sheargold.

Girls, 2.5km U/12: E
Schmid 11.57.

Girraween Amateur Ath-
letic Club.

Cross country at Bass Hill,
May 14:

Men, 4km veteran:
JDwyer 16min38sec,
B Sewell, S Halverson.
Senior: D Leabon
14min16sec, G Sheargold.
U-18: B Warner
14min40sec, A Watson,
D Beattie.

PARRAMATTA ADVERTISER, Wednesday, June 8, 1994

Athletes stride on

Girraween cross-country,
Auburn, April 16:

Men: 7.5km Veteran: B
Sewell 36.40. Open: D Leabon
28.29, A Watson, G
Sheargold. 5km, Veteran: J
Dwyer 22.16, S Halverson.
U/20: P Weymark 20.23, D
Beattie. 2.5km, U/12: S Muir
10.02, A Woods, D Eastcott.

Women, 2.5km U/18: V
Sestic 13.21. U/14: V Savage
10.50, E Schmid, P Eastcott.

30.4.94

GIRRAWEE at Ramsgate: MEN:
Vet 10km: G Sheargold 47m4s B
Sewell. 6km: J Dwyer 27m39s S
Halverson. U-16 4km: B Warner
14m34s. U-14 2km: A Woods
7m58s. GIRLS: U-12 2km: E
Schmid 8m53s.

BLACKTOWN CITY GUARDIAN, Wednesday, May 4, 1994

TWO members of
Girraween Amateur Athletic
Club (GAAC) displayed
enormous improvement in
the third race of the west
metropolitan series recently
at North Ryde.

David Beattie was second
in the under-16 5km event
and Brett Warner was third
in the under-20 7.5km race.

The club's Vikki Savage,
13, recently won the Little

Athletics west metropolitan
zone 3000m title.

Vikki is now increasing
her training for the 1994
City to Surf 14km road race.

GAAC also has juniors,
seniors and veterans in peak
training for the NSW road
titles to be held at
Holsworthy Army Base later
this month.

In July, GAAC members
will travel to Nowra for the

NSW cross-country titles,
with runners aged under-12
to over 50 competing.

Meanwhile, Elana
Schmid, 9, Anthony Woods,
11, Stephen Muir, 12, Vikki
Savage, 13, and David
Beattie, 15, have all quali-
fied for district or zone
cross-country by scoring re-
sounding wins in their re-
spective schools champion-
ships.

Cross country at Prospect,
May 21.

Men, 6km veteran:
BSewell 27min33sec. Open:
D Leabon 21min50sec,
B Warner, G Sheargold. 4km
open: D Beattie 15min23sec,
JDwyer, S Halverson. 2km
U-13: SMuir 7min32sec,
A Woods, G Sheargold.

Women, 4km U-14:
VSavage 16min53sec.

BLACKTOWN CITY GUARDIAN, Wednesday, June 22, 1994

Girraween Amateur

Members of Girraween Amateur Athletic Club
have continued to perform well in school cross
country competition.

In the Christian Schools state cross country
championships at Cobbity, 13 year old Vikki
Savage finished third in the 2.4 kilometre event
over an extremely hilly course.

Club mates Anthony Woods, 11, and Stephen
Muir, 12, represented different schools in the
Merrylands-Wentworthville zone cross country
championships, but they ran away from their
rivals and battled to the line with Anthony
winning in a photo finish.

In the Hills zone championships, 9-year-old
Elana Schmid finished a close second after
leading for most of the way.

Eleven-year-old Matthew Beattie took third
place in the Catholic schools Parramatta Diocese
cross country championships in Parramatta Park.

Far East and South Pacific Games for
disabled athletes which will be held in
China in September.

He will represent Australia in the
100, 200 and 400 metres.

Meanwhile, his club mates are
competing in zone cross country and
road racing events and several runners
have already shown improvement.

The youngest member of the club, 9
year old Elana Schmid finished third
in the under 13 1.5 kilometre cross
country event in race one in the west
metropolitan series at Dundas.

Eleven year old Stephen Muir won
his first trophy in senior competition
when he led all the way to win the
under 13 2.5 kilometre event in the
Asics Wests Athletic Club's 90th
birthday runs at Auburn.

Andrew Watson, 16, placed second
in the Under 20 7.5 kilometre race.

In race two for the zone series, the
Girraween summer champion Doug
Leabon placed third in the senior 8.5
kilometre cross country race at
Baulkham Hills.

The club's next major event will be
the state cross country relay champi-
onships which will be held at Bass
Hill on Saturday, May 14.

Athletics

Girraween Amateur

Cross country at Baulkham Hills,
April 23:

Men 8.5km, veteran: G. Sheargold
40.17, B. Sewell.

Open: D. Leabon 31.47, M. Kam-
merer, B. Warner.

4.3km, U16: S. Muir 18.52, D.
Beattie.

2.25km, U12: D. Eastcott 9.27, A.
Woods, G. Sheargold.

Women 4.3km, U14: V. Savage
18.58.

U12: E. Schmid 10.09.

Girraween Amateur Athletic Club
member Adrian Grogan, 16, of
Wentworthville, won three gold
medals in the Australian Cerebral Palsy
track and field championships in
Brisbane on April 23 and 24.

Adrian won the medals in the 100
metres (14.27), 200 metres (29.93)
and 400 metres (64.43).

He also added a silver medal to his
collection when he threw the discus
18.21 metres.

Adrian is now training for the sixth

28.5.94

GIRRAWEEEN at Ermington: Snr
8.5km: G Sheargold 33m27s S
Halverson B Sewell. U-13 2km: S
Muir 7m20s A Woods G Sheargold.
Women: U-14 5km: V Savage
22m43s. U-13 2km: E Schmid
8m52s.

25.6.94

GIRRAWEEEN at The Crest: MEN:
8km Snr: G Sheargold 34m08s S
Halverson B Sewell. U-20: B
Warner 31m08s. 4km: A Watson
15m27s. U-13 2km: A Woods
7m47s. **WOMEN: U-15 4km: V**
Savage 18m10s.

Girraween Amateur Athletic Club

Cross-country, Werrington, July 9

Men 8km, veteran: S Halverson 37.44, B Sewell.

U/18: B Warner 30.50, A Watson.

Girls 1.8km, U/12: E Schmid 7.25.

Girraween Amateur Athletic Club:

Cross country at Galston, July 23:

Men, 8km veteran: 1st, JDwyer, 35min24sec; SHalverson, BSewell.

Open: winner, B Warner, 30min35sec, GSheargold.

Under-18 5km: A Watson, 21min3sec.

U-12 2.5km: A Woods, 9min50sec.

Girls U-15 5km: V Savage, 23min26sec.

Girraween Amateur Athletic Club

Road races at Parramatta Park, July 30

Men, 8km veteran: J Dwyer 35.55, S Halverson, B Sewell.

Open: B Warner 30.59, G Sheargold.

U/16 3.5km: D Beattie 13.06.

U/12 1.7km: A Woods 6.06, G Sheargold.

Girls, U/15 3.5km: V Savage 14.13.

U/12 1.7km: E Schmid 8.10.

Girraween AA Club road races, Abbotsford, August 6:

Men's, veteran 8km: JDwyer, 35min16sec. SHalverson, BSewell.

Open: G Sheargold, 35min16sec, B Warner.

U-13, 2km: winner, S Muir, 7min29sec. A Woods, G Sheargold.

Girls, U-15 8km: winner, V Savage, 36min59sec.

13.8.94
Girraween Amateur Athletic Club:

Cross country races conducted at Auburn Athletic Field:

Men, 7.5km: winner, G Sheargold, 35min9sec; SHalverson, BSewell.

5km: winner, DBeattie, 21min56sec; JDwyer.

2.5km: 1st, A Woods, 9min55sec; GSheargold.

20.8.94

GIRRAWEEEN at Epping: MEN:
5km: B Warner 19m55s G Sheargold B Sewell. U-13 5km: S Muir 21m11s. U-12 2km: A Woods 7m44s G Sheargold. **GIRLS: U-12 2km: E Schmid 8m26s.**

27.8.94

GIRRAWEEEN at Auburn West:
MEN 4km: J Dwyer 17m45s B Sewell. U-13 2km: A Woods 7m45s J Dwyer G Sheargold. **WOMEN: U-13 4km: V Savage 16m55s.**

Girraween Amateur Athletic Club

August 27 — Races on concrete path at Auburn West

Men 4km: J Dwyer 17.45, B Sewell. U/13 2km: A Woods 7.45, G Sheargold.

Girls U/15 4km: V Savage 16.55.

The club's registration day for 1994-95 track and field competition will be Saturday September 10 at CV Kelly Park, Oramzi Rd, from 1.30pm.

A program of 10 running, jumping and throwing events will begin at 2pm.

In other club news, 12 year old Stephen Muir won the 800m in 2min 38.4sec at the Wentworthville zone track and field championships at Greystanes on August 31.

The Girraween club holds track and field competition at CV Kelly Park each Saturday from 1.30pm and athletes of any standard are invited to compete.

17 year old Brett Warner of Girraween has won Girraween Amateur Athletic Club's 1994 Winter championship. Brett scored 59 points to finish ahead of 39 year old Graham Sheargold (52 points) and 42 year old Stephen Halverson (38 points). The three runners were competing in the West Metropolitan Zone's cross country and road racing season for the first time. Brett finished third in the U/20 section of the Zone's nine race series.

In the club's junior championships, 11 year old Anthony Woods and 14 year old Vikki Savage were easy winners. During the season Anthony won the primary school cross country championship in the Wentworthville zone and finished fourth in the NSW cross country championship over 2.5km. Vikki finished third in the Christian Schools cross country championship and fifth in the NSW championship.

The club's youngest member, Geoffry Sheargold (7) finished second in the club championship.

BLACKTOWN CITY GUARDIAN, Wednesday, August 24, 1994

Athletics

Girraween

Wentworthville runner Adrian Grogan, 17, will leave Sydney on August 30 for Beijing, China, where he will compete in the Far East and South Pacific Games for disabled sportspeople.

Adrian will represent Australia in the 100, 200 and 400 metres.

A sufferer from cerebral palsy, Adrian is able to run fast in spite of balance problems on his left side.

In recent time trials Adrian covered 60 metres in 8.35 seconds, 100 metres in 13.84, 200 metres in 28.06 and 400 metres in 66.06.

His coach at Girraween Amateur Athletic Club, Bob Sewell, says these times indicate Adrian should perform at his peak in China.

Adrian has trained hard during winter and is now coping well with the use of starting blocks.

The games will be held from September 3 to 11.

Adrian's training partners Vikki Savage 14, Stephen Muir 12, and Anthony Wood 11, are training hard for zone/district school track and field competition.

Vikki will compete in 800 and 1500 metres and shot put and discus in the Christian schools zone championships at Abbotsford on August 26.

Stephen and Anthony will compete against each other in the 100, 200 and 800 and high jump in the Wentworthville — Merrylands district at Blacktown this month.

BLACKTOWN ADVOCATE 28.9.94

Running honors for Adrian in Beijing

ADRIAN Grogan has won two bronze medals at the Far East and South Pacific Games for disabled sportspeople in Beijing, China.

Grogan, 17, of Wentworthville, who has mild cerebral palsy, clipped 2.16 seconds off his previous best time when he ran third in the 200m in 27.77 seconds.

He also finished third in the 400m in 63.76 seconds, improving his best time by 0.67 seconds. He missed out on a third bronze by 100th of a second in the 100m, recording a time of 13.81 seconds. His personal best is 13.80 seconds.

Grogan's coach at Girraween Amateur Athletic Club, Bob Sewell, had predicted Adrian would perform at his peak in China and he expects his charge to improve during the season.

Back home, the club's junior winter champion, Vikki Savage, 14, finished second in the 1500m at the State Christian schools track and field championships at Homebush.

Stephen Muir, 12, won the 800m at the Wentworthville zone primary schools track and field championships.

Stephen sets sights on State title

TOONGABBIE runner Stephen Muir, 12, qualified for his first State championship when he finished third in the 800m event in the primary schools regional championships at Homebush.

Stephen's time of 2:33.6 was a personal best by 4.4 seconds and was achieved in windy conditions.

Four days later Stephen and his partner Kristy McNamara won the under 25 division of the Runners Shop Twosome in Parramatta Park which was a relay event in which one female and one male covered 4km each.

With his coach Bob Sewell, Stephen will spend the next four weeks develop-

ing the young runner's speed at Girraween Amateur Athletic Club.

The State championships will be held at Homebush on Wednesday, November 2, but meanwhile the Girraween club is preparing junior athletes for the Moove Games at Homebush on October 8 and 9.

The Parramatta and Holroyd Mercury

Thursday, October 27, 1994

Muir's in for State 800m

TOONGABBIE runner Stephen Muir, 12, has qualified for his first State championship by finishing third in the 800m in the primary schools regional championships at Homebush recently.

Muir clipped 4.4sec from his best time when he recorded two minutes 33.6sec in extremely windy conditions.

Four days later, Muir and his partner travelled to Parramatta Park to win the under-25 category of the Runners Shop twosome, which is a relay event in which one female and one male cover a distance of 4km each.

Over the next month, coach Bob Sewell will work on increasing Muir's speed at Girraween Amateur Athletic Club.

The State championships will be held at Homebush on Wednesday, November 2.

The club holds competition at CV Kelly Park each Saturday, from 1.30pm, and is still looking for new members, especially female distance runners.

PARRAMATTA ADVERTISER

Wednesday, October 12, 1994

Rising star of the track

TWELVE-year-old athlete Stephen Muir has qualified for his first State Championships.

The Girraween Amateur Athletic Club (GAAC) member will be vying for a medal at the titles to be held on November 2, at Homebush.

Stephen, of Toongabbie, finished third in the 800m event at the recent Primary School Regional Championships.

His time of 2min33.6secs was a personal best — bettering his previous 800m best by more than four seconds.

GAAC holds weekly meets at C V Kelly Park, from 1.30pm on Saturdays.

Girraween Amateur

Grading competition at C.V. Kelly Park, September 10:—

Men, 100m: A. Gray 12.3, D. Thursby, D. Beattie.
200m: A. Gray 24.9, D. Beattie, D. Thursby.
1500m: A. B. Warner 5.08.7, B. Balinski, S. Muir;
B. A. Woods 5.27.3, P. Weymark, G. Sheargold.
High jump: D. Beattie 1.55m, P. Weymark, N. Seymour.

Long jump: A. Gray 4.89m, D. Ryan, S. Halverson.
Shot put: 7.2 kg, D. Thursby 8.36m, V. Manwaring, P. Weymark; 5.4 kg, B. Warner 8.25m; 4.5 kg, D. Beattie 7.50m; 3.6 kg, N. Seymour 7.70m, B. Balinski; 2.7 kg, D. Ryan 10.00m, S. Muir.

Women, 100m: V. Sestic 14.6, H. Sestic, T. Gray.
200m: V. Sestic 31.1, H. Sestic, T. Gray.
1500m: A. H. Sestic 5.40.2, V. Savage, T. Gray; B. N. Sestic 6.17.4, D. Ball, V. Sestic.
Long jump: S. Narezzi 4.25m, H. Sestic, T. Gray.

Discus: H. Sestic 29.90m, V. Sestic, N. Page.

Girraween Amateur

Grading competition at C.V. Kelly Park, September 17:—

Men, 100m: A. Gray 12.2, P. Weymark, P. Sewell.
400m: A. Gray 55.1, N. Fowler, D. Beattie.
800m: N. Fowler 1.15.5, P. Weymark, D. Beattie.
3000m: B. Balinski 11.02.4, P. Balinski, P. Weymark.
High jump: A. Gray 1.55m, S. Halverson, P. Weymark.
Long jump: G. Dempsey 4.97m, D. Beattie, P. Sewell.
Discus: Veteran, V. Manwaring 19.24m, S. Halverson, B. Sewell; senior, G. Dempsey 28.16m, P. Sewell, A. Gray; U16, S. Hinwood 32.70m, D. Beattie; U14, B. Balinski 14.28m, S. Muir, P. Balinski.

Javelin: Veteran, V. Manwaring 27.06m, S. Halverson, B. Sewell; senior, P. Sewell, A. Gray; U14, S. Muir 11.84m, P. Balinski, B. Balinski.

Women, 100m: S. Narezzi 14.1, V. Sestic, T. Gray.
400m: T. Gray 70.5, H. Sestic, V. Sestic.
800m: V. Savage 2.46.4, T. Gray.
3000m: T. Gray 13.27.2, L. Balinski.
Shot put: Senior, T. Gray 5.92m, L. Balinski; U20, V. Sestic 8.45m; U15, V. Savage 10.09m, S. Narezzi; U13, N. Sestic 7.71m.

Javelin: T. Gray 15.64m, V. Savage, L. Balinski.

District athletes set hot pace

SEVERAL Blacktown district athletes posted outstanding performances at the Moove Games at the Sydney International Athletic Centre at Homebush.

The Games - officially the NSW All Schools Track and Field Championships - is the only competition that brings together secondary school students from the State's public, private, CHS and GPS schools.

More than 1400 young athletes competed.

Doonside Technological High School's Bronwyn Smith showed focus and power to win the final of the under-17 100m.

She clocked 12.65s into a strong headwind to win by 1/100th of a second from Donna Jones, of the Bede Polding school.

Bronwyn captured the sprint double by winning the 200m final in 25.71s.

Her Doonside under-15 colleague Shane Lee bagged two silver medals in the shot and discus.

Shane was pipped on both occasions by the male athlete of the championships, Narrabeen's Peter Elvy.

Blacktown High's 12-year-old Renee McAskill produced an impressive performance to win the under-17 3000m walk.

She cleared out from the pack at the 800m mark and was never threatened.

The under-17s event was run in conjunction with the under-19s race and Renee crossed the line in third place, ahead of several older and more established walkers.

Toongabbie athlete Nicole Page, 17, won her first State medal when she finished third in the under-19 triple jump.

She cleared 10.9m to miss the Australian qualifying standard by 10cm and has until the end of the month to achieve the mark.

She also finished fourth in the long jump.

Nicole, who attends Grantham High, is a member of Girraween Amateur Athletic Club and an accomplished swimmer and softball player.

BLACKTOWN ADVOCATE, Wednesday, October 19, 1994



In action at the Moove Games, Blacktown's Rondelle Ryan in the long jump

Competition at CV Kelly Park, September 24:

Men:

100m: A Gray 12.1sec, G Dempsey, M Finucane.

400m: M Finucane 54.1sec, A Gray, P Weymark.

1500m: B Harrison 5min6.3sec, P Weymark, B Balinski.

200m hurdles: D Beattie 30.7sec, V Manwaring, S Halverson.

Long jump: G Dempsey 5.25m, A Gray, A Klein.

Shot put, veteran section, V Manwaring 7.39m, S Halverson, B Sewell; senior, G Dempsey 9.84m, A Gray, P Weymark; under-15: S Hinwood 13.02m, N Seymour, B Balinski; under-13, S Muir 6.60m, P Balinski.

Javelin, veteran section, V Manwaring 26.54m, B Sewell, S Halverson; senior, G Dempsey 29.64m, A Gray; under-16, D Beattie 28.64m; under-15, S Hinwood 19.90m; under-14, N Seymour 14.12m, S Muir, B Balinski.

Women:

100m: N Page 13.2sec, V Sestic, H Sestic.

1500m walk: 1st H Sestic 7min15.2sec, open club record).

Long jump: N Page 5.13m.

Triple jump: N Page 10.16m, M Osborne.

Discus: H Sestic 27.74m, V Sestic, L Hatherly.

Javelin: L Smith 26.22m, L Hatherly, L Balinski.

● Girraween Amateur Athletic Club:

Competition at CV Kelly Park, October 1:

Men:

200m: D Beattie 25.6sec, G Dempsey, P Weymark.

800m: 1st P Weymark 2min18.5sec, B Crisp, D Beattie.

5000m: 1st B Crisp 18min30.6sec, B Davidson, P Weymark.

High jump: G Dempsey 1.54m, D Beattie, P Weymark.

Discus, veteran, V Manwaring 24.18m, J Dwyer, G Osborne; senior, G Dempsey 24.24m, P Weymark.

Under-18: B Warner 21.76m, A Grogan.

Under-16: D Beattie 27.44m.

Under-14: N Seymour 25.42m.

Women:

200m: L Hatherly 30.3sec, L Smith, M Osborne.

High jump: L Smith 1.54m.

Shot put: L Smith 9.03m, L Hatherly, J Osborne.

BLACKTOWN CITY GUARDIAN 19.10.94

Girraween Amateur Athletic Club

Competition at C.V. Kelly Park, October 8:—

Men, 100m: G. Dempsey 12.2, D. Beattie, P. Weymark.

400m: N. Fowler 58.7, D. Beattie, D. Dempsey.

1500m: N. Fowler 4.58.2, P. Weymark, D. Beattie.

200m hurdles: N. Fowler 30.5, D. Beattie, S. Halverson.

Long jump: N. Fowler 5.35m, D. Beattie, S. Halverson.

Shot put, senior: G. Dempsey 10.50, S. Halverson, B. Sewell. U16: D. Beattie 7.87m.

U15: S. Hinwood 13.37m, N. Seymour. U12: A. Woods 4.97m.

Women, 100m: S. Narezzi 13.5, L. Smith, A. Herc.

200m hurdles: S. Narezzi 36.7, L. Smith.

Long jump: L. Smith 4.53m.

Triple jump: L. Smith 9.51m, A. Herc, M. Osborne.

Discus: L. Smith 34.02m, S. Narezzi.

Javelin: L. Smith 30.68m.

Toongabbie athlete Nicole Page has won her first state medal by finishing third in the under 19 triple jump at the Moove Games.

Seventeen year old Nicole missed the Australian qualifying standard by 10cms when she jumped 10.90m, but has until the end of this month to reach the standard.

On the same day, Nicole recorded 5.15m in the long jump, missing a bronze medal by 7cms. Nicole is a member of Girraween Amateur Athletic Club and was representing Grantham High School at the games which are the state championships for school athletes.

Nicole's Girraween clubmate Brent Balinski finished 12th in the under 14 1500 metres event at the Games, recording a personal best time of 5.03.04. He represented Parramatta Marist Bros High School.

The Girraween club holds Saturday afternoon competition at C.V. Kelly Park and is still interested in signing up new members.

Girraween Amateur Athletic Club

Competition at CV Kelly Park, October 15

Men 200m: A Gray 23.9, G Dempsey, A Watson. 800m: P Weymark 2.17.6, A Gray, D Beattie. 3000m: B Harrison 10.52.5, P Weymark, B Balinski. High jump: S Halverson 1.55m, D Beattie, P Weymark. Discus: Veteran — V Manwaring 24.22m, J Dwyer, S Halverson. Senior — G Dempsey 31.68m, P Weymark, A Gray, U/18 — A Watson 20.08m, A Grogan, U/16 — D Beattie 20.80m, U/14 — B Balinski 18.38m, S Muir, P Balinski.

Women 200m: N Page 28.5, S Narezzi, L Smith. 800m: T Gray 2.47.9, V Savage, L Smith. 3000m: V Savage 12.29.7, L Balinski. 90m hurdles: S Narezzi 15.3. High jump: L Smith 1.50m. Long jump: N Page 5.04m, S Narezzi, V Savage. Triple jump: N Page 10.64m, S Narezzi, T Gray. Shot-put: Senior — L Smith 9.64m, T Gray, L Balinski. U/19 — N Page 8.33m, U/15 — V Savage 9.79m, S Narezzi.

Girraween Amateur Athletic Club competition at CV Kelly Park, November 5:

Men:

100m: A Gray 11.6sec, P Murray, G Dempsey.

400m: A Gray 54.8sec, P Murray, P Weymark.

1500m: 1st, P Weymark 4min 51.4sec, B Crisp, B Harrison.

200m hurdles: D Beattie 32sec, S Halverson, B Balinski.

Long jump: A Gray 5.14m, P Weymark, D Beattie.

Shot put, veteran: winner V Manwaring 7.65m, runner-up S Halverson; senior: winner P Murray 9.87m, G Dempsey; under-20: P Weymark 7.48m; under-16: D Beattie 7.98m; under-14: B Balinski 5.9m; under-13: D Muscat 10.2m.

Javelin, veteran: winner V Manwaring 30.76m, 2nd S Halverson; senior: winner P Murray 38.68m; under-16: D Beattie 20.57m; under-13: D Muscat 19.64m.

Women:

100m: S Narezzi 14.1sec, T Gray, J Fisher. 400m: T Gray 69.7sec, V Savage, J Fisher. 1500m: V Savage 5min 52.2sec. 200m hurdles: S Narezzi 34.6sec.

Discus, senior: T Gray 18.98m, L Balinski; under-15: V Savage 24.32m; under-12: J Fisher 21.63m.

Girraween Amateur

Competition at C.V. Kelly Park, October 29:—

Men, 200m: M. Fletcher-Smith 24.0, A. Gray, D. Beattie.

800m: P. Weymark 2.15.3, A. Gray, D. Beattie.

3000m: P. Weymark 10.42.3, B. Harrison, P. Balinski.

High jump: P. Weymark 1.56m, A. Gray, D. Beattie.

Discus: Veteran, V. Manwaring 23.86m, J. Dwyer, S. Halverson; senior, P. Weymark 22.74m, A. Gray, J. Breda; U18, A. Watson 21.36m; U16, D. Beattie 27.92m; U13, S. Muir 17.04m, D. Cairns; U12, D. Muscat 23.86m, P. Balinski.

Women, 200m: S. Narezzi 30.0, L. Smith, J. Fisher.

800m: T. Gray 2.42.5, M. Townsend, L. Balinski.

3000m: L. Balinski 16.44.3.

High jump: L. Smith 1.51m.

Long jump: S. Narezzi 4.07m, T. Gray, J. Fisher.

Shot put: Senior, M. Townsend 6.68m, T. Gray, L. Balinski; U15, S. Narezzi 8.71m, J. Fisher.

BLACKTOWN CITY GUARDIAN

Wednesday, November 30, 1994

Athletics

Girraween

Competition at C.V. Kelly Park, on November 19:

Men, 100m: M. Fletcher-Smith 11.7, M. McKee, P. Weymark.

400m: P. Weymark 57.9, D. Beattie, A. Grogan.

1500m: P. Weymark 4.48.1, B. Balinski, S. Muir.

200m hurdles: D. Beattie 31.9, S. Halverson, B. Balinski.

Long jump: P. Weymark 5.01m, D. Beattie, M. McKee.

Shotput: Senior, G. Dempsey 9.69m, V. Manwaring, P. Weymark; U16, D. Beattie 8.12m; U14, N. Seymour 8.31m, B. Balinski; U13, M. Beattie 8.25m, S. Muir; U12, D. Muscat 9.66m, P. Balinski.

Javelin: Senior, G. Dempsey 29.72m, V. Manwaring, S. Halverson; U20, P. Weymark 20.70m; U14, N. Seymour 18.70m, B. Balinski; U13, M. Beattie 21.20m, D. Muscat, S. Muir.

Women, 100m: S. Narezzi 14.1, L. Smith, J. Fisher.

400m: V. Savage 71.2, L. Smith, J. Fisher.

90m hurdles: S. Narezzi 15.4.

Long jump: S. Narezzi 4.20m, T. Gray, M. Townsend.

Shotput: Senior, T. Gray 6.15m, L. Balinski; U15, V. Savage 9.95m, S. Narezzi.

Leading pointscorers in club championship after round two:—

Men: B. Balinski, P. Balinski, D. Beattie, A. Gray, S. Halverson, S. Muir, B. Sewell, P. Weymark (all on maximum 20 points).

Women: L. Balinski 20 points, S. Narezzi 18, T. Gray and L. Smith 17, V. Savage 16.

Girraween Amateur Athletic Club will celebrate Christmas with a Chinese banquet at Parramatta's Chinese Ambassador Restaurant on Saturday, December 17.

The banquet is one of the fundraising activities on the club's calendar for the 1994-1995 season.

During the evening, trophies will be presented to the club's winter champions Brett Warner, Anthony Woods and Vikki Savage and runners-up, Graham Sheargold, Smokey Halverson and Geoffrey Sheargold.

There will also be a small presentation to this season's representative athletes:

Nicole Page, 18, bronze medallist in triple jump at the Moove Games.

Adrian Grogan, 17, bronze medallist in 200 and 400 metres at the Far East and South Pacific Games for disabled sportspeople in China.

Stephen Muir, 12, qualifier for primary schools state championships in 800 metres.

Jessica Fisher, 11, qualifier for primary schools state championships in high jump and selected for the Trans Tasman Little Athletics competition in high jump and discus throw.

Peter Balinski, 11, selected in Trans Tasman team in 800 and 1500 metres.

Lucky door prizes will also be presented.

Cost of the banquet is \$22.50 per person with a reduced price for children under eight.

Club members and supporters are invited to ring the fundraising officer Sandra Narezzi on 604-7276 to arrange bookings.

● Girraween Amateur Athletic Club competition, November 12:

Men: 200m: winner A Gray 23.8sec, P Murray, P Weymark. 800m: winner P Weymark clocking 2min 10.9sec. A Gray, B Crisp. 5000m: winner B Crisp 18min 18.3sec. P Weymark, B Balinski. High jump: P Murray 1.6m, P Weymark, D Beattie.

Discus, veteran: winner V Manwaring 23.78m, S Halverson, G Guthrie. Seniors: winner G Dempsey 27.9m, P Murray, A Gray. Under-20: P Weymark 23.24m. Under-18: B Warner 25.28m. Under-16: D Beattie 24.22m. Under-14: N Seymour 24.58m. Under-13: D Muscat 26.24m.

Women: 200m: S Narezzi 29.3sec, T Gray, V Savage. 800m: winner T Gray 2min 42.1sec, V Savage, L Balinski. 5000m: V Savage 22min 35.9sec, T Gray, L Balinski. 90m hurdles: S Narezzi 15.4sec. Long jump: S Narezzi 4.2m. Shot put, senior: T Gray 6.15m. Under-15: V Savage 9.95m.

● Girraween Amateur Athletics:
Competition at CV Kelly Park,
December 3:

Men, 100m: P Murray 11.5sec, P Weymark, G Guthrie. 400m: P Murray 55.8sec, P Weymark, A Grogan. 3000m: M Finucane 9min52.2sec, P Weymark, B Harrison. Shot put, veteran: V Manwaring, 7.61m, S Halverson, J Dwyer; senior: P Murray, 9.63m, M Finucane, G Sheargold; under-14: N Seymour, 8.16m, B Balinski; under-13: S Muir, 6.8m. Javelin, veteran: V Manwaring, 29.06m, J Dwyer, S Halverson; senior: P Murray, 37.1m, M Finucane, G Sheargold; under-13: S Muir, 17.98m.

Women, 100m: L Smith 14.2sec, J Fisher, H Sestic. 400m: V Sestic, 71.3sec, H Sestic, L Smith. 3000m: V Sestic 14min42.1sec, L Balinski. High jump: L Hatherly, 1.43m, J Fisher, M Townsend. Long jump: L Smith, 4.61m. Discus, senior: L Smith, 32.36m, M Townsend, L Balinski; under-20: V Sestic, 25.96m; under-18: L Hatherly, 23.38m; under-16: H Sestic, 26.72m; under-12: J Fisher, 17.16m. Javelin: L Smith, 30.56m, M Townsend.

Girraween Amateur

Competition at C.V. Kelly Park, December 10:
Men, 200m: P. Weymark 25.7, D. Sriskandarah, W. Jeff.

800m: P. Weymark 2.10.7, B. Warner, G. Dempsey.

5000m: P. Weymark 18.39.6, S. Muir, J. Dwyer.

High jump: P. Weymark 1.59m, G. Dempsey, N. Seymour.

Discus: Veteran: V. Manwaring 23.84m, J. Dwyer, S. Halverson; senior, G. Dempsey 25.88m, P. Weymark, W. Jeff; U14, N. Seymour 23.08m, B. Balinski, S. Muir.

Women, 200m: N. Page 29.7, S. Narezzi, L. Smith.

800m: L. Smith 2.46.7, V. Savage, L. Balinski. 5000m: V. Savage 22.20.0, L. Balinski.

High jump: J. Fisher 1.48m, L. Smith.

Long jump: N. Page 4.91m, S. Narezzi, V. Savage.

Triple jump: N. Page 10.04m, S. Narezzi.

Shot put: senior: L. Smith 9.19m, N. Page, L. Hatherly; U15, V. Savage 9.43m, J. Fisher.

BLACKTOWN CITY GUARDIAN

Wednesday, January 11, 1995

Girraween Amateur

Competition at C.V. Kelly Park, December 17:

Men, 60m: G. Menpsey 7.7, P. Weymark, S. Halverson.

300m: P. Weymark 39.9, G. Dempsey, S. Halverson.

1 mile: P. Weymark 5.07.2, B. Crisp, B. Balinski.

Standing long jump: P. Weymark 2.56m, G. Dempsey, S. Halverson.

Scissors high jump: S. Halverson 1.42m, P. Weymark and G. Dempsey.

Women, 60m: N. Page 8.3, S. Narezzi, L. Smith.

300m: L. Smith 46.8, V. Savage, N. Page.

1 mile: V. Savage 6.16.8, L. Balinski.

Standing long jump: S. Narezzi 2.22m, N. Page, L. Smith.

Scissors high jump: L. Smith 1.40m, V. Savage.

The new year started for athletes from Girraween Amateur Athletic Club with the ACICS West Games at Auburn on Sunday, January 1.

Peter Balinski, 11, won the under 13 800 metres in 2 minutes 47.2 seconds.

Thirteen year old Brent Balinski recorded 5 minutes 2.3 seconds to take third place in under 15 1500 metres.

Paul Weymark, 20, missed second place by one hundredth of a second in the open 1500 metres recording a time of 4 minutes 27.2 seconds.

On a day of weather extremes ranging from hot sun to a storm, other athletes from the club performed well without gaining placings.

The club held its winter presentation on 17th December at a Chinese banquet at the Chinese Ambassador Restaurant in Parramatta.

Trophies were awarded to Vikki Savage, Graham Sheargold, Stephen Halverson, Anthony Woods and Geoffrey Sheargold.

A presentation was also made to this season's representative athletes Nicole Page, Adrian Grogan, Stephen Muir and Brent Balinski.

The club's summer championship is now into the last round of four weeks with Paul Weymark, Brent Balinski, Peter Balinski, Stephen Muir and Stephen Halverson all on the maximum 30 points.

The women's section is also close with Linda Balinski (27 points), Lynette Smith (26), Vikki Savage (26) and Sandra Narezzi (25.5) battling it out.

The club's athletes are now training hard for the following end-of-season championships:-

Open: Nicole Page, Lynette Smith, Paul Weymark.

Veteran: John Dwyer, Stephen Halverson, Linda Balinski.

Disabled: Adrian Grogan.

Little Athletics: Jessica Fisher, Sandra Narezzi, Vikki Savage, Natalia Sestic, Brent Balinski, Peter Balinski, Matthew Beattie, Stephen Muir, Nathan Seymour, Geoffrey Sheargold, Anthony Woods.

PARRAMATTA ADVERTISER, Wednesday, February 8, 1995

Jessica goes gold

GIRRAWEE athlete Jessica Fisher recently won the high jump event at the annual Trans Tasman Challenge at Homebush International Athletic Centre.

The Trans Tasman Challenge involved competitors from NSW and Auckland, New Zealand.

Jessica, 12, improved her personal best time from 1.48m to 1.51m to win the gold medal in her age group.

Jessica is a member of both Girraween Amateur Athletic Club (GAAC) and Girraween Little Athletics (GLA).

In other GAAC news, Alison Pitrowski, 11, of Wentworthville, won a bronze medal as a member of the NSW 4 x 100m relay team at the same meet.

Peter Balinski, 11, was fifth in the 1500m but was unable to finish the 800m race because of illness.

BLACKTOWN ADVOCATE, Wednesday, March 8, 1995

Gold medal jumper

JESSICA Fisher has proved herself to be one of the best high jumpers on either side of the Tasman.

The 12-year-old Girraween athlete returned from the Trans Tasman Challenge with a gold medal and improved her best jump from 1.48m to 1.51m.

Jessica is a member of Girraween Little Athletics Centre and Girraween Amateur Athletic Club. Alison Pitrowski, 11, also a member of the athletics centre, won a bronze medal as a member of the 4 x 100m relay team.

Girraween Amateur

Competition at C.V. Kelly Park, January 21:—

Men, 100m: P. Weymark 12.1, A. Watson, S. Halverson.

400m: P. Weymark 58.2, A. Watson, N. Fowler.

1500m: P. Weymark 4.45.2, K. Mayhew, A. Watson.

Long jump: P. Weymark 5.46m, N. Fowler, A. Watson.

Shotput: Veteran, S. Halverson 7.26m, B. Sewell; senior, G. Dempsey 10.39m, P. Weymark, G. Sheargold; U18, B. Warner 9.88m, A. Watson, A. Grogan; U16, D. Hatherly 9.33m; U14, S. Muri 7.29m, B. Balinski, P. Balinski.

Women, 100m: L. Hatherly 13.6, S. Narezzi, H. Sestic.

400m: L. Smith 73.6, H. Sestic, V. Savage.

1500m: V. Savage 5.48.3, L. Balinski.

Discus: L. Smith 29.88m, H. Sestic, L. Balinski.

Javelin: L. Smith 25.95m, V. Savage.

Leading pointscorers in club championship with three weeks remaining:—

Men: P. Weymark 39 points, S. Muir 37, B. Balinski 36, S. Halverson 36.

Twelve year old Jessica Fisher, of Girraween, won the high jump event in the annual Trans Tasman Challenge at Homebush on January 18.

Jessica cleared 1.51 metres to improve on her previous best of 1.48 metres.

The Trans Tasman competition is between New South Wales and Auckland, New Zealand.

Jessica is a member of Girraween Amateur Athletic Club and Girraween Little Athletics Centre and attends Girraween Public School.

Eleven year old Alison Piotrowski, of Wentworthville, won a bronze medal in the 4x100 metres relay as a member of one of the three New South Wales teams.

Alison is a member of Girraween Little Athletics Centre and is a student at Toongabbie Public School.

Westmead runner Peter Balinski, 11, a member of the Girraween Senior Club and Holroyd Little Athletics Centre, finished fifth in the Under 12 1500 metres and dropped out of the 800 metres because of illness.

The three athletes are now preparing for the little athletics zone championships on February 4 and 5, Jessica and Alison in the West Metropolitan Zone at Doonside and Peter in the Mid West Metropolitan Zone at Fairfield.

Girraween Amateur

Competition at C.V. Kelly Park, January 28:—

Men, 200m: P. Weymark 25.2, A. Watson, D. Beattie.

800m: P. Weymark 2.09.1, A. Watson, J. Dwyer.

3000m: P. Weymark 10.02.0, B. Balinski, P. Balinski.

High jump: D. Beattie 1.55m, P. Weymark, S. Halverson.

Discus: Senior, V. Manwaring 22.30m, P. Weymark, S. Halverson; U18, A. Watson 23.04m, A. Grogan; U16, D. Beattie 25.87m; U14, N. Seymour 22.30m, B. Balinski, A. Woods.

Women, 200m: N. Page 29.2, H. Sestic, V. Savage.

800m: V. Savage 2.46.3, L. Balinski.

3000m: V. Savage 12.33.0, L. Balinski.

Long jump: N. Page 4.43m, S. Narezzi, V. Savage.

Shot put: N. Page 7.94m, S. Narezzi, L. Balinski; U15, V. Savage 9.55m.

Competition at C.V. Kelly Park, February 4:—
Men, 60m: D. Beattie 7.9, G. Dempsey, S. Halverson.

300m: G. Dempsey 41.6, D. Beattie, S. Halverson.

Mile: P. Weymark 5.43.8, J. Dwyer, B. Sewell.
Scissors high jump: D. Beattie 1.45m, P. Weymark, S. Halverson.

Standing long jump: P. Weymark 2.55m, G. Dempsey, D. Beattie.

Women, 60m: N. Page 8.3, H. Sestic, L. Balinski.

300m: H. Sestic 51.2, N. Page, L. Balinski.

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The Parramatta and Holroyd Mercury

Thursday, March 9, 1995

Regional Little As champs to State

AFTER some stunning performances at the regional Little Athletics championships, several local athletes will compete at Homebush for the State championships on the weekend of March 18 and 19.

One of the real movers was Parramatta Little As' champion Emma Quigly, who won gold medals in the under-13 100m, 200m and 400m.

She will run all three distances at the titles.

Clinton Rotondo won the under-10 long-jump and Amanda Farcic finished second in the under-9 60m hurdles.

Eleven-year-old hurdler Anthony Rice also finished second over 60m.

Another 20 Parramatta juniors, including the senior and junior girls relay teams, qualified for the competition.

Girraween club juniors have also done well. Eight athletes from the western club's ranks have made the State level.

They are: Glen McConnell - under-10 800m, Elana Schmid - under-10 1500m, Peter Balinski under-11 1500m, Brent Balinski under-14 1500m walk, Emma O'Neill - under-13 triple jump, Stephen Hinwood - under-15 shot put, Sandra Narezzi - under-15 200m hurdles and Vikki Savage - under-15 3000m.

Girraween

Competition at C V Kelly Park

11/2/95

Men 100m Open: P Weymark 12.2, D Beattie, G Sheargold; Veteran: S Halverson 13.1, G Guthrie, J Dwyer.
400m Open: P Weymark 57.2, G Dempsey, D Beattie; Veteran: J Dwyer 64.1, S Halverson, P Bowden.
1500m: P Weymark 4.36.3, S Muir, J Dwyer.

Shot Put, Veteran: S Halverson 7.51m, B Sewell; Senior: G Dempsey 10.49m, P Weymark, G Sheargold; U16: D Beattie 8.09m; U14: M Beattie 8.58m, S Muir, B Balinski.
Javelin Senior: G Dempsey 30.52m, P Weymark, S Halverson; U16: D Beattie 32.06m; U14: M Beattie 22.64m, S Muir, P Balinski.

Women 100m: L Hatherly 13.9, L Smith, V Savage.

400m: L Smith 67.4, K Hyam, V Savage.

1500m: V Savage 5.41.8, L Smith, L Balinski.

Long Jump: L Smith 4.44m.

Discus: L Smith 33.63m, V Savage, S Narezzi.

Javelin: L Smith 30.10 m, V Savage.

Mile walk: H. Sestic 7.32.2.

Standing long jump: N. Page 2.17m, H. Sestic, L. Balinski.

Sixteen members of Girraween Athletic Centre produced wins in the West Metropolitan Zone and Mid West Metropolitan Zone Little Athletics Championships at Doonside and Fairfield on February 4 and 5.

Winners at the championships were:—

Girls, under 7: Holly Anschau, 1st discus 14.80m, 2nd shot put 4.17m; Michelle Hinwood, 1st 200m 38.1, 2nd 100 18.0, 2nd discus 14.34m. These girls receive medals but do not proceed to the regional championships at Bankstown.

Under 10: Kelly Anschau, 1st discus 22.70m; Sarah O'Neill, 1st high jump 1.15m; Elana Schmid, 1st 1500m 5.53.7.

Under 11: Alison Piowtrowski, 1st 60m hurdles 11.4, 1st 100m 15.12, 1st 200m 30.1.

Under 12: Jessica Fisher, 1st high jump 1.53m. This follows her win in the recent Trans Tasman Challenge against Auckland recently.

Under 15: Sandra Narezzi, 1st 200m hurdles 31.5.

Under 11: Peter Balinski (senior 1cub), 1st 1500m 5.21.4 at Fairfield.

Under 13: Matthew Beattie, 1st high jump 1.45m; Stephen Muir, 1st 3000m 11.30.3.

Under 14: Brent Balinski (senior club), 1st 3000m 10.51.3, 1st 1500m walk 7.57.3 at Fairfield.

Under 15: Stephen Hinwood, 1st shot put 14.54m.

ATHLETICS

Girraween Amateur Athletic Club

Competition at C V Kelly Park 18/2/95

60m: P Weymark 7.6, D Beattie, S Halverson. 300m: P Weymark 42.0, D Beattie, S Halverson. 1000m: P Weymark 2.55.2, B Harrison, D Beattie. 2000m: P Weymark 7.12.3, B Harrison, P Bowden. Scissors High Jump: D Beattie 1.56m, P Weymark, S Halverson. Standing Long Jump: P Weymark 2.56m, D Beattie, S Halverson. Women 60m: N Page 8.2, L Hatherly, L Smith. 300m: L Smith 49.3, H Sestic, N Page. 1000m: L Smith 4.01.3, H Sestic, L Balinski. Standing Long Jump: N Page 2.13m, H Sestic.

Girraween Athletic Centre

Competition at CV Kelly Park
25/2/95

Men open 200m: D Beattie 25.6, G Sheargold, B Warner, Veteran: N Fowler 25.6, S Halverson, G Guthrie. 800m: N Fowler 2.18.1, J Dwyer, D Beattie.

3000m: B Hogg 9.05.3, P Balinski, S Muir.

Discus Senior: V Manwaring 22.48m, J Dwyer, S Halverson; U18: B Warner 22.46m, A Grogan; U16: D Beattie 28.18m; U14: B Balinski 22.80m, N Seymour, S Muir; U12: P Balinski 15.50m.

Women 200m: L Hatherly 29.1, L Smith, V Savage.

800m: L Smith 2.37.6, V Savage, L Balinski.

3000m: V Savage 12.12.7, L Smith, L Balinski.

High Jump: L Smith 1.54m.

Triple Jump: E O'Neill 9.70m, M Fowler, V Savage.

Shot Put Open: L Smith 9.10m, L Hatherly, N Page; U15: V Savage 9.75m, E O'Neill.

Results of Summer Championship

Men: 1st Stephen Muir, 2nd Peter Balinski, 3rd Stephen Halverson.

Women: 1st Linda Balinski, 2nd Vikki Savage, 3rd Lynette Smith.

The club will begin its 18th winter season with Interclub Competition at Meadowbank on April 1.

Eight members of Girraween Athletic Centre qualified for the little athletics State Track and Field Championships with good performances at the Regional Championships at Bass Hill on February 18 and 19.

They are Glen McConnell, U10, 1st 800m, 2.38.7; Elana Schmid, U10, 1st 1500m 5.54.4; Peter Balinski (Senior Club), U11, 1st 1500m 5.18.3; Brent Balinski (Senior Club), U14, 1st 1500m walk 7.37.6; Emma O'Neill, U13, 2nd triple jump 9.85m; Stephen Hinwood, U15, 2nd shot put 13.57m; Sandra Narezzi, U15, 3rd 200m hurdles 31.5 and Vikki Savage (Senior Club), U15, 3rd, 3000m 12.56.8.

In the under-8 age group, Shane Benson won the shot put 8.80m and finished second in the 700m 2.33.9, the long jump 3.53m and the discus 20.54m. Under-8 athletes do not compete in the State Championships.

The State Championships will be held at Homebush on the weekend of March 18 and 19.

Twelve-year-old Stephen Muir has won Girraween Amateur Athletic Club's 17th Summer Championship in a close finish. Stephen is the youngest winner of the championship which is based on self improvement during the season. He recorded 11 personal bests in the last month to edge out Peter Balinski, 11, and Stephen Halverson, 43.

The women's championship was also close, with Linda Balinski, 37, just ahead of Vikki Savage, 14, and Lynette Smith, 24. Linda was competing in her first season with the Girraween Club, having taken up athletics to increase her fitness.

John Dwyer, Stephen Halverson, Gordon Guthrie, Phil Bowden, Bob Sewell and Linda Balinski are preparing for the Veterans State Championships at Homebush on March 25 and 26.

Seventeen-year-old Adrian Grogan will contest the 100m, 200m and 400m in the Australian Disabled Championships in Brisbane on March 25th and 26th.

Adrian has been selected in a training squad which is preparing for the 1996 Olympic Games in Atlanta.

Girraween Amateur

Girraween Amateur Athletic Club's 17th summer championship has been won by 12 year old Stephen Muir in a close finish.

Stephen is the youngest athlete to win the championship which is based on self improvement during the season.

In the last round of four weeks, he recorded 11 personal bests to edge out Peter Balinski, 11, and Stephen Halverson, 43.

The women's competition was also close with Linda Balinski, 37, finishing just ahead of Vikki Savage, 14, and Lynette Smith, 24.

Linda took up athletics to increase her fitness and was competing in her first season with the club.

Seventeen year old Adrian Grogan will compete in the 100 metres, 200 metres and 400 metres in the Australian disabled championships in Brisbane on March 25 and 26.

He has been selected in a training squad which is preparing for the Olympic Games in Atlanta in 1996.

John Dwyer, Stephen Halverson, Gordon Guthrie, Phil Bowden, Bob Sewell and Linda Balinski will compete in the veterans state championships at Homebush on March 25 and 26.

The club is also preparing for its 18th winter season of cross country and road racing.

Athletes of any standard from under 12 to veteran are invited to join the club.

Eight members of Girraween Athletic Centre have qualified for the Little Athletics State Track and Field Championships with good performances at the regional championships at Bass Hill on February 18 and 19.

The athletes are Glen McConnell, U10, 1st 800 metres (2.38.7); Elana Schmid, U10, 1st 1500 metres (5.54.4); Peter Balinski (senior club), U11, 1st 1500 metres (5.18.3); Brent Balinski (senior club), U14, 1st 1500 metres walk (7.37.6); Emma O'Neill, U13, 2nd triple jump (9.85 metres); Stephen Hinwood, U15, 2nd shot put (13.57 metres); Sandra Narezzi, U15, 3rd 200 metres hurdles (31.5); and Vikki Savage (senior club), U15, 3rd 3000 metres (12.56.8).

In the under 8 group, Shane Benson won the shot put (8.80 metres) and finished second in the 800 metres (2.33.9), the long jump (3.53 metres) and the discus (20.54 metres). Under 8 athletes do not compete in the state championships.

The state championships will be held at Homebush on the weekend of March 18 and 19.

BLACKTOWN CITY GUARDIAN

Wednesday, March 29, 1995

Girraween

Two young athletes from Girraween Little Athletics Centre won State championships on the weekend of March 5 and 6.

They are Michelle Hinwood and Shane Benson who were competing in the New South Wales little athletics multi event championships at Cessnock.

Competing in wet, muddy conditions, Michelle scores 1,275 points in the under 7 girls championship, winning clearly by 186 points.

Her performances were shot put (5.73 metres), long jump (2.82 metres), 100 metres (18.9) and 500 metres (1.49.8).

Shane scored 2,438 points in the under 8 boys event, winning by 130 points.

His event were shot put (8.25 metres), long jump (3.02 metres), discus (25.24 metres), 100 metres (16.5) and 700 metres (2.36.4).

PARRAMATTA ADVERTISER

Wednesday, March 29, 1995

Triple gold

ADRIAN Grogan won three gold medals at the Australian Disabled Games in Brisbane.

The teenager, who represents Girraween Amateur Athletic Club, won the 100m, 200m and 400m.

Adrian, who has cerebral palsy, was also member of the second-placed NSW relay team.

In other club news, Phil Bowden won the Veterans' Games 10,000m title in the 65-69 years age group at Homebush. Bowden, 67, clocked 45min 54s.

Linda Balinski, 37, won the 35-39 years 10,000m in 52min 28s.

BLACKTOWN CITY GUARDIAN

Wednesday, March 22, 1995

Girraween

Girraween Amateur Athletic Club runners won five gold medals on the weekend of March 11 and 12.

Seventeen year old Adrian Grogan represented New South Wales in the Australian disabled track and field championships in Brisbane, winning the 100 metres in 14.2, the 200 metres in 28.2, and the 400 metres in 63.4.

He was also a member of the State's relay team which finished second.

Adrian suffers from a mild form of cerebral palsy and took up running on medical advice.

Sixty-seven year old Phil Bowden's relentless pace won him the gold medal in the 65-69 age group at the veterans 10,000 metres state championship at Homebush.

Phil recorded 45 minutes 54 seconds for the 25 lap race.

Linda Balinski, 37, recorded 52 minutes 28 seconds to win the women's 35-39 championship.

Phil and Linda were competing in veteran competition for the first time.

BLACKTOWN CITY GUARDIAN, Wednesday, April 5, 1995

Girraween Amateur

Members of Girraween Amateur Athletic Club collected six silver medals in the veteran state track and field championships at Homebush on March 25 and 26.

In the 65-69 years age group, Phillip Bowden finished second in the 100 metres in 16.10, the 200 metres in 32.69 and the 5000 metres in 21.45.92.

Peter Murray was second in the 30-34 100 metres in 11.86 and the 200 metres in 23.07.

Linda Balinski finished second in the 35-39 5000 metres in 25.15.05.

Two weeks earlier, Phillip and Linda won gold medals in the 10,000 metres championships.

In the Little Athletics State Championships at Homebush on March 19, Brent Balinski collected his first State medal when he finished third in the Under 14 1500 metres walk.

Brent, who is also a member of Holroyd Little Athletics Centre, improved his personal best by 16 seconds when he recorded 7.21.4 for the distance.

PARRAMATTA ADVERTISER

Wednesday, May 17, 1995

ATHLETICS

Girraween Amateur Athletic Club runner John Dwyer won a bronze medal in the Australian Veteran Track and Field Championships in Townsville on 29/4/95.

Fifty-eight year old John, of Girraween, recorded 5 minutes 6.4 seconds to finish third in the 1500 metres event in the 55-59 age group.



The Balinski family at the fund raising banquet at Parramatta's Chinese Ambassador Restaurant, 17 December 1994 (r to l):
Lonnie, Linda, Peter and Brent

GIRRAWEE AMATEUR ATHLETIC CLUB

C V KELLY PARK GROUND RECORDS

AS AT 31 MARCH 1995

MEN

<u>OPEN</u>			<u>VETERAN</u>	
S Mallard (N)	10.7	100	Viv Manwaring	12.4
Jeff Micallef	23.7	200	Viv Manwaring	27.0
Jeff Micallef	53.0	400	Viv Manwaring	58.9
Craig Downie	2:01.9	800	Viv Manwaring	2:20.7
R Hamill (RH)	4:11.1	1500	Jim McArdle	4:50
Bruce Hogg	4:35.8	1 Mile	Ted Hemmens	5:31.0
Craig Downie	9:04.2	3000	Ted Hemmens	10:37
Bruce Hogg	16:17.4	5000	Jim McArdle	18:26.1
Kevin Junor (P)	2:19.0	800s/c	Bob Sewell	3:17.7
Keith Law (Pen)	7:36.8	1500W	Bob Sewell	10:35.9
Robert Kropman	16.2	110H		
Robert Kropman	28.1	200H	Viv Manwaring	31.8
David Tarbottom (CTC)	59.2	400H		
Nathan Manwaring	6-50	LJ	Viv Manwaring	5-25
Craig Willetts	14-17	TJ	Viv Manwaring	10-83
Craig Willetts	1-91	HJ	Stephen Halverson	1-55
Robert Kropman (7.26kg)	13-95	SP	Hans Kropman (7.26kg)	8-57
Robert Kropman (2kg)	42-08	DIS	Viv Manwaring (2kg)	24-30
Robert Kropman (800g)	56-72	JAV	Viv Manwaring (800g)	32-78

CTC: Campbelltown City
Pen: Penrith

N: Nepean
RH: Ryde-Hornsby

P: Parramatta

<u>SENIOR</u>			<u>U20</u>	
Peter Murray	11.0	100	Damien Beckhouse	11.6
Jeff Micallef	23.7	200	Jason Willetts	23.9
Michael Finucane	53.4	400	Jeff Micallef	53.4
Jeff Micallef				
Craig Downie	2:01.9	800	Garry Moran	2:10.9
Michael Finucane	4:18.7	1500	Bruce Hogg	4:31.7
Craig Downie	4:46.7	1 Mile	Bruce Hogg	4:35.8
Craig Downie	9:04.2	3000	Paul Weymark	10:14.2
Craig Downie	16:25.7	5000	Bruce Hogg	17:29.0
John Doolan	2:52.5	800s/c	Peter Kropman	3:21
Robert McGaughey	7:51.5	1500W		
Robert Kropman	16.2	110H	Peter Kropman	16.9
Robert Kropman	28.1	200H	Ralph Downer	30.5
Bob Broadhurst	1:09.9	400H	Garry Moran	1:04.4
Jeff Micallef	6-26	LJ	Jeff Micallef	6-48
Peter Murray				
Peter Kropman	13-23	TJ	Craig Willetts	14-17
Craig Willetts	1-91	HJ	Damien Beckhouse	1-81
Robert Kropman (7.26kg)	13-95	SP	Robert Kropman (7.26kg)	12-26
Robert Kropman (2kg)	42-08	DIS	Robert Kropman (2kg)	35-50
Robert Kropman (800g)	56-72	JAV	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
Brent Balinski	5:40.4
Brent Balinski	10:48.5
Brent Balinski	18:33.6
Warren Dempsey	2:56
Brent Balinski	8:00.0
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

<u>U13</u>			<u>U12</u>		
Ivica Mikic	13.1	100	Ilia Gill	13.3	
Ilia Gill	27.0	200	Ilia Gill	29.0	
Michael Ryan	1:05.0	400	Michael Wheeler	1:07.2	
Stephen Muir	2:32.6	800	Nathan Schmid	2:33	
Phillip Fenech	5:14.6	1500	Nathan Schmid	4:59.6	
Nathan Schmid	5:37	1 Mile	Gerard Mahony	5:37.0	
Nathan Schmid	10:49	3000	Peter Balinski	11:05.9	
Nathan Schmid	18:12.2	5000	Peter Balinski	19:43.5	
Stephen Mooney	3:09.3	800s/c	Dale Berryman	3:21.0	
		1500W			
Chris Saliba	14.5	90H / 80H	Matthew Beattie	15.3	
Chris Saliba	37.9	200H	Jeff Micallef	36.9	
Warren Dempsey	1:18.1	400H	Michael Wheeler	1:22.0	
Rodney Scarr	4-97	LJ	Ilia Gill	4-46	
Chris Saliba	9-88	TJ	Jeff Micallef	8-87	
Ilia Gill	1-66	HJ	Ilia Gill	1-55	
Andrew McIlwaine(2.724kg)	14-22	SP	Andrew McIlwaine(2.724kg)	12-15	
Andrew McIlwaine (1kg)	37-70	DIS	Andrew McIlwaine (1kg)	31-08	
Andrew McIlwaine (600g)	32-50	JAV	Andrew McIlwaine (600g)	24-56	

WOMEN

<u>OPEN</u>			<u>VETERAN</u>		
Rebecca Deane	12.7	100	Terri Baraniak	15.8	
Leanne Saliba					
Heidi Novosell (G)	26.9	200	Terri Baraniak	35.7	
Jackie Wheeler	1:03.4	400	Terri Baraniak	1:18.1	
Susannah Hartgers (TW)	2:24	800	Terri Baraniak	2:59.5	
Tracey Lawless (N)	5:05	1500	Terri Baraniak	6:03.9	
Kim Pitzing	5:53	1 Mile	Terri Baraniak	6:52.7	
Kim Pitzing	11:50	3000	Terri Baraniak	13:16	
Kim Pitzing	20:12	5000	Terri Baraniak	22:08	
Yvette Jaeger	2:53.6	800s/c			
Helen Sestic (2WS)	7:15.2	1500W			
Lynette Smith	17.6	100H			
Catherine Downer	33.3	200H			
Tracey Wheeler	1:14.6	400H			
Nicole Page	5-13	LJ	Janette Hatherly	3-14	
Natalie Deegan	10-65	TJ	Jackie Williams	6-26	
Vera Abramas (SG)	1-66	HJ	Janette Hatherly	1-08	
Natalie Avellino (4kg)	10-32	SP	Janette Hatherly (4kg)	5-86	
Sue Read (NC) (1kg)	39-66	DIS	Janette Hatherly (1kg)	18-08	
Tracey Wheeler (600g)	37-40	JAV	Janette Hatherly (600g)	11-42	

G: Greystanes
SG: St George

N: Nepean
TW: Tiger Wests

NC: North Canberra
2WS: 2WS Hills

SENIOR

Jackie Wheeler	13.6	100
Jackie Wheeler	29.1	200
Lynette Smith	1:07.3	400
Lynette Smith	2:37.6	800
Julie Peksis	5:50	1500
Julie Peksis	6:18	1 Mile
Lynette Smith	13:02.3	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

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

U19

Jackie Wheeler	13.8	100
Nicole Page	28.5	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
Nicole Page	5-04	LJ
Nicole Page	10-64	TJ
Tracey Wheeler	1-52	HJ
Tracey Wheeler (4kg)	9-92	SP
Tracey Wheeler (1kg)	35-04	DIS
Tracey Wheeler (600g)	37-06	JAV

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

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

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

<u>U15</u>		
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

<u>U13</u>		
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
		1 Mile
Kim Pitzing	12:09.0	3000
Kim Pitzing	21:39	5000
Catherine Kropman	3:44	800s/c
Helen Sestic	8:09.7	1500W
Sarah Ferguson	14.6	80H
Sandra Narezzi	37.0	200H
Sarah Ferguson	1:22.1	400H
Tracey Wheeler	4-58	LJ
Tracey Wheeler	9-68	TJ
Tracey Wheeler	1-44	HJ
Natalie Avellino(2.724kg)	12-20	SP
Natalie Avellino (1kg)	33-04	DIS
Natalie Avellino (600g)	23-76	JAV

<u>U14</u>	
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

<u>U12</u>	
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:	Stephen Halverson	8.1	Linda Balinski	11.3
	Viv Manwaring			
SENIOR:	Peter Murray	7.1	Lynette Smith	8.8
U20:	Nathan Manwaring	7.5		
U19:	Nathan Manwaring	7.6	Nicole Page	8.2
U18:	Nathan Manwaring	7.4	Nicole Page	8.2
U17:	Andrew Watson	7.7	Linda Hatherly	8.5
U16:	David Beattie	7.9	Natalie Deegan	8.8
			Sandra Narezzi	
U15:	Derryn Manwaring	8.0	Sandra Narezzi	8.6
U14:	Brent Balinski	9.9	Sandra Narezzi	9.0
U13:	Anthony Woods	9.1	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	Linda Balinski	1:11.9
SENIOR:	Michael Finucane	39.5	Lynette Smith	45.8
U20:	Paul Weymark	40.0		
U19:	Paul Weymark	41.8	Nicole Page	52.9
U18:	Andrew Watson	44.7	Veronica Sestic	50.0
U17:	Andrew Watson	45.5	Nicole Page	56.7
U16:	David Beattie	44.4	Natalie Deegan	50.2
U15:	Stephen Hinwood	47.1	Vikki Savage	51.5
U14:	Brent Balinski	53.5	Helen Sestic	48.5
U13:	Matthew Beattie	50.6		
U12:	Stephen Muir	56.8	Natalia Sestic	58.0

1000M

OPEN:	Paul Weymark	2:55.0	Helen Sestic	3:35.5
VETERAN:	Viv Manwaring	3:38.1	Linda Balinski	4:34.0
SENIOR:	Paul Weymark	2:55.0	Lynette Smith	4:01.0
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	2-41	Linda Balinski	1-44
SENIOR:	Robert Kropman	2-84	Catherine Kropman	2-30
			Lynette Smith	
U20:	Paul Weymark	2-56		
U19:	Nathan Manwaring	2-70	Nicole Page	2-16
U18:	Nathan Manwaring	2-71	Nicole Page	2-13
U17:	Andrew Watson	2-34	Nicole Page	2-25
U16:	David Beattie	2-38	Sandra Narezzi	2-22
U15:	Stephen Hinwood	2-44	Sandra Narezzi	2-21
U14:	Nathan Schmid	1-90	Sandra Narezzi	2-08
U13:	Matthew Beattie	1-93	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	1-42		
SENIOR:	Michael Finucane	1-52	Lynette Smith	1-45
U20:	Nathan Manwaring	1-60		
U19:	Nathan Manwaring	1-50	Nicole Page	1-25
U18:	Nathan Manwaring	1-59	Nicole Page	1-35
U17:			Linda Hatherly	1-26
			Lee Westwood	
U16:	David Beattie	1-56	Natalie Deegan	1-30
U15:	David Hatherly	1-45	Sandra Narezzi	1-20
U14:	Brent Balinski	1-20	Sandra Narezzi	1-15
			Helen Sestic	
U13:	Matthew Beattie	1-35	Jessica Fisher	1-35
U12:	Stephen Muir	1-05	Natalia Sestic	1-05

4x100M RELAY

OPEN MEN: 48.4 (20.02.93)

Michael Finucane (Sen)
Peter Murray (Sen)

Robert Kropman (Sen)
Viv Manwaring (Vet)

OPEN WOMEN: 55.0 (18.12.93)

Nicole Page (U18)
Sandra Narezzi (U15)

Linda Hatherly (U17)
Melissa Briggs (U13)

8x100M RELAY

OPEN MEN: 1:39.7 (09.03.91)

Michael Finucane (Sen) Wayne Jeff (Sen)
Craig Willetts (U18) Garry Dempsey (U17)
Nathan Manwaring (U17) Andrew Baraniak (U16)

Bruce Hogg (U18)
Shane Hanlon (U17)

OPEN WOMEN: 1:50.5 (16.03.85)

Jackie Wheeler (U19) Tracey Connors (U17)
Michelle Cauchi (U15) Natalie Avellino (U14)
Jackie Neil (U14) Tracy Scorer (U14)

Tracey Wheeler (U17)
Catherine Kropman (U14)

OPEN MIXED (minimum 3 women): 1:46.2 (17.12.94)

John Dwyer (Vet) Stephen Halverson (Vet)
Lynette Smith (Sen) Paul Weymark (U20)
Adrian Grogan (U18) Sandra Narezzi (U16)

Garry Dempsey (Sen)
Nicole Page (U19)