



**TWENTY-SECOND
ANNUAL REPORT**

1999/00

ANNUAL REPORT 1999/00
of
GIRRAWEE ATHLETICS CLUB

Presented at the 22nd Annual General Meeting
held at the Cumberland Community Club
Civic Avenue, Pendle Hill
on
1 August 2000

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MEMBERSHIP 1999/00

WOMEN: 20

MEN: 30

OFFICIALS: 2

TOTAL: 52

VETERAN

James	Barr
Phillip	Bowden
Kevin	Casey
John	Dwyer
Kevin	Fisher
Stephen	Halverson
Leo	Latu
Vivian	Manwaring
Keith	Mayhew
Suresh	Raju
Bob	Sewell
Graham	Sheargold
John	Smith
Doreen	Soballa
Ram	Swami
Steven	Williams

Chelsea	Austin
Amanda	Giesler
Shaun	Wearne

U16U15

Natalie	Dawson
Scott	Fitton
Lisa	Grant
Susan	Ireland
Tristan	Manwaring
Julia	Murphy
Rochelle	Scouller
Kate	Stockings

SENIOR

David	Beattie
Leanne	Bourke
Richard	Frost
Michael	Kammerer
Lynette	Smith

Leonie	Herbert
Danielle	Saunderson
Andrew	Scully

U14U13

Jemma	Austin
Lloyd	Burbage
Katie-Ellen	French
Cameron	Moore
Jessica	Ward
Brendan	Weyland

U20

Vikki	Savage
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U18

Matthew	Graham
Naomi	Scouller
Johnny	Wong

U12

Julie	Grant
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U17

Irwin	Burbage
David	Reardon
Erin	Scouller
Franky	Wong

OFFICIALS

Helen	Graham
Stuart	Graham

CLUB COMPETITION RESULTS 1999/00

WINTER COMPETITION 1999 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

	MEN	points
Senior:	Matthew Graham	444
	Keith Mayhew	440
	Kevin Casey	437
	Graham Sheargold	415
	Stephen Halverson	415
	Phillip Bowden	271
	John Smith	197½
	Vivian Manwaring	194
	Steven Williams	193½
	Bob Sewell	190½
	Michael Kammerer	137
	John Dwyer	70
	Kevin Fisher	29½
	Suresh Raju	13½
Junior:	Tristan Manwaring	345

	points
WOMEN	
Chelsea Austin	432
Vikki Savage	417
Lynette Smith	214
Susan Ireland	203
Natalie Dawson	62

SUMMER COMPETITION 1999/00 - CONDUCTED OVER EIGHTEEN WEEKS AT C V KELLY PARK, GIRRAWEEN

	MEN	points		WOMEN	points
1.	Steven Williams	96	1.	Jemma Austin	84
2.	Stephen Halverson	94	2.	Chelsea Austin	79
3.	Suresh Raju	87½	3.	Kate Stockings	75
4.	Matthew Graham	80	4.	Lisa Grant	71
5.	Scott Fitton	53	5.	Susan Ireland	64
6.	Shaun Wearne	47½	6.	Lynette Smith	57
7.	Irwin Burbage	46	7.	Natalie Dawson	51
8.	Kevin Fisher	43	8.	Doreen Soballa	45½
9.	John Dwyer	42	9.	Vikki Savage	35
10.	David Reardon	36	10.	Amanda Giesler	26
11.	Brendan Weyland	35	11.	Katie-Ellen French	22
12.	Tristan Manwaring	34	12.	Jessica Ward	19
13.	David Beattie	33	13.	Erin Scouller	16
14.	Richard Frost	31	14.	Julia Murphy	14½
15.	Franky Wong	24	15.	Rochelle Scouller	11½
16=	Keith Mayhew	22	16.	Julie Grant	6
16=	Cameron Moore	22	17=	Leonie Herbert	4
18.	Kevin Casey	21	17=	Naomi Scouller	4
19=	Bob Sewell	20	17=	Danielle Saunderson	4
19=	Andrew Scully	20			
21.	James Barr	11			
22=	Vivian Manwaring	10			
22=	Graham Sheargold	10			
24.	Ram Swami	7			
25.	Lloyd Burbage	5			
26.	Johnny Wong	4			

CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

WINTER COMPETITION

Chelsea Austin U16	1999	Matthew Graham U18
Michelle Kurp U16 / Zulay Sastre U14	1998	Kevin Casey (Vet)
	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)

SUMMER COMPETITION

Jemma Austin U13	1999/00	* Steven Williams (Vet)
Samantha Marshall (Snr)	1998/99	* Graham Sheargold (Vet)
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

CITY INTER-CLUB

Lynette Smith	1999/00	
	1991/92	Robert Kropman
	1986/87	Craig Downie / Mark Wright
	1985/86	Craig Downie

WINTER 1999 CROSS COUNTRY AND ROAD RUNNING RESULTS**03-04-99****X country at Haberfield (WMZ 1)**

Men 8km:	K Casey	31:18
	S Halverson	36:39
	G Sheargold	37:54
	P Bowden	38:56
4km:	M Graham	13:59
	T Manwaring	18:37
	V Manwaring	18:46
	B Sewell	21:45
Women 8km:	V Savage	38:17
4km:	S Ireland	16:00
	L Smith	16:38
	C Austin	18:24

10-04-99**Bitumen path at Rydalmere (WMZ 2)**

Men 10km:	K Mayhew	38:54
	K Casey	39:00
	G Sheargold	45:20
	S Halverson	45:38
	P Bowden	48:13
5km:	M Graham	17:58
	M Kammerer	18:41
	V Manwaring	23:26
	T Manwaring	23:51
	B Sewell	27:04
Women 10km:	V Savage	45:47
5km:	L Smith	20:27
	C Austin	24:19

17-04-99**Road at Parramatta Park (WMZ 3)**

Men 8km:	K Mayhew	30:07
	M Kammerer	30:36
	S Halverson	34:59
	G Sheargold	36:00
5km:	M Graham	17:28
	J Smith	21:19
	V Manwaring	22:23
	J Dwyer	22:40
	B Sewell	25:21
Women 8km:	V Savage	35:25
5km:	C Austin	23:46

24-04-99**X country at Wakeley (WMZ 4)**

Men 8km:	M Kammerer	30:35
	K Mayhew	30:50
	S Halverson	36:34
	P Bowden	39:25
3km:	M Graham	10:14
	J Smith	12:56
	V Manwaring	13:02
	T Manwaring	13:12
	J Dwyer	13:15
	B Sewell	14:50
	S Williams	15:04
Women 8km:	V Savage	37:04
3km:	S Ireland	11:51
	L Smith	12:23
	C Austin	13:55

01-05-99**Road at Cabarita (WMZ 5)**

Men 8km:	K Mayhew	29:35
	K Casey	31:01
	G Sheargold	35:41
	S Halverson	35:45
	P Bowden	38:32
4km:	J Smith	16:53
	T Manwaring	17:35
	V Manwaring	17:37
	J Dwyer	17:40
	S Williams	18:10
	B Sewell	20:03
Women 4km:	L Smith	16:15
	C Austin	18:00

08-05-99**NSW Road Championships at Holsworthy**

Men 10km:	K Mayhew	37:57 (1 st M55+)
	M Kammerer	39:15
	K Casey	39:56
	G Sheargold	43:51
	S Halverson	45:34
	P Bowden	48:24
	S Williams	48:55
(Team Mayhew, Casey, Sheargold, Halverson 3 rd M35+)		
5km:	M Graham	17:23 (12 th U18)
	B Sewell	27:20
Women 6km:	V Savage	25:40 (7 th U20)
5km:	L Smith	21:14 (1 st fun run)
4km:	S Ireland	15:53 (7 th U16)

15-05-99**NSW Novice X country Championships and fun runs at Ramsgate**

Men 10km:	K Mayhew	39:20 (36 th Novice)	Men 10km:	M Graham	38:28 (10 th fun run)
Women 4km:	S Ireland	16:46 (25 th Novice)		K Casey	43:24 (17 th fun run)
	L Smith	17:12 (30 th Novice)		G Sheargold	46:12 (23 rd fun run)
	V Savage	17:25 (31 st Novice)		S Halverson	46:43 (25 th fun run)
	N Dawson	18:18 (36 th Novice)		B Sewell	54:34 (29 th fun run)

22-05-99

X country at Dundas (WMZ 6)

Men 8km:	M Graham	31:11
	G Sheargold	38:21
	S Halverson	38:38
	K Casey	45:08
4km:	V Manwaring	19:02
	T Manwaring	19:15
	S Williams	19:42
	J Dwyer	21:10
	B Sewell	21:17
Women 4km:	L Smith	18:22
	C Austin	19:43

05-06-99

NSW X Country Championships at Bass Hill

Men 12km:	K Casey	50:26
	K Mayhew	51:40 (1 st M55+)
	G Sheargold	57:08
	S Halverson	59:20
	S Williams	65:53
	B Sewell	66:52
	P Bowden	67:34
6km:	M Graham	22:32 (8 th U18)
4km:	V Manwaring	18:01 (fun run)
	J Dwyer	18:25 (fun run)
Women 3km:	S Ireland	12:37 (10 th U16)
	C Austin	14:13 (20 th U16)

19-06-99

X country at Baulkham Hills (WMZ 9)

Men 8km:	K Mayhew	31:32
	S Halverson	36:41
4km:	M Graham	14:18
	S Williams	17:23
	J Smith	17:25
	V Manwaring	17:36
	T Manwaring	18:30
	J Dwyer	18:52
	B Sewell	19:18
Women 8km:	V Savage	42:33
4km:	L Smith	20:37

10-07-99

X country at Concord (WMZ 11)

Men 8km:	K Casey	31:55
	G Sheargold	35:50
4km:	M Graham	14:22
	S Williams	17:25
	V Manwaring	18:07
	B Sewell	19:21
Women 4km:	L Smith	17:00
	N Dawson	18:43
	C Austin	20:43

29-05-99

X country at North Ryde (WMZ 7)

Men 7.5km:	K Mayhew	29:10
	K Casey	32:11
	S Halverson	34:45
	G Sheargold	35:37
	P Bowden	39:28
4km:	M Graham	15:03
	J Smith	17:48
	V Manwaring	18:23
	S Williams	18:24
	T Manwaring	18:35
	J Dwyer	19:27
	B Sewell	19:38
Women 7.5km:	V Savage	34:09
4km:	L Smith	17:25
	C Austin	19:56
2km:	S Ireland	8:57

12-06-99

X country at Parramatta Park (WMZ 8)

Men 8km:	K Mayhew	30:49
	K Casey	31:20
	S Halverson	36:25
	G Sheargold	37:40
	P Bowden	41:30
4km:	S Williams	17:24
	J Smith	17:30
	V Manwaring	17:49
	T Manwaring	18:07
	B Sewell	19:03
Women 4km:	L Smith	16:58
	C Austin	19:17

26-06-99

Bitumen path at Meadowbank (WMZ 10)

Men 8km:	K Mayhew	30:26
	K Casey	31:35
	G Sheargold	35:03
	S Halverson	35:24
	P Bowden	40:04
4km:	S Williams	16:37
	V Manwaring	17:05
	J Smith	17:40
	T Manwaring	18:13
	B Sewell	18:44
Women 8km:	V Savage	36:12
4km:	L Smith	16:18
	S Ireland	17:47
	C Austin	17:55

17-07-99

NSW X country Relay Championships at Miranda (4km)

Men	M Graham	15:24	Men	J Smith	18:44
Open	S Williams	18:48	45+	S Halverson	19:16
	T Manwaring	22:41		V Manwaring	19:40
	L Smith	19:31		B Sewell	21:48
Men	K Casey	16:56	Women	S Ireland	18:59
35+	K Fisher	17:22	U16	C Austin	22:49
	G Sheargold	19:30		N Dawson	20:16
	(No 4 th runner)				

24-07-99

Road at Epping (WMZ 12)

Men 10km:	K Casey	41:04
	G Sheargold	46:15
	S Halverson	49:21
	K Mayhew	50:40
5km:	M Graham	18:18
	S Williams	22:31
	J Smith	22:38
	V Manwaring	23:11
	T Manwaring	23:28
Women 10km:	B Sewell	35:00
	V Savage	43:38
	5km:	
	L Smith	21:49
	C Austin	25:24

07-08-99

Road at Abbotsford (WMZ 13)

Men 8km:	K Mayhew	30:43
	K Casey	31:11
	G Sheargold	35:27
	S Halverson	36:42
	P Bowden	39:58
	4km:	
	M Graham	13:19
	S Williams	15:52
	V Manwaring	16:57
	J Smith	17:01
	T Manwaring	17:22
	S Raju	18:46
	B Sewell	19:05
Women 4km:	L Smith	16:24
	C Austin	19:05

21-08-99

Trevor Lonard Memorial Hcp (road at Cabarita)
(WMZ 14)

Men 8km:	K Casey	30:44
	K Mayhew	30:53
	G Sheargold	35:12
	S Halverson	35:36
4km:	M Graham	13:42 (fastest U17)
	J Smith	16:41
	S Williams	16:43
Women 8km:	V Savage	37:30 (fastest woman)
4km:	L Smith	16:12
	C Austin	18:26

31-07-99

NSW Road Relay Championships at Picton (5km)

Men open	M Graham	17:19
	B grade	
	S Halverson	21:52
	V Manwaring	21:54
	T Manwaring	22:36
	Men	
	K Casey	18:15
35+	K Fisher	20:15
	S Williams	20:56
	G Sheargold	21:59
Men	K Mayhew	19:10
	55+	
	J Smith	21:38
	P Bowden	25:15
	B Sewell	24:46

14-08-99

Road and X country at Auburn

Men 5km:	M Graham	20:21
	T Manwaring	22:15
	V Manwaring	22:19
	B Sewell	25:01

15-08-99

The Sun-Herald City to Surf (14km)

317	M Graham	52:44
658	K Mayhew	56:30

28-08-99

Concrete path at Auburn West (WMZ 15)

Men 8km:	K Casey	31:07
	G Sheargold	35:29
	S Williams	36:09
	S Halverson	36:16
4km:	S Williams	16:01
	J Smith	16:42
	V Manwaring	17:49
Women 8km:	V Savage	37:05
4km:	L Smith	16:37
	C Austin	17:39

Men

WMZ TROPHY WINNERS

Women

Phillip Bowden	3 rd 60+ long event	Chelsea Austin	3 rd U16 medium event
Matthew Graham	1 st U20 medium event	Vikki Savage	1 st U20 long event
Tristan Manwaring	3 rd U16 medium event	Lynette Smith	1 st Senior medium event
Vivian Manwaring	3 rd 50+ medium event		
Keith Mayhew	1 st 50+ long event		
Bob Sewell	2 nd 60+ medium event		
John Smith	1 st 60+ medium event		
Steven Williams	2 nd 40+ medium event		

LAANSW STATE XCOUNTRY & ROADWALK CHAMPIONSHIPS (Werrington, 4 July 1999)

Katie-Ellen French	U12G	2000	6th	7:35.9
Susan Ireland	U14G	3000	3rd	11:23.0
Chelsea Austin	U15G	3000	16th	14:17.9
Julie Grant	U11G	1500W	19th	11:08.2
Lisa Grant	U14G	2000W	1st	10:05.9
Susan Ireland	U14G	2000W	3rd	10:57.9
Chelsea Austin	U15G	2000W	7th	11:43.8

SUMMER 1999/00 RESULTS**CLUB COMPETITION - NEW RECORDS**

There were 21 ground records achieved at C V Kelly Park during normal competition:

Name	Age Group	Event	Time/Distance
Matthew Graham	U18	1500W	9:05.4
Irwin Burbage	U17	TJ	12-19
Irwin Burbage	U16	TJ	12-19
Shaun Wearne	U16	100	11.6
Andrew Scully	U14	400	58.4
Lynette Smith	Senior	200	28.9
Lynette Smith	Senior	400	1:01.8
Lynette Smith	Open	400	1:01.8
Lynette Smith	Senior	800	2:27.5
Lynette Smith	Senior	1500	5:11.7
Lynette Smith	Senior	3000	11:45.4
Lynette Smith	Senior	5000	20:14.0
Chelsea Austin	U16	1500W	7:46.7
Lisa Grant	U15	1500W	7:06.0
Katie-Ellen French	U14	800	2:27.1
Katie-Ellen French	U14	1500	5:17.7
Katie-Ellen French	U14	3000	11:01.9
Katie-Ellen French	Open	3000	11:01.9
Katie-Ellen French	U13	800	2:41.1
Katie-Ellen French	U13	3000	12:03.7
Julie Grant	U12	1500W	10:16.2

FUN DAYS - NEW RECORDS

There were 23 ground records achieved at C V Kelly Park during modified competition days:

Name	Age Group	Event	Time/Distance
Keith Mayhew	Veteran	1 Mile	5:20.7
Keith Mayhew	Veteran	2000	6:54.9
Steven Williams	Veteran	60	8.0 eq
Steven Williams	Veteran	300	42.2
David Beattie	Senior	300	39.0
David Beattie	Open	300	39.0
Matthew Graham	U18	1000	2:57.4
Matthew Graham	U18	2000	6:44.2
Andrew Scully	U14	60	7.8
Andrew Scully	U14	300	42.0
Andrew Scully	U14	Standing LJ	2-28
Lynette Smith	Senior	300	44.7
Lynette Smith	Open	300	44.7
Lynette Smith	Senior	1000	3:20.4
Lynette Smith	Open	1000	3:20.4
Lynette Smith	Senior	1 Mile	6:03.8
Vikki Savage	U20	1000	3:44.6
Kate Stockings	U16	1000	3:35.5
Kate Stockings	U16	2000	10:11.9
Chelsea Austin	U16	2000	10:11.9
Amanda Giesler	U16	300	49.8
Natalie Dawson	U15	1000	3:52.7
Jessica Ward	U14	SP "throw"	9-84

AUSTRALIAN RACEWALKING CHAMPIONSHIPS (Melbourne, 4 September 1999)

Lisa Grant	U16W	5km	2nd
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AUSTRALIAN ALL-SCHOOLS T&F CHAMPIONSHIPS (Homebush, 10-12 December 1999)

Lisa Grant	U16W	1500W	3rd	6:50.50
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LAANSW STATE MULTI EVENT (Sanctuary Point, 4/5 March 2000)

Brendan Weyland	U13B	13th	4,743
(80H 14.7, 200 30.1, 800 2:59.8, HJ 1-30, LJ 4-13, SP 7-37, Discus 18-17)			
Jessica Ward	U13G	36th	3,702
(80H 20.8, 200 35.6, 800 3:52.8, HJ 1-05, LJ 3-32, SP 9-10, Discus 23-33)			
Tristan Manwaring	U15B	13th	6,405
(100H 15.0, 100 13.1, 800 2:24.2, HJ 1-45, LJ 5-04, SP 11-79, Discus 35-00)			

ANSW STATE UNDER-AGE CHAMPIONSHIPS (Homebush, 3-5 March 2000)

Lisa Grant	U16W	1500W	1st	7:04.49
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LAANSW STATE T&F CHAMPIONSHIPS (Homebush, 18/19 March 2000)

Katie-Ellen French	U13	800	2nd	2:19.2
		1500	3rd	4:53.6
		3000	3rd	10:49.8
Jessica Ward	U13	SP	6th	9-98
Lisa Grant	U15	1500W	1st	6:57.8
Susan Ireland	U15	3000	7th	11:45.7
Scott Fitton	U14	1500	9th	4:41.7
		3000	4th	10:15.3
		200	8th	24.8
Andrew Scully	U14	200H	3rd	26.7
		400	5th ht	57.9
		100H	6th ht	14.7
Tristan Manwaring	U15	100H	6th ht	14.7

AUSTRALIAN UNDER-AGE T&F CHAMPIONSHIPS (Hobart, 23-26 March 2000)

Lisa Grant	U16W	1500W	1st	6:53.88
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AUSTRALIAN LITTLE ATHLETICS TEAMS CHAMPIONSHIPS (Perth, 16 April 2000)

Katie-Ellen French	U13	400 consolation	2nd	1:03.5
		1500	2nd	4:52.1

THE SUN-HERALD
THE SUNDAY TELEGRAPH

3/4/99

GIRRAWEEEN at Haberfeld: 8km: 0-40: K Casey 31m18s S Halverson G Sheargold. 0-50: K Mayhew 31m07 P Bowden. 4km: 0-45: V Manwaring 18m46s B Sewell. U-17: M Graham 23m59s T Manwaring. **WOMEN:** 8km: V Savage 38m17s. 4km: S Ireland 16m0s L Smith C Austin.

WEST METROPOLITAN at Haberfeld: **MEN:** 8km: 0-60: P Bowden (Gir) 38m56s. 0-50: K Mayhew (CRH) 31m7s J Sheary (ASW) K Scallay (Hills) 0-40: D Lewis (ASW) 28m44s R Harrison (Hills) M Collins (ASW). 0-30: B Smith (Hills) 30m30s S Hooper (NS) G Posca (Hills). U-20: B Chapman (Par) 30m4s M Symes (Hills). U-16: G Harrison (Hills) 29m16s. 4km: 0-60: B Sewell (Gir) 21m45s F Daniels (Vets). 0-50: G Ryan (RBH) 16m24s L Vaughan (Hills) V Manwaring (Gir). 0-40: D Hardyman (NS) 14m43s. 0-30: G DeBelle (Hills) 13m36s S Whelan (Hills) R Luke (Par). 0-20: S Ellis (ASW) 14m23s T Evers (ACT). U-20: M Graham (Gir) 13m59s S Muir (CRH). U-16: D Smith (CRH) 15m38s C Morrissey (Hills) M Sastre (Gir). U-13: A Smith (CRH) 14m49s. 1.5km: U-13 R Price 6m13s G Sheargold (Trinity). U-12: H Lewis (Ryde) H Bonello (TW). **WOMEN:** 8km: J Dalton (Ree) 37m30s V Savage (Gir) L Balinski (Hills). 4km: L Smith (Gir) 16m38s S Tulloch (ASW) E Lewis. U-16: N Molan (Ree) 15m48s S Ireland (Gir) M Vernon (Nep). U-13: C Barros 19m20s J Fontaine. 1.5km: U-13: N Bonello (TW) 6m29s S Middlemiss (Parra) N Huston (WH). U-12: C Barros 7m29s L Huston (WH).

15/5/99

NSW NOVICE at Scarborough Park: Cross Country C'ship

GIRRAWEEEN at Ramsgate: Cross Country: **MEN** 10km: M Graham 38m28s K Casey G Sheargold. 0-45: K Mayhew 39m20s S Halverson B Sewell. **WOMEN** 4km: S Ireland 16m46s L Smith V Savage.

29/5/99

GIRRAWEEEN at North Ryde: Cross country 7.5km: K Casey 32m11s S Halverson G Sheargold. 0-50: K Mayhew 29m10s J Sneddon P Bowden. 4km U-17: M Graham 15m3s T Manwaring. 0-40: V Manwaring 18m23s S Williams. 0-60: J Dwyer 19m27s B Sewell. 2km: J Dwyer 8m45s. **WOMEN:** 7.5km: V Savage 34m9s. 4km: L Smith 17m25s C Austin. 2km: S Ireland 8m57s.

WEST METROPOLITAN at Macquarie Hospital: **MEN:** 7.5km: 0-60: P Bowden (Gir) 38m37s G Taylor (ASW). 0-50: K Mayhew (Girraweeen) 29m10s C McLean (SS) J Burroughs (ASW). 0-40: J Sauer (CRH) 26m19s D Lewis (ASW) M Collins (ASW). 0-30: J Davis 26m6s R Cocks (ASW) M Free. 0-20: M Doggett (ASW) 28m42s A Kopicikas (WDH). U-20: W Devjak (Ryde) 26m50s B Chapman (Parra). 4km 0-60: J Smith (Gir) 17m48s J Dwyer (Gir) B Sewell (Gir). 0-50: L Vaughn (Hills) 16m44s G Ryan (RBH) V Manwaring (Gir). 0-40: J Bogenhuber (Springwood) 15m19s S Williams (Gir) S Ryan (ASW). 0-30: G Develle 14m14s R Luke (Parra) S Whelan (Hills). 0-20: A Benn (SP) 13m31s M Cannell (ASW) S Ellis (ASW). U-20: M Graham (Gir) 15m3s L Taylor (Penrith) B Innes (ASW). U-16: D Smith (CRH) 16m12s D Huston (WH) M Sastre (BS). U-13: R Stapleton 16m23s. 2km: Open: B Innes (ASW) 6m50s D Wood (ASW) L Taylor (Penrith). U-13: S Geoghegan (NS) 8m5s. U-10: J Crandell (TW) 8m30s H Lewis (Ryde) H Bonello (TW). **WOMEN:** 7.5km open: S Quitzau 29m12s B Ellis (ASW) J Dalton. U-20: V Savage (Gir) 34m9s. 4km 0-35: K Petley (Katoomba) 15m38s M Dulhunty (NS). 0-20: L Smith (Gir) 17m25s E Lewis S Tulloch. U-20: E O'Brien (Parra) 17m16s K Drennan (CRH) J Lodge (CRH). U-16: N Molan (SP) 15m16s K Archbold (CRH) Z Sastre (BS). U-13: P Gough (Hills) 18m13s C Barros (Hornsby) J Fontaine (Hornsby). 2km: 0-35: A Knowles (Hornsby) 10m18s S Barros (Hornsby) T Ryan (ASW). U-16: S Bogenhuber (BS)

7m45s S Ryan (ASW) S Ireland (Gir). U-13: S Middlemiss (Parra) 8m47s M Bonello (TW) N Huston (WH). U-10: B Gough (Doonside) 9m15s L Huston (WH) S Crandell (TW).

10/4/99

GIRRAWEEEN at Emmington: 10km 0-40: K Casey 39m G Sheargold S Halverson. 0-50: K Mayhew 38m54s J Sneddon P Bowden. 5km Open: M Kammerer 18m41s V Manwaring B Sewell. U-16: M Graham 17m58s T Manwaring. **WOMEN:** V Savage 45m47s. 5km: L Smith 20m27s C Austin.

WEST METROPOLITAN at Rydalmere: Road run: **MEN:** 10km 0-60: A Blonner (Hills) 40m41s P Bowden (Gir) T Butler. 0-50: K Mayhew (Gir) 38m54s C Fallon (Hills) K Scallay (Hills). 0-40: M Collins (ASW) 37m4s G Murphy (S/S) S Jackson (S/S). 0-30: J Murray (ASW) 35m28s B Smith (Hills). Snr: R Cocks (ASW) 36m29s M Doggett (ASW) M Iacono (ASW). U-20: B Chapman (Par) 37m35s N Symes (Hills). 5km 0-60: B Sewell (Gir) 27m4s F Daniels (Vets). 0-50: G Ryan (RBH) 20m36s L Vaughan (Hills) V Manwaring (Gir). 0-40: D Hardyman (NS) 18m13s G Macinante (Hills) B Coyne (Hills). 0-30: G DeBelle 17m2s M Kammerer (Gir) P Starr (Hills). Snr: M Haines (ASW) 17m28s S Ellis (ASW) D Wood (ASW). U-20: M Graham (Gir) 17m58s S Muir (CRH) G Smith (ASW). U-16: P Marins (TW) 19m11s D Smith (CRH) J Milburn (Nep). U-13: A Smith (CRH) 18m42s M Sastre (Gir) M Pamham (Hills). Open 2km: I Middlemiss (Par) 9m7s H Huston (WH) C Birdsall (Ryde). U-13: S Geoghegan (NS) 7m47s G Sheargold (Trn). U-12: H Lewis (Ryde) 9m40s H Bonello (TW). **WOMEN:** Open 10km: V Savage (Gir) 45m47s J Moriarty L Balinski (Hills). Snr 5km: L Smith (Gir) 20m27s J Dalton (Hills) E Lewis. U-20: F Macinante (Hills) 20m10s. U-16: M Ryan (ASW) 22m47s C Austin (Gir). **Veteran** 2km: R Birdsall (Ryde) 12m58s L Peters (WH) T Ryan (ASW). U-16: A Jenkins (CRH) 7m5s S Ryan (ASW). U-13: S Middlemiss (Par) 8m42 M Bonello (TW) N Huston (WH). U-12: L Huston (WH) 12m49s.

5/6/99

GIRRAWEEEN at Bass Hill: Cross country: **MEN:** 12km 0-35: K Casey 50m26s G Sagargold S Williams. 0-45: K Mayhew 51m40s S Halverson B Sewell. 0-65: P Bowden 67m34s. 6km: M Graham 22m32s. 4km: V Manwaring 18m01s J Dwyer. **Gir:** U-16 3km: S Ireland 12m37s C Austin.

Runaway success

GIRRAWEEEN Athletics Club's top veteran Keith Mayhew won the over-55 section of the NSW cross country championships at Bass Hill.

Mayhew recorded a time of 51.40 minutes to complete the 12km distance, run on a testing course with many hills on June 5.

The gold medal caps off a season in which Mayhew has won a bronze and silver medal in championship events. He heads to Nowra on July 3 to compete in the NSW 8km championships.

8/5/99

GIRRAWEEEN at Holsworthy: Road Race: **Men** 10km: M Kammerer 39m15s. 0-40: K Casey 39m56s G Sheargold S Williams. 0-45: K Mayhew 37m57s S Halverson P Bowden. 5km: M Graham 17m23s B Sewell. **Women** 6km: V Savage 25m40s. 5km: L Smith 21m14s. 4km: S Ireland 15m53s.

NSW ROAD RUNNING C'SHIP at Holsworthy: MEN: 10km Open: S Westcott 30m11s J Barker T Wood. **Team:** Sutherland, Hunter, Randwick Botany. 0-35: G Bruce 32m17s M Donnelly P Par. **Team:** Kembla Jogggers, Illawong, Girraweeen. 0-45: R Arnold 35m27s P Evans W Montefiore. **Team:** Kembla Jogggers, Sutherland, St George. 0-55: Graves B Hodgson L Farley. Sutherland, Randwick Botany, Kembla Jogggers. U-20 8km: L Wicks 25m42s B Lawton B Risler. U-18 5km: D Caraghim 16m17s L Taylor M Coles. **Team:** Sutherland. U-16 4km: R Cooper 13m16s D Condon A Russell. **Team:** Illawong. U-14 3km: T Prigg 10m09s A Nicholls A Smith. **Team:** Central Coast, Illawong, Sutherland. U-12 2km: N McDonald 7m14s M Deborc R Roberts. **Team:** Sutherland, Illawong. **WOMEN:** 10km Open: L Miller 33m35s K Maslen A Sheehan. **Team:** Athletics East, Kembla Jogggers, Sutherland. 0-35: J Cowan 36m26s A Dwyer S O'Brien. **Team:** Illawong, Sutherland, Bankstown Sports. 0-45: C Poppett 43m11s S Wood, A Campbell. **Team:** Sutherland. U-20 6km: B Chisholm 21m15s M Chase J Hammond. U-18 4km: E Poppett 12m44s S Hill D Corrigan. **Team:** Kembla Jogggers, Illawong. U-16 4km: L Corrigan M Hernandez S Bogenhuber. **Team:** Sutherland, Central Coast, Illawong. U-14 3km: B Simpson C Holland G Williams. **Team:** Illawong A, Sutherland, Illawong B. U-12 2km: B Humphreys A Conroy A Bray. **Team:** Sutherland A St George, Sutherland B.

12/6/99

GIRRAWEEEN at Parramatta Park: Cross Country: MEN 8km 0-35: K Casey 31m20s G Sheargold S Williams. 0-45: K Mayhew 30m49s J Sneddon S Halverson. 0-60: P Bowden 41m30s B Sewell. 4km: G Sheargold 17m11s S Williams V Manwaring. 0-60: J Smith 17m30s B Sewell. U-16: T Manwaring 18m07s. **WOMEN** 4km: L Smith 16m58s C Austin.

WEST METROPOLITAN CROSS COUNTRY at Parramatta Park: 8km: 0-60: P Bowden (Gir) 41m30s J Butler B Sewell. 0-50: K Mayhew (Gir) 30m49s C McLean (SS) V Hutchins (Hills). 0-40: J Sauer (CRH) 28m1s R Bromley D Lewis (ASW). 0-30: R Cocks (ASW) 27m34s P Starr (Hills). 0-20: A Smallwood (Hills) 26m28s M Doggett (ASW) J Haji Hashi (ASW). U-20: T Richardson (Spring) 28m3s D Austin (CRH) B Chapman (Parra). 4km: 0-60: J Smith (Gir) 17m30s B Sewell (Gir) F Scerr (NS). 0-50: G Ryan (RBH) 16m13s L Vaughan (Hills) V Manwaring (Gir). 0-40: N Fowler (VS) 15m21s G Sheargold (Gir) S Williams (Gir). 0-30: S Hooper 15m22s S Whelan (Hills) L Williams (Hills). 0-20: M Cannell (ASW) 13m27s C Kealy G Davis (Lith). U-20: B Liddy (CRH) 13m45s L Taylor (Pen) S Muir (CRH). U-16: D Smith (CRH) 15m46s T Manwaring (Gir) M Sastre (BS). U-13: A Smith (CRH) 14m16s J Milburn (Nep) R Sandig (Kurr). 2km: Open: L Taylor (Pen) 8m6s P Donelan (ASW) C Birdsall (Ryde). U-13: R Price (ASW) 8m5s L Symes (Hills) C Smith (TW). U-10: J Crandell (TW) 8m40s H Lewis (Ryde) K Rifkin (TW). **WOMEN:** 8km: B Ellis (ASW) 30m50s. 4km: 0-35: K Petley (Kat) 15m43 L Murphy (ASW). 0-20: L Smith (Gir) 16m58s S Tulloch. U-20: F Macinante (Hills) 16m3s E O'Brien (Parra) A Schilling (CRH). U-16: K Archbold (CRH) 16m26s R Petro (Hills) Z Sastre (B/S). U-13: C Barros (Horn) 19m7s J Fontaine. 2km: 0-35: A Fontaine (Horn) 10m19s S Barros (Horn) D Kass (ASW). U-20: J Lodge (CRH) 8m11 E O'Brien (Parra). U-13: S Middlemiss (Parra) 8m47s N Huston (WH) K Barros (Horn). U-10: B Gough (Doon) 9m J Sandig (Kurr) L Huston (WH).

BLACKTOWN ADVOCATE

Wednesday, June 30, 1999

A walkover for our Lisa

19/6/99

NSW RACEWALKING at Blacktown: Men 5km: D Vellis 24m09s A Mitchell T Geytman. **Women** 10km: C Webb 49m12s M Keys A Roberts. 5km: M French 22m53s N Mitchell K Mitchell. **NSW Schools C'ship: Boys: Open** 5km: D Vellis (St Clair) 23m02s D Connelly (Rooty Hill) G Taylor (Colo). **U-17** 5km: D Breken (Westfields) 24m28s A Mellor (Birong). **U-15** 3km: C Clifford (St Clair) 15m04s S Frew (Mitchell) J Masters (Ingleburn). **U-13** 2km: S Frew (Mitchell) 9m31s D Leigh (Blacktown South) B Plummer (North Richmond). **Girls: Open** 5km: C Nilon (Nagal) 30m26s C Austin (Girraween). **U-17** 5km: K Connelly (Westfields) 27m09s K Lewis (Loretto Kimbili) S Birch (Colo). **U-15** 3km: L Grant (Girraween) 15m57s K Corbett (Macarthur Catholic) S Ireland (Girraween). **U-13** 2km: S Knapton (Blackwell) 10m40s S Cammilleri (Plumpton) S Waldron (Mt St Benedict).

GIRRAWEE Athletics Club's top walker Lisa Grant continued on her winning way at the NSW Schools Walking Championships at Blacktown Showground recently.

Lisa won the under-15, 3km walk with team-mate Susan Ireland taking third place.

Another team-mate Chelsea Austin, finished second in the open 5km walk.

The three girls are now preparing for the NSW Little Athletics walking championships at Werrington on July 1.

19/6/99
GIRRAWEE at Baulkham Hills: **Cross country: MEN:** 8km: K Mayhew 31m32s S Halverson, S Williams. **U-17** 4km: M Graham 14m18s T Manwaring. **U-15** 3km: S Williams 17m23s V Manwaring. **U-13** 2km: J Smith 17m25s J Dwyer B Sewell. **U-11** 1km: P Bowden 21m2s. **2km:** M Graham 8m2s S Williams B Sewell. **WOMEN:** 8km: V Savage 42m33s. **4km:** L Smith 20m37s.

WEST METROPOLITAN at Crestwood Reserve: MEN 8km: **U-17** 4km: A Blonner (Hills) 31m52s J Butler B Sewell (Gir). **U-15** 3km: R Smith (Hills) 30m25s C McLean (SS) K Mayhew (Gir). **U-13** 2km: R Bromley 28m13s D Lewis (ASW) S Finigan (Hills). **U-11** 1km: J Murray (ASW) 28m18s P Starr (Hills). **U-9** 500m: L Thomas 27m6s R Cocks (ASW) A Smallwood (Hills). **U-7** 200m: T Richardson (Spring) 27m53s B Chapman (Par) D Austin (CRH). **4km:** **U-17** 4km: J Smith (Gir) 17m25s J Dwyer (Gir) B Sewell (Gir). **U-15** 3km: G Ryan (RBH) 16m24s L Vaughan (Hills) V Manwaring (Gir). **U-13** 2km: D Scott (Pen) 16m18s S Williams (Gir) R Coyne (Hills). **U-11** 1km: G Debelle 13m43s S Whelan (Hills) R Luke (Par). **U-9** 500m: C Kealy 13m46s M Haines (ASW) G Davis (Litgh). **U-7** 200m: S Muir (CRH) 14m12s M Graham (Gir). **U-5** 100m: R Accchio (Spring) 14m57s P Scott (Pen) D Smith (CRH). **U-3** 50m: A Smith (CRH) 14m19s. **2km:** Open: M Graham (Gir) 8m2s I Middlemiss (Par) D Hansen. **U-16** 1km: L Szymes (Hills) 8m37s C Birdsall (Ryde). **U-13** 1km: R Price 8m4s C Smith (TW). **U-10** 500m: J Crandell (TW) 8m24s H Lewis (Ryde) H Bonello. **WOMEN** 8km: J Cowan (SP) 30m2s V Savage (Gir). **4km:** **U-17** 4km: S Quitzau (NS) 14m43s K Petley (Kat). **U-15** 3km: I Dalton 16m53s E Lewis S Tulloch. **U-13** 2km: K Drennan (CRH) 17m5s K Burnell (Pen) E O'Brien (Par). **U-11** 1km: K Archbold (CRH) 16m5s. **2km:** **U-9** 500m: S Barros (Horn) 11m1s D Kass T Ryan (ASW). **U-7** 200m: J Fontaine (Horn) 6m38s S Middlemiss (Par) M Bonello (TW). **U-5** 100m: B Gough (Doons) L Huston (WH) K Barros (Horn).

10/7/99

GIRRAWEE CROSS COUNTRY, at Concord: **MEN** 8km: K Casey 31m55s M Graham G Sheargold. 5km **U-17:** M Graham 14m22s. **U-15:** S Williams 17m25s V Manwaring B Sewell. **WOMEN** 4km: L Smith 17m N Dawson C Austin.

WEST METROPOLITAN, at Concord: Cross country: MEN: 8km **U-20:** T Richardson (Spring) 28m58s B Balinski (Hills) M Graham (Gir). **U-17:** R Cocks (ASW) 28m8s M Doggett (ASW) S Greenhill (S/S). **U-15:** J Murray (ASW) 28m55s A Macks G Yurkovic (New York, USA). **U-13:** J Sauer (CRH) 29m27s D Lewis (ASW) K Casey (Gir). **U-11:** R Smith (Hills) 30m02s S Flick (CRH) J Burroughs (ASW). **U-9:** B Sewell (Gir) 4km **U-13:** A Smith (CRH) 14m28s. **U-11:** P Scott (Pen) 15m35s J Milburn (Nep) D Smith (CRH). **U-9:** B Liddy (CRH) 13m50s L Taylor (Pen) M Graham (Gir). **U-7:** C Kealy 14m08s M Haines (ASW) J Carter (B/S). **U-5:** G Debelle 13m54s R Luke (Par). **U-3:** J Bogenhuber (Spring) 15m23s B Harrison D Scott (Nep). **U-1:** L Vaughan (Hills) 17m11s V Manwaring (Gir) D Archbold (NS). **U-1:** B Sewell (Gir) 19m21s F Scurr (NS) F Daniels (Vets). **2km U-10:** J Crandell (T/W) 8m34s H Bonello (T/W). **U-13:** R Price 8m01s S Geoghegan (NS) G Sheargold (Trinity). **U-11:** N Fowler (E/S) 7m05s D Hansen S Williams (Gir). **WOMEN:** 8km: B Ellis (ASW) 30m24s. **4km U-13:** C Barros (Horn) 18m15s P Gough (Hills). **U-11:** K Archbold (CRH) 16m11s V Dawson (Gir) C Austin (Gir). **U-9:** F Macintyre (Hills) 16m56s K Burnell (Pen) K Drennan (CRH). **U-7:** T Bonser (Hills) 15m53s L Smith (Gir) S Tulloch. **2km U-10:** B Gough (Doon) 8m50s L Huston (W/H) E Knolls (Horn). **U-13:** J Fontaine 8m44s M Bonello (T/W) N Huston (W/H). **U-11:** S Bogenhuber (B/S) 7m46s S Ryan (ASW) C Austin (Gir). **U-9:** S Barros (Horn) 10m33s A Knowles (Horn) T Ryan (ASW).

BLACKTOWN ADVOCATE, Wednesday, July 21, 1999

Little As growing to a mighty force

BLACKTOWN Little Athletics Centre had become the second-largest club of its kind in NSW, president Dereck Fineberg said.

Speaking at the centre's recent presentation night, Fineberg said registration numbers had broken the 600-barrier in the 1998/99 season.

"In all levels of competition our athletes enjoyed many successes, culminating in one of our best performances at the State championships," Fineberg said.

"We also shared the joy of seeing four of our athletes selected in the State team.

"Also many of our centre records, some set many years ago, were broken more than once at the various championships."

Blacktown won its greatest ever number of gold medals (12) at the March 1999 State championships.

Two State records were set at the event by 15-year-old Fabrice Lapierre, who won four gold medals.

Lapierre also stretched the national triple jump record from 12.72m to 14.35m.

Girraween Little Athletics Centre, meanwhile, added to its own medal tally at the NSW championships earlier this month.

Under 14s walker Lisa Grant won a gold medal after leading all the way on a hilly course in the 2000m road race.

Girraween's Susan Ireland came third in the same event and third in the 3km cross country earlier in the day.

26/6/99

GIRRAWEE at Meadowbank: **MEN:** 8km **U-17:** K Casey 31m35s G Sargold S Williams. **U-15:** J Sneddon 33m28s S Halverson J Morgan. **U-13:** K Mayhew 30m28s P Bowden B Sewell. **4km Open:** S Williams 16m37s V Manwaring T Manwaring. **U-11:** J Smith 17m40s B Sewell. **WOMEN** 8km: V Savage 36m12s. **4km:** L Smith 16m18s S Ireland C Austin.

WEST METROPOLITAN at Meadowbank: MEN: 8km **U-17:** A Blonner (Hills) 31m46s P Bowden (Gir) J Butler. **U-15:** R Smith (Hills) 29m32s C McLean (SS) K Mayhew (Gir). **U-13:** D Lewis (ASW) 28m43s S Finigan (Hills) G Lison (SS). **U-11:** R Cocks (ASW) 27m30s B Smith (Hills) P Starr (Hills). **U-9:** L Thomas 27m06s M Doggett (ASW) J Carter (BS). **U-7:** T Richardson (Spring) 27m21s D Austin (CRH) B Chapman (Par). **4km U-17:** J Smith (Gir) 17m40s B Sewell (Gir) F Scurr (NS). **U-15:** G Ryan (RBH) 15m55s L Vaughan (Hills) V Manwaring (Gir). **U-13:** J Bogenhuber (Spring) 14m59s N Fowler (ES) B Harrison. **U-11:** G Debelle 13m35s R Luke (Par). **U-9:** M Haines (ASW) 13m50s G Davis (Lith) D Wood (ASW). **U-7:** S Muir (CRH) 14m09s. **U-5:** R Valdachino (Spring) 15m03s. **U-3:** R Crandell (TW) 8m08s H Lewis (Ryde) K Bonello (TW). **WOMEN:** 8km Open: B Ellis (ASW) 29m36s K Jackson (Sydney Uni) V Savage (Girraween). **4km U-17:** A Forbes (Horn) 14m25s K Petley (Kat). **U-15:** L Smith (Gir) 16m18s S Tulloch E Lewis. **U-13:** E O'Brien 16m25s K Drennan (CRH) J Lodge (CRH). **U-11:** Z Sastre (BS) 17m01s. **U-9:** C Austin (Gir) 17m55s P Gough (Hills) J Fontaine. **2km U-13:** A Knowles (Horn) 10m22s J Barros (Horn) T Ryan (ASW). **U-11:** S Bogenhuber (BS) 7m27s S Ryan (ASW) M Ryan (ASW). **U-9:** M Bonello (TW) 8m29s S Middlemiss (Par) H Huston (Winston Hills). **U-7:** B Gough (Hills) 8m47s E Knowles (Horn) K Barros (Horn).

17/7/99

NSW CROSS COUNTRY RELAY C'SHIP GIRRAWEE at Miranda: Men: 4km **U-17:** K Casey 16m56s K Fisher S Williams. **U-15:** S Halverson 19m16s G Sagorold V Manwaring. **U-13:** J Smith 18m44s B Sewell. **U-11:** M Graham 15m24s T Manwaring. **Women:** 4km: L Smith 19m31s. **U-16:** S Ireland 18m59s N Dawson C Austin.

31/7/99

NSW ROAD RELAY C'SHIP

GIRRAWEEEN, at Cordeaux Dam: Men 5km: Open: M Graham 17m19s K Casey K Mayhew. 0-40: K Fisher 20m15s S Williams G Sheargold. 0-45: S Halverson 21m52s V Manwaring. 0-60: J Smith 21m38s B Sewell P Bowden.

24/7/99

GIRRAWEEEN at Epping: Men 5km U-17: M Graham 18m18s T Manwaring. 0-40: S Williams 22m31s V Manwaring. 0-60: J Smith 22m38s B Sewell. 10km 0-40: K Casey 41m04s G Sheargold S Williams. 0-45: S Halverson 49m21s K Mayhew. Women 10km: V Savage 48m38s. 5km: L Smith 21m49s C Austin.

WEST METROPOLITAN: Road race at Epping: MEN: 10km 0-50: C McLean (SS) 42m53s B Hutchins (Hills) K Mayhew (Gir). 0-40: J Sauer (CRH) 36m12s D Lewis (ASW) K Casey (Gir). 0-30: M Free 43m44s P Starr (Hills) A Segula. 0-20: M Doggett (ASW) 37m05s A Smallwood (Hills). U-20: T Richardson (Spring) 39m33s. 5km 0-60: J Smith (Gir) 22m38s F Scurr (NS) P Bowden (Gir). 0-50: G Ryan (RBH) 22m01s V Manwaring (Gir) C Austin. 0-40: J Bogenhuber (Spring) 19m59s N Fowler (ES) S Williams (Gir). 0-30: S Whelan (Hills) 24m09s R Luke (Par). 0-20: M Haines (ASW) 19m03s S Ellis (ASW) J Carter (BS). U-20: D Austin (CRH) 18m01s L Taylor (Pen) M Graham (Gir). U-18: D Smith (CRH) 21m47s M Sastre (BS) T Manwaring (Gir). U-13: A Smith (CRH) 20m56s. 2km Open: W Gleeson 8m07s D Wood (ASW) M Haines (ASW). U-20: A Van Rysewyk 8m52s B Innes (ASW) M Graham (Gir). U-13: S Geoghegan (NS) 7m42s R Price. U-10: J Crandell (TW) 8m04s H Lewis (Ryde) H Bonello (TW). WOMEN: 10km Open: A Forbes (NS) 40m57s K Petley (Kat) V Savage (Gir). 4km Snr: L Smith (Gir) 21m49s S Tulloch E Lewis. U-20: F Macinante (Hills) 22m14s. U-16: K Archbold (CRH) 21m12s Z Sastre (BS) C Austin (Gir). 2km 0-35: A Knowles (Hornsby) 9m44s S Barros (Hornsby) T Ryan (ASW). 0-20: M Duihunty (NS) 7m50s K Huxtable. U-13: H Bonello (TW) 8m37s S Middlemiss (Par) R Price. U-10: B Gough (Doon) 9m01s E Knowles (Hornsby) S Crandell (TW).

14/8/99

WEST METROPOLITAN, at Wyatt Park: Men 7.5km: D McLucas 28m58s A Segula C Fallon (Hills) B Sewell (Gir). 5km Open: M Graham (Gir) 20m21s B Gleeson T Manwaring (Gir). Veteran: V Manwaring (Gir) 22m19s B Sewell (Gir) D Archbold (NS). 2.5km U-13: S Geoghegan (NS) 9m38s. U-10: J Crandell (TW) 10m20s P Cianci (Par) K Gregson (NRC). Women 5km U-20: K Burnell (Pen) 21m50s. U-13: N Terranova (NRC) 20m35s C Barros (Hor) J Fontaine (Hor). 2.5km Veteran: A Knowles (Hor) 12m15s S Barros (Hor). U-13: B Gregson (NRC) 10m19s N Terranova (NRC) C Terranova (NRC). U-10: K Barros (Hor) 12m30s S Crandell (TW).

21/8/99

GIRRAWEEEN, at Cabarilla: Open 8km: K Casey 30m44s K Mayhew M Graham. 0-40: G Sheargold 35m12s S Halverson S Williams. 4km: M Graham 13m42s J Smith S Williams. Women 8km: V Savage 37m30s. 4km: L Smith 16m12s C Austin.

WEST METROPOLITAN, at Cabarilla Park: Road 8km: D Symes (Hills) K Scally (Hills) L Balinski (Hills). Fastest: R Cocks (ASW) 26m24s. Woman: V Savage (Gir) 37m30s. U-20: M Symes (Hills) 31m11s. Veteran: J Sauer (CRH) 27m41s. 4km: R Riley (ASW) J Fontaine (Hornsby) A Smith (CRH). Fastest: M Graham (Gir) 13m42s. U-16: A Smith (CRH) 13m33s. Woman: K Petley (Kat) 15m23s. U-16: K Archbold (CRH) 15m28s. 2km: T Ryan (ASW) S Crandell (TW) L Balinski (Hills). Fastest: S Geoghegan (NS) 7m28s. U-13: R Price 8m4s. Woman: K Drennan (CRH) 7m40s. U-13: S Middlemiss (Par) 8m24s.

7/8/99

GIRRAWEEEN at Abbotsford: Men: 8km Open: M Graham 30m30s K Mayhew K Casey. 0-40: G Sheargold 35m27s S Williams S Raju. 0-45: S Halverson 36m42s P Bowden B Sewell. 4km U-17: M Graham 13m19s T Manwaring. 0-40: S Williams 15m52s V Manwaring S Raju. 0-60: J Smith 17m11s B Sewell. Women: L Smith 16m24s C Austin.

WEST METROPOLITAN at Abbotsford: Road race: MEN: 8km 0-60: A Blonner (Hills) 30m49s P Bowden (Gir) B Sewell (Gir). 0-50: K Mayhew (Gir) 30m43s J Burroughs (ASW) K Scally (Hills). 0-40: J Sauer (CRH) 27m59s D Lewis (ASW) K Casey (Gir). 0-30: R Cocks (ASW) 26m54s B Smith (Hills) Q Morley Snr 0-20: M Doggett (ASW) 28m23s. U-20: T Richardson (Spring) 28m51s M Graham (Gir) M Symes (Hills). 4km 0-60: J Smith (Gir) 17m01s F Scurr (N/S) F Daniels (Vets). 0-50: G Ryan (RBH) 15m59s L Vaughan (Hills) V Manwaring (Gir). 0-40: N Fowler (ES) 15m04s S Williams (Gir) N Terranova (NRC). 0-30: Whelan (Hills) 17m45s R Luke (Par). U-20: D Austin (CRH) 13m00s B Liddy (CRH) M Graham (Gir). U-16: D Smith (CRH) 15m32s T Manwaring (Gir) M Sastre (B/S). U-13: A Smith (CRH) 15m22s. 2km 0-50: R Longhurst (Black) 10m06s H Huston (W/H) B Sewell (Gir). 0-40: N Terranova (NRS) 8m07s I Middlemiss (Par) 9m03s S Raju (Gir). U-20: C Birdsall (Ryde) 7m58s B Innes (ASW) M Graham (Gir). U-13: S Geoghegan (N/S) 7m40s R Price C Smith (T/W). U-10: J Crandell (T/W) 8m26s H Lewis (Ryde) K Gregson (NRS). WOMEN: 8km: B Ellis (ASW) 29m14s. 4km: 0-35: A Forbes (N/S) 14m45s K Petley (Kat). 0-20: L Smith (Gir) 16m24s S Tulloch E Lewis. U-20: F Macinante (Hills) 15m26s. U-16: S Bogenhuber (BS) 15m07s A Jenkins (CRH) K Archbold (CRH). U-13: C Barros (Hor) 17m52s J Fontaine (Hor) P Gough (Hills). 2km 0-35: A Knowles (Hor) 9m23s S Barros (Hor) D Kass (ASW). U-16: M Ryan (ASW) 8m30s S Ryan (ASW). U-13: N Terranova (NRC) 7m39s B Gregson (NRC) S Middlemiss (Par). U-10: B Gough (Doon) 8m51s L Huston (W/H) S Crandell (T/W).

Parramatta/Holroyd Sun, Wednesday, July 28, 1999



■ GREYSTANES High School long distance runner Susan Ireland placed an admirable fifth in the 14 years NSW Combined High Schools (CHS) cross country championships at Eastern Creek last week. On a difficult course, created at the Eastern Creek International Raceway, Ireland ran courageously to become one of the top cross country runners for her age in the State. To qualify for the State, Ireland had to earn a placing at the school, zone and regional carnivals.

Talented Lisa just walks it in

PROMISING local junior walker Lisa Grant performed well in the Australian Walking Federation championships at Chipping Norton recently.

Competing against walkers from all states, Lisa finished second in the under 15 3km event and third in the under 17 5km event.

She was also a member of the New South Wales team which finished second in the under 15 event and the team which finished first in the under 17 event.

Her coach Deanna Rahill was pleased with her efforts.

Lisa is a member of Girraween Athletics Club and Girraween Little Athletics Club.

THE SUN-HERALD

September 5, 1999

WEST METROPOLITAN: OVERALL SEASON PTS TALLY: MEN: Over-60: J Butler 88 G Taylor (ASW) 78 P Bowden (Gir) 76. **0-50:** K Mayhew (Gir) 97 C McLean (SS) 90 J Burroughs (ASW) 84. **0-40:** J Sauer (CRH) 100 D Lewis (ASW) 92 S Finigan (Hills) 77 B Smith (Hills) 73. **0-20:** J Doggett (ASW) 96. **U-20:** B Chapman (Par) 80 M Symes (Hills) 76. **WOMEN: Over-20:** B Ellis (ASW) 80. **U-20:** V Savage (Gir) 100. **MEDIUM: Men 0-60:** J Smith (Gir) 100 B Sewell (Gir) 89 F Scurr (NS) 84. **0-50:** G Ryan (RBH) 100. L Vaughan (Hills) 94 V Manwaring (Gir) 85. **0-40:** N Fowler (ES) 93 S Williams (Gir) 80 S Ryan (ASW) 82. **0-30:** G Debele 100 S Whelan (Hills) 91 R Luke (Para) 85. **0-20:** S Ellis (ASW) 94 M Haines (ASW) 87. **U-20:** M Graham (Gir) 91 B Innes (ASW) 56. **U-16:** D Smith (CRH) 99 M Sastre (BS) 85 T Manwaring (Gir) 74. **U-13:** A Smith (CRH) 100. **MEDIUM: Women 0-35:** K Petley (Kat) 77. **0-20:** L Smith (Gir) 99 S Tulloch 87 E Lewis 83. **U-20:** F Macinante (Hills) 89 K Drennan (CRH) 70. **U-16:** K Archbold (CRH) 96 Z Sastre (BS) 81 C Austin (Gir) 77. **U-13:** C Barros (Hornsby) 96 P Gough (Hills) 93 J Fontaine (Hornsby) 73. **SHORT: Men 40-0:** I Middlemiss (Para) 100. **U-20:** C Birdsall (Ryde) 93. **U-13:** S Geoghegan (NS) 99 R Price 96 C Smith (TW) 71. **U-10:** J Crandell (TW) 100 H Lewis (Ryde) 92 H Bonello (TW) 81. **Women: 0-35:** S Barros (Hornsby) 92 A Knowles (Hornsby) 90 T Ryan (ASW) 78. **U-16:** S Ryan (ASW) 93 M Ryan (ASW) 80. **U-13:** S Middlemiss (Para) 95 M Bonello (TW) 94 N Huston (WH) 77. **U-10:** B Gough (Doonside) 100 L Huston (WH) 90 S Crandell (TW) 76.

The Sydney Morning Herald

MONDAY, SEPTEMBER 6, 1999

AUSTRALIAN RACEWALKING C'SHIPS: at Albert Park, Melbourne: Men: 30km: D Cousins (Vic) 2hr18m22s D McGrath (Vic) S Pearson (Old) A Jamieson (Vic) R Everson (SA) R Reid (Vic) J Leydon (SA) R Osborne (NSW). **Teams:** Victoria. **U20 20km C'ship:** T Sundstrom (NSW) 1hr29m58s J Russell (Vic) C Erickson (Vic) D Allender (Vic). **U18: 8km:** D Connolly (NSW) 36m25s S Holloway (WA) D Breckon (NSW) D Vella (NSW) C Foster (WA) R Harvey (Vic). **U16: 5km:** J Tallent (Vic) 23m31s C Clifford (NSW) A Mellor (NSW) A Coburn (Vic) A Barnes (Vic) T Geytman (NSW). **Teams:** Victoria, NSW. **U14: 3km:** R Kozaris (Vic) 14m48s S Frew (NSW) J Barnes (Vic) N Rowe (NSW) B Plummer (NSW) A Colquhoun (ACT). **Women: 15km:** W Muldoon (Vic) 1hr14m49s L Kali-Ali (SA) S Cattermole (WA) L Lewis (Old) A Major (Vic) S Hay (Vic) J Moller (Old) E Hay (Vic) J Sundstrom (NSW). **Teams:** Victoria. **U20: 10km:** K Wapshott (Vic) 51m53s C Woods (SA) K Excell (NSW) R Tanner (NSW) K Colman (Vic). **U18: 8km:** A McAskill (NSW) 41m27s E Adamcewicz (Vic) C Ranger (Vic) E McGinniskin (Vic) K Osmond (Vic) S Tomlin (Vic) A Barnsley (Tas) C Becker (SA) R Gray (WA). **U16: 5km:** N Gleeson (Vic) 25m13s L Grant (NSW) N Cobby (WA) K Connolly (NSW) B Sait (NSW) M Vallis (NSW) R Wilkie (Vic) J Bryant (Vic) S Catling (Vic). **Teams:** NSW, Victoria. **U14: 3km:** S Cobby (WA) 14m58s G Christie (WA) T Boddy (Vic) D Bryant (Vic) K Corbett (NSW) T Cole (Vic) L Ryan (Vic) S Camilleri (NSW). **Teams:** Victoria, NSW.

BLACKTOWN ADVOCATE

Wednesday, August 25, 1999

Athletics

GIRRAWEE Senior Club will begin its 21st season of friendly track and field competition at CV Kelly Park, Girraween, on September 11 from 1.30 pm.

Male and female athletes aged from 11 to veterans of any standard are invited to attend.

BLACKTOWN ADVOCATE, Wednesday, September 22, 1999

Athletes in top form

ELEVEN members of Girraween Athletics Club won trophies at the recent West Metropolitan Zone's 15-race series.

Winners in the road and cross country series were: Lynette Smith (seniors 4km), Vikki Savage (under-20s 8km), John Smith (over-60s 4km), Keith Mayhew (over-50s 8km) and Matthew Graham (under-20s 4km).

Second place-getters were: Phillip Bowden (over-60s 8km), Bob Sewell

(over-60s 4km) and Steven Williams (over-40s 4km).

Third place-getters were: Chelsea Austin (under-15s 4km), Viv Manwaring (over-50s mens 4km) and Tristan Manwaring (under-15s 4km).

Aftehe competition the athletes turned their time to preparing for the summer season of track and field which kicked-off at Girraween's CV Kelly Park last Saturday afternoon.

Good tip goes far

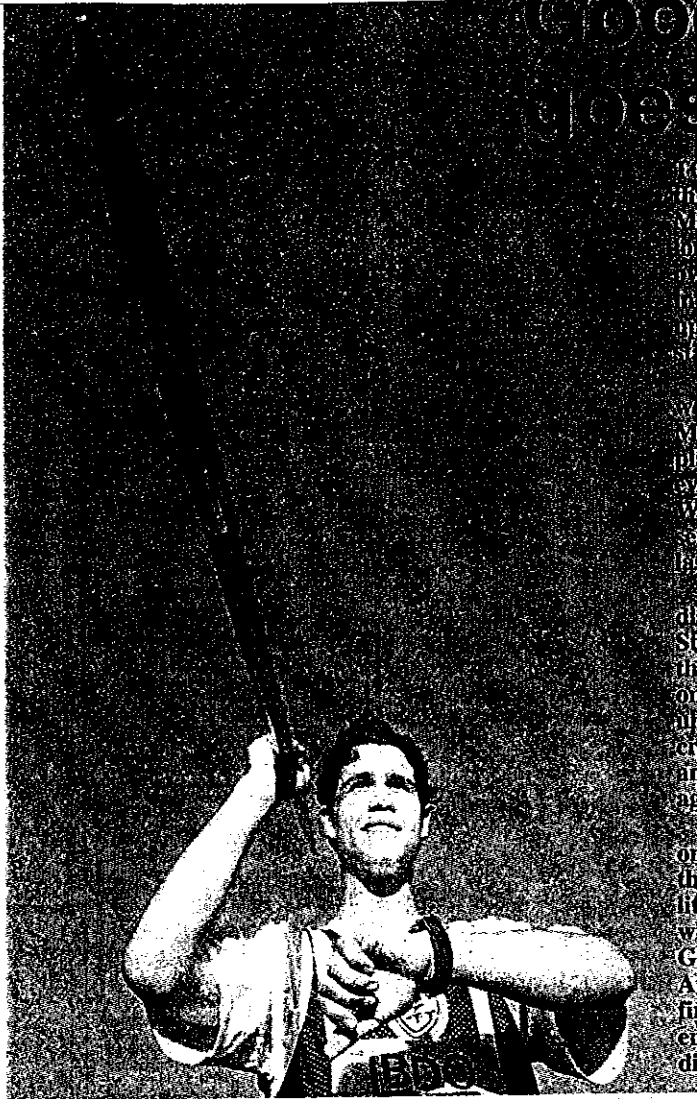


Photo: ROBERT POZO

COONGABBIE javelin thrower Tristan Manwarring adopted long-distance running over the winter season in an attempt to build up his fitness and stamina.

It seems the plan worked because Manwarring, 15 (left), placed third in his first ever Sydney-wide Winter Cross Country Series, which finished last weekend.

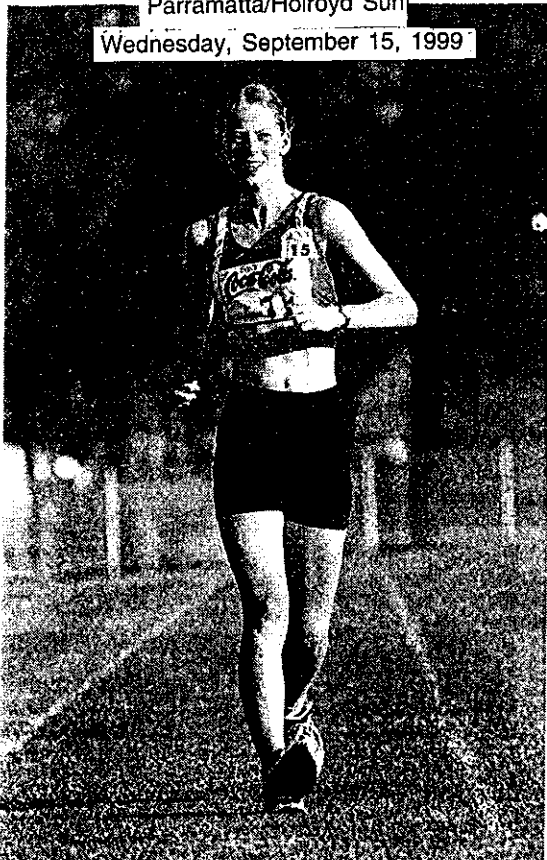
Manwarring is a district, regional and State javelin rep but in the off-season he took on the gruelling under-15 4km cross-country division; and succeeded yet again.

He will now be high on confidence going into the 1999-2000 summer little athletics season, where he will represent Girraween Little Athletics Club in his final year before entering the senior division.

— STEVE GRAHAM

Parramatta/Holroyd Sun

Wednesday, September 15, 1999



■ WENTWORTHVILLE race walker Lisa Grant secured six State championships this season and will be looking to continue her dominance when the senior athletics season begins this weekend. Grant, 14, a member of Girraween Athletics Club, will compete in seniors during this her last season of little athletics. In 1998-99, Grant won State gold medals at school, junior and senior level.

BLACKTOWN ADVOCATE, Wednesday, October 6, 1999

ATHLETICS

Girraween Senior Athletics

Competition at CV Kelly Park, September 25.

Mens 100m: S Wearne 11.7, I Burbage, M Graham.

Mens 400m: M Graham 64.2, K Fisher, I Burbage.

Mens 1500m: M Graham 4.44.1, S Fitton, S Wearne.

Triple jump: I Burbage 12.04m, M Graham, S Halverson.

Womens 100m: S Ireland 15.1, L Grant, M Mattar.

Womens 400m: L Smith 72.7, L Grant, N Dawson.

Womens 1500: S Ireland 5.38.9, V Savage, L Smith.

Womens long jump: K Stockings 3.81m, C Austin, M Mattar.

Womens discus: L Smith 32.34m, V Savage, E Scouller.

Parramatta/Holroyd Sun. Wednesday. January 26, 2000



Lisa makes big strides

By GERARD SUTTON

GIRRAWEEN Little Athletics star Lisa Grant has another four months before she walks into international competition.

She knows the Pacific Championships at Homebush on April 30 won't be a casual stroll, but remains confident of holding her own.

Fourteen-year-old Lisa claimed bronze in her division of the 1500m walk at the recent Australian All Schools Championships.

That performance against senior opposition won her a place in the Pacific squad.

Lisa covered the course in a personal best time of 6 minutes and 50.5 secs to become the youngest place-getter in the U/15s.

The gold and silver medallists both had another 12 months training and race experience on the local girl.

"I will be one of the older girls in my division at the Pacific Championships though, so that should be good," Lisa said.

"I was quite surprised by my time at the All Schools and I'd like to improve on it again by April."

Lisa elected to specialise in walking three years ago after noticing her own aptitude during Little Athletics training.

She has mastered the discipline's difficult technique and now hopes to make a mark on the international stage.

"There are Little A State Age Championships, State Under Age Championships and National Age Championships before April," she said.

"So I'd like to build up through those meets and be in really good form for the Pacific Games."

The Sydney
Morning Herald

MONDAY

DECEMBER 13, 1999

AUSTRALIAN ALL-SCHOOLS C'SHIPS
At SIAC, Sydney

Under 15 1,500m Walk: Laura Johnson (NSW) 6:38.13
Kate Connelly (NSW) 6:46.17
Lisa Grant (NSW) 6:50.50

BLACKTOWN ADVOCATE, Wednesday, February 16, 2000

65 athletes off to regionals

SIXTY-FIVE athletes from Girraween Little Athletics Centre have qualified for the regional championships at Bankstown after finishing in the top four places at recent zone championships.

The most successful included Katie Ellen-French (under-13) who came first in the 400m, 800m, 1500m and 3000m.

Andrew Scully (under-14) finished first in the 100m, 200m and 400m

and 200m hurdles. Sarah O'Neill (under-15) was first in high jump, long jump, 90m hurdles and the 200m hurdles.

Ivan Nimac, meanwhile, finished first in high jump, discus and

800m in the under-13 division.

The regional championships will be held this weekend with the state championships at Homebush on March 18 to 19.

BLACKTOWN ADVOCATE, Wednesday, March 8, 2000

Twelve for State champs

TWELVE members of Girraween Little Athletics Centre have qualified for the Little Athletics State Championships to be held at Homebush on March 18 and 19.

The club recorded three first placings in the track and field regional cham-

pionships at Bass Hill in February. Ivan Nimac came first in the high jump, Troy Weyland in under-11's high jump and Lisa Grant, in under-15's 1500m walk.

Other qualifiers were Rebecca Casey, 1100m walk; Jessica Ward, shot

put; Katie-Ellen French, 800m, 1500m and 3000m; Sarah O'Neill, 200m hurdles, Susan Ireland, 300m; Andrew Scully, for 200m hurdles, 400m and 200m, Scott Fitton for 300m, Tristan Manwaring for 100m hurdles and Gavin Conway for 100m hurdles.

The Sydney Morning Herald

MONDAY, MARCH 6, 2000

NSW U-18, U-16 & U-14 C'SHIPS
At SIAC

U-16: 200m: L Johnston (Nowra) 26.69s K Green (St Geo Dist) E Clark (Suth Dist). 800m: R Vandenberg (UTS N Subs) 2m17.97s C Harrison (Westfields) K Kelly (Camp Coll). 3000m: B Lenne (St Geo Dist) 10m11.25s K Archbold (Cumb Ryde H) L Palmer (Terrigal Wamb). 1500m walk: L Grant (Girraween) 7m04.49s L Newall (Rand Botany H) B Heazlewood (Syd Pacific).

The Sydney Morning Herald

TUESDAY, MARCH 28, 2000

AUSTRALIAN UNDERAGE T&F C'SHIPS
in Hobart

Final Under 16 women's 1,500m walk:
1. Lisa Grant (NSW) 6:53.88, 2. Yvette Becker (SA) 7:14.43, 3. Kirsten Venzlaukas (NSW) 7:28.85, 4. Laura Newall (NSW) 7:29.84, 5. Fauve Jacobs (VIC) 7:52.14.

The Parramatta Sun, Wednesday, March 22, 2000.

Lisa's putting her best foot forward

GIRRAWEEN Little Athletics star Lisa Grant continues her slow but steady march towards a walking career in track and field.

She has traded what was once a stroll for a brisk gait that makes her an exciting long-term prospect.

The youngster won a gold medal in the NSW under-16 championships at Homebush.

Lisa completed the demanding 1500 m walk in 7 min 4.9 sec.

Her next major event is the Australian All-Schools Championships in Hobart next month, which will be followed by the Pacific Schools Games at Homebush.

In other news, the Girraween Club's summer pointscore was won by 44 year-old Steven Williams with 96 points, from Stephen Halverson (94) and Suresh Raju (87.5).

Fourteen-year-old Jemma Austin won the women's section with a tally of 84, beating her sister Chelsea (79) and Kate Stockings (75).

The Girraween Club will conduct cross-country races at CV Kelly Park, Oramzi Road, Girraween on Saturday.

Races start at 3 pm, and visitors from under-12s to to veterans of any standard are invited to compete.

BLACKTOWN ADVOCATE
Wednesday, March 22, 2000

Girraween winner

STEVEN Williams has been named the summer pointscore winner for Girraween Athletics Club.

The 44-year-old recorded 96 points, two points ahead of Stephen Halverson. Third place went to Suresh Raju on 87.5.

Jemma Austin, 14, won the women's section with a score of 84, ahead of her sister Chelsea on 79 points and Kate Stockings on 75.

The Parramatta Sun
Wednesday, April 5, 2000

Cruisy victory for Lisa

GIRRAWEEN Senior Athletics Club walker Lisa Grant cruised to victory at the Australian Championships in Hobart last week.

Grant registered a comfortable win in the U/16 division in a time of 6 min 53.9 secs. The local competitor was 20 seconds ahead of the second placegetter. The national triumph follows the 14 year old's recent gold medal performances at the School State Championships and Little Athletics State Championships.

Fellow Girraween athlete, Katie-Ellen French, has brought the club further prestige.

French has been included in the NSW team for the Australian Little Athletics Track and Field Championships in Perth from April 12 to 17.

The youngster won selection by placing second in the U/13 800 metres (2 min 19.2 secs), third in the 1500 metres (4 min 53.6 secs) and third in the 3000 (10 min 49.8 secs).

BLACKTOWN ADVOCATE

Wednesday, March 15, 2000

Champ

GIRRAWEEN Athletics Club walker Lisa Grant continued her successful career with a win in the State under-16 championships at Homebush.

Lisa recorded 7min 4.9sec in the 1500m walk.

This weekend she will compete in the NSW Little Athletics Track and Field Championships at Homebush.

BLACKTOWN ADVOCATE
Wednesday, April 5, 2000

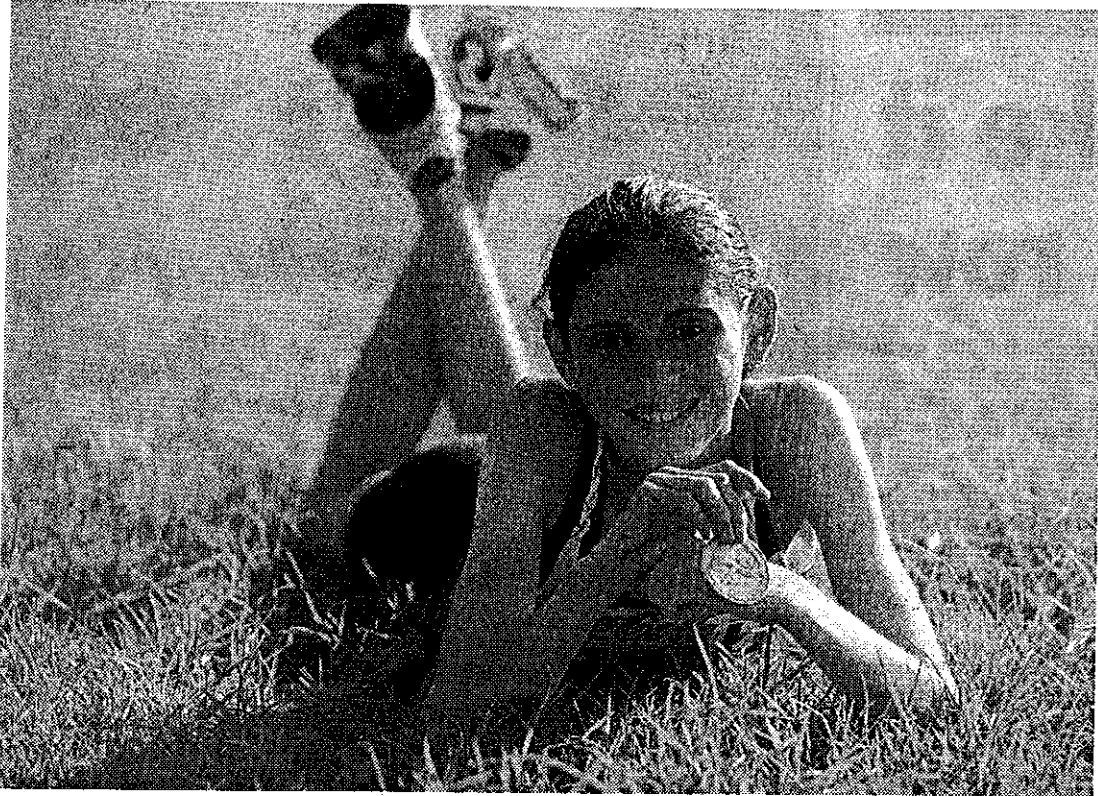
Lisa strides out

GIRRAWEEN Senior Athletics Club walker Lisa Grant has won the Australian under-16 walking championship in Hobart.

The 14-year-old scored an easy win in 6min 53.9sec, finishing 20sec ahead of the second placegetter.

And Girraween's little athlete Katie-Ellen French has been selected in the NSW team for the Australian track and field championships to be held in Perth from April 12 to 17.

Wednesday, May 3, 2000



Katie-Ellen French... silver medal for the 1500m event

Photo: ANN MORAN

Teen with a future

Silver medal in national titles

by BELINDA LAVIS

SHE may only be 13, but Katie-Ellen French of Seven Hills is tipped for a bright future in athletics.

The middle-distance runner came home with a silver medal and a personal best time in the under-13 1500m event at the Australian championships held in Perth last weekend.

Her coach Max McGregor believes she has what it takes to be a future Australian Olympian.

"I am predicting a bright future for this little girl," he said.

"I have been coaching her for four years and have been nursing her along gradually.

"She is so dedicated if I was to ask her to run

through a brick wall she would because she trusts me so much and knows everything I do is for her own interests.

"She is willing to learn and for that reason is a very good person to coach."

Katie-Ellen took home a silver medal in the 800m and a bronze in the 1500m and 3000m events at the State titles which

saw her qualify for the nationals.

A member of the Girraween Little Athletics Club, Katie-Ellen also represented Australia at the Australian All Schools event in December last year.

"We're aiming for the 2004 Olympics," Mr McGregor said.

"She is really dedicated and that's what makes the difference."

GIRRAWEEEN ATHLETICS CLUB

Formed September 1978
C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 1999/00

President	:	Bob Sewell
Secretary	:	Vivian Manwaring
Treasurer	:	Stephen Halverson
Registrar	:	Vivian Manwaring
Fund Raising	:	Vikki Savage / Lynette Smith
Winter Competition	:	Bob Sewell
Summer Competition	:	Steven Williams
Club Records	:	Steven Williams
Coaching	:	Bob Sewell
Publicity	:	Bob Sewell
Canteen	:	Helen Graham
ANSW delegate	:	Vivian Manwaring
Blair Zone delegate	:	Bob Sewell
Park Trust delegate	:	Graham Sheargold

LIFE MEMBERS

John Wheeler (died 1997)
Bob Sewell
Vivian Manwaring

20-YEAR MEDALLISTS

Bob Sewell

10-YEAR MEDALLISTS

Jackie Wheeler
Tracey Wheeler
Deborah Mulhall
John Doolan
Paul Sewell
Vivian Manwaring

HON. AUDITOR

Tony Ward

COMMITTEE REPORTS

PRESIDENT

The 1999-2000 season attracted an increased membership, but more pleasing was the fact that more athletes attended on a regular basis than in past seasons.

The 1999 winter season was a successful one with increased numbers, and medal winning performances from Keith Mayhew in cross-country events, Lisa Grant in walking, and Susan Ireland in cross-country and road walking. Our club finished tenth in the State in the winter pointscore with all athletes who competed in State championships scoring points.

A continuing problem with our summer competition is the number of athletes who arrive at the ground at 2pm and wish to compete in the first event. The gradings for heats have been completed by then and starting time is supposed to be 2pm sharp.

Misbehaviour by a small number of dual and visiting Little Athletes caused me some headaches, and the childish behaviour of a couple of the older male juniors did not set a good example for the younger ones.

The summer pointscore competition was closely contested, with Steven Williams winning for the first time from previous winners Stephen Halverson and Suresh Raju. In her first season with our club, Jemma Austin finished ahead of her sister Chelsea who was a close second in the previous season and another newcomer Kate Stockings.

Lynette Smith was a regular at the Sydney Interdistrict Competition and established new personal bests in the 200, 400 and 800. When that competition was not on, Lynette came to Girraween and broke 12 records over distances from 200 to 5000 in senior and open categories.

Congratulations to Doreen Soballa, the mother of our 1984-85 summer champion Frank Soballa, who competed as a way of increasing her fitness and improved her times dramatically during the season.

In regard to club records, I would like to have the modified program records displayed on a board so that members and visitors can see them.

Last season was my 21st as a coach at Girraween, having started with Girraween Little Athletics Centre in 1979. The kind thoughts of Suresh, Steven, Lynette, Vikki, Lisa and Julie at Christmas made me feel that all my efforts are worthwhile.

On a more serious note, the Council has sent a bill of \$1,800 for water rates to the C V Kelly Park Trust after a lapse of several years. The Trust has agreed to pay this amount, but future amounts will have to be paid by the users of the ground and that will include us.

I wish to thank:

- Lynette Smith and Vikki Savage for their efforts in raising funds;
- Helen and the Graham family for their work in the canteen;
- Steven Williams for renovating the records board, and Tony Ward for providing new tape for hurdle marker;
- Kathy Austin for her recording duties;
- Girraween Little Athletics Centre for ground marking and use of equipment;
- the athletes and others who acted as timekeepers; and
- my fellow committee members for their efforts during the season.

Our current 2000-2001 membership has reached 29 which is a record for winter, and means that our coming summer season could be a big one. We must all try to get as many people as possible to attend particularly on our first two Saturdays, 9th September and 16th September, as small attendances on those days is not very encouraging to new people who turn up. Invite a relative, a friend, a stranger! We also need people with sparkling personalities to volunteer as "greeters" who can welcome newcomers and explain our club's activities to them.

In closing, I wish to invite everyone here to attend the opening day of our 23rd summer season on Saturday 9th September.

Bob Sewell

REGISTRAR

Registrations over the last ten seasons have been:

90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00
57	59	51	61	36	33	42	32	46	52

While the increase in registrations for last season was pleasing, work remains to be done to get back to the numbers of the early 90s.

Viv Manwaring

SECRETARY

Senior athlete registration numbers have been falling steadily across NSW and Australia over many years. In addition, other than insurance cover, it's difficult to see what the average athlete (ie the majority of our club members) gets out of the registration fee paid to ANSW.

At last ANSW and Athletics Australia (AA) are recognising these problems and are working together to address them. They see growth in the broad participation market (ie the fun runners) that has been ignored by them in the past. Broadening the type of membership is also being considered. It'll be interesting to see what proposals eventuate from ANSW over the next 12 months.

There are two matters - ages and equipment specifications - we need to consider for our summer competition as a result of changes at State level over the last couple of years. Ages for competitions (19 years and below) are calendar year, whereas I understand that veterans age groups continue to be age on day. Various specifications for SP have been 'metrified' and some other throws event specifications added. As mentioned in the Treasurer's report, our club is purchasing new equipment to accord with these specifications for the 2000/01 season. New records will be set, and I suggest that best performances in those events stand at season's end. Our club also needs to consider whether we adopt the veterans age groups and specifications for throws events and hurdles.

I mentioned in my report last year that C V Kelly Park Trust's next objective is to seal the top carpark. As the cost is considerable and Council has other priorities, it is unlikely to happen in the short term. The Trust has also advised that Council wants to fill in the steeplechase water jump and remove the barbed-wire fence. The committee, in noting that the steeplechase hasn't been held for many years and water rates are being reintroduced, has raised no objection to Council's request.

The Committee is proceeding with incorporation. The model constitution is being obtained from ANSW for comparison with our existing Constitution as part of the process. Any changes recommended by the committee will need to be voted on by a general meeting of members in due course. A separate but related proposal being discussed with Girraween LAC is some form of "amalgamation". Investigations are being pursued as to how other clubs/centres are structured that have combined.

Vivian Manwaring

WINTER COMPETITION

The 1999 winter season was our club's best ever with registrations up 5, improved attendance, and better results. Average attendance was 12 (up 4) with a high of 16 (up 5) and a low of 10 (up 5).

Keith Mayhew, in his first winter season with our club, won the over-55 male 12km State Cross-country Championship in 51:40 and finished second in the over-55 male 10km State Road Championship in 37:57.

The over-35 team of Keith Mayhew, Kevin Casey, Graham Sheargold and Stephen Halverson won our club's first team medal in finishing third in the State Road Championship over 10km at Holsworthy. It was pleasing to see Graham and Stephen receive a reward after their efforts on behalf of our club over many years.

In the Zone race series, trophies were won by Chelsea Austin, Phillip Bowden, Matthew Graham, Tristan Manwaring, Vivian Manwaring, Keith Mayhew, Vikki Savage, John Smith, Lynette Smith, Steven Williams, and me.

Matthew Graham won the trophy for the fastest U17 runner in the Trevor Lonard Memorial Handicap, and Vikki Savage won the trophy for the fastest woman.

Our club entered four teams in the State Cross-country Relay Championships, but unfortunately one runner forgot to turn up. The mud and the hay-bales made the course really enjoyable! In addition, our club entered three teams in the State Road Relay Championships.

A State winter trophy - it looked like part of a tree stump to me - was introduced by ANSW and our club finished tenth in the pointscore with all runners and walkers who finished State championships scoring points.

Lisa Grant, Julie Grant and Susan Ireland competed with the NSW Walkers Club during the winter season. Lisa put in some outstanding performances.

In our club competition, **Matthew Graham** won the overall award with 444 points. Points were scored based on how many clubmates you beat plus 1 point for starting and 1 point for finishing (maximum 32 points). Points were halved for running a lesser distance than for your age. You must have competed at least 12 times to be eligible for awards.

Bob Sewell

SUMMER COMPETITION

Girraween Athletics Club enjoyed a highly successful 1999/2000 season with 97 competitors taking part.

A comprehensive point scoring competition was used to determine the champions and placegetters. The system is based on an athlete scoring points by competing (1 point), equalling a personal best (1.5 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 that also allows for enthusiastic competition in the track and field.

This year's competition was again decided on the last day of the season. **Steven Williams** was this season's Club Champion (96 points). Being injury free this season, Steven improved consistently with PBs early in the competition as well as during the final stages. This provided him with the eventual edge over the others. **Stephen Halverson** enjoyed another successful season, gaining 2nd place (94 points) for the second consecutive year. Stephen took an early lead in the competition, achieving perfect scores in eight of the eleven rounds before Christmas. **Suresh Raju** showed good form throughout the season, taking 3rd place (87½ points). Suresh was also a main championship contender for much of the season but was unlucky to suffer a calf muscle injury in the final stages.

The women's competition was won by **Jemma Austin** (84 points). Jemma enjoyed her season taking an early lead while achieving valuable PBs consistently throughout the season. She performed admirably on many occasions while participating in many events each week. Well done, Jemma. **Chelsea Austin** was placed 2nd (79 points), also for the second year in succession. Chelsea had a busy season with athletics and her Duke of Edinburgh award. Congratulations Chelsea for your persistence and great determination to achieve this fine result. **Kate Stockings** was placed 3rd (75 points) with this being her first year with our club. Kate is to be commended for her regular attendance and great efforts throughout the season.

A large number of visitors competed in our competition this year. **Stuart Finigan** gained first place as Champion Male Visitor (39 points) with **Kathryn Graham** taking first place as Champion Female Visitor (53 points).

We have continued with awards for various age groups. Athletes were required to compete in at least 50% of the total competition days in order to be eligible for these awards. The results for the age groups are:

Age Group	Male Athletes			Female Athletes		
	1st place	2nd place	3rd place	1st place	2nd place	3rd place
Veteran	Steven Williams	Stephen Halverson	Suresh Raju	Doreen Soballa		
Senior	Richard Frost			Lynette Smith		
U20				Vikki Savage		
U18	Matthew Graham	Irwin Burbage				
U16	Scott Fitton	Shaun Wearne	Tristan Manwaring	Chelsea Austin	Kate Stockings	Lisa Grant
U14	Cameron Moore			Jemma Austin	Jessica Ward	

Congratulations to all members for your enthusiasm and keen sportspersonship during the 1999/2000 summer competition.

Steven Williams

CLUB RECORDS

There were 44 ground records equalled, broken or established during the 1999/2000 season. During normal competition 21 records were set, while during modified competition 23 records were set. Many athletes excelled, and special mention must be made of three athletes - Kate-Ellen French, Lynette Smith and Doreen Soballa.

Katie-Ellen has been very impressive in her debut season with our club. Lynette is a conscientious and enthusiastic competitor who always puts in tremendous efforts while being very dedicated with her training. Lynette now holds every senior record except for 100, 400 hurdles and 800 steeplechase (the last two haven't been contested for a number of years). Doreen, while not setting any club records, is a new member who has put in a wonderful effort each week to improve her times and win the Veteran women's summer competition.

The accolades obviously must go to the athletes who establish the records, although much credit must also be passed on to our President and coach, Bob Sewell. Bob gives much of his time to coach our athletes, and his efforts have been reflected in the large number of records set in both the traditional and modified competitions. He helps athletes develop self-confidence while encouraging them to complete their workouts at training. With positive attitudes, our athletes are better equipped to push to the limit and excel during competitions. Thanks, Bob.

Steven Williams

BLAIR ZONE INTERCLUB

The once thriving Blair Zone competition at St Marys is now in a major slump. The Nepean Club use these events for their summer pointscore which means their athletes are attending, but those from other clubs are not. I arranged several visits for my training group, but most of them did not turn up and the competition there was pretty poor for distance runners anyway.

Blair Zone committee have invited two little athletics zones from Blacktown to Emu Plains to become involved in the competition next season. This may or may not boost attendance, but I feel that the only answer is for all Blair Zone clubs to find a way of getting their athletes to attend on Wednesday nights.

Bob Sewell

SYDNEY INTERDISTRICT

Lynette Smith began her athletics career with Girraween Little Athletics Centre in the late 70s and was still going strong at SIAC last season. Starting in C grade, Lynette improved quickly and was soon promoted to the Pacific West B team which won the Interdistrict competition. Lynette concentrated on 400 and 800 events and during the season established her best ever times over both distances (1:01.5 and 2:22.6). I commend Lynette for her dedication to training.

Bob Sewell

PUBLICITY

The Blacktown Advocate and the Parramatta Sun gave our club support with stories and photographs last season, but sporting results have almost disappeared from all local papers. Most of our publicity has been the result of the performances of Lisa Grant who is winning medals at championship events on a regular basis.

My main problem with publicity is that I have to devote a lot of time to finding out how our athletes are performing. Not one person will contact me and let me know what is happening, and sometimes by the time I have discovered that one of our athletes has been successful, it is too late to write to the papers. Success in school events, little athletics or seniors can be used by me to generate publicity, so come on athletes - give me a call!

Bob Sewell

CANTEEN

It was an interesting year in the canteen. Each week we would be lucky if more than half a dozen people came to the canteen to be served. We still stocked a variety of drinks, chips and chocolates together with our popular pies.

Canteen takings at \$394.95 were rather poor. Bob assisted during the season by selling drinks at training.

There was no real need to man the canteen until about half an hour before the end of competition each week. The incoming committee will need to give thought as to what canteen services are offered during the coming season.

Helen Graham

FUNDRAISING

Fundraising during the 1999/2000 summer season raised a total of \$667.00. This money will be used to help purchase new equipment and to provide some assistance to our representative athletes. The two main fundraising activities this year were the Chocolate Drive and the Christmas Hamper. We would like to thank everyone for their generous support, particularly considering the closeness of these two main events.

Lynette Smith and Vikki Savage

TREASURER

The year began with \$1,828.80 in the bank and finished with \$2,820.54 and no outstanding liabilities. Equipment purchases were minimal this year consisting of replacement batteries for stopwatches. However, several new items have been earmarked to be purchased next year.

The club's main sources of income were from Club Fees \$608.00, athletes' ground fees \$520.85, canteen profit \$394.95, and fundraising activities like the Chocolate Drive profit \$503.00 and Christmas Hamper raffle \$164.00.

Many thanks to Lynette Smith and Vikki Savage for their efforts in that department. I would also like to thank our President, Bob Sewell, for his consistent input over several years in running the Cash-for-Cans and winter drinks.

Thank you to all our members who have supported our club's fundraising activities this year. Finally, I would like to thank Tony Ward for auditing the books again this year.

Stephen Halverson

INCOME and EXPENDITURE

14/06/98 Through 12/06/00 (in \$s)


St. George Building Society Account 111-528-203

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Category Description	14/06/98- 29/06/99	30/06/99- 12/06/00
INCOME		
Account Balance	1,314.48	1,828.80
Bank Interest	1.38	2.38
Canteen Income	476.45	394.95
Cash for Cans	36.05	19.50
Chocolate Drive	0.00	1,003.00
Clothing sale donation	154.00 50.00	126.00 0.00
Ground Fees	464.55	520.85
Registration	2,421.00	2,819.00
Xmas Hamper	109.50	164.00
TOTAL INCOME	5,027.41	6,878.48
EXPENSES		
Bank charges	1.36	1.79
Bank Cheque	20.00	21.00
Business Expens	5.40	9.25
Choc Drive Exp	0.00	500.00
Equipment	208.35	6.00
Insurance	200.00	240.00
Park Trust Fees	700.00	750.00
Rego ANSW	1,859.00	2,211.00
Representative	100.00	100.00
Trophies	104.50	218.90
TOTAL EXPENSES	3,198.61	4,057.94
TOTAL INCOME - EXPEN...	1,828.80	2,820.54
Balance Carried Forward		

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.

ASSETS
 12 Singlets (unsold) 168-00
 Bank Account 2820-54
 LIABILITIES NIL
 NET ASSETS 2988-00


 Accountant
 ANTHONY WARD 25/6/2000

EQUIPMENT**stored at C V Kelly Park**

60 competition standard hurdles
 Mobile hurdle transporter
 Mobile hurdle marker (tape to be marked)

4 steeplechase hurdles (repairs needed)
 Mobile steeplechase transporter

Javelins:	1x800g 1x700g 3x600g
Discus:	1x2kg metal ring 3x1½kg metal ring 2x1kg metal ring
Shot puts:	1x7.260kg (16 lb) 2x5.449kg (12 lb) 2x4.535kg (10 lb) 2x4.000kg (8.8 lb) 2x3.632kg (8 lb) 1x3.000kg 1x2.724kg (6 lb)
Tapes:	1x30m 1x50m
Stop watches:	2 multi 4 single
Starter gun:	1
Starter caps:	2 boxes
Ear protectors:	1 set

Miscellaneous:	1 metal stationery cupboard 2 metal clothes cupboards 2 notice boards 1 records board 10 clip boards 2 sets of throw markers 2 throw marker carry boxes 1 shot put / discus transporter
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Notes: 1x30m tape written off
 1x100m tape written off
 3 single stop watches written off
 1 lap board missing

GIRRAWEE ATHLETICS CLUB**C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2000**

<u>OPEN</u>		<u>MEN</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		Keith Mayhew	5:20.7
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	10:15.0
Robert Kropman	16.2	110H		Steven Williams	24.6
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	3:21.0
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

<u>U19</u>			
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	

<u>U18</u>	
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
Matthew Graham	9:05.4

U19 (cont'd)

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
Matthew Graham	9:35.2	1500W
Kurt Quinlivan	16.2	110H / 100H
Phillip Fenech	28.8	200H
Peter Kropman	1:02.9	400H
Phillip Fenech	6-37	LJ
Irwin Burbage	12-19	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	16:50.0	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
Franky Wong	5-78	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

U13

Ivica Mikic	13.1	100
Ilia Gill	27.0	200
Michael Ryan	1:05.0	400
Stephen Muir	2:32.6	800
Scott Fitton	5:11.0	1500
Nathan Schmid	5:37.0	1 Mile
Nathan Schmid	10:49.0	3000
Nathan Schmid	18:12.2	5000
Stephen Mooney	3:09.3	800s/c
Peter Balinski	9:20.3	1500W

U18 (cont'd)

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

Shaun Wearne	11.6
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	18:12.0
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
Irwin Burbage	12-19
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
Andrew Scully	58.4
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	2:56.0
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

U12

Ilia Gill	13.3
Ilia Gill	29.0
Michael Wheeler	1:07.2
Nathan Schmid	2:33.0
Nathan Schmid	4:59.6
Gerard Mahony	5:37.0
Peter Balinski	11:05.9
Peter Balinski	19:43.5
Dale Berryman	3:21.0

<u>U13 (cont'd)</u>		<u>U12 (cont'd)</u>		
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

<u>OPEN</u>		<u>WOMEN</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	
Lynette Smith	1:01.8	400	Terri Baraniak	1:18.1	
Susannah Hartgers (TW)	2:24.0	800	Terri Baraniak	2:59.5	
Tracey Lawless (N)	5:05.0	1500	Terri Baraniak	6:03.9	
Kim Pitzing	5:53.0	1 Mile	Terri Baraniak	6:52.7	
Katie-Ellen French	11:01.9	3000	Terri Baraniak	13:16.0	
Susan Ireland	19:33.9	5000	Terri Baraniak	22:08.0	
Yvette Jaeger	2:53.6	800s/c			
Lisa Grant	6:55.6	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

<u>SENIOR</u>		<u>U20</u>		
Jackie Wheeler	13.6	100	Jackie Wheeler	14.2
Lynette Smith	28.9	200	Jackie Wheeler	29.0
Lynette Smith	1:01.8	400	Jackie Wheeler	1:05.6
Lynette Smith	2:27.5	800	Tracey Wheeler	2:44.0
Lynette Smith	5:11.7	1500	Jackie Wheeler	6:02.0
Lynette Smith	6:03.8	1 Mile	Lynette Smith	8:02.0
Lynette Smith	11:45.4	3000	Tracey Wheeler	15:31.0
Lynette Smith	20:14.0	5000	Tracey Wheeler	25:35.0
Jackie Wheeler	3:21.0	800s/c	Jackie Wheeler	3:17.0
Lynette Smith	8:41.9	1500W	Lynette Smith	9:01.0
Lynette Smith	17.6	100H	Tracey Wheeler	18.5
Lynette Smith	35.6	200H	Jackie Wheeler	35.4
Tracey Wheeler	1:16.1	400H	Tracey Wheeler	1:16.6
Lynette Smith	4-83	LJ	Lynette Smith	4-61
Lynette Smith	10-28	TJ	Catherine Kropman	10-03
Lynette Smith	1-60	HJ	Lynette Smith	1-53
Lynette Smith (4kg)	10-20	SP	Catherine Kropman (4kg)	10-02
Lynette Smith (1kg)	35-60	DIS	Tracey Wheeler (1kg)	36-94
Lynette Smith (600g)	35-92	JAV	Tracey Wheeler (600g)	37-40

U19

Jackie Wheeler	13.8	100
Nicole Page	28.5	200
Jackie Wheeler	1:04.6	400
Jackie Wheeler	2:42.2	800
Jackie Wheeler	5:46.0	1500
Jackie Wheeler	6:23.0	1 Mile
Jackie Wheeler	13:03.0	3000
Jackie Wheeler	24:12.0	5000
Jackie Wheeler	3:24.0	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	2:35.0	800
Kim Pitzing	5:12.0	1500
		1 Mile
Kim Pitzing	11:50.0	3000
Jackie Wheeler	23:06.0	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

U15

Rebecca Deane	12.7	100
Leanne Saliba		
Rebecca Deane	27.5	200
Tracey Wheeler	1:06.3	400
Rebecca Deane	2:36.4	800
Kim Pitzing	5:28.0	1500
Kim Pitzing	5:53.0	1 Mile
Kim Pitzing	11:50.0	3000
Kim Pitzing	20:14.0	5000
Cherie Madden	3:31.0	800s/c
Lisa Grant	7:06.0	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

U18

Nicole Page	13.2
Jackie Wheeler	28.3
Jackie Wheeler	1:03.4
Jackie Wheeler	2:41.1
Jackie Wheeler	5:43.0
Jackie Wheeler	6:30.0
Jackie Wheeler	13:09.0
Jackie Wheeler	22:46.0
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	2:36.0
Jackie Wheeler	5:35.0
Katrina Ward	6:14.0
Jackie Wheeler	12:34.0
Kim Pitzing	20:12.0
Tracey Wheeler	4:10.0
Chelsea Austin	7:46.7
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

U14

Rebecca Deane	13.0
Rebecca Deane	28.3
Rebecca Deane	1:03.8
Katie-Ellen French	2:27.1
Katie-Ellen French	5:17.7
Susan Ireland	6:07.7
Katie-Ellen French	11:01.9
Susan Ireland	19:33.9
Catherine Kropman	3:32.0
Lisa Grant	6:55.6
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>U13</u>			<u>U12</u>		
Melissa Briggs	13.8	100	Melissa Briggs	14.4	
			Tammy Gilchrist		
Tania Ringhof	29.1	200	Linda Hemmerling	30.3	
Tracey Wheeler	1:06.5	400	Linda Hemmerling	1:10.1	
Katie-Ellen French	2:41.1	800	Kellie Fenech	2:48.0	
Catherine Kropman	5:37.0	1500	Catherine Kropman	5:42.0	
		1 Mile	Melissa Briggs	6:50.5	
Katie-Ellen French	12:03.7	3000	Catherine Downer	13:04.0	
Kim Pitzing	21:39.0	5000	Shindhu Raju	25:59.6	
Catherine Kropman	3:44.0	800s/c			
Lisa Grant	7:35.6	1500W	Julie Grant	10:16.2	
Sarah Ferguson	14.6	80H	Melissa Briggs	16.8	
Sandra Narezzi	37.0	200H	Melissa Briggs	40.2	
Sarah Ferguson	1:22.1	400H	Catherine Kropman	1:35.0	
Tracey Wheeler	4-58	LJ	Tracey Wheeler	4-35	
Tracey Wheeler	9-68	TJ	Catherine Kropman	8-75	
Tracey Wheeler	1-44	HJ	Melissa Briggs	1-42	
Natalie Avellino(2.724kg)	12-20	SP	Natalie Avellino(2.724kg)	8-51	
Natalie Avellino (1kg)	33-04	DIS	Natalie Avellino (1kg)	18-70	
Natalie Avellino (600g)	23-76	JAV	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	Jessica Ward	9-84
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	Samantha Marshall	8.4
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:	Andrew Scully	7.8	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:	David Beattie	39.0	Lynette Smith	44.7
VETERAN:	Steven Williams	42.2	Linda Balinski	1:11.9
SENIOR:	David Beattie	39.0	Lynette Smith	44.7
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	Amanda Giesler	49.8
U15:	Matthew Dux	43.9	Vikki Savage	51.5
U14:	Andrew Scully	42.0	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	Lynette Smith	3:20.4
VETERAN:	Keith Mayhew	3:10.4	Linda Balinski	4:34.0
SENIOR:	Paul Weymark	2:55.0	Lynette Smith	3:20.4
U20:			Vikki Savage	3:44.6
U19:			Vikki Savage	3:49.3
U18:	Matthew Graham	2:57.4	Veronica Sestic	4:06.1
U17:	Matthew Graham	3:09.6	Naomi Scouller	5:17.6
U16:	Brad Tudman	3:19.3	Kate Stockings	3:35.5
U15:			Natalie Dawson	3:52.7
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:	Keith Mayhew	6:54.9		
SENIOR:	Michael Kammerer	6:27.6	Leanne Bourke	7:48.0
U20:				
U19:				
U18:	Matthew Graham	6:44.2		
U17:	Matthew Graham	6:37.7		
U16:	Steven Rooke	7:46.5	Chelsea Austin	10:11.9
			Kate Stockings	
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:	Andrew Scully	2-28	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 Lee Westwood	1-26
U16:	David Beattie	1-56	Natalie Deegan	1-30
U15:	David Hatherly	1-45	Sandra Narezzi	1-20
U14:	Stephen Muir	1-25	Lisa Grant	1-20
U13:	Matthew Beattie	1-35	Jessica Fisher	1-35
U12:	Stephen Muir	1-05	Natalia Sestic	1-05

4x100M RELAY

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

35+ MEN:	54.2		
	Kevin Fisher	Stephen Halverson	
	Suresh Raju	Steven Williams	

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

8x100M RELAY

OPEN MEN:	1:39.7		
	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		
	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		
	John Dwyer (Vet)	Stephen Halverson (Vet)	Garry Dempsey (Sen)
	Lynette Smith (Sen)	Paul Weymark (U20)	Nicole Page (U19)
	Adrian Grogan (U18)	Sandra Narezzi (U16)	

