



EIGHTEENTH ANNUAL REPORT

1995/96

ANNUAL REPORT 1995/96
of
GIRRAWEE AMATEUR ATHLETIC CLUB

Presented at the 18th Annual General Meeting
held at the Toongabbie Bowling and Recreation Club
Station Road, Toongabbie
on
2 September 1996 at 7.30pm

Page	Contents
1	Club Competition Champions
2	Club Competition Results
3	Membership
4	Club Committee
5-8	Committee Reports
9	Income & Expenditure
10	Club Equipment
11-12	Detailed Winter Results
13-14	Detailed Summer Results
15-23	Press Plaudits
24-28	Ground Records
29-31	Other Records

CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

SUMMER COMPETITION

Jessica Fisher U13	1995/96	* Peter Balinski U13
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

* Denotes overall champion

WINTER COMPETITION

Linda Balinski (Vet)	1995	Graham Sheargold (Vet)
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

CLUB COMPETITION RESULTS 1995/96

WINTER COMPETITION 1995 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

MEN		WOMEN	
Senior:	Graham Sheargold 448 points	Senior:	Linda Balinski 448 points
	Bob Sewell 428 points		
	Stephen Halverson 410 points		
	Lonnie Balinski 405 points		
	Richard Frost 391 points		
	John Dwyer 367 points		
U16:	Brent Balinski 448 points	U16:	Vikki Savage 448 points
	Stephen Muir 440 points		
U12:	Peter Balinski 448 points		
	Geoffrey Sheargold 404 points		

Other competitors did not compete in enough events to qualify (minimum 13 runs required).

SUMMER COMPETITION 1995/96 - CONDUCTED OVER FOUR ROUNDS AT C V KELLY PARK, GIRRAWEE

MEN		WOMEN	
	points		points
1.	Peter Balinski 89	1.	Jessica Fisher 64
2.	David Beattie 85	2.	Linda Balinski 34
3.	Graham Sheargold 84½	3.	Kristy-Lee Bell 23
4.	Stephen Halverson 80½	4.	Kaylene Bell 15
5.	Peter Hogan 73½	5.	Natalia Sestic 14
6.	Richard Frost 72½	6.	Vikki Savage 13
7.	Daniel Byles 68		
8.	Christopher Byles 67		
9.	Brent Balinski 66½		
10.	Matthew Byles 66		
11.	Lonnie Balinski 60		
12.	Adrian Grogan 56		
13.	Nathan Seymour 49		
14.	Bob Sewell 47		
15.	Viv Manwaring 35½		
16.	David Dux 35		
17.	Phillip Bowden 34		
17.	Gregory Camilleri 34		
19.	Stephen Muir 29		
20.	Michael Kammerer 25		
21.	Matthew Dux 19		
22.	John Dwyer 14		
23.	Geoffrey Sheargold 10		
24.	Gavin Rimmer 6		

MEMBERSHIP 1995/96

WOMEN: 8

MEN: 25

TOTAL: 33

VETERAN

Linda Balinski
Lonnie Balinski
Phillip Bowden
John Dwyer
Stephen Halverson
Viv Manwaring
Bob Sewell
Graham Sheargold

SENIOR

David Dux
Richard Frost
Michael Kammerer

U20

Gregory Camilleri

U19

Adrian Grogan
Kieran Walker
Andrew Watson

U17

David Beattie
Matthew Byles

U16

Kate Hyam
Gavin Rimmer
Vikki Savage

U15

Brent Balinski
Daniel Byles
Matthew Dux
Peter Hogan
Nathan Seymour

U14

Stephen Muir
Natalia Sestic

U13

Peter Balinski
Kristy-Lee Bell
Jessica Fisher

U12

Kaylene Bell
Christopher Byles
Geoffrey Sheargold

GIRRAWEE AMATEUR ATHLETIC CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 1995/96

President	:	Bob Sewell
Secretary	:	Viv Manwaring
Treasurer	:	Stephen Halverson
Registrar	:	Viv Manwaring
Fund Raising	:	Brent Balinski Peter Balinski Stephen Muir
Club Records	:	VACANT
Winter Competition	:	Bob Sewell
Summer Competition	:	VACANT
Coaching	:	Bob Sewell
Publicity	:	Bob Sewell
Canteen	:	The Halverson family
ANSW delegate	:	Viv Manwaring Graham Sheargold
Blair Zone delegate	:	Bob Sewell

LIFE MEMBERS

John Wheeler
Bob Sewell

HON. AUDITOR

Tony Ward

COMMITTEE REPORTS

PRESIDENT

When Viv Manwaring and I became secretary and president nine years ago, the club was in a slump. For two years membership continued to drop, reaching an all-time low of 20. We made a concerted effort to revitalise the club and gradually built membership up to the high 50's, reaching 61 in the 1993/94 season.

Since then, however, membership has begun to drop again with 37 in 1994/95 and 33 in 1995/96. Female membership has slumped dramatically.

Why is it ? With the Atlanta Olympics just finished and four years to the Sydney Games, I would expect a surge in the popularity of athletics. But other clubs are also experiencing a drop in membership and the 75 year old St George Club is struggling to survive according to an article in "Athletically".

At a recent club conference held by Athletics NSW (ANSW), there was discussion on "the perception of elitism in athletics which was turning potential members away". I believe this could be the key to the falling popularity of athletics. ANSW runs State championships and the interdistrict competition, but does nothing for the fun athlete. Perhaps our publicity should emphasise the fun aspect more in future.

This club started as the Girraween - Greystanes Amateur Athletic Club in 1978 to provide competition close to home for ex-little athletes from the Girraween and Greystanes Centres which, at that time, finished at U12's. After two years, the Greystanes group was guided to the now defunct Liberty Plains Club and we changed our name and uniform.

When little athletics introduced U13's, then U14's and finally U15's, our supply of athletes was reduced and now we are lucky if we ever sign up any ex-U15 athlete from the Girraween Centre. Most of them retire when they leave little athletics. On the other hand, we are now attracting more veteran men.

We do not have any registered officials and consequently all timekeeping, starting and recording has to be done by athletes. Last season this became a problem because of the low membership, and some of the timekeeping was not of the desired standard. By the time the distance race came around at the end of the program, there was hardly anyone left at the ground to do timekeeping and lap scoring.

On the high performance front, Adrian Grogan, Jessica Fisher, Peter Balinski, Brent Balinski, Linda Balinski, Lonnie Balinski, and Phillip Bowden all won State medals. After the season ended, Adrian was selected to represent Australia in the Paralympics at Atlanta in the 400m, 800m, and 4x100m relay.

Last season, our involvement in the Blair Zone interclub competition was almost nil : Stephen Halverson and I attended on one occasion. Two members competed in the Sydney Interdistrict competition, and one competed in the NSW Race Walking Club program.

Fund raising efforts were successful, providing much needed funds. Most of this money goes to ground fees and water rates, but we must do more as the Little Athletics Centre plans to replace the high jump bags and we must help with the cost as we use the same bags.

One of our winter season runners, Bruce Harrison, thinks we could increase our funds and Saturday attendance by attracting more visitors and he is distributing our program to all runners he comes in contact with. I will be sending our program to the Smithfield, Westfields and re-started Parramatta Clubs as well as to schools in our area. I have also placed programs in five McDonalds restaurants. If all athletes present tonight could distribute copies of our program, it could help build our membership.

This winter, we have a membership of 16 athletes which is a good start to the season. However, we need to have a good attendance on Saturday 7 September if we are to attract new members. I invite everyone here tonight to attend our summer season opening day on 7 September, with registrations being accepted from 1pm.

Bob Sewell

SECRETARY

As I mentioned in my report last year, Clubs voted in favour of Athletics NSW becoming a company with limited liability. This happened on 16 January 1996 when Athletics NSW Limited began operations with a new structure. Our Club was accepted as a member with the name "Girraween Athletics Club". The word "Amateur" in our Club title was dropped by ANSW. The new Committee will need to consider the implications of this in terms of our logo and Constitution.

Blacktown City Council has applied to the State Government for funding assistance to develop a synthetic athletics track in Aquilina Reserve near Rooty Hill station. Council's intention is that the facility be developed before the year 2000 as an Olympic training venue, if funding support is forthcoming. I understand that it is Council's intention for such a facility to be available for general hire, such as with Homebush, and that any club(s) will not get "exclusive" use of it (I guess unless they are prepared to pay !). While such a facility in this area will present a great opportunity for athletes and promotion of the sport, we cannot ignore the possibility of its impact on the future viability of our Saturday afternoon competition.

Congratulations to Adrian Grogan for becoming our Club's first Olympian by representing Australia in the Atlanta Paralympics. Congratulations also to Bob Sewell for his coaching efforts with Adrian over the last (I think) three years to get him to that level of performance. Adrian is only 19 years old, so we all need to encourage and support him to Sydney 2000.

A number of initiatives are being taken by the Little Athletics Centre of which our members need to be aware:

- * An application for a sporting grant has been made to the Dept of Sport and Recreation, via the C V Kelly Park Trust and Holroyd City Council, to resurface two of the three long jump run-ups with similar synthetic material. Two of the surfaces have reached the end of their useful life after 10 years. The cost is over \$12,000 and the Little Athletics Centre is seeking a 50% subsidy. The success or otherwise of the application is anticipated around the end of December this year.
- * A "Mars" fund raising drive is happening now to 20 September to raise the \$3,000 needed to replace the high jump bags which are losing their resiliency after many years of use.
- * A uniform change, to brighten up the current uniform which is the same as ours, is being discussed for 1996/97 as an idea to celebrate their 25th year. There will need to be discussion about this between the two bodies before any final decision is made.

In relation to the long jump run-ups and high jump bags, we will need to consider what assistance we can give towards the cost of these facilities which are also used by us. For example, members could offer to be part of the "Mars" fund raising drive, and assist with labour when the existing long jump run-ups are removed prior to resurfacing. It needs to be remembered that 50% of our members in 1994/95 and 1995/96 (the only years checked) have had no link with the Little Athletics Centre, and for many of the others that link is tenuous.

Viv Manwaring

REGISTRAR

Registrations for the 1995/96 season totalled 33 which is 3 down on the previous season.

Of these 33 registrations, 25 were male and 8 were female. The lack of female athletes continues to be a worry for us.

Viv Manwaring

WINTER COMPETITION

The 1995 winter season of cross country and road races was one of the most successful for many years. The Club fielded close to 15 competitors most Saturday afternoons.

Performance-wise, the Club's juniors achieved very good results with Peter Balinski claiming four U12 State medals (1st, 2nd, and 2x3rd), Brent Balinski one U14 State medal (3rd), and Stephen Muir (4th) and Vikki Savage (5th) just missing State medals.

In the zone race series, the Club's runners won seven medals with Peter Balinski 1st U13, Brent Balinski 2nd U16, Vikki Savage 2nd U16, Linda Balinski 2nd Vets, Geoffrey Sheargold 3rd U10, Stephen Muir 3rd U16, and Bob Sewell 3rd over 50's.

We were also able to field three teams in the NSW Road Relay Championships.

The biggest improver was newcomer Richard Frost whose standard improved from 26+ minutes over 5km at the beginning of the season, to sub 22 minutes near the end of the season.

Bob Sewell

SUMMER COMPETITION

Last season we tried a modified point scoring system to eliminate two faults which were evident in previous seasons: the large number of athletes finishing in first place, and the other being that after dropping out of first place an athlete could never regain the lead.

The system is now based on scoring points in events as before (1, 1½ or 2 points) but with the number of events that count each week being unlimited. At season's end, each athlete's worst 4 weekly scores are dropped from the 16 competition weeks. The tie-break system (as before) is then used to split ties.

Peter Balinski led all season and won comfortably with David Beattie, Graham Sheargold, Richard Frost, and Stephen Halverson conducting a close battle for the minor placings.

Jessica Fisher was an easy winner in the female competition with most of the athletes competing on an irregular basis.

Congratulations to the trophy winners.

Bob Sewell

CLUB RECORDS

There were only 5 records established in normal competition last season. This can largely be attributed to the reduced membership and consequent lack of intense competition. In addition, 16 fun day events records were established.

This is well down on last season's efforts of 20 and 34 respectively.

Bob Sewell

BLAIR ZONE INTERCLUB

This Wednesday night summer zone competition is still in the doldrums, with the Nepean Club providing most of the competitors.

The participation of our Club was virtually nil.

Bob Sewell

PUBLICITY

Local newspapers such as the Parramatta Advertiser, the Fairfax Sun, the Blacktown Advocate, and the Blacktown City Guardian continued to publish results, stories and photographs of athletes in our Club.

However, it is becoming more difficult to obtain space in these publications because of the increasing number of sports seeking publicity.

The hardest part of being publicity officer is the difficulty in obtaining results because no athletes or parents will supply me with information. When I chase people for results, I am quite often given approximate or inaccurate replies such as "28 something" for 200m or "2 minutes something" for 800m. I need precise details.

Most publicity revolves around high performance results, so in this regard I must thank Adrian Grogan and Peter Balinski for their successes.

Bob Sewell

FUND RAISING

We had three fund raising activities which raised \$292.80 during the season:

- Chinese banquet at Parramatta (\$85.00)
- Christmas hamper raffle (\$127.80), and
- cash for cans (\$80.00).

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

Brent & Peter Balinski / Stephen Muir

TREASURER

We started the season with \$771.70 in the bank and finished with \$1,206.15. Club fees (\$343.00), canteen (\$422.30), and fund raising activities (\$292.80) were our main sources of income. Visiting athletes' ground fees are getting to be significant (\$82.00), and our share of profits for helping to host State Road Relays was most welcome (\$65.00).

We didn't buy any equipment or singlets during the year, and so managed to finish with no liabilities. However our stock of singlets is low and we will need to consider restocking.

My thanks to Amy for assisting in the canteen. My thanks also to Tony Ward for auditing the books this year.

Steve Halverson

**GIRRAWEE AMATEUR ATHLETIC CLUB
INCOME AND EXPENDITURE AT 7TH JUNE 1996
St George Building Society Account 11/528/203**

1993/94	1994/95		1995/96
		Income	
594.61	222.89	Balance brought forward	771.70
2332.00	1881.00	Registrations received	1233.00
421.00	246.90	Canteen profit	422.30
240.00	120.00	Sale of singlets	104.00
12.18	5.45	Interest income	2.92
5.00	131.50	Donations	8.00
16.00	60.70	Visiting athletes ground fees	82.00
	160.50	Banquet profits	85.00
	55.25	Cash for cans	80.00
	145.70	Raffle profits	127.80
		State relays	65.00
3620.49	3029.89	Total Income	2981.72
		Expenditure	
1762.00	1378.00	Registrations to ANSW	890.00
141.00	158.00	ANSW Affiliation fees	93.00
345.00	165.00	Water rates	00.00
400.00	500.00	Park Trust Fees	585.00
400.00	00.00	Purchase of singlets	180.00
241.35	00.00	Equipment purchases	12.00
8.50	7.19	Bank Fees	.47
100.00	50.00	Representative assistance	00.00
		Banquet door prizes	7.50
00.00	00.00	Printing, Postage and stationery	7.60
3397.90	2258.19	TOTAL PAYMENTS	1775.57
222.89	771.70	Balance Carried Forward	1206.15

I certify that this income and expenditure statement of Girraween Amateur Athletics Club has been checked and is a true and fair representation of its financial transactions.

 **ANTHONY WARD**
2/6/96 **Accountant**

ASSETS
28 Singlets (unsold) 364.00
Bank Account 1206.15
LIABILITIES 00.00
Nil
NET ASSETS 1570.15

Miscellaneous:

- 1 metal stationery cupboard
- 2 metal clothes cupboards
- 2 notice boards
- 1 records board
- 12 clip boards
- 1 lap board
- 2 sets of throw markers
- 1 shot put / discus transporter

WINTER 1995 CROSS COUNTRY AND ROAD RUNNING RESULTS

01-04-95

Bitumen path at Meadowbank

Men 8.25km:	G Sheargold	37:57
	P Bowden	38:16
	B Sewell	39:02
	L Balinski	39:33
	S Halverson	41:19
5.5km:	A Watson	21:36
2.75km:	B Balinski	10:18
	S Muir	10:20
	J Dwyer	11:43
1.5km:	P Balinski	5:19
	G Sheargold	5:56
Women 8.25km:	L Balinski	45:39
5.5km:	V Savage	23:40

15-04-95

X country at Auburn

Men 7.5km:	G Sheargold	34:14
	J Dwyer	34:18
	B Sewell	35:48
	L Balinski	36:20
5km:	S Muir	20:30
	R Frost	26:40
2.25km:	B Balinski	9:40
	P Balinski	9:57
Women 7.5km:	L Balinski	42:04
5km:	V Savage	22:18

29-04-95

Road races at Parramatta Park (WMZ 2)

Men 8km:	G Sheargold	36:27 (3rd Vet)
	B Sewell	37:25
	L Balinski	39:07
	S Halverson	43:27
	P Bowden	dnf
3.5km:	B Balinski	12:29 (1st U16)
	S Muir	13:08 (3rd U16)
	R Frost	15:52
1.7km:	P Balinski	5:56 (2nd U13)
	G Sheargold	7:01 (3rd U10)
Women 8km:	K Walker	37:59 (2nd Senior)
	L Balinski	43:27 (1st Vet)
3.5km:	V Savage	14:05 (4th U16)
1.7km:	K Hyam	7:46

13-05-95

NSW Road Championships at Holsworthy

Men 10km:	G Sheargold	44:15
	B Sewell	46:23
	L Balinski	49:48
	S Halverson	52:37
	J Dwyer	dnf
5km:	A Watson	19:27
	R Frost	24:30
U16B 4km:	B Balinski	14:41 (12th)
U14B 3km:	S Muir	11:11 (9th)
U12B 2km:	P Balinski	7:01 (2nd)
Women 10km:	K Walker	47:43
	L Balinski	57:15
U16G 4km:	V Savage	16:37 (12th)

08-04-95

X country at Crestwood, Baulkham Hills (WMZ 1)

Men 9km:	G Sheargold	38:46
	B Sewell	41:16 (3rd O 50)
	L Balinski	42:08
	P Bowden	42:12
	S Halverson	43:31
4.5km:	B Balinski	15:55
	A Watson	16:55
	J Dwyer	19:11
2.25km:	P Balinski	7:37 (3rd U13)
	G Sheargold	8:55 (1st U10)
Women 9km:	L Balinski	47:30 (2nd Vet)

22-04-95

NSW Novice X country Championships, Ramsgate

Men 10km:	J Dwyer	45:51
	B Sewell	46:50
	S Halverson	49:10
	L Balinski	49:31
U16B 4km:	B Balinski	15:08 (10th)
U14B 2km:	S Muir	7:00 (6th)
U12B 2km:	P Balinski	7:21 (3rd)
Women 10km:	L Balinski	55:59
	K Walker	dnf
U16G 4km:	V Savage	16:44 (5th)

06-05-95

Road races at Cabarita

Men 8km:	A Watson	31:59
	G Sheargold	33:59
	J Dwyer	34:58
	B Sewell	36:10
	S Halverson	38:13
	L Balinski	38:13
4km:	B Balinski	14:40
	S Muir	16:01
	R Frost	18:45
1.7km:	P Balinski	6:23
	G Sheargold	7:57
Women 8km:	L Balinski	41:37
4km:	V Savage	16:36
1.7km:	K Hyam	8:10

20-05-95

Road races at Homebush (WMZ 3)

Men 5km:	G Sheargold	19:59
	J Dwyer	21:04
	B Sewell	21:39
	S Halverson	22:05
	L Balinski	22:10
	P Bowden	22:30
	R Frost	22:50
3km:	B Balinski	10:59 (5th U16)
	S Muir	11:40 (8th U16)
2km:	P Balinski	6:40 (1st U12)
	G Sheargold	7:43 (2nd U10)
Women 5km:	K Walker	22:19
	L Balinski	24:06

27-05-95

Road races at Abbotsford

Men 8km:	G Sheargold	35:37
	B Sewell	35:43
	L Balinski	37:04
	S Halverson	37:58
	P Bowden	39:12
4km:	B Balinski	14:50
	P Balinski	15:00
	S Muir	15:40
	J Dwyer	17:02
	R Frost	17:21
Women 8km:	K Walker	36:58
	L Balinski	40:52
4km:	V Savage	16:27
2km:	K Hyam	9:34

10-06-95

Road races at Epping (WMZ 4)

Men 10km:	A Watson	42:37 (3rd U20)
	G Sheargold	45:09
	B Sewell	48:53 (3rd O 50)
	S Halverson	50:26
	L Balinski	51:24
5km:	S Muir	21:50
	R Frost	23:52
	B Balinski	Wrong direction
1.5km:	P Balinski	5:19 (2nd U13)
Women 10km:	L Balinski	56:33 (1st Vet)

24-06-95

X country at Parramatta Park

Men 7km:	G Sheargold	29:54
	B Sewell	31:47
	R Frost	32:35
	L Balinski	32:51
	S Halverson	32:51
	P Bowden	33:06
3.5km:	B Balinski	12:29
2 km:	P Balinski	7:23
	J Dwyer	8:22
	G Sheargold	10:09
Women 7km:	K Walker	32:00
	L Balinski	39:27
2km:	V Savage	8:06

08-07-95

NSW X country Relay Championships at The Crest

Open Men 4x4km

G Sheargold	17:09
R Frost	18:07
S Halverson	18:37
P Bowden	19:28
(8th of 8)	

03-06-95

Parramatta Open on road at Parramatta Park

Men 8km:	A Watson	31:54
	G Sheargold	32:45
	B Sewell	35:54
	S Halverson	37:22
	R Frost	37:28
3.2km:	B Balinski	11:28 (3rd U16)
1.6km:	S Muir	5:23
	P Balinski	5:27
	G Sheargold	6:26
Women 8km:	L Balinski	39:46
3.2km:	V Savage	12:29 (1st U16)

17-06-95

NSW Road Relay Championships at Homebush

Open Men 4x5km		Vet Men 4x5km	
A Watson	19:06	G Sheargold	19:39
L Balinski	22:38	J Dwyer	21:07
R Frost	21:44	B Sewell	22:06
P Bowden	23:03	S Halverson	22:14
(30th of 31)		(12th of 14)	
U16B 4x3km		Open Women 4x5km	
B Balinski	10:41	V Savage	21:19
S Muir	11:20	L Balinski	24:55
P Balinski	11:18	No third runner	
G Sheargold	14:55	No fourth runner	
(6th of 7)			

01-07-95

X country at North Ryde (WMZ 5)

Men 7.5km:	G Sheargold	32:46
	R Frost	35:40
	B Sewell	35:56
	S Halverson	36:39
	L Balinski	36:47
	P Bowden	40:50
5km:	B Balinski	19:50 (3rd U16)
	S Muir	20:13
2.5km:	G Sheargold	12:20
Women 5km:	V Savage	22:58 (1st U16)

15-07-95

X country at Werrington (WMZ 6)

Men 8km:	G Sheargold	32:47
	R Frost	34:00
	B Sewell	35:25
	S Halverson	36:22
	P Bowden	37:41
4km:	B Balinski	14:04
2km:	P Balinski	7:01 (2nd U13)
	G Sheargold	8:21 (1st U10)
Women 4km:	V Savage	15:55

22-07-95

X country at Crestwood, Baulkham Hills (WMZ 7)

Men 9km:	G Sheargold	39:01
	B Sewell	42:00 (2nd O 50)
	S Halverson	42:53
	L Balinski	44:53
4.5km:	B Balinski	16:58 (1st U16)
	S Muir	17:40 (2nd U16)
2.25km:	G Sheargold	9:55 (3rd U10)
Women 9km:	L Balinski	51:44 (2nd Vet)
4.5km:	V Savage	18:41 (2nd U16)

05-08-95

X country at Upjohn Park, Dundas (WMZ 8)

Men 7.5km:	G Sheargold	33:13
	R Frost	35:21
	B Sewell	36:17
	S Halverson	36:55
	L Balinski	37:27
5km:	S Muir	20:18
	B Balinski	20:31
2km:	P Balinski	9:48 (1st U13)
	G Sheargold	12:24 (3rd U10)
Women 7.5km:	L Balinski	43:52 (1st Vet)
5km:	V Savage	21:38 (2nd U16)

19-08-95

NSW X country Championships at Galston

Men 8km:	G Sheargold	32:38
	J Dwyer	35:24
	S Halverson	35:35
	L Balinski	37:45
	B Sewell	dnf
U16B 5km:	B Balinski	20:12 (8th)
U14B 2.5km:	S Muir	9:01 (4th)
U12B 2.5km:	P Balinski	9:23 (1st)
Women 5km:	L Balinski	27:52
U16G 5km:	V Savage	23:05 (7th)

29-07-95

NSW X country Championships at Nowra

Men 4km	G Sheargold	17:56
fun run:	B Sewell	19:15
	S Halverson	19:59
	L Balinski	21:13
U16B 4km:	B Balinski	15:56 (13th)
U14B 4km:	S Muir	16:40 (6th)
U12B 2km:	P Balinski	7:43 (3rd)
Women 4km		
fun run:	L Balinski	22:36

12-08-95

X country at Wyatt Park, Auburn

Men 7.5km:	G Sheargold	33:39
	J Dwyer	35:15
	R Frost	35:42
	S Halverson	36:01
	L Balinski	37:03
	B Sewell	dnf
5km:	B Balinski	20:12
	S Muir	22:05
Women 5km:	L Balinski	26:34

26-08-95

Concrete path at Auburn West (WMZ 9)

Men 8km:	G Sheargold	34:13
	J Dwyer	36:31 (2nd O 50)
	R Frost	37:50
	S Halverson	39:21
	B Sewell	41:40
4km:	S Muir	Wrong direction
	B Balinski	dnf
2km:	P Balinski	7:14 (1st U12)
	G Sheargold	8:30 (2nd U10)
Women 8km:	L Balinski	41:40 (1st Vet)
4km:	V Savage	16:40 (1st U16)

02-09-95

Trevor Lonard Memorial Hcp (road races, Cabarita)

Men 8km:	G Sheargold	32:57	Women 8km:	V Savage	35:23
	J Dwyer	34:36			(fastest female)
	R Frost	35:20		L Balinski	40:25
	S Halverson	36:25			
	L Balinski	36:50			
4km:	B Sewell	17:51			

SUMMER 1995/96 RESULTS

CLUB COMPETITION

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

Women

Helen Sestic (2WS Hills) Open 1500W 7:12.6

Men

Brent Balinski	U15	1500W	8:00.5
Stephen Muir	U14	800	2:25.5
	U14	3000	10:42.0
Peter Balinski	U13	1500W	9:20.3

FUN DAYS - NEW RECORDS

16 records were established in 60m, 300m, 1000m, standing LJ, scissors HJ, and SP throw.

NSW CHS T & F CHAMPIONSHIPS (Homebush, 7/8/9 September 1995)

Jessica Fisher	12 yrs	HJ	1-49	3rd
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MOOVE GAMES - NSW SECONDARY ALL SCHOOLS T & F CHAMPIONSHIPS (Homebush, 22/23/24 September 1995)

Jessica Fisher	12 yrs	HJ	1-46	3rd
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NSW STATE ATHLETICS CHAMPIONSHIPS for those with disabilities (Homebush, 19 Nov 1995)

Adrian Grogan	CP class 7	100	14.32	1st
		200	28.96	1st
		400	1:05.47	1st
		800	2:25.44	1st

AUSTRALIAN ALL SCHOOLS T & F CHAMPIONSHIPS (Homebush, 8/9/10 December 1995)

Brent Balinski	U15	1500W	6:58.27	8th
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NSW STATE T & F CHAMPIONSHIPS (Homebush, 23/24/25 February 1996)

Stephen Muir	U14	1500	4:48.74	7th
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LAANSW STATE T & F CHAMPIONSHIPS (Homebush, 16/17 March 1996)

Jessica Fisher	U13	HJ	1-60	3rd
Peter Balinski	U12	1500	----	9th
Stephen Muir	U14	800	2:24.5	12th
		1500	5:02.6	12th
		3000	dns	illness
Brent Balinski	U15	1500W	6:38.7	3rd

NSW VETERANS T & F CHAMPIONSHIPS (Homebush, 23/24 March 1996)

Phillip Bowden	M65-69	10km	2nd
Lonnie Balinski	M45-49	10km	2nd
Linda Balinski	W35-39	10km	3rd

AUSTRALIAN ATHLETICS CHAMPIONSHIPS for those with disabilities (Sydney Athletic Field, 24 March 1996)

Adrian Grogan	CP class 7	200	27.96	1st
		400	1:01.40	1st
			(Australian record)	
		800	2:26.43	1st



8/4/95

GIRRAWEE, at Baulkham Hills: **MEN:** 9km 0-50: B Sewell 41m16s P Bowden. **Open:** G Sheargold 38m46s L Balinski S Halverson. 4.5km: B Balinski 15m55s A Watson J Dwyer. **U-12 2.25km:** B Balinski 7m37s G Sheargold. **WOMEN:** Vet 9km: L Balinski 47m30s. **U-15 4.5km:** V Savage 19m10s.

WEST METROPOLITAN: **Men:** 9km **Cross Country 0-50:** K Mayhew (CRH) 33m36s G Ryan (RBH) B Sewell (Gir). **0-40:** J Burroughs (AW) 35m23s S Pick (CRH) M Smit (CRH). **Snr:** G Berkley (CRH) 28m33s I Thompson (UNSW) M Doggett (AW). **U-20:** S Heape (Kat) 31m12s A Smallwood (Hills) A Fick (CRH). **4.5km 0-50:** J Dwyer (Gir) 19m11s C Austin (CRH) N Cook (CRH). **Open:** S Clegg (AW) 16m57s B Schramm (AW) S Garratty (AW). **U-20:** M Salech (Hills) 15m0s L Nowlan (AW) A Watson (Gir). **Boys:** **U-18:** J Rich (CRH) 15m0s B Stalley (Hills) D Austin (CRH). **2km U-13:** M Coyle (CRH) 7m15s C Cooper (Hills) S Balinski (Gir). **Women:** 9km **Open:** C Grebert (Hills) 41m27s L Balinski (Gir). **U-20:** F Sage (AW) 44m0s N Sharp (Hills). **4.5km Vet:** B Stamford (CRH) 19m39s. **Open:** E Strauch (CRH) 19m12s L Perry (AW) C Sophocleous (CH). **Girle:** **U-16:** A Coyle (CRH) 16m49s V Savage (Gir) V Schramm (AW). **2km U-13:** B Junor (AW) 7m56s R Junor (AW) A Ford (CRH). **Vet:** M Fabar (AW) 19m7s J L Schramm (AW) S Junor (AW).

BLACKTOWN CITY GUARDIAN

Thursday, April 20, 1995

Girraween

Runners from Girraween Amateur Athletic Club gained five placings in race one of the West Metropolitan Zone's nine race series at Crestwood Reserve, Baulkham Hills, on April 8.

Geoffrey Sheargold recorded 8.55 to win the U10 division.

Linda Balinski finished second in the women's 9 kilometre section, covering the distance in 47.30.

In the under 16 girls division, Vikki Savage recorded 19.11 to finish third.

Peter Balinski finished third in the under 13 2.25 kilometre race in the good time of 7.37.

In the over 50 division, Bob Sewell showed improved form to cover the undulating grassy 9 kilometre course in 41.17.

The new two events on the club's calendar are the NSW Novice Cross Country Championships at Ramsgate on April 22 and race two in the Zone series at Parramatta Park on April 29.

29/4/95

GIRRAWEE, at Parramatta Park: **MEN:** Over 50 8km: B Sewell 37m25s. **Snr:** G Sheargold 36m27s B Balinski S Halverson. 3.5km: B Balinski 12m29s S Muir R Frost. 1.7km: P Balinski 5m56s G Sheargold C Muir. **WOMEN:** 8km: K Walker 37m51s L Balinski. 3.5km: V Savage 14m05s. 1.7km: K Hyam 7m46s.

WEST METROPOLITAN, at Parramatta Park: 8km road: **MEN:** Over 50: A Blonner (Hills) 30m37s K Mayhew (CRH) B King (Hills). **Over 40:** B Hutchins (Hills) 31m16s H Smit (CRH) G Sheargold (Girraween). **Snr:** Sauer (CRH) 26m42s I Thompson (Uni NSW) D Barlow (AW). **U-20:** S Arup (AW) 27m36s S Archer (CRH) A Smallwood (Hills). 3.5km road: **Open:** S Clegg (AW) 11m47s B Schramm (AW) S Garratty (AW). **U-20:** S Depomeroy (CRH) 10m53s. **U-16:** D Keating (CRH) 11m26s B Balinski (Gir) D Austin (CRH). 1.7km **U-13:** W Devjak (Ryde) 5m30s P Balinski (Gir) M Symes (Hills). **U-12:** L Symes (Hills) 6m53s M Cooper (Hills) G Sheargold (Gir). **WOMEN:** **Snr:** 8km: E Strauch (CRH) 37m36s K Walker (Gir) L Balinski (Gir). **U-20:** K Clarke (Hills) 35m14s F Sage (AW). 3.5km: K Pettley (Katoomba) 13m00s B Stanford (CRH) K Simpson (AW). **U-20:** E Morris (CRH) 12m27s M Van de Water (Hills) E Rigby (CRH). 1.7km **Veteran:** M Fabar (AW) 7m54 M Fowler (AW) J Schramm (AW). **U-16 3.5km:** A Coyle (CRH) 12m31s A Bambrock (CRH) M Miller (AW). **U-13 1.7km:** K Drennan (CRH) 6m17s B Junor (AW) R Junor. **U-12:** K Lewis (TW) 7m08s K Fisher (Parramatta) E Junor (AW).

15/4/95

GIRRAWEE at Auburn: **Men:** 7.5km: 0-50: J Dwyer 34m18s B Sewell. **Open:** G Sheargold 34m14s L Balinski. 5km: S Muir 20m30s R Frost. 2.5km: B Balinski 9m40s P Balinski C Muir. **Women:** 7.5km: L Balinski 42m4s. **U-15 5km:** V Savage 22m18s.

WEST METROPOLITAN at Wyatt Park: **Men:** 7.5km: 0-50: C Fallon (Hills) 32m58s J Dwyer (Girraween) B Sewell (Girraween). **0-40:** J McArdle (Hills) 30m53s H Smit (CRH) K Junor (AW). **Snr:** D Gething (Hills) 29m27s P Ford (AW) L Balinski (Gir). **U-20:** S Heate (Katoomba) 28m18s. 5km **snr:** S Clegg (AW) 19m29s B Schramm (AW) R Coyne (Hills). **U-16:** S Muir (Gir) 20m30s P Marrins (TW) K Smith (TW). 2.5km **open:** B Balinski (Gir) 9m40s K Fisher (AW) E Fabar (AW). **U-13:** T Balinski (Gir) 9m57s P Marrins (TW) T Calvert (AW). B: K Smith (TW) 11m19s N Elliott (TW) P Calvert (AW). **Women:** 7.5km **open:** K Clarke (Hills) 32m58s F Sage (AW) L Balinski (Gir). 5km: E Strauch (CRH) 22m53s C Sophocleous (Hills). **U-16:** N Miller (AW) 22m06s V Savage (Gir) V Schramm (AW). 2.5km **open:** L Perry (AW) 11m47s M Fabar (AW) D Kass (AW). **U-13:** B Junor (AW) 10m33s R Junor (AW) N Schramm (AW). B: K Fisher (Parramatta) D Junor (AW) A Alhaffy (TW).

BLACKTOWN CITY GUARDIAN

Wednesday, May 10, 1995

Girraween Amateur

Results of club's runners in race two of the West Metropolitan Zone's nine race series at Parramatta Park on April 29:—

Men 8km, over 50: B. Sewell 37.25.

Open: G. Sheargold 36.27, L. Balinski, S. Halverson.

3.5 km: B. Balinski 12.29, S. Muir, R. Frost.

1.7 km: P. Balinski 5.56, G. Sheargold, C. Muir.

Women, 8km: K. Walker 37.59, L. Balinski.

3.5 km: V. Savage 14.05.

1.7 km: K. Hyam 7.46.

Runners from Girraween Amateur Athletic Club gained six placings, in race two of the West Metropolitan Zone's nine race series at Parramatta Park on April 29.

Linda Balinski finished first in the veteran women's 8 kilometre run to continue her improvement in her first winter season.

Her sons Brent and Peter coped well with the hot weather to pick up second placings, Brent in the under 16 3.5 kilometres and Peter in the U13 1.7 kilometres.

New member Kieran Walker finished second in the senior women's 8 kilometre event.

Graham Sheargold and his son Geoffrey both finished third, Graham in the veteran 8 kilometres and Geoffrey in the under 10 1.7 kilometres.

The club's next major event will be the New South Wales road championships for all ages at Holsworthy on Saturday, May 13.

6/5/95

GIRRAWEE, at Cabarita: **MEN:** 8km **Veteran:** G Sheargold 33m59s J Dwyer B Sewell. **Open:** A Watson 31m59s S Halverson L Balinski. 4km: B Balinski 14m40s S Muir R Frost. 2km: P Balinski 6m23s G Sheargold no third place. **WOMEN:** 8km: L Balinski 41m37s. 4km: V Savage 16m36s. 2km: K Hyam 8m10s.

WEST METROPOLITAN, at Cabarita Park: **MEN:** 8km road: **Over 50:** K Mayhew (CRH) 29m51s J Dwyer (Gir) B Sewell (Gir). **Over 40:** W Devlin (Hills) 30m15s B Hutchins (Hills) J Burroughs (AW). **Snr:** M Doggett (AW) 27m28s M Petene (Hills) D Booth (Hills). **U-20:** A Watson (Gir) 31m59s J Vaughan (Hills). 4km **Snr:** S Clegg (AW) 13m45s B Schramm (AW) S Garratty (AW). **Boys:** **U-18:** W Devjak (Ryde) 14m5s B Balinski (Gir) S Muir (Gir). 2km **snr:** M Fowler (AW) 6m1s K Fisher (AW) E Fabar (AW). **Boys:** **U-16:** B Scalliey (Hills) 6m20s P Balinski (Gir) P Marrins (TW). **U-12:** K Smith (TW) 7m25s G Sheargold (Gir). **Women:** 8km **Veteran:** L Balinski (Gir) 41m37s. 4km **Open:** V Strauch (CRH) 16m47s. **Girle:** **U-16:** V Savage (Gir) 16m36s M Drennan (CRH) V Schramm (AW). 2km **Veteran:** M Fabar (AW) 8m20s M Fowler (AW) S Junor (AW). **Girle:** **U-13:** B Junor (AW) 6m57s B Junor (AW) N Schramm (AW). **U-12:** K Lewis (TW) 7m45s E Junor (AW) K Fisher (Par).

22/4/95

NSW CROSS COUNTRY C'SHIPS, at Scarborough Park: **MEN:** 10km: **Novice:** D Harris (St Geo) 31m33s J Young (RBH) H Wegner (BKS). **Team:** RBH (J Young M Hegarty A Boag P Webb) 46 EBB (A Rees G Cusick C Dawson S Vella) 49. **SUTH:** J Bowers N Bennett S Armstrong (S. Stane) 51. **Open:** J Brown (RBH) 30m47s S Williams (RBH) J Galledge (FAC). 4km **U-20:** S Autup (West) 12m15s I Thompson (UNSW) T McDonald (Springwood). **U-18:** M Dent (Central Coast) 12m17s D Askew (StGeo) S Carvalho (StGeo). **U-16:** G Hatfield (IBS) 13m05s R Banister (Suth) M Graves (Suth). 2km **U-14:** M Moody (IBS) 6m24s J Shaw (Suth) M Pascoe (StGeo). **U-12:** M Cole (Suth) 7m14s D Yee (StGeo) P Balinski (Girraween). **WOMEN:** 4km: **Novice:** N Andronicus (Reebok) 13m58s L Wood (Suth) V Nicholls (EBB). **Team:** St George (P Vea V Tulaha L Ward D Jenkins) 30 EBB (V Nicholls N Bickertstaf D Mahon I Good) 40 RBH (M Blakeney L Hescott G Spehr D Han) 58. **Open:** F Wick (Bankstown) 14m13s C Horn (Bankstown) M Beardslee (EBB). **U-18:** E Rigby (CRH) 15m14s R Patterson (STG) J Williams (RBH). **U-16:** F Mosham (NSW) 14m51s K French (Suth) R Yates (Suth). 2km **U-14:** A Coyle (CRH) 7m02s E Hargrave (Suth) M Risikos (RBH). **U-12:** T Przylgowski (Suth) 7m36s K Brennan (CRH) B Junor (West).

Girraween Amateur

Results of club's runners in cross country events at Ramsgate:—

Men, 10 km: J. Dwyer 45.51, B. Sewell, S. Halverson.
Under 16, 4km: B. Balinski 15.08.
Under 14, 2km: S. Muir 7.00.
Under 12, 2km: P. Balinski 7.21.
Women, 10km: L. Balinski 55.59.
Under 16, 4km: V. Savage 16.44.

13/5/95

NSW ROAD C'SHIPS, at Holsworthy: **MEN:** **Open:** P Arthur (EBB) 30m K Gilford (EBB) W Larden (RBK). 50yrs and over: I Graves (SUH) 35m J Downes (BKS) A Blonner (ZWS). 40yrs and over: C Goodsel (BKS) 32m33s W Devlin (RBK) H Wegner (BKS). **U-20:** D Askie (MYS) 26m23s I Thompson (UNSW) G O'Neill (IBF). **U-18:** C Wood (TAM) 15m30s M Dent (GSF) C Wood (CRH). **Team:** CRH 2WS SUH. **U-16:** M Hudson (MWA) 12m52s D Searle (BKS) R Banister (SUH). **Team:** SUH (A) MWA SUH (B). **U-14:** M Moody (IBS) 9m51s J Shaw (SUH) M Pascoe (SGD). **Team:** 2WS SUH NPN. **U-12:** D Beecroft (Tou) 6m52s P Balinski (Gir) A Russell (IB). **Team:** SUH (A) SUH (B). **WOMEN:** **Open:** S Rose (BKS) 35m5s Cowan (RBK) L Barnett (SUH). 38yrs and over: L Hescott (RBH) 40m30s S Clingan (BKS) S Nicholls (SUH). 45yrs and over: G Lynn (SUH) 41m35s C Popcott (SUH) C French (SUH). **U-20:** J Truscott (CRH) 26m23s K Clarke (ZWS). **U-18:** L Coffey (NPN) 14m45s M Vandewater (ZWS) K Beattie (EBB). **Team:** 2WS. **U-16:** K Choike (MWA) 14m58s D Mills (NPN) K French (SUH). **Team:** SUH (A) SUH (B). **U-14:** E Stratford (SGD) 10m45s A Coyle (CRH) M Risikos (RBH). **Team:** SUH SGD ILL. **U-12:** L McIlvenie (NPN) 7m15s B Keith (Pouk) R Mills (NPN). **Team:** NPN SUH ASW.

Wednesday, May 24, 1995

Girraween Amateur

Promising junior runner Peter Balinski won his first state medal when he finished a close second in the New South Wales Road Championship at Holsworthy Army Barracks on May 13.

Eleven year old Peter coped well with the two steep hills in the under 12 2000 metre event organised by Athletics NSW, covering the distance in 7 minutes 1 second.

The day before the championship, Peter won his school cross country championship over 3.5 kilometres in Parramatta Park.

He attends Sacred Heart School at Westmead and winning the school championship is the first step on the way to the state championship for all schools.

Peter's coach at Girraween Amateur Athletic Club, Bob Sewell, expected Peter to do well in the State championships and praised his dedication to training.

On Friday, May 12, Peter's brother Brent won the 14 years Parramatta Catholic Schools Cross Country Championship over 4 kilometres in Parramatta Park.

Peter's parents Lonnie and Linda are also keen runners.

20/5/95

WEST METROPOLITAN: Road runs at Homebush Bay: MEN: 5km Masters 0-50: K Mayhew (CRH) 17m40s G Ryan (RBH) J Dwyer (GIR). **Vet 0-40:** H Smit (CRH) 18m43s B Hutchins (Hills) S Flick (CRH). **Snr: M Doggett (AW) 15m38s I Thompson (Uni NSW) J Sauer (CRH). U-20:** D Hackett (CRH) 15m50s S Archer (CRH) M Salecich (Hills). **3km Open:** S De Pomeroy (CRH) 9m38s S Clegg (AW) D Ritchie (AW). **U-16:** D Keating (CRH) 10m01s D Byrne (Kur) B Scalliey (Hills). **2km U-13:** P Balinski (GIR) 6m40s C Cooper (Hills) S Curtis (CRH). **U-12:** M Cooper (Hills) 7m37s G Sheargold (GIR) K Smith (TW). **WOMEN: 5km Open:** K Clarke (Hills) 20m08s E Strauch (CRH) K Walker (GIR). **3km U-16:** E Morris (CRH) 11m15s A Bembrick (CRH) D Calvert (CRH). **2km U-13:** B Junor (AW) 7m05s K Drennan (CRH) R Junor (AW). **U-12:** E Junor (AW) 8m51s K Fisher (Parra) G Calvert (Parra).

GIRRAWEEEN, at Homebush: MEN 4km: 0-50: J Dwyer 21m04s B Sewell P Bowden. **0-40:** S Halverson 22m05s L Balinski. **Snr:** G Sheargold 19m59s R Frost. **3km U-15:** B Balinski 10m59s S Muir. **2km U-12:** P Balinski 6m40s G Sheargold. **WOMEN 5km:** K Walker 22m19s L Balinski.

27/5/95

WEST METROPOLITAN, at Abbotsford: MEN 8km: A Blonner (Hills) 29m.29s G Ryan (RBH) B Sewell (Gir). **Veteran 0-40:** J Burroughs (AW 31.35) G Sheargold (Gir) L Balinski (Gir). **Snr: M Doggett (AW 28.06) P Trinder (East) P Starr (Hills). 4km Veteran:** N Fowler (AW 15.37) L Vaughan (Hills) J Dwyer (Gir). **Snr: S Clegg (AW 13.43) B Schramm (AW) S Garratty (AW). BOYS: U-16:** B Balinski (Gir 14.50) P Balinski (Gir) S Muir (Gir). **2km U-18:** B Scalliey (Hills 7.21) T Devjak (Ryde). **U-13:** W Devjak (Ryde 6.43) K Smith (AW) J Smith (AW). **WOMEN: 8km Snr:** R Briscoe (AW 32.00) L Talty (NS) E Strauch (CRH). **4km Veteran:** B Stanford (CRH) M Green (AW). **U-20:** E Morris (CRH 14.33) K Clark (Hills). **U-18:** V Savage (Gir 16.27) V Schramm (AW) M Drennan (CRH). **2km U-16:** D Calvert (CRH 7.45) K Morris (CRH) J Schramm (AW). **U-13:** K Drennan (CRH 7.40) R Junor (AW) B Junor (AW). **U-12:** K Lewis (TW 9.02) E Junor (AW) K Fisher (Par).

GIRRAWEEEN, at Abbotsford: MEN 8km 0-50: B Sewell 35m43s P Bowden. **Snr:** G Sheargold 35m37s L Balinski S Halverson. **5km:** J Dwyer 17m2s R Frost S Pickering. **U-15:** B Balinski 14m50s P Balinski S Muir. **WOMEN 8km:** K Walker 36m58s L Balinski. **4km:** V Savage 16m27s. **2km:** K Hyam 9m34s.

BLACKTOWN CITY GUARDIAN

Wednesday, May 17, 1995

Girraween Amateur

Results of club's runners in road races at Cabarita Park, Cabarita, May 6:—

Men 8km, over 50: J. Dwyer 34.58, B. Sewell. Senior: G. Sheargold 33.59, S. Halverson, L. Balinski.

Under 18: A. Watson 31.59.

4 km: B. Balinski 14.40, S. Muir, S. Frost.

2 km: P. Balinski 6.23, G. Sheargold.

Women 8km: L. Balinski 41.37.

4km: V. Savage 16.36.

2 km: K. Hyam 8.10.

Girraween Amateur Athletic Club runner John Dwyer returned from Townsville on April 30 with a bronze medal which he won in the Australian Veteran Track and Field Championships.

John, 58, of Girraween, recorded 5 minutes 6.4 seconds to finish third in the 1500 metres event in the 55-59 age group.

Competing in the Combined High Schools zone cross country championships at Baulkham Hills on May 8, Stephen Muir, of Toongabbie, finished second in the 13 years 4 kilometre event.

The Girraween Club has 20 male and female athletes training for the New South Wales road relay championships which will be held at Homebush on Saturday, June 17, but still needs more senior women, veteran women (over 35), junior girls (14-15) and junior boys (11-13).

The championships are being organised for Athletics New South Wales by the Girraween, 2WS Hills District, Asics Wests and Cumberland Ryde Hornsby clubs.

BLACKTOWN CITY GUARDIAN

Wednesday, May 31, 1995

Girraween Amateur

Runners from Girraween Amateur Athletic Club performed well in race 3 of the West Metropolitan Zone's 9 race series at Homebush on May 20.

In his first race since finishing second in the State road championship, Peter Balinski won the under 13 event over two kilometres on the flat road course.

His mother Linda was the first veteran woman in the five kilometre race.

Kieran Walker took second place in the under 20 women's five kilometre event.

The club's youngest runner, 8 year old Geoffrey Sheargold, finished second in the under 10 two kilometres.

John Dwyer finished third in the over 50 five kilometre race.

Race four in the series will be held at Epping on Saturday, 10th June.

Results of club's runners in race 3 of the West Metropolitan Zone's 9 race series at Homebush on 20th May:—

Men 5km, over 50: J. Dwyer 21.04, B. Sewell, P. Bowden.

Over 40: S. Halverson 22.04, L. Balinski.

Senior: G. Sheargold 19.59, R. Frost.

3km, U15: B. Balinski 10.59, S. Muir.

2km, U12: P. Balinski 6.40, G. Sheargold.

Women 5km: K. Walker 22.19, L. Balinski.

3/6/95

GIRRAWEEEN, at Parramatta Park: MEN 8km: Veteran: B Sewell 35m54s S Halverson. Open: A Watson 31m54s G Sheargold R Frost. **U-15 3.2km:** B Balinski 11m28s. **U-14 1.6km:** S Muir 5m23s P Balinski G Sheargold. **WOMEN 8km:** L Balinski 39m46s. **U-15 3.2km:** V Savage 12m29s.

10/6/95

WEST METROPOLITAN at Epping: MEN 10km: Master: K Mayhew (CRH) 39m26s B King (Hills) B Sewell (Gir). **Veteran:** B Hutchins (Hills) 40m28s H Smit (CRH) J Burroughs (AW). **Snr:** I Thompson (Uni NSW) 34m33s M Doggett (AW) R Crowhurst (NS). **U-20:** I Berrell (Hills) 36m26s A Flick (CRH) A Watson (Gir). **3.5km:** Snr: S Clegg (AW) 11m13s P Starzynski (Hills) B Schramm (AW). **U-16:** D Keating (CRH) 11m11s D Byrne (Kur) B Scalliey (Hills). **1.5km Veteran:** N Fowler (AW) 4m52s D Burdett (AW) K Scalliey (Hills). **U-13:** W Devjak (Ryde) 4m56s P Balinski (Gir) M Coyle (CRH). **U-12:** K Smith (TW) 6m12s L Symes (Hills) M Cooper (Hills). **WOMEN:** Open 10km: L Balinski (Gir) 56m33s. **5km:** B Stanford (CRH) 22m46s E Strauch (CRH) M Green (AW). **3.5km U-20:** M van de Water (Hills) 12m30s K Clarke (Hills) S Tonkin (Hills). **1.5km:** Veteran: M Fabor (AW) 7m2s S Junor (AW) D Cass (AW). **U-13:** R Junor (AW) 5m46s B Junor (AW) K Drennan (CRH). **U-12:** K Lewis (TW) 6m43s A Gillies (Hills) S Hill (Doonside).

GIRRAWEEEN at Epping: MEN: 10km: Veteran B Sewell 48m53s S Halverson L Balinski. Open: A Watson 42m38s G Sheargold. **5km:** S Muir 21m50s R Frost. **U-15 3.5km:** B Balinski 12m14s. **U-12 1.5km:** P Balinski 5m19s. **WOMEN: 10km:** L Balinski 56m33s.

BLACKTOWN ADVOCATE

Wednesday, June 14, 1995

Stephen qualifies

GIRRAWEEEN Amateur Athletic Club's 13-year-old runner Stephen Muir qualified for his first State Cross-country Championship when he finished second in the Combined High Schools Regional Championship at Glenbrook on May 26.

Stephen, of Toongabbie, attends Northmead High School. He was untroubled by the steep hills on the four kilometre course.

Club coach Bob Sewell praised Stephen for his persistence as he has narrowly missed qualifying for the State cross country championships for the last two years.

The NSW Cross country championships for all schools will be held at The Crest, Bass Hill on July 20.

24/6/95

WEST METROPOLITAN, at Parramatta Park: Cross Country: 7km: 50yrs and over: A. Böhner (Hills) 26m20s G. Ryan (RBH) B. Sewell (Gir). Veteran 40yrs: B. Hutchins (Hills) 27m58s L. Vaughan (Hills) J. Sneddon (Hills) 28m. Snr: M. Thomas (CRH) 23m04s M. Doggett (AW) D. Barlow (Hills) 3.5km: Veteran: B. Hutchins 13m25s J. Atterton (Reefbok) N. Cooke (CRH). Open: J. Vaughan 13m13s B. Schramm (AW) S. Garratt (AW). Boys: U-16: B. Balinski (Gir) 12m29s D. Austin (CRH) J. Marden (AW). 2km U-13: W. Devjak (Ryde) 6m50s P. Balinski P. Marrins (AW). Veteran: N. Fowler (AW) 6m51s J. Dwyer (Gir) K. Scalley (Hills). U-16: B. Scalley (Hills) 7m15s T. Devjak (Ryde). Women: 7km: Open: K. Walker (Gir) 32m05s Y. Taylor (AW) L. Balinski (Gir) 3.5km: Open: D. Morris (CRH) 12m19s K. Betley (Kat) B. Stanford (CRH). 2km: Open: V. Savage (Gir) 8m06s L. Perry (AW) J. Schramm (AW). U-13: N. Schramm (AW) 8m10s J. Schramm (AW) K. Fisher (Kat).

GIRRAWEE, at Parramatta Park: MEN: 7km: O-50: B. Sewell 31m47s P. Bowden 34m40s G. Sheargold 29m54s L. Balinski S. Halverson. Snr: R. Frost 32m35s. 3.5km U-16: B. Balinski 12m29s. 2km Open: P. Balinski 7m23s J. Dwyer G. Sheargold. WOMEN: 7km: K. Walker 32m05s L. Balinski 2km: V. Savage 8m06s.

1/7/95

WEST METROPOLITAN at North Ryde: Cross country: MEN: 7.5km: O-50yrs: K. Mayhew (CRH) 29m20s A. Blonner (Hills) M. Bogenhuber (Hills). O-40yrs: J. Burroughs (AW) 30m33s H. Smith (CRH) P. Hutchins (Hills). Snr: M. Thomas (CRH) 25m49s J. Scaer (CRH) M. Doggett (AW). U-20yrs: A. Hick (CRH) 30m15s A. Keegan (AW). 5km: Open: S. Hoopes (Kat) 18m30s S. Clegg (AW) B. Schramm (AW). U-16yrs: D. Keating (CRH) 18m3s B. St Lawrence (Kat) B. Balinski (Gir). 2.5km: U-16yrs: B. Udder (CRH) 8m42s T. Devjak (Ryde). U-13yrs: W. Devjak (Ryde) 9m0s. M. Symes (Hills) P. Marrins (AW). U-12yrs: M. Cooper (Hills) 11m34s M. Symes (Hills) K. Smith (AW). WOMEN: 5km: Open: K. Poffey (Kat) 19m27s S. Tonkin (Hills) M. Greene (AW). U-20yrs: E. Morris (CRH) 18m48s E. Rigby (CRH) M. Kanyon (Kat). U-16yrs: V. Savage (Gir) 22m58s V. Schramm (AW) A. Bembrick (CRH) H. Moore (CRH) 2.5km: Veteran: M. Fisher (AW) 13m24s S. Junor (AW) E. Adams (AW). U-13yrs: R. Junor (AW) 10m18s K. Drennan (CRH) B. Junor (AW). U-12yrs: E. Junor (AW) 12m51s K. Schramm (AW) K. Fisher (Kat).

GIRRAWEE at North Ryde: MEN: 7.5km O-50: B. Sewell 35m56s P. Bowden. O-40: G. Sheargold 32m46s S. Halverson L. Balinski. Snr: R. Frost 35m40s. 5km U-16: B. Balinski 19m50s S. Muir. 2.5km U-12: G. Sheargold 12m20s. WOMEN: 5km U-15: V. Savage 22m58s.

15/7/95

WEST METROPOLITAN: Cross country at Werrington: Men: 8km O-50: K. Mayhew (CRH) 28m52s G. Ryan (RBH) C. Fallon (Hills). Veteran O-40: J. Burroughs (AW) 29m05s B. Hutchins (Hills) H. Smith (CRH). Snr: M. Thomas (CRH) 25m10s I. Thompson (Uni NSW) K. Laws (Sydney Uni). U-20: J. Vaughan (Hills) 30.45s. 4km U-16: D. Keating (CRH) 12m50s B. St Lawrence (Kat) D. Byrne (Kurg). 2km Open: N. Fowler (AW) 6m51s K. Fisher (Parr) D. Burdett (AW). U-13: W. Devjak (Ryde) 6m28s P. Balinski (Gir) K. Smith (AW) L. Symes (Hills). Women: 8km Open: Y. Taylor (AW) 37m43s. 4km Open: B. Stanford (CRH) 16m15s L. Perry (AW) M. Green (AW). U-20: E. Rigby (CRH) 14m11s M. van de Water (Hills) S. Tonkin (Hills). U-16: A. Coyle (CRH) 14m8s A. Bembrick (CRH) N. Miller (AW). 2km Open: S. Junor (AW) 9m10s J. Hardinge (AW) L. Schramm (AW). U-13: R. Junor (AW) 7m28s B. Junor (AW) N. Schramm (AW). U-12: E. Junor (AW) 9m18s K. Schramm (AW) K. Fisher (Parr).

GIRRAWEE: 8km O-50: B. Sewell 35m25s P. Bowden. Snr: G. Sheargold 32m47s R. Frost S. Halverson. 4km U-16: B. Balinski 14m04s. 2km U-12: P. Balinski 7m01s G. Sheargold. Women: 4km U-15: V. Savage 15m55s.

BLACKTOWN CITY GUARDIAN, Wednesday, June 28, 1995

Athletics

Girraween Amateur

Results of club's runners in interclub road races at Homebush, June 17:

Men 5km, over 50: J. Dwyer 21.06, B. Sewell, P. Bowden.

Open: G. Sheargold 19.39, S. Halverson, L. Balinski.

3km, under 15: B. Balinski 10.41, P. Balinski, S. Muir.

Under 12: G. Sheargold 14.55.

Women, 5km: V. Savage 21.29, L. Balinski.

Three more members of Girraween Amateur Athletic Club have qualified for the New South Wales All Schools Cross Country Championships.

Fifteen year old Vikki Savage qualified when she finished a very close second in the Christian Schools State Championship at

Cobbity.

Vikki coped well with the severe gradients on the course which forced many competitors to walk.

Brent Balinski, 14, and brother Peter, 11, qualified when they finished fourth and sixth respectively in the Catholic Schools State Championship in Fagan Park, Galston.

The championships were held in extremely wet and muddy conditions.

The three runners join 13 year old Stephen Muir who finished second in the Combined High Schools regional championship at Baulkham Hills last month.

"Dedication to training is the main reason for the improved performance of the four athletes," according to club coach Bob Sewell.

The All Schools championships will be held at The Crest, Bass Hill, on Thursday, July 20.

BLACKTOWN ADVOCATE
Wednesday, July 19, 1995

Girraween Amateur Athletic Club

Brothers Brent and Peter Balinski each won a bronze medal in the Little Athletics State Cross Country Championships at Jamison Park, Penrith on July 9.

Brent finished strongly in the U14 3000m event, missing second half place by half a metre. He also finished second in the U14 2000m road walk championship at the same venue later in the day.

Peter started slowly in the U11 2000m, but increased the pace in the later stages to finish third.

The brothers represented Holroyd Little Athletics Centre in the championships and are also members of Girraween Amateur Athletic Club where they are coached by Bob Sewell.

Two more members of the Girraween Club have also been successful in recent competition with Vicki Savage, 15, finishing second in the Christian School's state cross country championship at Cobbity and Stephen Muir, 13, taking second place in the 800m event in the Combined High Schools Hills Zone track and field championships at Homebush.

Brent, Peter and Stephen have qualified for the NSW All Schools cross country championships will be held at The Crest, Bass Hill on Thursday July 20.

BLACKTOWN CITY GUARDIAN
Wednesday, July 19, 1995

Girraween Amateur

Girraween Amateur Athletic Club's promising juniors Brent and Peter Balinski both won a bronze medal in the Little Athletics State Cross Country Championship at Jamison Park, Penrith on 9th July.

Peter's good result followed, his second placing in Athletic New South Wales' state road championship in June, but Brent's medal was his first state running medal.

Brent finished very strongly in the under 14 3000 metres to finish only half a metre behind the second placegetter and later the same day won a silver medal in the 2000 metres road walk at the same venue.

Peter got off to a slow start in the under 11 2000 metres event, but picked up the pace later in the race to grab second place.

Girraween little athlete Glen McConnell ran well to finish fifth in the under 10 1500 metres championship.

Club coach Bob Sewell was pleased with the performances and said Brent and Peter had finally learned to push

through the pain barrier and would be better runners in upcoming races.

Brent, Peter and Stephen Muir, 13, will be competing in the All Schools State Cross Country Championships at The Crest on Thursday, 20th July.

22/7/95

WEST METROPOLITAN at Crestwood Reserve: Men: 9km O-50: G Ryan (RBH) 35m15s B Sewell (Gir) J Sheedy (AW). Q-40: J Burroughs (AW) 34m19s H Smit (CRH) S Flick (CRH). Snr: M Thomas (CRH) 29m25s I Thompson (UNSW) M Doggett (AW). U-20: A Flick (CRH) 34m1s. 4.5km Snr: C Clegg (AW) 16m33s B Schramm (AW) S Garroty (AW). Veteran: N Fowler (AW) 17m34s L Vaughan (Hills) N Cooke (CRH). U-20: J Lodge (CRH) 17m58s. U-16: B Balinski (Gir) 16m58s S Muir (Gir) B Scallie (Hills). 2.25km U-13: W Dawjak (Ryde) 7m33s C Cooper (Hills) M Symes (Hills). U-12: M Cooper (Hills) 8m49s L Symes (Hills) G Sheargold (Gir). Women: 9km Open: L Taffy (NS) 40m14s L Balinski (Gir). 4.5km Open: B Stanford (CRH) 19m50s S Tonkin (Hills) M Greene (AW). U-16: A Coyle (CRH) 17m28s V Savage (Gir) A Bembrick (CRH). 2.25km Open: L Perry (AW) 9m40s S Junior (AW) M Fabar (AW). U-13: R Junior (AW) 8m41s B Junior (AW) N Schramm (AW). U-12: E Junior (AW) 10m45s K Schramm (AW) K Fisher (Parra).

GIRRAWEE at Baulkham Hills: Men: 9km O-50: B Sewell 42m00s. Snr: G Sheargold 39m01s S Halverson L Balinski (Graween). Country: R Williams (Nowra) 7m20s T Richardson (Springwood) J Mottram (Nowra). Teams: Nowra (1), Sutherland, Nowra (2).

29/7/95

STATE CHSIPS in Nowra: Cross Country: BOYS: U-12 2km: R Williams (Nowra) 7m20s T Richardson (Springwood) P Balinski (Graween). Country: R Williams (Nowra) 7m20s T Richardson (Springwood) J Mottram (Nowra). Teams: Nowra (1), Sutherland, Nowra (2).

5/8/95

WEST METROPOLITAN, at Upjohn Park, Dundas: MEN: 7.5km O-50: K Mayhew (CRH) 28m34s G Ryan (RBH) C Fallon (Hills). Q-40: J Burroughs (AW) 29m43s H Smit (CRH) S Flick (CRH). Snr: M Thomas (CRH) 25m05s C Fowler (Katoomba) I Thompson (Uni NSW). U-20: A Flick (CRH) 28m10s B Warner (Eastern Bays) J Vaughan (Hills). 5km Vet: N Fowler (AW) 22m52s N Cooke (CRH) F Scurr (Nthn Subs). Snr: B Schramm (AW) 22m30s S Garratty (AW) F Daniels (CRH). U-16: D Keating (CRH) 17m41s D Byrne (Kurrajong) M Ali. 2.5km Open: N Fowler 9m43s K Fisher (Parramatta) R Marrins (TW). U-13: P Balinski (Gir) 9m48s C Cooper (Hills) M Symes (Hills). U-12: K Smith (AW) 11m52s L Symes (Hills) G Sheargold (Gir). WOMEN: 7.5km Open: M Vandewater (Hills) 33m46s L Balinski (Gir). 5km Vet: B Stanford (CRH) 23m04s C Austin (CRH) M Greene (AW). Open: K Pelley (Katoomba) 19m15s S Tonkin (Hills). U-16: A Coyle (CRH) 19m36s V Savage (Gir) M Drennan (CRH). 2.5km Vet: M Fabar (AW) 12m33s S Junior (AW) J Schramm (AW). Open: E Strauch (CRH) 11m19s L Perry (AW) J Hardinge (AW). U-13: B Junior (AW) 10m25s R Junior (AW) A Ford (CRH). U-12: E Junior (AW) 12m28s K Schramm (AW) K Fisher (Parramatta).

GIRRAWEE, at Dundas: MEN: 7.5km O-50: B Sewell 36m17s. Veteran: G Sheargold 33m13s S Halverson L Balinski. Snr: R Frost 35m21s. U-15 5km: S Muir 20m18s B Balinski. U-12 2.5km: P Balinski 9m48s G Sheargold. WOMEN: 7.5km Veteran: L Balinski 43m52s. U-15 5km: V Savage 21m38s.

BLACKTOWN CITY GUARDIAN

Wednesday, August 9, 1995

Girraween

Eleven year old Peter Balinski has increased his total of state medals for the winter season to three by finishing third in the New South Wales cross country championship at Camberwarra, near Nowra, on July 29.

Peter competed in the under 12 two kilometre event which was held on an undulating course of grass and dirt with a strong, cold wind blowing.

His previous state medals were a silver in the New South Wales road championship in May and a bronze in the New South Wales little athletics cross country championship in July.

Peter represented Girraween Amateur Athletic Club in the championship and coach Bob Sewell praised Peter's fighting qualities for moving through the field to grab a medal.

BLACKTOWN ADVOCATE

Wednesday, September 6, 1995

Girraween Amateur Athletic Club

Runners from Girraween Amateur Athletic Club collected seven trophies in the West Metropolitan Zones's nine race series.

The trophy winners are Peter Balinski (1st U12)

Brent Balinski (2nd U16), Vikki Savage (2nd U16)

Linda Balinski (2nd Veteran), Geoffrey Sheargold (3rd U10),

Stephen Muir (3rd U16) and Bob Sewell (3rd 50 and over).

The series consisted of five cross country and four road racing events.

In the last race of the series at West Auburn on August 26, Peter Balinski won the under-12 section, Vikki Savage won the under-16 section, Linda Balinski won the veteran section, Geoffrey Sheargold finished second in the under-10 section and John Dwyer 2nd in the 50 and over section.

12/8/95

WEST METROPOLITAN, at Auburn: MEN: 7.5km O-50: J Dwyer (Gir) 35m15s J Sheedy (AW) A Ross (AW). Q-40: G Sheargold (Gir) 33m39s S Halverson (Gir) L Balinski (Gir). Snr: M Doggett (AW) 27m14s R Frost (Gir) K Scallie (Hills). 5km: O-50: F Scurr (CRH) 23m33s C Austin (CRH) G Taylor (AW). Snr: S Clegg (AW) 18m39s M Fowler (AW) B Schramm (AW). 2.5km Open: N Fowler (AW) 9m14s E Fabar (AW) B Sampson (AW). BOYS: U-18: D Austin (CRH) 19m38s B Balinski (Gir) S Muir (Gir). U-13: 2.5km: K Smith (AW) 12m10s C Smith (TW) J Smith (AW). WOMEN: 5km Open: B Schramm (AW) 23m33s L Balinski (Gir) C Austin (CRH). 2.5km: L Perry (AW) 10m59s M Fabar (AW) D Kass (AW). U-13: R Junior (AW) 10m16s N Schramm (AW) B Junior (AW). U-12: E Junior (AW) 12m52s K Schramm (AW) A Alhafny (AW).

GIRRAWEE, at Auburn: Men: 7.5km O-50: J Dwyer 35m15s. Vet: G Sheargold 33m39s S Halverson L Balinski. Snr: R Frost 35m42s. U-15 5km: B Balinski 20m12s S Muir. Women 5km: Vet: L Balinski 26m34s.

26/8/95

WEST METROPOLITAN, at West Auburn: MEN Over 60 8km road: G Ryan (RBH) 30m22s J Dwyer (Gir) C Fallon (Hills). Over 40: H Smit (CRH) 31m11s B Hutchins (Hills) J Sheddon (Hills). Snr: M Thomas (CRH) 25m45s I Thompson (UNSW) M Doggett (AW). U-20: A Flick (CRH) 28m54s J Vaughan (Hills) S Edwards. Open 4km: S Clegg (AW) 13m48s B Schramm (AW) R Coyle (Hills). U-20: S Heape (Kat) 13m16s. BOYS: U-16: D Keating (CRH) 13m20s. U-13 2km: P Balinski (Gir) 7m14s M Symes (Hills) C Cooper (Hills). U-12: L Symes (Hills) 8m24s G Sheargold (Gir) K Smith (AW). WOMEN: Open 8km: L Balinski (Gir) 41m40s. 4km: E Strauch (CRH) 17m41s S Tonkin (Hills) M Green (AW). Veteran 2km: M Fabar (AW) 9m14s D Cass (AW) J Schramm (AW). Open 2km: L Perry (AW) 8m34s A Sherd (CRH). GIRLS: U-16 4km: V Savage (Gir) 16m40s V Schramm (AW) M Drennan (CRH). U-13 2km: B Junior (AW) 7m49s K Drennan (CRH) N Schramm (AW). U-12: E Junior (AW) 9m22s K Schramm (AW) K Fischer (Par).

GIRRAWEE, at West Auburn: MEN: 8km Over 50: J Dwyer 36m31s B Sewell. Open: G Sheargold 34m13s R Frost S Halverson. 2km U-12: P Balinski 7m14s G Sheargold. WOMEN: 8km Veteran: L Balinski 41m40s. 4km U-16: V Savage 16m40s.

PARRAMATTA ADVERTISER

Wednesday, September 6, 1995

Golden runner

WESTMEAD runner Peter Balinski won his first State Championship gold medal at the NSW cross-country titles at Galston with victory in the under-12, 2.5km event.

The 11-year-old cruised over the undulating course in scaring heat to win his fourth State career medal.

Peter, 11, a member of Girraween Amateur Athletic Club, is now training for the new summer season.

Meanwhile, the new GAAC season starts Saturday, September 9, at C V Kelly Park, from 1.30pm.

Girraween Amateur

Girraween Amateur Athletic Club athlete Vikki Savage won the discus throw at the Christian schools state track and field championships at Homebush on September 1.

She was second in the shot put and the 1500 metres and third in the javelin and the 400 metres.

She is a student at Toongabbie Baptist Christian Community School.

Clubmate Peter Balinski, 11, finished second in the Catholic Schools Parramatta Diocese track and field championships at Auburn Athletic Field.

He was representing Westmead's Sacred Heart School.

Results of club's runners in Trevor Lonard Memorial Handicap at Cabarita, September 2:—

Men 8km, over 50: J. Dwyer 34.36.

Over 40: G. Sheargold 32.57, S. Halverson, L. Balinski.

Senior: R. Frost 35.20.

Women, 8km: V. Savage 35.23, L. Balinski.

9/9/95

Athletics

Girraween Amateur Athletic Club

Competition at C.V. Kelly Park, September 9th

Men, 100m: D. Beattie 12.4, P. Hogan, S. Halverson. 400m: D. Beattie 59.8, M. Kammerer, A. Grogan. 1500m: M. Kammerer 4.55.5, M. Byles, D. Beattie. High Jump: D. Beattie 1.60m, B. Balinski, G. Sheargold. Long Jump: S. Hinwood 4.87m, S. Halverson, P. Hogan. Shot Put: Senior: M. Kammerer 8.28m, S. Halverson, V. Manwaring. U17: S. Hinwood 12.67m, D. Beattie. U15: B. Balinski 7.19m, S. Muir. Women, 100m: J. Fisher 14.8, V. Sestic, N. Sestic. 400m: H. Sestic 73.0, V. Savage, N. Sestic. 1500m: V. Savage 5.48.9, L. Balinski. 1500m Walk: H. Sestic 7.12.5, V. Sestic. Long Jump: J. Fisher 3.80m, N. Sestic. Discus: V. Savage 24.30m, J. Fisher, L. Balinski.

24/9/95

NSW ALL SCHOOLS TRACK AND FIELD CHSIPS, at Homebush Day Three Finals

12YRS: 200m: R Junior (Penrith) 27.59s C Laidaar (Orange) A J Geddes (Jesmond). 800m: J Peronis (Elizabeth McCauley) 2m26.7s N Molan (Mona Vale) R Mills (Clairgate). 400m: R Junior (Penrith) 1m01.78s T Peronis (Elizabeth Macarthur) A J Geddes (Jesmond). Long Jump: S Gabrael (Mt St Benedict) 4.60m L Macey (Strathfield Sth) S Brincat (Holy Family). High Jump: K Mann (Port Macquarie) 1.65m (rec) L Hughan (James Sheshan) J Fisher (Pondle Hill). Shot: M Martin (St Clair) 11.03m P Stimson (Camden) D Ritano (Mt St Benedict).

23/9/95

Girraween Amateur Athletic Club Competition at C.V. Kelly Park, September 23: Men, 100M: D. Dux 12.2, D. Beattie, M. Dux.

400M: N. Fowler 57.8, D. Beattie, A. Grogan.

1500M: M. Byles 5.12.3, M. Beattie, B. Balinski.

Long Jump: D. Beattie 5.32M, S. Hinwood, S. Halverson.

Shot Put, Veteran: V. Manwaring 7.40M, S. Halverson; G. Sheargold;

Senior: D. Dux 9.28M; U17: S. Hinwood 13.40M, D. Beattie, M. Byles; U15: M. Dux, 11.06M, M. Beattie, B. Balinski; U12: P. Balinski 5.48M.

Women, 100M: J. Fisher 14.6, V. Savage, K. Bell.

400M: N. Page 71.9, V. Savage, K. Bell.

High Jump: J. Fisher 1.45M, V. Savage, D. Light.

Discus: N. Page 23.56M, V. Savage, K. Bell.

30/9/95

Girraween Amateur

Results of competition at C.V. Kelly Park, September 30:—

Men, 200m: D. Beattie 25.4, D. Dux, M. Dux.

800m: M. Kammerer 2.19.7, S. Muir, M. Byles.

5,000m: M. Kammerer 18.25.3, M. Byles, G. Sheargold.

High jump: D. Beattie 1.60m, D. Dux, S. Halverson.

Discus: Veteran, V. Manwaring 22.80m, S. Halverson, G. Sheargold; senior, D. Dux 24.52m, M. Kammerer; U16, B. Balinski 25.02m, S. Muir, M. Byles; U12, P. Balinski 12.04m, C. Byles.

Women, 200m: J. Fisher 31.9, V. Savage, L. Balinski.

800m: V. Savage 2.47.4, L. Balinski.

5,000m: V. Savage 23.28.6, L. Balinski.

High jump: J. Fisher 1.45m.

Shot put: Open, L. Hatherly 8.44m, L. Balinski; U16, V. Savage 9.62m, J. Fisher.

14/10/95

Girraween Amateur Athletic Club Competition at C.V. Kelly Park on October 14:—

Men's 200m: D. Dux 26.9; D. Beattie, G. Camilleri; men's 800m: D. Beattie 2.27.9; G. Ryan, M. Byles; men's 3000m: B. Balinski 10.42.5; G. Ryan, M. Byles.

High jump: D. Beattie 1.60m, D. Dux, B. Casey and N. Seymour. Qual third; long jump: V. Manwaring 4.53m, A. Ryan, M. Byles.

Discus veterans: V. Manwaring 22.16m, J. Dwyer, G. Sheargold; senior: D. Dux 21.78m; under-20: G. Camilleri 22.64m, A. Grogan; under-18: D. Beattie 24.28m, A. Ryan, M. Byles; under-15: N. Seymour 32.94m, B. Balinski, P. Hogan; under-12: P. Balinski 13.92m, C. Byles.

Women's 200m: J. Fisher 32.3, K. L. Bell, K. Bell; 800m: K. L. Bell 3.10.2, J. Fisher, L. Balinski; High jump: J. Fisher 1.40m; shot putt: K. L. Bell 7.19m, J. Fisher, K. Bell.

28/10/95

Girraween Amateur

Competition at C.V. Kelly Park, October 28:

Men, 200m: D. Beattie 25.4, G. Camilleri, P. Hogan.

800m: D. Beattie 2.23.6, S. Muir, G. Ryan.

3000m: G. Ryan 10.32.9, B. Balinski, G. Sheargold.

High jump: D. Beattie 1.63m, S. Hinwood, S. Halverson.

Discus: Veteran, J. Dwyer 21.88m, S. Halverson, L. Balinski; U17, D. Beattie 23.96m; U15, B. Balinski 23.50m, P. Hogan; U12, R. Mormul 26.28m, P. Balinski.

Women, 200m: J. Fisher 31.4, K.L. Bell, K. Bell.

800m: K.L. Bell 3.02.8, L. Balinski.

3000m: A. Van Trier 16.09.9.

High jump: J. Fisher 1.46m.

Shotput: U13, K.L. Bell 6.83m, K. Bell.

18/11/95

CV Kelly Park, November 18:

Men, 100m: D. Dux 12.2, D. Beattie, M. Dux.

400m: D. Beattie 59.1, P. Hogan, G. Camilleri.

1500m: G. Ryan, 4.58.4, M. Byles, P. Balinski.

Long Jump: D. Dux 5.49m, D. Beattie, A. Ryan.

Shot Put: Veteran: L. Balinski 7.80m, J. Dwyer, S. Halverson, Senior: D. Dux 8.75m, G. Camilleri, R. Frost, U19: A. Ryan 8.64m, U17: D. Beattie 9.41m, M. Byles: U15: M. Dux 12.40m, B. Balinski, P. Hogan, U13: P. Balinski 5.47m, C. Byles.

Women, 100m: J. Fisher 13.75, K.L. Bell, L. Balinski.

400m: J. Fisher 71.0, S. Dickson, L. Balinski.

Discus: S. Dickson 22.90m, L. Balinski.

25/11/95

C.V. Kelly Park, November 25

Men, 200m: D. Beattie 25.9, G. Camilleri, N. Fowler.

800m: N. Fowler 2.15.2, D. Beattie, M. Byles.

5,000m: M. Byles 19.53.6, B. Harrison, R. Frost.

High Jump: D. Beattie 1.60m, N. Seymour.

Discus, veteran: V. Manwaring 22.90m, J. Dwyer, S. Halverson; U20: G. Camilleri 19.36m, A. Grogan; U17: D. Beattie 24.64m, M. Byles, U15: N. Seymour 30.90m, P. Hogan, B. Balinski; U13: P. Balinski 12.80m, C. Byles.

Women, 200m: J. Fisher 30.9, N. Sestic, N. Page.

High Jump: J. Fisher 1.49m.

Shot Put, U20: N. Page 7.87m; U13: J. Fisher 7.73m

PARRAMATTA ADVERTISER
Wednesday, December 6, 1995

The Fairfax Sun

Thursday, January 25, 1996

Girraween Amateur Promising Walker Bréni Balinski has been selected for his first Australian Championship.

The 14 year old member of Girraween Amateur Athletic Club beat the qualifying standard of 7 minutes 35 seconds when he recorded 7 minutes 22 seconds in interdistrict competition at Homebush on November 11.

The Australian schools track and field championships will be held at Homebush on December 8, 9 and 10.

Brent's successes include third in last seasons little athletics state championship in the 1500 metres walk and second in the little athletics Winter State Championship in the 2000 metres walk.

He also competes in distance running and finished third in little athletics state cross country championship overs 3000 metres last Winter.

2/12/95

Girraween Amateur Athletic Club.

Competition at C.V. Kelly Park, december 2:-

Men, 100m: D. Beattie 12.1, P. Hogan, A. Ryan
 400m: D. Beattie 57.4, A. Ryan, N. Seymour.

1500m: M. Byles 5.05.1, B. Balinski, D. Beattie.

Shot Put, Veteran: L. Balinski 8.04m, S. Halverson, G. Sheargold; U19: A. Ryan 8.79m; U17: D. Beattie 9.05m, M. Byles; U15: N. Seymour 9.10m, B. Balinski, P. Hogan; U13: P. Balinski 5.21m, C. Byles.

27/1/96

Competition at C.V Kelly Park, January 27:-

Men, 200m: S. Hanlon 25.2, D. Beattie, W. Jeff

800m: N. Fowler 2.18.4, M. Kammerer, A. Grogan

5000m: M. Byles 19.31.2, C. Byles, B. Sewell

Long Jump: S. Hanlon 5.91m, N. Fowler, S. Halverson

Triple Jump: S. Hanlon 12.67m, S. Halverson, P. Hogan

High Jump: D. Beattie 1.60m, N. Seymour

Discus, Veteran: S. Halverson 21.90m, J. Dwyer, G. Sheargold, Senior: W. Jeff 24.08m, M. Kammerer, S. Hanlon; Under 18: D. Beattie 21.60m, A. Grogan; u15: N. Seymour 30.28m, P. Hogan; U12: C. Byles 13.18m

Running for gold

RUNNER Adrian Grogan from Wentworthville recently added to his personal tally when he took out four gold medals at the NSW Disabled Track and Field Championships.

Eighteen-year-old Grogan won the 100, 200, 400 and 800-metre races in the class 7 cerebral palsy events.

His coach, Bob Sewell, said with a bit more strength work, Adrian could be on the plane to Atlanta later this year.

"His time for the 800m broke the Australian record for his class by more than one minute and is only seven seconds



outside the qualifying standard for the 1996 Atlanta Paralympics.

"With more strength work and with his determination Adrian could well make the Paralympics qualifying time when he competes at the Australian Track and Field Championships in March," Sewell said.

When he's not on the track, Adrian can be found

working hard at his own lawnmowing business.

He was keen to make the Australian team for Atlanta.

"I know I have to run well in March to make the team," he said.

"But I think if I keep to my coach's program, then I should have a good chance of qualifying in at least one of the events."

Adrian has been running for seven years now and picked up vital overseas experience when he competed over in China a few years back.

His father said all of Adrian's family were excited about having a potential paralympian in their midst.

PARRAMATTA ADVERTISER

Wednesday, December 13, 1995

Clean track sweep

Grogan's time is also near the qualifying time required to make the Australian Paralympian team for 1996 Atlanta Olympics.

Grogan's quartet of gold medal wins earned him a place at the Australian Institute of Sport training camp at Canberra between December 7-10.

The versatile runner will begin training early New Year for the 1996 Australian Disabled Track and Field Championships to be held in Sydney between March 29-31.

His coach, Bob Sewell said the national championships would be Grogan's last chance to qualify for the Atlanta Paralympics. "I think Adrian can achieve his goal and qualify for Atlanta in the 800m event," Sewell said.

ADRIAN Grogan recently won four gold medals at the NSW Disabled Track and Field Championships at Homebush.

The Girraween Amateur Athletic Club member (GAAC) competed in the class seven Cerebral Palsy events.

Grogan, 18, won the 100m, 200m, 400m and 800m races — making it a clean sweep of the four events.

The Wentworthville teenager's effort in the 800m saw the Australian record tumble by an incredible one minute and 21 seconds.

BLACKTOWN ADVOCATE
Wednesday, March 20, 1996

Girraween Amateur Athletic Club's 18th summer championship has been won by 12 year old Peter Balinski.

Peter scored 78 points to edge out 16 year old David Beattie on 73 1/2 points and 40 year old Graham Sheargold on 73 points.

Twelve-year-old Jessica Fisher was the only regular competitor in the female division and finished with a score of 60 points.

The championship is based on self-improvement during the season.

Adrian Grogan, 18, will compete in the 100, 200, 400 & 800 metres events in the Australian Disabled Track & Field Championships at Sydney Athletic Field on March 30 and April 1.

This will be his last chance to qualify for the Atlanta Paralympics.

In competition for disabled athletes at Sydney Athletic Field on February 11, Adrian won the 100m (13.7), 400m (1.02.6) and 800m (2.26.4).

Phillip Bowden, 68, will compete in the 65-69 age group at the New South Wales Veterans Track and Field Championships at Homebush on March 23 & 24.

He will run in the 100 and 200 metres sprints and the 5000 metres.

The Girraween Club is preparing for its 19th winter season of cross country and road racing and will hold a registration and competition day at C.V. Kelly Park, Ormazi Road, Girraween, from 2pm on Saturday, March 30.

Females and males aged under 12 to veteran of any standard are invited to attend.

The Club competes in a 25 week program of events ranging from friendly interclub races to state championships.

PARRAMATTA ADVERTISER
Wednesday, April 3, 1996

Golden day for Grogan

DISABLED runner Adrian Grogan recently won three gold medals at the 1996 Australian Track and Field Championships.

Grogan performed superbly at the meet at Sydney Athletic Field winning gold in the 200m, 400m and 800m events.

A member of Girraween Amateur Athletic Club (GAAC), Grogan, 18, was unable to enter the 100m dash because of a leg muscle injury.

Meanwhile, GAAC members Linda Balinski, Lonnie Balinski and Phillip Bowden, recently won medals at the NSW Veterans' 10,000m Championships.

Linda Balinski won bronze in the women's 35-39 age category, Lonnie Balinski a silver in the women's 45-49 age group and Bowden silver in the 65-69 age group.

In other club news, Peter Balinski, 12, has won the annual summer club championship with 78 points — ahead of David Beattie, 16, on 73.5 and Graham Sheargold, 40, on 73 points.

Jessica Fisher, 12, the only regular entrant in the women's division, finished with a score of 60 points.

BLACKTOWN CITY GUARDIAN
Wednesday, April 3, 1996

Girraween Amateur

Disabled runner Adrian Grogan won three gold medals in the Australian Disabled Track and Field Championships at Sydney Athletic Field on 24th March.

A member of Girraween Amateur Athletic Club, 18 year old Adrian won the 200 metres (27.96), the 400 metres (1.01.40) and the 800 metres (2.26.43).

He was forced to withdraw from the 100 metres event because of a strained leg muscle.

On the previous weekend at Sydney Athletic Field, Adrian's clubmates Linda Balinski, Lonnie Balinski and Phillip Bowden won medals in the New South Wales Veterans 10,000 metres championship.

Linda won bronze in the women's 35-39 age group, Lonnie silver in the 45-49 age group and Phillip silver in the 65-69 age group.

Rain and fading light hampered the runners.

The Girraween Club is now in its 19th season of cross country and road running.

The Fairfax Sun
Tuesday, May 21, 1996

Runner rep

□ GIRRAWEE Amateur Athletics Club runner Adrian Grogan will represent Australia at the Paralympic Games in Atlanta in August. Grogan will compete in three class seven events, the 400m, 800m and the 4x100m relay. The 18-year-old has trained with the Girraween club under coach Bob Sewell for three years and has represented Australia.

BLACKTOWN CITY GUARDIAN, Wednesday, May 22, 1996

ADRIAN GOING

Wentworthville runner Adrian Grogan is Atlanta bound after scoring a spot in the Australian Paralympic squad.

The 18-year-old will compete in three events at the Paralympic Games in August.

The Girraween Amateur Athletics Club member will compete in the 400 and 800m as well as the four by 100m relay events.

Adrian has been training for the past three years under the guidance of club coach and publicity officer Bob Sewell.

He suffers from mild cerebral palsy and competes in class seven events. Class eight is for the least affected sufferers.

The Fairfax Sun.

Tuesday, April 2, 1996

When sport is fun

By LINDSAY VARCOE

AMATEUR athletics is a fun sport for the whole family, and one family who should know is the Balinski family of Wentworthville.

The Balinski family of four are all members of Girraween Amateur Athletics Club, a club with a message that competing is just as important as winning.

Lonnie and Linda Balinski both run middle distance in the veterans competition while their sons Brent, 14, and Peter, 12, also run middle distance events.

"It all started about three years ago when Brent and Peter joined the club," Linda said.

"My husband and I were always driving our sons to training here and events there and sitting on the sidelines while they ran.

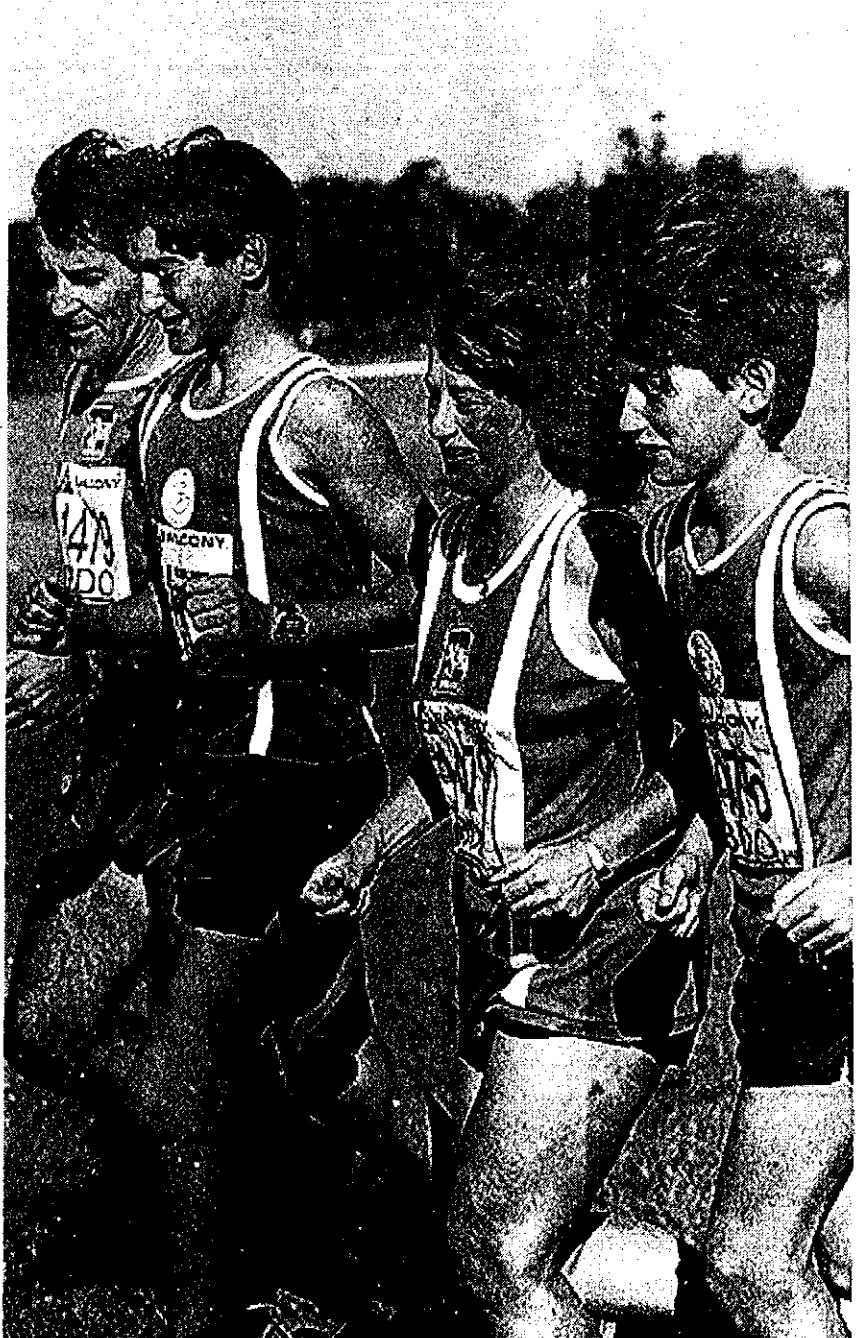
"It looked like a lot of fun and a great way to keep fit, so after a while we figured we might as well join the club."

Brent has won three NSW medals in cross country, road walking and middle distance events while Peter has picked up four State medals, mostly in cross country runs.

Lonnie and Linda have also helped the family medal recently - Lonnie picked up a silver medal in the 10,000m at the NSW Veterans Championships last month while Linda won a bronze in the womens 10,000m.

Other Girraween Amateur Athletics Club members to do well in recent weeks include Adrian Grogan who won gold in the 200m, 400m and 800m at the recent Australian Disabled Track and Field Championships.

Girraween Amateur Athletics Club is now enrolling new members with a registration day this Saturday at CV Kelly Park Girraween, for details telephone Bob Sewell on 6361145.



□ THE Flying Balinskis: Lonnie, Brent, Linda and Peter
Photo: JEFF DE PASQUALE

1996 AUSTRALIAN PARALYMPIC TEAM

Athletics: Anthony Biddle, Fabian Blattman, Geoff Clarke, Donald Elgin, David Evans, Terence Giddy, Marsha Green, Adrian Grogan, Alison Quinn, Christie Skelton, Bradley Thomas, Amy Winters (NSW) Damien Burroughs, Peter (Mike) Dowling, John Eden, Lisa Llorens, Sharon Rackham, Frances Stanley (ACT) Leroi Court, Paul Wiggins (Tas) Mark Davies, Hamish MacDonald, Sam Rickard, Russell Short (NT) Stephen Eaton, Brian Harvey, Kerrod McGregor, Jaime Romaguera, Darren Thrupp, Matthew van Eldik, Leana Viero (Qld) Neil Fuller, Katrina Webb (SA) David Goodman, Lachlan Jones, John Lindsay, Timothy Matthews, Gregory Smith, Jodi Willis-Roberts (Vic) Paul Nunnari, Alix Louise Savage, Bruce Wallrodt (WA). **Athlete liaison officer:** Dawn Fraser. **Track and field head coach:** Kathryn Lee. **Track and jumps coach:** Chris Nunn. **Throws coach:** Lyndall Warry.

Basketball: Men: Troy Andrews, David Gould, Timothy Maloney, Richard Oliver (SA) Robert (Sandy) Blythe, Orfeo Ceconato, Stuart Ewin, Nicholas Morris (Vic) Ben Cox (WA) Gerard Hewson, Troy Sachs, David Selby (NSW). **Coach:** Mark Waller. **Women:** Julianne Adams, Amanda Carter, Paula Ewin, Sharon Slann (Vic) Melissa Ferrett (SA) Alison Mosely (Qld) Lisa O'Nion, Donna Ritchie, Liesl Tesch, Jane Webb (NSW) Donna Philip (Qld) Amanda Rose (WA). **Coach:** Peter Corr.

Boccia: Kris Bignall, Scott Elsworth, Fiona Given, Viet Tu Huynh (NSW) Lynette Coleman (Qld) John Richardson (Vic). **Coach:** Thomas Organ.

Cycling: Paul Clohessy, Matthew Gray, Robert (Steven) Gray, Edmund Hollands, Paul Lamond, Lynette Lepore, Gregory Madson, Teresa Poole, Sandra Smith (WA) Kerry Golding, Kieren Modra (SA) Peter Homann, Paul Lake (Vic) Christopher Scott (Qld). **Coach:** Ken Norris.

Equestrian: Susan Haydon, Margaret Reynolds, Mandy Waalwyk (Vic) Sharon Konemann, Sue-Ellen Lee (NSW). **Coach:** Mary Longden.

Goalball: Men: Roberto Crestani, Brett Scarr (Vic) Kevin Frew, Colin George (NSW) Gerrard Gosens, Warren Lawton (Qld). **Coach:** Sam Theodore. **Women:** Raelene Bock, Marilyn Mills, Jennette Saxberg (NSW) Sarah Kennedy, Rachel Lahl (Qld) Robyn Stephens (Vic). **Coach:** Terence Kenaghan.

Judo: Anthony Clarke (SA). **Coach:** Trevor Kschammer.

Lawn Bowls: Pauline Cahill, Robert Tinker (SA) June Clark (Vic) John Forsberg (Qld) Neville Millington (NSW). **Coach:** Graeme Clark.

Powerlifting: Willem (Wim) Bos (NSW) Michael Farrell (Qld) Brian McNicholl (Vic) Richard Nicholson (ACT). **Coach:** Blagoi Blagoev.

Rugby: Garry Crocker (ACT) Andrew Greenaway, Peter Lock (NSW) Rodney Hamilton, David Jacka, Baden Whitehead (Vic) George Hucks, Steve Porters (SA), Daryl Wingard.

Shooting: Ashley Adams (Qld) Keith Bremmer, Iain Fischer, Patricia Fischer, Peter Worsley (NSW) Elizabeth Kosmala (SA) James Nomaihas (ACT). **Coach:** Alex Taransky.

Swimming: Petrea Barker, Kingsley Bugarin, Priya Cooper, Tracey Cross (WA) Rod Bonsack, Vicky Machen (SA) Scott Brockenshire, Dominic Collins, Janelle Falzon, Grant Fitzpatrick, Alicia Jenkins, Lesly Page, Sarah-Jane Schulze, Carla Sullivan, Elizabeth Wright (NSW) Brendan Burkett, Paul Cross, Cameron de Burgh, Paul Gockel, Jeffrey Hardy, Karri Liddell, Tamara Nowitz, Tracey Oliver, Alistair Smales (Qld) Melissa Cariton (Tas) Gemma Dashwood, Judith Young (ACT) Alexander Hadley, Sean Harris, Brett Reid (Vic). **Coach:** Ian Findlay.

Tennis: Michael Connell, David Hall (NSW) Lisa (Daniela) Di Toro, Randa Hinson (Vic). **Coach:** Greg Crump.

Yachting: team to be finalised.

Chef de Mission: George Dunstan. **Director of Medical Services:** Dr Susan White.

THE SYDNEY MORNING HERALD
FRIDAY, MAY 10, 1996

PARRAMATTA
Advertiser

Wednesday, May 29, 1996



Adrian Grogan ... on his way to Atlanta

Adrian's sprinting to Atlanta

VERSATILE athlete Adrian Grogan will be winging his way to Atlanta in August as a member of the Australian Paralympic team.

The Wentworthville teenager, who has Cerebral Palsy, won selection in the Australian team for the games purely on quality perform-

ances. A member of Girraween Amateur Athletic Club, Adrian, 18, is coached by Bob Sewell.

The youngster has also had strong support from the Cerebral Sporting Association of NSW throughout his career.

"I'm happy to be selected in the

team," Adrian told *The Advertiser*.

Adrian will compete in the 400m, 800m and 4 x 100m relay at Atlanta.

He began his career as a sprinter but has now switched to longer distances.

"Adrian's the best in Australia

in his class over 100m, 200m, 400m and 800m and usually wins gold medals when ever he races.

"Adrian usually competes against adults in certain competitions and for Sydney 2000 he should be a faster and much stronger athlete," Sewell said.

GIRRAWEE AMATEUR ATHLETIC CLUB

C V KELLY PARK GROUND RECORDS

AS AT 31 MARCH 1996

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
Brent Balinski	8:00.5	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
Stephen Muir	2:25.5
Nathan Schmid	4:52.0
Brent Balinski	5:40.4
Stephen Muir	10:42.0
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	
Peter Balinski	9:20.3	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)	7:12.6	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

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

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

<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:	Stephen Halverson	19-22	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 (N)	8.1
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:	David Beattie	7.5	Linda Hatherly	8.5
U16:	David Beattie	7.9	Natalie Deegan	8.8
			Sandra Narezzi	
U15:	Matthew Dux	7.9	Sandra Narezzi	8.6
U14:	Stephen Muir	9.4	Sandra Narezzi	9.0
U13:	Anthony Woods	9.1	Melissa Briggs	9.0
			Jessica Fisher	
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:	David Beattie	39.9	Nicole Page	56.7
U16:	David Beattie	44.4	Natalie Deegan	50.2
U15:	Matthew Dux	43.9	Vikki Savage	51.5
U14:	Stephen Muir	48.0	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:	Graham Sheargold	3:26.0	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	
			Nicole Page (N)	
VETERAN:	Stephen Halverson	2-41	Linda Balinski	1-48
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:	David Beattie	2-52	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
	Stephen Muir			
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:	David Beattie	1-55	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:	Stephen Muir	1-25	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) 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 (minimum 3 women): 1:46.2 (17.12.94)
John Dwyer (Vet) Stephen Halverson (Vet) Garry Dempsey (Sen)
Lynette Smith (Sen) Paul Weymark (U20) Nicole Page (U19)
Adrian Grogan (U18) Sandra Narezzi (U16)