



TWENTIETH ANNUAL REPORT

1997/98

ANNUAL REPORT 1997/98
of
GIRRAWEE ATHLETICS CLUB

Presented at the 20th Annual General Meeting
held at the Cumberland Catholic Club
Civic Avenue, Pendle Hill
on
14 July 1998 at 7.30pm

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CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

SUMMER COMPETITION

Erin Scouller U15	1997/98	* Suresh Raju (Snr)
Jessica Fisher U14	1996/97	* Stephen Halverson (Vet)
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

	1997	Graham Sheargold (Vet)
Leanne Bourke (Snr)	1996	Graham Sheargold (Vet)
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 1997/98

WINTER COMPETITION 1997 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

	MEN	points
Senior:	Graham Sheargold	408
	Stephen Halverson	391
	Bob Sewell	346
	Richard Frost	342
	Phillip Bowden	235
	John Dwyer	118
	Vivian Manwaring	108
Junior:	Danny Martins	160

SUMMER COMPETITION 1997/98 - CONDUCTED OVER SIXTEEN WEEKS AT C V KELLY PARK, GIRRAWEE

	MEN	points		WOMEN	points
1.	Suresh Raju	83	1.	Erin Scouller	72
2.	Stephen Halverson	81½	2.	Shindhu Raju	67
3.	Bob Sewell	74½	3.	Shiwani Raju	59
4.	Steven Rooke	72½	4.	Lisa Grant	51
5.	Graham Sheargold	66	5.	Kimberley Williams	48
6.	Steven Williams	57½	6=	Zulay Sastre	42
7.	Danny Martins	46	6=	Melanie Williams	42
8.	Simon Brown	37	8.	Naomi Scouller	40
9.	Paul Cattanach	35	9.	Amy Van Trier	35½
10.	Marcelo Sastre	34	10.	Sarah Williams	30
11.	Timothy Smith	29	11.	Jennifer Rooke	14
12.	Michael Kammerer	20	12.	Vivienne Herbert	13
13.	Vivian Manwaring	17½	13.	Vicki Halverson	8
14.	Phillip Bowden	15			
15.	John Dwyer	10½			
16.	Richard Frost	3			

MEMBERSHIP 1997/98

WOMEN: 14

MEN: 18

TOTAL: 32

VETERAN

Phillip	Bowden
John	Dwyer
Stephen	Halverson
Vicki	Halverson
Vivian	Manwaring
Bob	Sewell
Graham	Sheargold
Steven	Williams

U15

Vivienne	Herbert
Jennifer	Rooke
Erin	Scouller
Sarah	Williams

SENIOR

Richard	Frost
Michael	Kammerer
Suresh	Raju

U14

Danny	Martins
Gabrielle	Maston
Damien	Murray
Shiwani	Raju
Zulay	Sastre

U17

Simon	Brown
Steven	Rooke
Timothy	Smith

U13

Lisa	Grant
Marcelo	Sastre
Amy	Van Trier
Kimberley	Williams

U16

Paul	Cattanach
Warwick	Levett
Naomi	Scouller
Melanie	Williams

U12

Shindhu	Raju
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GIRRAWEE ATHLETICS CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 1997/98

President	:	Graham Sheargold
Secretary	:	Vivian Manwaring
Treasurer	:	Stephen Halverson
Registrar	:	Vivian Manwaring
Fund Raising	:	Vicki Halverson
Winter Competition	:	Bob Sewell
Summer Competition	:	Steven Williams
Club Records	:	Steven Williams
Coaching	:	Bob Sewell
Publicity	:	Bob Sewell
Canteen	:	Vicki Halverson
	:	Amy Van Trier
ANSW delegate	:	Vivian Manwaring
Blair Zone delegate	:	Bob Sewell
Park Trust delegate	:	Graham Sheargold

LIFE MEMBERS

John Wheeler (passed away 1997)
Bob Sewell
Vivian Manwaring

HON. AUDITOR

Tony Ward

COMMITTEE REPORTS

PRESIDENT

I would like to thank all members for your support that I have received over the past season in my inaugural year as President. A special thanks to Bob and Viv for their advice and guidance throughout the year.

It is my pleasure to announce our upcoming 20th anniversary as a club. It is proposed to hold a dinner in late November to celebrate the occasion for past and present athletes. If you can assist by contacting any past members, please advise the committee. We are also seeking volunteers to help organise the dinner and locate past members. Any assistance will be greatly appreciated.

Congratulations to our summer competition winners - Erin Scouller, Shindhu Raju, Shiwani Raju, Suresh Raju, Steve Halverson, and Life Member Bob Sewell. On a bright note we had 72 competitors, comprising members and visitors, compete during the season. However, consistent attendance was once again a major problem for the club, with only 19 competitors having a better than 50% attendance. Having read past reports, this is nothing new. Bob Sewell made mention of this in his past 9 reports.

The committee for the coming season has introduced more summer point score Saturdays (increased from 16 to 18), and also intend to introduce lucky draw prizes and handicap events to increase attendance. We are always looking for ways to make Saturday afternoons more enjoyable, so please come forward with any suggestions you may have on how to improve competition and keep the enthusiasm up after Christmas.

The Blair Zone and Inter-District competitions were, to say the least, disappointing last season with no competitor from our club competing at either event. For the coming season it has been proposed to compete at Blair Zone once a month on a Wednesday night by foregoing our training session at C V Kelly Park for that night.

In past years, the club's high performance results were quite plentiful with State and National medals being won. Last season our oldest member, and one of our youngest members, flew the club flag. Phil Bowden won gold medals at the 1998 NSW Veterans Championships, and Lisa Grant won gold in the 1997 U14 Australian Road Walking Championships.

The committee is also endeavouring to enter teams in the coming season's summer State Relay Championships.

Finally, thanks to Mrs Fisher for your help officiating throughout our summer competition, and to Bob Sewell for the 'thankless' but necessary job of setting up the oval on Saturday afternoons.

We look forward to seeing you on September 12 for the beginning of an exciting summer season.

Graham Sheargold

SECRETARY

As I mentioned in my report last year, Girraween Little Athletics Centre was successful in its application for a sporting grant to resurface two of the three long jump run-ups with similar synthetic material. The surfaces at the two largest pits were replaced in November 1997 for \$12,760 with 50% being paid by the NSW Department of Sport and Recreation. The surfaces were originally placed in the winter of 1986 when the long jumps were upgraded as one of the late John Wheeler's many C V Kelly Park projects.

You will notice on your next visit to C V Kelly Park that the large tree which impinged onto the northern end of the oval has been totally removed by Council. The new fence has also been moved back slightly on the northern curve. No longer will speedy athletes have to worry about spearing off the track in the outside lane and into the tree trunk.

Further improvements to C V Kelly Park are contemplated. Girraween Little Athletics Centre has long been concerned about the poor lighting at the northern end of the oval, and has requested the Park Trust's approval for the Centre to spend \$3,000 on installing larger wattage lights in time for the summer season start. We may then be able to see where we are going on training nights.

I understand that the Football Club is seeking a sporting grant to replace the north-western corner and south-eastern corner wooden poles with steel poles outside the fence, and further improve lighting.

I also mentioned in my report last year about a proposed synthetic athletics track in Aquilina Reserve near Rooty Hill. Well, I haven't heard any confirmation of that. However, one that is confirmed is a synthetic athletics track at The Crest, Bankstown (Bankstown Sports). Work is expected to commence in August 1998, and will be used as a 2000 Olympics training venue.

Holroyd City Council, through the Park Trust, now requires our Club to sign a ground hire form which clearly sets out the conditions under which we can continue using C V Kelly Park. The Committee has authorised me to sign the form on behalf of our Club, and I am only waiting for our public liability policy to be returned noting Council's interests before doing so.

Council's requirement for us to sign the form is no doubt driven by litigious considerations. Additionally, Bob Sewell mentioned recently that our Club is apparently listed as one of the organisers of the winter cross country and road race series where, at times, athletes are crossing and running along roads. These two matters raise the issue of incorporation. My understanding is that, without incorporation, each member of the Committee could be sued as the Club, and personal assets put at risk. With incorporation, only the Club's assets are put at risk (however Committee members could still be sued if personal negligence is involved). I suggest the Committee revisits the issue of incorporation.

Vivian Manwaring

REGISTRAR

Registrations for the 1997/98 season totalled 32 which is 10 down on the previous season. Of these 32 registrations, 18 were male and 14 were female. The increased number of female athletes was pleasing.

Vivian Manwaring

WINTER COMPETITION

Winter registration was not as strong as in previous years with only eight adults and one junior competing.

Graham Sheargold won the Winter Competition once again after an early battle with Richard Frost who was troubled with injuries during the second half of the season.

Our team of Richard Frost, Graham Sheargold, Stephen Halverson, and Viv Manwaring travelled to Picton for the NSW Road Relay Championships, finishing 10th in the B grade section ahead of Illawong.

Lisa Grant and Warwick Levett competed with the NSW Racewalking Club.

Bob Sewell

SUMMER COMPETITION

The modified point scoring competition continued during the 1997/98 Summer Competition. This was the third time the system was used.

The system is based on an athlete scoring points in events by competing (1 point), equalling a personal best (1 1/2 points), or achieving a personal best (2 points). The four best events each week are counted for each competitor and the points accumulated over the season. At the end of the season, the four lowest scoring weeks are subtracted from the total. This is a fair system which also allows for enthusiastic competition.

This year's men's competition was won by Suresh Raju and decided on the last day of the season. Steven Halverson and Bob Sewell gained 2nd and 3rd places. The women's competition was won by Erin Scouller with 2nd and 3rd places taken by Shindhu and Shiwani Raju.

Congratulations to all members for your enthusiasm and keen sportspersonship during the 1997/98 Summer Competition.

Steven Williams

CLUB RECORDS

There were only 2 records established in normal competition last season. In addition, 12 records were established during fun day events.

Steven Williams

PUBLICITY

Each year, publicity from newspapers seems to be harder to obtain as more and more sports compete for space. Our main problem last season was the lack of high performance athletes to feature in stories, but the newspapers also seem to be reducing the number of results used.

A recurring theme is that I have to chase results constantly as no-one supplies me with results or information.

Congratulations to Lisa Grant on her win in the 1997 Australian Road Walking Championships.

Bob Sewell

CANTEEN

The profit for the season was \$427.55. This was an increase of just over \$70 on last season. Having the canteen open permanently made an improvement in sales.

Vicki Halverson
Amy Van Trier

TREASURER

The year began with \$1,507.55 in the bank and finished with \$1,314.48. As with last year, we have no outstanding liabilities. We replaced a broken HJ bar during the year. Additional equipment will need to be purchased this year including a new 700g javelin, a new 30m tape, and starting caps. In addition, the two throws marker carry boxes and the SP/discus transporter have been written off and will need replacing.

The Club's main sources of income were from the canteen (\$427.55), registrations (\$296.00), Christmas hamper raffle (\$116.50), and ground fees (\$155.35). Income from ground fees has nearly doubled compared to the previous two seasons, and is becoming an important source of funds. Thank you to all those who helped and your support was very much appreciated.

Our thanks also to Tony Ward for auditing the books again this year.

Steven Halverson

GIRRAWEE AMATEUR ATHLETIC CLUB
INCOME AND EXPENDITURE AT 28TH JUNE 1998
St George Building Society Account 111-528-203

1995/96	1996/97	INCOME	1997/98
771.70	1206.15	Balance bought Forward	1507.55
1233.00	1555.00	Registrations received	1196.00
422.30	355.00	Canteen profit	427.55
104.00	104.00	Sale of singlets	148.00
2.92	8.33	Interest income	0.50
8.00	20.00	Donations	
82.00	88.60	Visiting Athletes ground fees	155.35
80.00	29.00	Cash For Cans	
85.00		Banquet dinner	
127.80	155.50	Raffle profits	116.50
65.00		State Relays	
	50.00	Susan Classic	
	85.00	Winter West Metropolitan	
2981.72	3636.58	TOTAL INCOME	3551.45

EXPENDITURE

890.00	1225.00	Registrations to ANSW	900.00
93.00	105.60	ANSW affiliation fees	200.00
		Replacement Ground Keys	35.50
585.00	585.00	Park Trust Fees	650.00
180.00		Purchase of singlets	300.00
12.00	91.60	Equipment purchases	109.20
.47	1.03	Bank Fees	15.57
		AGM Snacks	6.00
7.50		Banquet door prizes	
7.60	10.80	Printing, postage and stationery	20.70
	50.00	Donation to Westmead Hospital	
	80.00	Presentation-trophies	
1775.57	2149.03	TOTAL PAYMENTS	2236.97
1206.15	1507.55	Balance carried forward	1314.48

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

ANTHONY WARD

Accountant

 2/7/98

ASSETS	
39 singlets (unsold)	546.00
Bank Account	1314.48
LIABILITIES	00.00
NIL	
NET ASSETS	1860.48

EQUIPMENT

stored at C V Kelly Park

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

4 steeplechase hurdles (repairs needed)
Mobile steeplechase transporter

Javelins: 1x800g
 Nil 700g (written off)
 3x600g

Discus: 1x2kg metal ring
 3x1½kg metal ring
 2x1kg metal ring

Shot puts: 1x7.260kg (16 lb)
 2x5.449kg (12 lb)
 2x4.535kg (10 lb)
 2x4.000kg (8.8 lb)
 2x3.632kg (8 lb)
 1x2.724kg (6 lb)

Tapes: 1x30m
 1x100m metal

Stop watches: 2 multi
 7 single

Starter gun: 1
Starter caps: Nil boxes

Ear protectors: 2 sets

Miscellaneous: 1 metal stationery cupboard
 2 metal clothes cupboards
 2 notice boards
 1 records board
 11 clip boards
 1 lap board
 2 sets of throw markers
 Nil throw marker carry boxes (2 written off)
 Nil shot put / discus transporter (written off)

WINTER 1997 CROSS COUNTRY AND ROAD RUNNING RESULTS

05-04-97

X country at Dundas (WMZ 1)

Men 8.25km:	G Sheargold	35:52
	P Bowden	39:22
	B Sewell	51:30
2.75km:	D Martins	11:53

12-04-97

X country at Smithfield (WMZ 2)

Men 10km:	R Frost	44:09
	G Sheargold	45:30
	P Bowden	48:51
	S Halverson	51:09
	B Sewell	54:52
.5km:	D Martins	22:28

19-04-97

X country at Haberfield (WMZ 3)

Men 8km:	R Frost	32:57
	G Sheargold	33:45
	S Halverson	35:00
	B Sewell	40:51
4km:	D Martins	15:56

26-04-97

NSW Novice X country Championships at Ramsgate

Men 10km:	R Frost	43:12
	G Sheargold	44:14
	S Halverson	46:58
	J Dwyer	49:48
	B Sewell	53:27
2km:	D Martins	7:59

03-05-97

Bitumen path at Rydalmere(WMZ 4)

Men 10km:	R Frost	42:14
	G Sheargold	44:11
	S Halverson	46:55
	P Bowden	55:12
	B Sewell	60:05
5km:	V Manwaring	23:06
2km:	J Dwyer	8:01

10-05-97

NSW Road Championships at Holsworthy

Men 10km:	R Frost	41:25
	G Sheargold	42:28
	S Halverson	44:45
	J Dwyer	44:57
	P Bowden	49:19
	B Sewell	51:16

17-05-97

X country at Baulkham Hills (WMZ 5)

Men 9km:	R Frost	38:36
	G Sheargold	40:47
	S Halverson	42:33
	P Bowden	45:26
	B Sewell	48:54
4.5km:	D Martins	20:03

24-05-97

X country at Auburn (WMZ 6)

Men 7.5km:	S Halverson	33:32
	B Sewell	38:29
5km:	D Martins	23:57

31-05-97

X country at North Ryde (WMZ 7)

Men 10km:	G Sheargold	46:03
	S Halverson	47:25
	B Sewell	56:34
4km:	J Dwyer	18:20
	V Manwaring	19:19

07-06-97

NSW X Country Championships at Bass Hill

Men 12km:	G Sheargold	53:20
	R Frost	53:26
	S Halverson	56:24
	B Sewell	62:35

14-06-97

X country at Parramatta Park (WMZ 8)

Men 7km:	G Sheargold	29:54
	R Frost	30:37
	S Halverson	31:02
	B Sewell	33:55
	P Bowden	34:00
3.5km:	V Manwaring	15:34

21-06-97

X country at Werrington (WMZ 9)

Men 8km:	G Sheargold	34:31
	S Halverson	35:43
	P Bowden (wrong direction)	
4km:	J Dwyer	17:04
	V Manwaring	17:19

05-07-97

Parramatta Open on road at Parramatta Park

Men 16km:	R Frost	67:43
	S Halverson	73:52
	P Bowden	79:39
	G Sheargold	81:08
	B Sewell	92:36

Phil Bowden was 1st in 70-74yrs NSW
Veterans 16km Championship

19-07-97

Road at Abbotsford

Men 8km:	R Frost	31:24
	G Sheargold	33:31
	S Halverson	34:06
	P Bowden	38:47
	B Sewell	46:03

26-07-97

NSW Road Relay Championships at Picton

Men 4x5km:	R Frost	19:50
	G Sheargold	20:47
	S Halverson	21:36
	V Manwaring	23:41

(10th of 11 in Open B grade)

02-08-97

Road at Epping (WMZ 10)

Men 10km:	R Frost	41:07
	G Sheargold	45:02
	S Halverson	45:52
5km:	J Dwyer	23:28

09-08-97

X country at Auburn

Men 7.5km:	G Sheargold	31:13
	S Halverson	32:53
5km:	J Dwyer	22:41

10-08-97

"City to Surf"

Phillip Bowden	70:58
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(3rd male aged over 70)

16-08-97

**NSW X Country Championships at
Centennial Park**

Men 8km:	G Sheargold	35:18
	R Frost	35:39
	S Halverson	37:39

23-08-97

**Trevor Lonard Memorial Hcp (road at Cabarita)
(WMZ 11)**

Men 8km:	G Sheargold	32:57
	S Halverson	34:29
	J Dwyer	37:41
	P Bowden	38:30
	B Sewell	39:12

30-08-97

Concrete path at Auburn West (WMZ 12)

Men 8km:	G Sheargold	33:32
	S Halverson	34:21
	P Bowden	37:26
	B Sewell	45:07
4km:	J Dwyer	17:48

LAANSW STATE X-COUNTRY & ROAD WALK CHAMPIONSHIPS (Bankstown, 6 July 1997)

Lisa Grant	U12G	1500W	1st	7:29.0
Warwick Levett	U14B	2000W	4th	10:54.8

AUSTRALIAN ROAD WALKING CHAMPIONSHIPS (Chipping Norton, 7 September 1997)

Lisa Grant	U14W	3 km	1st	14:48
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SUMMER 1997/98 RESULTS

CLUB COMPETITION - NEW RECORDS

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

<u>Women</u>			
Lisa Grant	U13	1500W	7:35.6
<u>Men</u>			
Vivian Manwaring	Vet	Discus	24-46

FUN DAYS - NEW RECORDS

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

<u>Women</u>			
Zulay Sastre	U14	Mile	6:18.7
		2000	8:07.5
Lisa Grant	U13	1000	4:14.6
		2000	8:58.1
<u>Men</u>			
Graham Sheargold	Vet	2000	7:48.2
Steven Williams	Vet	60	8.0
		SP 'throw'	19-76
Michael Kammerer	Open	2000	6:27.6
Michael Kammerer	Senior	2000	6:27.6
Steven Rooke	U17	2000	8:20.5
Danny Martins	U14	1000	3:54.3
		Standing LJ	1-96

ANSW STATE UNDERAGE CHAMPIONSHIPS (Homebush, 13/14/15 February 1998)

Lisa Grant	U14W	1500W	7:33.55	5th
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LAANSW STATE MULTIEVENT (Marks Point, 7/8 March 1998)

Shindhu Raju	U12G	3915 pts	48th
(60H, 200, 800, LJ, SP, Discus)			

NSW VETERANS T & F CHAMPIONSHIPS (Homebush, 14 March 1998)

Phillip Bowden	M70-74	10,000	46:45	1st
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LAANSW STATE T&F CHAMPIONSHIPS (Homebush, 21/22 March 1998)

Lisa Grant	U13	1500W	7:10.5	2nd
Warwick Levett	U15	1500W		Disq

NSW VETERANS T & F CHAMPIONSHIPS (Homebush, 28/29 March 1998)

Phillip Bowden	M70-74	100	14.9	2nd
	M70-74	200	31.8	2nd
	M70-74	400	1:17.5	1st
	M70-74	800	3:08.2	1st
	M70-74	1500	6:20.4	1st
	M70-74	5000	23:02.5	1st

Apology to John Dwyer for not obtaining his results for inclusion.



12.04.97

Girraween

Cross country at Smithfield, April 12:—

Men, 10km: R. Frost 44.09, G. Sheargold, S. Halverson.

Over 50: P. Bowden 48.51, B. Sewell.

U14, 5km: D. Martins 22.28.

U12, 2km: M. Sastre 9.25.

Girls U13, 5km: Z. Sastre 23.08.

26.04.97

GIRRAWEE, at Ramsgate: Cross country: MEN: 10km Snr: R Frost 43m12s. Veteran: J Sneddon 42m21s G Sheargold S Halverson, 0-50: J Dwyer 49m48s B Sewell, U-14 2km: D Martins 7m59s, U-12: M Sastre 8m50s. Girls: U-13: Z Sastre 8m22s.

NSW RACEWALKING, at Chipping Norton: A 15km: C Webb T Stanton, Fastest: T Stanton 78m30s. Woman: C Webb 79m41s. Div B 10km: G Allomes K Law A Roberts. Fastest: W Russell 49m31s. Woman: H Sestic 58m55s. Div C 6km: J Dobson M Hastie M Keys. Fastest: S McDonald 33m8s. Woman: M Keys 33m34s. Div D 3km: K Evans M Steers L Grant. Fastest: C Clifford 16m7s. Woman: M Robb 16m20s. Div E 1.5km: J McDonald J Grant L Stojic. Fastest: S Fyson 8m19s. Woman: N Upward 8m42s.

03.05.97

GIRRAWEE at Rydalmere: 10km Snr: R Frost 42m14s. Veteran: G Sheargold 44m11s S Halverson, 0-50: P Bowden 55m12s B Sewell, 4km: V Manwaring 23m6s. 2km: J Dwyer 8m01s. Girls U-13 4km: Z Sastre 25m22s. 2km: A Van Trier 10m5.

WEST METROPOLITAN at Rydalmere: MEN: 10km: 50yrs plus: K Mayhew (CRH) 39m3s J Burroughs (AW) G Ryan (RBH). 40yrs plus: D Lewis (AW) 36m38s P Hampshire (NS) B Harrison. 0-30: M Collins 36m13s R Crowhurst (NS) J Sauer (CRH). Snr: M Doggett (AW) 34m54s A Smallwood (Hills) B Smith (Hills). U-20: B Scalliey (Hills) 37m41s D Austin (CRH) S De Pomeroy (CRH). 5km: 0-50: D Archbold (NS) 24m32s F Daniels (Vets) F Scurr (NS). 0-40: N Fowler (AW) 20m28s V Manwaring (Gir) B Schramm (AW). 0-30: R Luke (Para) 21m56s R Coyne (Hills) L Vaughan (Hills). Snr: G Davis (Balm) 20m15s S Garratt (AW). U-16: B Kelderman 22m20s L Vaughan (Hills). 4km: U-20: M Ali (CRH) 12m24s B Innes (AW) S McLiesh (CRH). U-18: U Roberts (Kat) 12m37s D Brooker (Hill) W Devjak (Ryde). U-13: M Pamham (Hills) 14m38s. 2km: 0-50: J Dwyer (Gir) 8m1s R Martin H Huston (Wins H). 0-40: N Fowler (AW) 7m5s B Schramm (AW) T Milburn (CRH). U-16: J Nilon (Camb). U-13: T Olcayto (CRH) 7m18s J Milburn (Nep) G Sheargold (Hills). U-12: J Mardin (Tiger Wests) J Olcayto (CRH) B Cooper (Prospect). WOMEN: 5km Snr: R Pearson (Hills) 22m12s. U-20: A Bembick (CRH) 20m37s. U-16: A Martin (AW) 20m54s M Ryan (AW) N Schramm (AW). U-12: M Junior (AW) 20m29s Z Sastre (Gir) S Ryan (AW). 4km: Open: M Holland (Hills). U-20: A Coyle (CRH) 13m42s. U-16: G Avery (Hills) 15m38s. U-13: C Archer (AW) 16m9s. 2km: 0-35: R Martin (AW) 10m17s J Schramm (AW) S Jones (AW). U-18: S Craft (TW) 8m36s E Vaughan (Hills). U-13: J Schramm (AW) 7m56s S Ryan (AW) M Bonello (TW). U-12: E Junior (AW) 8m33s K Schramm (AW) L Austin (AW).

NSW RACEWALKING at Lelchardt: Balmain relay 10km: J Hills K Lloyd N Mitchell P Stanton, J Hills L Grant M Mulligan A Mitchell, J Meoni J Dobson K Venzlauskas S McDonald. Fastest 1km: S Nilon 6m04s. Woman: J Meoni 5m42s. 2km: A Mellor 10m43s. Woman: M Skeers 10m59s. 3km: C Clifford 15m48s. Woman: R Tanner 14m34s. 4km: D Connolly 18m33s. Woman: M French 18m37s.

PARRAMATTA ADVERTISER, Wednesday, May 14, 1997.

Zulay on her way

GIRRAWEE Athletics Club's rising star Zulay Sastre once again finished third in the Metropolitan West Zones' race series.

She was competing in the under-13 section of the 4km event at Haberfield.

Distance running has now become Zulay's favourite sport and she continues to train four days a week.

Leanne Bourke, the clubs senior champion, has also returned to competition after her recovery from a back injury.

17.05.97

GIRRAWEE at Baulkham Hills: Snr 9km: R Frost 38m36s. Veteran: J Sneddon 38m21s G Sheargold S Halverson, 0-50: P Bowden 45m23s B Sewell, U-14 4.5km: D Martins 20m10s. U-12 2.25km: M Sastre 10m18s. Girls U-13 4.5km: Z Sastre 20m58s.

WEST METROPOLITAN CROSS COUNTRY at Crestwood Reserve, Baulkham Hills: 9km 0-50: R Blonner (Hills) 34m53s K Mayhew (CRH) J Burroughs (AW). 0-40: D Lewis (AW) 33m13s B Harrison S Flick (CRH). 0-30: D Riley (Hills) 31m25s M Collins B Smith (Hills). Snr: M Doggett (AW) 32m18s B Mathison (Sutherland) V Harker (Hills). U-20: B Scalliey (Hills) 33m37s B Chapman (Parramatta). 4.5km 0-50: D Archbold (Northern Suburbs) 22m58s F Scurr (Northern Suburbs) F Daniels (Veterans). 0-40: D Harrison 18m12s B Schramm (AW) N Fowler (AW). 0-30: M Ransom (Northern Suburbs) 18m50s S Whelan (Hills) R Coyne (Hills). Snr: S Ellis 15m38s S Garratt (AW). U-20: D Byrne (Bankstown Sports) 15m28s S McLiesh (CRH) B Innes (AW). U-16: U Roberts (Glenbrook) 15m41s D Brooker (AW) W Devjak (Ryde). 2.5km U-16: J Nilon (Glenbrook) 9m48s C G Morrissey (Hills) B Kyet (Baulkham Hills). U-13: T Olcayto (CRH) 8m50s G Sheargold (Hills) M Sastre (Girraween). U-12: J Olcayto (CRH) 9m25s B Cooper (Prospect) I Robert (Kurrawong). Woman: 9km 0-35: Y Taylor (AW) 45m41s. 0-20: K Rafailidis (Parramatta) 50m21s. 4.5k 0-35: K Petley (Blue Mts Katoomba) 18m31s. Open: M Holland (Hills) 18m34s K Rafailidis (Parramatta). U-20: E Morris (Sydney Uni) 17m35s C Rossetto (Penrith). U-16: M Ryan (AW) 19m24 V Schramm (AW) A Martin (AW). U-13: A Benvenuto 19m10s C Archer (AW) Z Sastre (Girraween). 2.5k 0-35: M Fabar (AW) 11m27s R Martin (AW) J Schramm (AW). U-16: A Jenkins (NRC) 9m5s S Craft (TW) S Boshier-Eggs (NRC). U-13: S Ryan (AW) 9m35s J Schramm (AW) L Boshier-Eggs (NRC). U-12: E Gunor (AW) 10m25s K Schramm (AW) K Ratcliff (Winston Hills).

24.05.97

GIRRAWEE at Auburn: Cross country: MEN: Open 7.2km: S Halverson 33m32s D Light B Sewell, 5km: D Martins 23m57s S Raju. U-12 2.5km: M Sastre 11m27s. Girls U-13 5km: Z Sastre 22m25s.

WEST METROPOLITAN at Auburn: MEN: 7.5km 0-50: J Burroughs (AW) 30m30s B Sewell (Gir) G Taylor (AW). 0-40: B Harrison (Gir) 30m49s S Halverson (Gir) K Scalliey (Hills). 5km 0-40: D Archbold (UTSUS) 24m54s F Scurr (UTSUS) S Ryan (AW). 0-30: S Whelan (Hills) 22m14s R Coyne (Hills). 0-20: C Jones (CRH) 16m39s P Ray (AW) D Murphy (AW). U-20: S De Pomeroy (CRH) 16m38s S Kelderman G Smith. U-13: J Milburn (Nepean) 21m. 2.5km: U-13: J Mardin (TW) 10m46s S Strater (Ryde) M Sastre (Gir). WOMEN: 5km: Open: M Holland (Hills) 20m22s K Petley (BMK) R Pearson (Hills). U-20: A Coyle (CRH) 19m17s. U-13: Z Sastre (Gir) 22m25s P Wenzel (Nepean) and C Archer (AW) eq. 2.5km: U-13: K Martin (TW) 12m54s M Strater (Ryde).

31.05.97

GIRRAWEE at North Ryde: Cross Country: Men: 10km: G Sheargold 46m3s S Halverson B Sewell. 4km: J Dwyer 18m20s V Manwaring. U-12 2km: M Sastre 9m18s. Women: U-13 4km: Z Sastre 19m6s.

WEST METROPOLITAN at North Ryde: MEN: 10km 0-50: A Blonner (Hills) 40m12s K Mayhew (CRH) J Burroughs (AW). 0-40: D Lewis (AW) 38m28s P Hampshire (NS) S Flick (CRH). 0-30: M Collins 38m55s G Douglas W Schmid (Hills). 0-20: C Fowler (BMK) 33m28s M Doggett (AW) S Haji-Hashi (AW). 4km 0-50: L Cadogan (NSW Vets) 16m46s J Dwyer (Gir) D Archbold (NS). 0-40: V Manwaring (Gir) 19m19s S Ryan (AW) D Symes (Hills). 0-30: G Prosser 15m44s D Harris T Wood. 0-20: S Ellis 13m56s S McLiesh (CRH) G Davis (Bal). U-20: P Kyme (Suth) 13m31s B McKinley (Suth) B Innes (AW). U-16: W Devjak (Ryde) 14m4s J Roberts (Glen) D Brooker (AW). U-13: M Pamham (Hills) 16m32s. 2km U-13: T Olcayto (CRH) 7m48s L Symes (Hills) G Sheargold (Hills). U-12: J Nilon (Glen) 8m29s S Stater (Ryde) J Martin (TW). WOMEN: 4km 0-35: S Quitzau (NS) 15m51s K Petley (BMK) M Plunkett. 0-20: T Levette (CRH) 15m4s T Hansen (CRH) M Holland (Hills). U-20: E Morris (SU) 14m53s E Rigby (CRH) N Miller (AW). U-16: V Schramm (AW) 16m55s M Ryan (AW) N Schramm (AW). U-13: B Junior (AW) 17m15s C Archer (AW) Z Sastre (Gir). 2km 0-35: M Fobar (AW) 10m17s R Martin (AW) S Junior (AW). U-16: A Jenkins (NRC) 7m49s E Thompson (CRH) S Craft (TW). U-13: E Lincoln-Smith (AW) 8m7s J Schramm (AW) S Ryan (AW). U-12: E Junior (AW) 9m15s K Schramm (AW) L Boshier-Eggs (NRC).

NSW RACEWALKING: NEPEAN OPEN at Chipping Norton: A 12km: K Knox C Webb T Stanton. Fastest: T Stanton 1h37s. Woman: C Webb 38m34s. B 8km: R Hall A Mitchell M Ransom. Fastest: W Russell 37m52s. Woman: H Sestic 44m15s. C 5km: H Brown K Mitchell R Tanner. Fastest: D Connolly 22m22s. Woman: R Tanner 25m33s. D 4km: C Woods N Dudman. Fastest: J Kas. Fastest: C Clifford 20m55s. Woman: M Robb 21m32s. E 1km: M Mellor L McDonald J Grant. Fastest: S Fyson 5m5s. Woman: J Meoni 5m24s.

07.06.97

Girraween Amateurs
Cross Country at Bass Hill, June 7: Men, 12, km: G Sheargold 53.20, R Frost, S Halverson.

The Sun-Herald CiTy To SURF

14.06.97

GIRRAWEEEN at Parramatta Park: Cross Country: Men: Open 7km: G Sheargold 29m54s R Frost S Halverson. **0-50:** B Sewell 33m55s P Bowden. **3.5km:** V Manwaring 15m48s. **2km:** M Sastre 9m11s. **Girls 3.5km U-12:** Z Sastre 15m31s.

WEST METROPOLITAN at Parramatta Park: Cross Country: 7km: 0-50: K Mayhew (CRH) 26m55s A Blonner (Hills) G Ryan (RBH). **Veteran:** D Lewis (AW) 23m48s C Dwyer (Sydney Striders) S Plick (CRH). **Pre veteran:** M Collins (AW) 25m41s R Crowhurst (UTS NS) S Whelan (Hills). **Snr:** M Doggett (AW) 23m36s A Jackson (CRH) B Rees (Parramatta). **U-20:** B Scalliey (Hills) 25m15s B Chapman (Parramatta) R Bluzmanis. **3.5km: 0-50:** L Cadogan (NSW Vets) 14m25s O Archbold (NS) F Scurr (NS). **Veteran:** N Fowler (AW) 13m28s V Manwaring (Girraweeen) S Ryan (AW). **Pre veteran:** D Harris (Hills) 13m27s R Luke (Parramatta) R Coyne (Hills). **Snr:** S Ellis (AW) 11m31s S McLiesh (CRH) S Cutajar (Hills). **U-20:** M Ali (CRH) 11m32s B Jones (AW) P Balinski (Hills). **U-16:** V Devjak (Ryde) 12m1s S Muir (Hills) U Roberts (Glenbrook). **U-13:** M Parnham (Hills) 13m23s J Milburn (Nepean) A Benvenuto. **2km: U-13:** T Olcayto (CRH) 7m39s L Symes (Hills) M Sastre (Girraweeen). **U-12:** S Strater (Ryde) 8m26s G Sheargold (Hills) J Roberts (Kurrajong). **Women: 7km:** E Rigby (CRH) 27m43s Y Taylor (AW) K Rafailidis (Parramatta). **3.5km: Open:** M Holland (Hills) 13m31s R Pearson (Hills). **U-20:** A Coyle (CRH) 13m55s M Vandewater (Hills) N Miller (AW). **U-16:** M Ryan (AW) 14m13s V Schramm (AW) Z Sastre (Girraweeen). **U-13:** B Junor (AW) 14m54s C Archer (AW) N Schramm (AW). **2km: U-13:** J Schramm (AW) 8m58s A Ryan (AW) P Wenzel (Nepean). **U-12:** E Junor (AW) 9m8s K Ratcliff (Winston Hills) K Schramm (AW).

NSW RACEWALKERS at Tempe: Div A 10km: A Crawford T Stanton C Webb. **Fastest:** T Stanton 45m33s. **Woman: D Webb 47m40s. Div B 10km:** W Nixon H Sestic A Mitchell. **Fastest:** W Russell 48m37s. **Woman: W Nixon 53m35s. Div C 6km:** J Dobson H Bathe K Dobson. **Fastest:** D Connolly 28m35s. **Woman: M French 27m30s. Div D 3km:** T Upward N Ellis K Venzlauskas and T Stojic dh. **Fastest:** C Clifford 14m56s. **Woman: M Robb 15m52. Div E 1.5km:** J Grant A Potter J Hill. **Fastest:** S Fyson 8m42s. **Woman: N Upward 8m28s.**

21.06.97

GIRRAWEEEN at Werrington: Cross Country: 8km: J Sneddon 34m30s G Sheargold S Halverson. **4km:** G McConnell 15m8s J Dwyer V Manwaring. **2km:** M Sastre 9m34s. **Girls U-12 4km:** Z Sastre 16m34s.

WEST METROPOLITAN at Werrington: 8km: 0-50: K Mayhew (CRH) 31m33s G Ryan (RBH) C Fallon (Hills). **Veteran:** D Lewis (AW) 28m47s P Hampshire (NS) J Burroughs (AW). **Pre veterans:** M Collins 29m21s F Cuajar (Hills) B Harrison. **Snr:** M Doggett (AW) 28m26s A McKelroy (StG). **U-20:** B Scalliey (Hills) 29m36s B Chapman (Parr). **4km: 0-50:** J Dwyer (Girra) 17m45s D Archbold (NS) F Scurr (NS). **Veteran:** N Fowler (AW) 14m52s B Schramm (AW) V Manwaring (Girra). **Pre veteran:** D Harris (AW) 14m56s M Pemberton (ACA) S Whelan (Hills). **Snr:** S Ellis (AW) 13m25s S McLiesh (CRH) G Davis (Balm). **U-20:** B Innes (AW) 13m19s B Balinski (Hills) R Watson (AW). **U-16:** V Devjak (Ryde) 13m7s S Muir (Hills) T Richardson (Springwood). **U-13:** M Parnham (Hills) 14m50s J Milburn (Nepean) G McConnell (Girra). **2km: U-13:** T Olcayto (CRH) 8m13s G Sheargold (Hills) M Sastre (Girra). **U-12:** J Martin (TW) 8m57s B Collins B Cooper (Prospect). **Women: 8km: Open:** Y Taylor (AW) 35m10s R Rafailidis (Parr) L Bilinski (Hills). **4km: U-20:** K Field (Nepean) 14m54s C Rossetto (Penrith) N Miller (AW). **U-16:** M Ryan (AW) 15m35s V Schramm (AW) N Schramm (AW). **U-13:** B Junor (AW) 15m50s C Archer (AW) Z Sastre (Girra). **2km: Vets:** M Fabar (AW) 10m55s R Martin (AW) M Fowler (AW). **U-16:** A Jenkins (NRC) 8m11s E Thompson (CRH). **U-13:** J Schramm (AW) 8m52s S Ryan (AW). **U-12:** E Junor (AW) 9m37s K Schramm (AW) L Boshier-Egkins (NRC).

05.07.97

GIRRAWEEEN at Parramatta: Men: Open: 10 miles: R Frost 67m43s S Halverson G Sheargold. **0-50:** P Bowden 79m39s B Sewell.

NSW VETERANS at Parramatta: 10 mile c'ship: 45-49yrs: J Bogenhuber 59m35s K Knox. **50-54yrs:** L Robertson 1h1m24s T Sheedy. **55-59yrs:** J Seymon 1h3m24s G Ryan M Roberts. **60-64yrs:** A Blonner 1h1m45s. **65-69yrs:** E McLean 1h18m D White. **70-74yrs:** P Bowden 1h19m39s.

02.08.97

GIRRAWEEEN at Epping: MEN: 10km Open: R Frost 41m7s. **Veteran:** G Sheargold 45m25s J Sneddon S Halverson. **5km:** J Dwyer 23m28s.

WEST METROPOLITAN at Epping: MEN 10km: 0-50yrs: K Mayhew (CRH) 39m41s J Burroughs (AW) G Ryan (RBH). **0-40yrs:** P Hampshire (NS) 39m00s B Harrison G Sheargold (Gir). **0-30yrs:** R Crowhurst (NS). **Snr:** A Flick (CRH) 38m27s V Harker (Hills) R Frost (Gir). **U-20yrs:** B Scalliey (Hills) 38m49s B Chapman (Par). **5km: 0-50yrs:** J Dwyer (Gir) 23m28s D Archbold (NS) F Daniels (Vets). **0-40yrs:** N Fowler (AW) 20m29s B Schramm (AW) S Ryan (AW). **0-30yrs:** S Whelan (Hills) 23m22s R Luke (Par) R Coyne (Hills). **Snr:** S Ellis (AW) 18m16s S McLiesh (CRH) G Davis (Balm). **U-20yrs:** B Innes (AW) 19m17s R Watson (AW). **U-16yrs:** J Milburn (Neap) 21m06s N Parnham (Hills) C Morrissey (Hills). **2km: U-13yrs:** T Olcayto (CRH) 7m20s G Sheargold (Hills). **U-12yrs:** J Martin (TW) 8m11s C Morrissey (Hills) H Bonello (TW). **WOMEN 10km: Open:** K Rafailidis (Par) 56m40s L Valinski (Hills). **5km:** K Petley (BMK) 21m7s R Pearson (Hills) K Rafailidis (Par). **U-16yrs:** M Ryan (AW) 21m36s V Schramm (AW) A Martin (AW). **U-13yrs:** C Archer (AW) 23m41s. **2km: U-16yrs:** S Craft (TW) 8m9s K Appleby (Par). **U-13yrs:** J Schramm (AW) 7m43s S Ryan (AW) K Craft (TW). **U-12yrs:** K Schramm (AW) 8m30s L Boshier-Egkins (NRC) M Bonello (TW).

NSW RACE WALKERS at Tempe: A 15km: T Stanton 1h9m9s A Crawford. **Women:** C Webb 1h5m. **B 10km:** W Russell 45m17s E Connolly D Upward. **Women:** M French 47m34s H Sestic N Mitchell. **C 6km:** W Levett 35m21s M Hastie P Donelan. **Women:** R Tanner 31m11s M Key K Dobson. **D 3km:** C Clifford 14m58s A Mellor T Stojic. **Women:** L Grant 15m10s K Corbett N Dudman. **E 1.5km:** S Fyson 7m59s R Williams M Mellor. **Women:** J Meoni 8m23s C Partel A Appleby.

09.08.97

WEST METROPOLITAN at Auburn: 7.5km: Open: S Hadji-Hashi (AW) 28m07s. **Veteran:** G Sheargold (Girraweeen) 32m13s J Sneddon (Girraweeen) S Halverson (Girraweeen). **5km: Open:** R Coyne (Hills) 23m55s. **Veteran:** J Dwyer (Girraweeen) 22m41s D Archbold (Nthn Sub) S Ryan (AW). **Boys Open 2.5km:** R Luke (Parramatta) 10m24s. **U-13 5km:** J Milburn (Nepean) 21m10s. **2.5km:** G Sheargold (Hills) 11m23s M Sastre (Girraweeen) H Bonello (TW). **Girls: U-16 5km:** Z Sastre (Girraweeen) 23m41s S Ryan (AW). **2.5km: U-13:** S Ryan (AW) 10m26s M Bonello (TW).

NSW RACEWALKING at Oatley: A 12km: T Stanton C Webb. **Fastest:** T Stanton 55m42s. **Woman:** C Webb 59m26s. **B 8km:** D Connolly N Mitchell A Roberts. **Fastest:** D Connolly 36m48s. **Woman:** H Sestic 45m4s. **C 5km:** H Bathe J Dobson N Roberts. **Fastest:** S McDonald 26m26s. **Woman:** M French 23m49s. **D 4km:** N Dudman L Grant A Mellor. **Fastest:** C Clifford 19m56s. **Woman:** L Grant 21m6s. **E 1km:** J Hill A Potter L Stojic. **Fastest:** S Fyson 5m9s. **Woman:** J Meoni 5m22s.

IM - MAN AGED 70 & OVER
1 RAYMOND GREIG 63.17
2 LLOYD LAING 64.24
3 PHILLIP BOWDEN 70.58

The Fairfax Sun

Sport BRIEFS

He's still running

GIRRAWEEEN Athletics Club's most senior member, 71-year-old Phillip Bowden, continued his successful career with a third placing in the over 70 division of the 1997 Sun Herald City to Surf. Bowden's time of 70 minutes 58 seconds was six minutes slower than his 1996 City to Surf time but the old timer was not disappointed: "I didn't train as hard this year."

23.08.97

GIRRAWEEEN at Cabarita: Men: Open 8km: G Sheargold 32m57s S Halverson. **Over 50:** J Dwyer 37m41s P Bowden B Sewell. **U-13 2km:** M Sastre 8m48s. **Girls: U-14 4km:** Z Sastre 17m45s.

WEST METROPOLITAN at Cabarita: 8km road hcp: B Sewell (Gir) B Chapman (Par) G Sheargold (Gir). **Fastest:** M Doggett (AW) 26m14s. **Woman:** Y Taylor (AW) 39m10s. **Veteran:** A Blonner (Hills) 29m. **4km:** D Huston (W Hills) R Watson (AW) B Balinski (Hills). **Fastest:** S Ellis (AW) 13m23s. **Woman:** K Petley (Blue Mtns K) 15m28s. **U-16 Girl:** M Ryan (AW) 15m41s. **Boy:** M Symes (Hills) 14m36s. **2km:** N Huston (W Hills) S Garratty (AW) K Schramm (AW). **U-13 girl:** S Ryan (AW) 8m1s. **Boy:** J Martin (TW) 8m31s.

NSW RACEWALKING at Chipping Norton: Open A 15km: C Webb T Stanton. **Fastest:** T Stanton. **Woman:** C Webb. **B 10km:** N Mitchell G Allomes W Russell. **Fastest:** W Russell. **Woman:** M Mitchell. **C 6km:** S Mitchell C Nilon R Tanner. **Fastest:** M Hastie. **Woman:** R Tanner. **D 3km:** N Dudman L Grant C Clifford T Upward. **Fastest:** C Clifford. **Woman:** L Grant. **E 1.5km:** R Williams S Munday J Hill. **Fastest:** S Fyson. **Woman:** A Appleby.

30.08.97

WEST METROPOLITAN at West Auburn: MEN: 8km: 0-50: A Blonner (Hills) 29m14s K Mayhew (CRH) G Ryan (RBH). **0-40:** D Lewis (AW) 28m7s M Collins (AW) P Hampshire (NS). **Snr:** M Doggett (AW) 27m34s V Harker (Hills) S Haji-Hashi (AW). **U-20:** B Chapman (Par) 30m13s. **4km: 0-50:** J Dwyer (Gir) 17m48s D Archbold (NS) F Daniels (Vets). **0-40:** N Fowler (AW) 15m13s B Schramm (AW) S Ryan (AW). **30+** S Whelan (Hills) 16m43s R Luke (Par) D Symes (Hills). **Snr:** S Haji-Hashi (AW) 14m55s S McLiesh (CRH) G Davis (Balm). **U-20:** R Watson (AW) 16m59s. **U-13:** M Parnham (Hills) 17m59s L Symes (Hills) D Huston (WH). **2km: U-13:** D Huston (WH) 7m43s G Sheargold (Hills) M Sastre (Gir). **U-12:** J Martin (TW) 8m23s H Bonello (TW). **WOMEN: 8km: Open:** K Rafailidis (Par) 38m7s Y Taylor (AW) L Balinski (Hills). **4km:** K Petley (BMK) 15m34s R Pearson (Hills) E Holliday. **U-16:** M Ryan (AW) 15m44s V Schramm (AW) A Martin (AW). **2km: Veteran:** R Martin (AW) 9m58s J L Schramm (AW). **U-16:** S Craft (TW) 7m44s A Jenkins (NRC). **U-13:** S Ryan (AW) 7m45s C Craft (TW) J Schramm (AW). **U-12:** K Schramm (AW) 9m27s L Boshier-Egkins (NRC) M Bonello (TW).

The Fairfax Sun

Three on the trot

GIRRAWEE Athletics Club's 19th winter championship has been won by veteran Graham Sheargold, who took his third title in a row.

Sheargold, 42, scored 408 points to edge out Stephen Halverson on 391 points and Richard Frost and Bob Sewell, who tied for third place with 346 points.

The club's defending female champion, Leanne Bourke, spent most of the season out of action after breaking her toe.

The Girraween Athletics Club is holding a registration day for its 19th summer season at C.V Kelly Park, Oramzi Road, Girraween on September 6 and September 13 from 1.30pm. Competition is provided for males and females aged 11 to veteran.

Thursday, September 25, 1997



FAIRFAX Sun

WENTWORTHVILLE race walker Lisa Grant won her first national gold medal at the Athletics Australia under-14 winter road walking championships in Chipping Norton on September 4.

The 12-year-old Girraween Little Athletics Club member stole the show with her best result ever, surpassing her gold medal performance at the State road walking championship at Bankstown in July.

A WALK AWAY VICTORY

GIRRAWEE Athletics Club's 12-year-old race walking champion Lisa Grant secured her first national gold medal at the under-14 winter road walking championships.

Girraween Athletics Club

Competition at CV Kelly Park, September 20.

MEN — (100m): S Brown, S Williams, K Fisher. **400m:** N Fowler, S Brown, S Halverson. **1500m:** N Fowler, M Kammerer, K Fisher, Shot Put, veteran: S Williams, V Manwaring, S Halverson. **Senior:** K Fisher, S Raju. **U17:** S Hinwood, S Rooke, S Brown. **U14:** T Manwaring, M Sastre. **WOMEN — (100m):** L Williams, V Savage, K Williams. **400m:** V Savage, S Raju, Z Sastre. **1500m:** V Savage, Z Sastre, S Raju. **1500m walk:** L Grant, M Williams. **Discus, U19:** V Savage, N Scoullar, M Williams. **U14:** S Raju, A Van Trier, E Scoullar. **U12:** K Fisher, S Raju.

October 11 - Men: (200m) S Brown 26.6s T Smith S Williams (800m) N Fowler 2.17.8s T Smith K Fisher (5000m) S Halverson 23.54.9s S Raju B Sewell (Discus) Veteran: S Halverson 20.64m S Williams G Sheargold, Senior: K Fisher 18.62m S Raju C Hopkins, under-17: S Rooke 27.22m S Brown, under-13: M Sastre 11.62m M Parnham; Women: (200m) H Sestic 34.3s V Savage K Williams (800m) V Savage 2.54.3s Z Sastre S Raju (5000m) Z Sastre 23.10.7 S Raju (Shot Put) 4kg: V Savage 7.72m N Scoullar, 2.7kg: E Scoullar 7.64m A Van Trier S Raju.

October 18 - Men: (100m) A Ryan 12.2s P Cattinach K Fisher (400m) A Ryan 60.6s K Fisher S Halverson (1500m) G Ryan 5.25.5s G Sheargold K Fisher (Shot Put) Veteran: S Halverson 7.49m G Sheargold B Sewell, Senior: A Ryan 7.68m S Raju K Fisher, under-17: P Cattinach 10.16m S Rooke, under-12: I Nimac 6.55m; Women: (100m) J Fisher 13.7s S Raju K Fisher (400m) J Fisher 70.9s L Grant S Raju (1500m) Z Sastre 5.55.5s L Grant S Raju (Discus) J Fisher 24.5m N Nimac N Scoullar (Javelin) J Fisher 25.62m A Van Trier N Nimac.

BLACKTOWN ADVOCATE

Wednesday, March 4, 1998

Girraween

Seniors, men: (60m) S Rooke 8.3s S Halverson S Williams (300m) S Rooke 45.2s S Halverson G Sheargold (1000m) G Ryan 3.21.7 G Sheargold S Halverson (mile) G Ryan 5.42.7 S Rooke G Sheargold, Women: (60m) L Grant 9.8s D Light C Jones (1000m) Z Sastre 3.46.2 L Grant A Van Trier (mile) Z Sastre 6.15.7 L Grant A Van Trier.

PARRAMATTA ADVERTISER

Wednesday, October 1, 1997

Family goes on the run

ATHLETIC ability literally runs in the Sastre family.

The Girraween Amateur Athletic Club members, Zulay, 13, and her younger brother, Marcello, 12, both finished third at the recent West Metropolitan zone winter race series.

Both racing in the juniors division at GAAC, Zulay and Marcello, have been earmarked for "better things" by club coach Bob Sewell.

Sewell said the siblings are now preparing for the summer track and field season.

07.09.97

AUSTRALIAN ROAD WALKING C'SHIPS at Chipping Norton, Sydney: MEN Open 30km: D Cousins (Vic) 2h18m21s M Harvey (Vic) C Bone (WA). U-20 20km: T Stanton (NSW) 1h32m23s M Griggs (ACT) A Burling (NSW). U-18 8km: T Sundstrom (NSW) 33m37s W Russell (NSW) P Sluyters (Tas). U-16 5km: D Connolly (NSW) 23m13s C Erickson (Vic) D Breckon (NSW). U-14 3km: S Holloway (WA) 14m00s J Appleby (NSW) A Mellor (NSW). WOMEN Open 20km: J Barnett-Maybir (NT) 1h37m48s W Muldoon (Vic) S Wolowicz (Vic). Team: Victoria, NSW, U-20 10km: L Cara-Ali (SA) 50m49s H Sestic (NSW) V Arcadi (Vic). Team: NSW, U-18 8km: M French (NSW) 37m13s D Foster (Tas) R Tanner (NSW). U-16 5km: R McAskill (NSW) 23m26s J Newall (NSW) R Dodds (NSW). U-14 3km: L Grant (NSW) 14m48s Y Becker (SA) P Gough (NSW).

BLACKTOWN ADVOCATE, Wednesday, March 25, 1998

Veteran runner

RUNNER Phillip Bowden, from the Girraween Athletics Club has put in a superb performance to win the 10,000 m event at the NSW Veteran Championships.

He won the 70 to 74 age division of the event, running an even paced race to record a time of 46.45min at the run held at Homebush on March 14.

The 71-year-old is now preparing to return to Homebush on March 28 and 29, to contest the Veteran's State Championships.

Bowden will take part in a number of events including the 100m, 200m, 400m, 800m, 1500m and 5000m categories in his age group.

The superfit veteran will join his Girraween club mates in a friendly interclub cross country and road racing event after visiting Homebush for the second time.

The meet will be held on Saturday, April 4, and will begin at Haberfield.

■ The Girraween Athletics Club is seeking more female runners, of any standard, and aged from under-12 to veteran. Further information is available on 9636 1145.

PARRAMATTA ADVERTISER, Wednesday, April 8, 1998

Bowden sweeps up the medals

SENIOR athlete Phillip Bowden maintained his brilliant form by winning four gold medals at the NSW Veterans' Track and Field Championships held recently at Homebush.

A member of Girraween Amateur Athletic Club (GAAC), Bowden, 71, won gold in the 400m (77.5 seconds), gold in the 800m

(3minutes.08.2 sec), gold in the 1500m (6m.20.4 sec), and gold in the 5000m (23m.02.5 sec). Bowden also achieved two close seconds: in the 100m (14.9 sec) and 200m (31.8 sec).

These top performances follow Bowden's win in the gruelling 10,000m win at Homebush in early March.

The outstanding runner will now concentrate on GAAC's winter cross-country season which begins soon, and Bowden intends to compete in this year's City to Surf in August.

In other GAAC news, Jessica Fisher won her first State Little Athletics title recently at Homebush, taking out the under-15 high jump with a personal best 1.70m. Jessica also finished second in the javelin while her GAAC teammate, Lisa Grant, ran second in the 13 years' 1500m walk in the same titles.

The Fairfax Sun

Wednesday, April 1, 1998

News BRIEFS

Age no barrier

SEVENTY-one-year-old Girraween runner Phillip Bowden proved he is still going strong with a brilliant win in the under 74 10,000 metres event at the NSW veteran championships at Homebush last weekend. The Girraween grand champion ran an even-paced race to record 46 minutes 45 seconds over the distance. Mr Bowden's next assignment will be the second leg of the NSW veteran championships next weekend, where he will contest the 100, 200, 400, 800, 1500 and 5000 metre events. He will then return to domestic competition when he joins his club mates in a friendly interclub cross country and road racing event which starts at Haberfield on April 4.

PARRAMATTA ADVERTISER

Wednesday, April 29, 1998

SPORT SHORTS

ATHLETICS

PROMISING runner Jessica Fisher has won her inaugural State title with a personal best performance.

The high jumper produced the best effort of her career with a 1.70m leap in the under-15 age category.

Jessica, from Girraween Amateur Athletics Club, also finished second in the javelin with a throw of 33.20m. GAAC teammate Lisa Grant finished second in the under-13 5000m walk in 7min 10.5sec.

GIRRAWEE ATHLETICS CLUB
C V KELLY PARK GROUND RECORDS
AS AT 31 MARCH 1998

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	Bruce Harrison	4:47.4
Bruce Hogg	4:35.8	1 Mile	Ted Hemmens	5:31.0
Craig Downie	9:04.2	3000	Bruce Harrison	10:24.8
Bruce Hogg	16:17.4	5000	Bruce Harrison	18:08.7
Kevin Junor (P)	2:19.0	800s/c	Bob Sewell	3:17.7
S McDonald (RB)	7:33.9	1500W	John Dwyer	10:15
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)	24-46
Robert Kropman (800g)	56-72	JAV	Viv Manwaring (800g)	32-78

CTC: Campbelltown City
 Pen: Penrith

N: Nepean
 RH: Ryde-Hornsby

P: Parramatta
 RB: Randwick-Botany

<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
Stephen Muir	5:30.7
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)	7:09.6	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 Abramias (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
Lisa Grant	7:35.6	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
Zulay Sastre	6:18.7
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
Jessica Fisher	1-57
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
Shindhu Raju	25:59.6
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
Amy Van Trier	15.06

FUN DAY AND OTHER RECORDS

2.724kg SHOT PUT "THROW"

OPEN:	Robert Kropman	31-66	Lynette Smith	16-92
VETERAN:	Steven Williams	19-76	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:	Steven Williams	8.0	Linda Balinski	11.3
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
	David Beattie			
U17:	David Beattie	7.5	Linda Hatherly	8.5
U16:	Peter Hogan	7.7	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:	Damien Murray	8.8	Melissa Briggs	9.0
			Jessica Fisher	
U12:	Matthew Beattie	9.7	Shindhu Raju	9.7

300M UNLANED

OPEN:	Michael Finucane	39.5	Lynette Smith	45.8
	C Beacroft (R-B)			
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:	David Beattie	40.4	Veronica Sestic	50.0
U17:	David Beattie	39.9	Nicole Page	56.7
U16:	Peter Hogan	42.6	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
			Shindhu Raju	

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	Leanne Bourke	3:38.4
U20:				
U19:				
U18:	Matthew Byles	3:01.3	Veronica Sestic	4:06.1
U17:	Adrian Grogan	3:41.8		
U16:	Brad Tudman	3:19.3		
U15:				
U14:	Danny Martins	3:54.3	Helen Sestic	3:35.5
U13:	Brent Balinski	3:32.6	Lisa Grant	4:14.6
U12:	Peter Balinski	3:48.0	Natalia Sestic	4:08.0

2000M

OPEN:	Michael Kammerer	6:27.6	Leanne Bourke	7:48.0
VETERAN:	Graham Sheargold	7:48.2		
SENIOR:	Michael Kammerer	6:27.6	Leanne Bourke	7:48.0
U20:				
U19:				
U18:	Matthew Byles	6:59.4		
U17:	Steven Rooke	8:20.5		
U16:	Steven Rooke	7:46.5		
U15:				
U14:			Zulay Sastre	8:07.5
U13:	Danny Martins	8:44.5	Lisa Grant	8:58.1
U12:			Shindhu Raju	9:34.8

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:	Peter Hogan	2-59	Sandra Narezzi	2-22
U15:	Stephen Hinwood	2-44	Sandra Narezzi	2-21
U14:	Danny Martins	1-96	Sandra Narezzi	2-08
U13:	Damien Murray	2-05	Melissa Briggs	2-17
U12:	Matthew Beattie	1-85	Shindhu Raju	1-78

SCISSORS HJ

OPEN:	Nathan Manwaring	1-60	Lynette Smith	1-45
	David Beattie			
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:	David Beattie	1-60	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)
Peter Murray (Sen)

Robert Kropman (Sen)
Vivian Manwaring (Vet)

OPEN WOMEN: 55.0 (18.12.93)

Nicole Page (U18)
Sandra Narezzi (U15)

Linda Hatherly (U17)
Melissa Briggs (U13)

8x100M RELAY

OPEN MEN: 1:39.7 (09.03.91)

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

Bruce Hogg (U18)
Shane Hanlon (U17)

OPEN WOMEN: 1:50.5 (16.03.85)

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

Tracey Wheeler (U17)
Catherine Kropman (U14)

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

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

Garry Dempsey (Sen)
Nicole Page (U19)