



**TWENTY-THIRD
ANNUAL REPORT**

2000/01

ANNUAL REPORT 2000/01
of
GIRRAWEEEN ATHLETICS CLUB

Presented at the 23rd Annual General Meeting
held at the Cumberland Community Club
Civic Avenue, Pendle Hill
on
11 September 2001

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MEMBERSHIP 2000/01

WOMEN: 20 MEN: 39 TOTAL: 59

	<u>MASTER (35+)</u>		<u>U18</u>
James	Barr	Irwin	Burbage
Phillip	Bowden	Vivienne	Herbert
Kevin	Casey		
John	Dwyer		<u>U17</u>
Kevin	Fisher	Franklin	Antwi
Robert	Giesler	Chelsea	Austin
Bill	Goodin	Gavin	Conway
Stephen	Halverson	Christopher	Flower
Meredith	Jeff	Amanda	Giesler
Wayne	Jeff	Kate	Stockings
Vivian	Manwaring		
Keith	Mayhew		<u>U16</u>
Gary	Micallef	Natalie	Dawson
Maureen	Mulcahy	Lisa	Grant
Suresh	Raju	Leonie	Herbert
John	Sauer	Matthew	Jenkin
Bob	Sewell	Tristan	Manwaring
Graham	Sheargold	Julia	Murphy
John	Smith	Joshua	Whitmore
Ram	Swami		
Steven	Williams		<u>U15</u>
		Jemma	Austin
		Marianne	Drobac
		Katie-Ellen	French
		Brendon	Hillsley
		Cameron	Moore
		Jessica	Ward
			<u>U14</u>
		Scott	Conway
		Amy	Dillon
		Ashley	Hillsley
		Brendan	Weyland
			<u>U13</u>
		Julie	Grant
		Ashley	Micallef
	<u>U19</u>		
Matthew	Graham		
	<u>SENIOR (20+)</u>		
David	Beattie		
Steven	Clark		
Jessica	Culbert		
Richard	Frost		
Bruce	Hogg		
Michael	Kammerer		
Nathan	Manwaring		
Vikki	Savage		
Lynette	Smith		
Rodney	Zammit		

CLUB COMPETITION RESULTS 2000/01

WINTER COMPETITION 2000 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

MEN	points	competed
1. Matthew Graham	416	19
2. Graham Sheargold	376	19
3. Keith Mayhew	371=	12
3. Stephen Halverson	371=	22
5. Kevin Casey	359	13
6. Richard Frost	356	15
7. Tristan Manwaring	344	11
8. Phillip Bowden	282	12
9. Steven Williams	230	19
10. Bob Sewell	229	21
11. Gary Micallef	165	15
12. Bill Goodin	163	13
13. Suresh Raju	159	12
14. John Smith	153	11
15. Vivian Manwaring	152	12

WOMEN	points	competed
1. Vikki Savage	334	15
2. Lynette Smith	240	19

Other runners did not compete the minimum of 11 times.

SUMMER COMPETITION 2000/01 - CONDUCTED OVER SEVENTEEN WEEKS AT C V KELLY PARK, GIRRAWEEEN

MEN	points	WOMEN	points
1. Suresh Raju	76½	1. Chelsea Austin	72
2. Wayne Jeff	71	2. Vikki Savage	68
3. Robert Giesler	69	3= Ashley Micallef	64
4. Steven Williams	67½	3= Maureen Mulcahy	64
5. Gary Micallef	66	5. Jessica Culbert	62
6. Matthew Graham	64½	6= Kate Stockings	59
7. Franklin Antwi	63	6= Jemma Austin	59
8. Brendan Weyland	61½	8. Julia Murphy	55
9. Stephen Halverson	59	9. Lynette Smith	51½
10. Tristan Manwaring	57	10. Amanda Giesler	50
11. Christopher Flower	45	11. Julie Grant	47
12. Irwin Burbage	43	12. Lisa Grant	45½
13. Vivian Manwaring	39½	13. Vivienne Herbert	44
14. Steven Clark	35	14. Jessica Ward	32
15. Bill Goodin	32	15. Meredith Jeff	25
16. John Dwyer	30	16. Marianne Drobac	24
17. Nathan Manwaring	29	17. Natalie Dawson	20
18. Graham Sheargold	26	18. Katie-Ellen French	16
19. Bob Sewell	24		
20. Joshua Whitmore	22		
21. Keith Mayhew	21		
22. Ram Swami	14		
23. Matthew Jenkin	13½		
24= Kevin Casey	12		
24= Richard Frost	12		
26. Cameron Moore	10		

Athletes scoring less than 10 points are not listed.

CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

WINTER COMPETITION

Vikki Savage (Snr)	2000	Matthew Graham U19
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

Chelsea Austin U17	2000/01	* Suresh Raju (Master)
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 2000 RESULTS

01-04-00

X country at Haberfield (WMZ 1)

Men 8km:	M Graham	29:49
	K Mayhew	31:20
	K Casey	32:31
	R Frost	34:01
	G Sheargold	34:45
	S Halverson	38:23
4km:	M Kammerer	14:03
	S Williams	17:10
	T Manwaring	17:47
	V Manwaring	18:24
	J Dwyer	18:30
	S Raju	18:42
	B Sewell	21:55
Women 4km:	L Smith	16:35

15-04-00

X country at Baulkham Hills (WMZ 3)

Men 8km:	M Graham	30:26
	K Casey	32:57
	R Zammit	36:15
	G Sheargold	36:47
	S Halverson	39:52
4km:	M Kammerer	14:40
	R Frost	16:27
	S Williams	18:05
	J Smith	18:08
	J Dwyer	19:00
	T Manwaring	19:11
	V Manwaring	19:14
	B Sewell	24:31
2km:	G Micallef	10:50
Women 4km:	L Smith	16:32
	V Savage	18:16

29-04-00

Road at Cabarita (WMZ 5)

Men 8km:	M Graham	29:56
	K Mayhew	32:21
	R Frost	32:28
	R Zammit	33:49
	G Sheargold	36:24
	S Halverson	36:45
	P Bowden	43:54
	J Barr	45:59
4km:	S Williams	17:01
	V Manwaring	17:58
	S Raju	18:04
	B Sewell	20:45
	B Goodin	22:10
2km:	G Micallef	10:27
Women 4km:	L Smith	15:57
	N Dawson	17:07
	V Savage	17:15

08-04-00

Road at Parramatta Park (WMZ 2)

Men 8km:	K Mayhew	30:37
	K Casey	30:50
	R Zammit	31:45
	G Sheargold	34:12
	S Halverson	37:11
	J Barr	44:24
5km:	M Kammerer	17:22
	S Williams	20:46
	J Smith	21:43
	S Raju	22:38
	J Dwyer	22:47
	V Manwaring	23:09
	B Sewell	26:05
	P Bowden	28:07
Women 8km:	V Savage	37:48
5km:	L Smith	19:42
	N Dawson	21:18
2km:	A Dillon	8:59

22-04-00

X country at Smithfield (WMZ 4)

Men 10km:	M Graham	36:35
	R Zammit	41:13
	K Casey	41:14
	R Frost	42:20
	S Halverson	46:38
	P Bowden	55:03
	J Barr	55:44
5km:	S Williams	21:49
	J Smith	22:10
	T Manwaring	22:42
	S Raju	23:08
	V Manwaring	23:30
	B Sewell	27:27
	W Goodin	27:54
2km:	G Micallef	10:16
Women 5km:	L Smith	20:37
	C Austin	23:41
2km:	A Dillon	9:24

06-05-00

Bitumen path at Meadowbank (WMZ 6)

Men 8km:	M Graham	28:39
	K Mayhew	31:19
	R Frost	32:43
	G Sheargold	34:47
	S Halverson	36:04
	P Bowden	42:39
	B Sewell	46:35
4km:	S Williams	16:11
	T Manwaring	16:54
	V Manwaring	17:20
	J Smith	17:22
	S Raju	17:26
	J Dwyer	17:33
	G Micallef	22:44
	B Goodin	22:47
Women 4km:	L Smith	15:18
	N Dawson	17:02
2km:	A Dillon	8:24

13-05-00

NSW Road Championships at Holsworthy

Men 10km:	K Mayhew	40:24 (81 st & 2 nd 55+)
	R Frost	41:55 (89 th)
	G Sheargold	43:27 (103 rd)
	S Williams	43:55 (106 th)
	S Halverson	49:15 (145 th)
	J Dwyer	51:09 (148 th)
	B Sewell	55:08 (153 rd)

(Team Mayhew, Sheargold, Williams, Halverson 3rd M35+)Men U20 8km: M Graham 28:05 (5th)Women 10km: L Smith 42:43 (23rd)

20-05-00

X country at Ermington (WMZ 7)

Men 9km:	M Graham	33:06
	R Zammit	38:26
	G Sheargold	40:37
	S Halverson	42:21
	P Bowden	49:59
	B Sewell	53:45
3km:	R Frost	11:46
	S Williams	12:03
	T Manwaring	12:53
	V Manwaring	12:55
	S Raju	13:15
	J Smith	13:58
	B Goodin	16:21
2km:	G Micallef	9:59
Women 9km:	V Savage	44:07
3km:	L Smith	11:39
2km:	A Dillon	8:37

27-05-00

X country at Concord (WMZ 8)

Men 8km:	B Hogg	26:11
	K Mayhew	30:56
	G Sheargold	34:49
	S Halverson	36:25
	P Bowden	43:12
4km:	M Graham	15:27
	R Frost	15:50
	T Manwaring	16:54
	V Manwaring	17:23
	J Smith	17:30
	S Raju	18:21
	J Dwyer	18:33
	B Sewell	19:48
	G Micallef	20:48
	B Goodin	21:30
Women 8km:	V Savage	36:42
4km:	L Smith	15:41
	N Dawson	17:14
2km:	A Dillon	9:41

10-06-00

X country at North Ryde (WMZ 9)

Men 8km:	B Hogg	26:33
	M Graham	29:55
	K Mayhew	31:54
	K Casey	33:57
	S Halverson	38:40
	P Bowden	45:22
	J Barr	45:56
4km:	S Williams	17:19
	V Manwaring	18:00
	J Smith	18:27
	B Sewell	21:36
	B Goodin	22:30
	G Micallef	23:31
Women 8km:	V Savage	40:29
4km:	L Smith	16:19
2km:	A Dillon	9:46

03-06-00

NSW X Country Championships at Bass Hill

Men 12km:	B Hogg	41:29 (20 th)
	K Mayhew	51:39 (102 nd & 1 st 55+)
	K Casey	52:25 (108 th)
	R Zammit	52:49 (112 th)
	S Williams	56:37 (139 th)
	S Halverson	58:31 (148 th)
	S Raju	62:03 (161 st)
	G Sheargold	64:01 (170 th)
	B Sewell	69:54 (176 th)
U20 8km:	M Graham	29:25 (6 th)
Women 8km:	L Smith	34:44 (16 th)
	V Savage	40:22 (27 th)
U16 3km:	N Dawson	13:18 (14 th)
U14 3km:	A Dillon	14:34 (14 th)

17-06-00

NSW Novice X country Championships at Ramsgate

Men 10km:	M Graham	34:47 (25 th)
	R Zammit	40:23 (50 th)
	S Williams	43:14 (56 th)
	S Halverson	46:03 (60 th)
	B Sewell	55:03 (63 rd)
Women 4km:	L Smith	15:43 (8 th)
	N Dawson	16:43 (17 th)
	V Savage	18:07 (23 rd)
	(Team Smith, Dawson, Savage 2 nd)	

01-07-00

NSW X country Championships at Cambewarra

Men 8km:	K Mayhew	34:14 (3 rd 55+)
	G Sheargold	38:57
	S Halverson	40:33
U20 6km:	M Graham	22:08 (5 th)

24-06-00

Road at Epping (WMZ 10)

Men 10km:	K Casey	42:23
	S Halverson	49:20
	G Sheargold	55:08
	P Bowden	57:43
5km:	S Williams	21:54
	T Manwaring	23:09
	V Manwaring	23:32
	B Sewell	26:03
	B Goodin	26:52
	G Micallef	26:53
Women 10km:	V Savage	51:58
5km:	L Smith	21:02

15-07-00

Road and X country at Auburn

Men 7.5km:	S Halverson	35:02
	G Sheargold	35:02
5km:	B Sewell	25:00
	G Micallef	25:45
	B Goodin	27:04
Women 7.5km:	V Savage	36:26
5km:	L Smith	21:03

16-07-00

The Sun-Herald City to Surf (14km)

646	K Casey	57:30	1482	S Williams	62:09
664	R Frost	57:40	4289	S Raju	70:33
739	K Mayhew	58:09	4515	T Manwaring	71:02
787	R Zammit	58:27	5855	V Manwaring	73:40

29-07-00

NSW X country Relay Championships at Miranda (4km)

Men	M Graham	13:57
Open A	M Kammerer	14:23
	R Zammit	15:34
	R Frost	<u>16:34</u>
		60:28

Men	T Manwaring	17:23
Open B	G Micallef	20:56
	L Smith	16:30
	M Graham	<u>14:07</u>
		68:56

Men	K Casey	15:37
35+ A	S Williams	16:35
	K Fisher	16:44
	G Sheargold	<u>17:00</u>
		65:56

Men	S Halverson	17:57
35+ B	J Dwyer	19:54
	S Raju	19:18
	B Sewell	<u>20:25</u>
		77:34

05-08-00

X country at Parramatta Park (WMZ 13)

Men 8km:	M Graham	29:09
	B Hogg	29:17
	K Casey	32:39
	R Frost	32:58
	G Sheargold	34:31
	S Halverson	37:30
4km:	S Williams	16:31
	T Manwaring	16:56
	J Smith	17:45
	J Dwyer	18:41
	B Sewell	20:12
	G Micallef	20:24
	B Goodin	21:53
Women 4km:	L Smith	16:45

08-07-00

Road at Abbotsford (WMZ 11)

Men 8km:	R Frost	31:44
	K Mayhew	31:55
	G Sheargold	34:53
	S Halverson	36:00
	B Sewell	41:44
	P Bowden	42:38
4km:	S Williams	15:52
	S Raju	17:39
	G Micallef	19:55
Women 8km:	V Savage	37:49
4km:	L Smith	16:13

22-07-00

X country at Dundas (WMZ 12)

Men 8km:	M Graham	33:30
	R Frost	34:08
	K Casey	34:14
	G Sheargold	36:01
	S Halverson	39:06
4km:	S Williams	16:53
	V Manwaring	18:23
	J Smith	18:37
	B Sewell	20:47
	G Micallef	21:13
	B Goodin	22:24
Women 8km:	V Savage	41:55
4km:	L Smith	17:15
	N Dawson	17:20

Fun run (4km)

B Goodin 22:11

12-08-00

Trevor Lonard Memorial Hcp (road at Cabarita WMZ 14)

Men 8km:	M Graham	27:55
	K Mayhew	30:21
	R Zammit	30:44
	K Casey	30:50
	R Frost	31:42
	G Sheargold	33:01
	S Halverson	36:03
4km:	S Williams	15:06
	J Smith	16:48
	S Raju	18:13
	G Micallef	18:25
	B Goodin	19:41
	B Sewell	21:13
Women 8km:	V Savage	38:08
4km:	L Smith	14:53
	N Dawson	15:59

19-08-00

Bitumen path at Rydalmere (WMZ 15)

Men 10km:	G Sheargold	44:49
	S Halverson	47:56
	P Bowden	55:02
5km:	M Kammerer	17:29
	S Williams	20:36
	T Manwaring	22:08
	V Manwaring	23:45
	B Sewell	24:13
	G Micallef	24:42
Women 10km:	V Savage	51:27
5km:	L Smith	19:32

26-08-00

Concrete path at West Auburn (WMZ 16)

Men 8km:	M Graham	27:54
	J Sauer	28:42
	K Mayhew	31:01
	R Zammit	31:10
	K Casey	31:56
	R Frost	33:42
	G Sheargold	35:01
	S Halverson	36:02
	P Bowden	41:37
4km:	M Kammerer	13:42
	S Williams	15:45
	T Manwaring	16:49
	J Smith	17:29
	J Dwyer	18:19
	G Micallef	19:21
	B Goodin	20:44
	B Sewell	22:24

2-09-00

NSW Road Relay Championships at Picton (5km)

Men Open	M Graham	17:07	Men	S Raju	24:43
	R Frost	20:44	35+B	G Micallef	25:52
	K Fisher	21:17		B Goodin	25:59
	M Kammerer	<u>18:04</u>		No fourth runner	
		77:12 13 th			
Men	J Sauer	17:18	Men	G Sheargold	21:26
35+ A	K Casey	20:07	45+	S Halverson	23:24
	K Mayhew	19:54		B Sewell	26:06
	S Williams	<u>21:06</u>		P Bowden	<u>26:54</u>
		78:25 6 th			97:50 12 th

Men

Phillip Bowden	<u>WMZ TROPHY WINNERS</u>
John Sauer	1 st 60+ long event
Richard Frost	2 nd Senior long event
Matthew Graham	3 rd Senior long event
John Smith	1 st U20 long event
Bob Sewell	1 st 60+ medium event
Vivian Manwaring	3 rd 60+ medium event
Steven Williams	2 nd 50+ medium event
Gary Micallef	2 nd 40+ medium event
	3 rd 30+ medium event

Women

Vikki Savage	3 rd U20 long event
Lynette Smith	1 st Senior medium event
Kelly Micallef	2 nd U10 short event
Brenda Micallef	3 rd U10 short event

Note: Kelly Micallef, Brenda Micallef, Ashley Micallef
Kathryn Graham, Danielle Goodin participated
as Little Athletes.

NSW RACE WALKING CHAMPIONSHIPS (Ourimbah, 20 May 2000)

Lisa Grant	U16F	5km	1 st	29:55
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NSW SCHOOLS WALKS CHAMPIONSHIPS (Blacktown, 17 June 2000)

Chelsea Austin	Open Female	5km	2 nd
Lisa Grant	U17 Female	5km	2 nd

LAANSW STATE XCOUNTRY & ROADWALK CHAMPIONSHIPS (Maitland, 2 July 2000)

Natalie Dawson	U15G	3000	6 th	12:34.2
Tristan Manwaring	U15B	3000	11 th	12:39.4
Julie Grant	U12G	1500W	6 th	9:20.4
Lisa Grant	U15G	2000W	1 st	9:33.4

AUSTRALIAN RACE WALKING CHAMPIONSHIPS (Melbourne, 6 August 2000)

Lisa Grant	U16F	5km	1 st	25:51.1
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SUMMER 2000/01 RESULTS
CLUB COMPETITION - NEW RECORDS

Name	Age Group	Event	Time/Distance
John Dwyer	Golden Oldie	100	14.4
John Dwyer	Golden Oldie	200	31.9
John Dwyer	Golden Oldie	400	1:09.4
John Dwyer	Golden Oldie	800	2:44.6
John Dwyer	Golden Oldie	5000	24:39.8
John Dwyer	Golden Oldie	SP	7-23
John Dwyer	Golden Oldie	Discus	29-14
John Dwyer	Golden Oldie	Javelin	22-52
Bob Sewell	Golden Oldie	1500	6:58.6
Bob Sewell	Golden Oldie	3000	14:31.4
Ram Swami	Golden Oldie	LJ	3-17
Ram Swami	Golden Oldie	HJ	1-14
Meredith Jeff	Veteran	SP	6-90
Meredith Jeff	Veteran	Discus	24-07
Meredith Jeff	Veteran	Javelin	19-31
Maureen Mulcahy	Veteran	LJ	3-14 eq
Lynette Smith	Senior	100	13.5
Lynette Smith	Senior	3000	11:11.2
Lynette Smith	Senior	5000	19:37.3
Matthew Graham	U19	1500	4:30.2
Matthew Graham	U19	5000	16:56.6
Chelsea Austin	U18	1500W	7:52.6
Chelsea Austin	U17	1500W	7:40.4
Lisa Grant	U16	1500W	7:20.4
Katie-Ellen French	U16	3000	11:11.6
Katie-Ellen French	U15	800	2:26.5
Katie-Ellen French	U15 and Open	1500	4:59.5
Katie-Ellen French	U15 and Open	3000	10:56.9
Katie-Ellen French	U15 and Open	5000	18:55.4
Matthew Graham	U19	SP 6kg	6-73
Matthew Graham	U19	Discus 1.75kg	18-43
Christopher Flower	U18	SP 5kg	8-79
Tristan Manwaring	U17	SP 5kg	10-78
Tristan Manwaring	U16	SP 4kg	12-47
Brendan Weyland	U15	SP 4kg	7-43
Brendan Weyland	U14	SP 3kg	7-05
Marianne Drobac	U15	SP 3kg	5-45
Ashley Micallef	U14	SP 3kg	6-65
Ashley Micallef	U14	Javelin 400g	20-93
Ashley Micallef	U13	SP 3kg	7-91
Ashley Micallef	U13	Discus 750g	21-47
Ashley Micallef	U13	Javelin 400g	15-76

FUN DAYS - NEW RECORDS

Name	Age Group	Event	Time/Distance
Bob Sewell	Golden Oldie	1 Mile	7:50.7
Bob Sewell	Golden Oldie	1000	4:38.2
Bob Sewell	Golden Oldie	2000	9:46.9
Ram Swami	Golden Oldie	60	10.2
Ram Swami	Golden Oldie	Scissors HJ	1-10
Ram Swami	Golden Oldie	SP "throw"	11-36
Maureen Mulcahy	Veteran	Standing LJ	1-78
Meredith Jeff	Veteran	SP "throw"	10-32
Nathan Manwaring	Senior	Scissors HJ	1-55
Lynette Smith	Senior	1 Mile	5:58.7
Matthew Graham	U19	300	41.8 eq
Matthew Graham	U19 and Open	1000	2:53.3
Kate Stockings	U18	1 Mile	6:26.3
Kate Stockings	U17	300	50.0
Kate Stockings	U17	1000	3:47.0
Kate Stockings	U17	2000	9:22.9
Christopher Flower	U16	Standing LJ	2-66
Lisa Grant	U16	2000	8:53.4
Katie-Ellen French	U15 and Open	1000	3:11.2
Katie-Ellen French	U15 and Open	2000	7:04.0

AUSTRALIAN OLYMPIC TRIALS (Homebush, 17-19 August 2000)Bruce Hogg Men's 3000m steeplechase 13th 9:15.9**NSW ALL-SCHOOLS T&F CHAMPIONSHIPS (Campbelltown, 4/5 November 2000)**

Lisa Grant	15 years F	1500W	1 st	7:05.2
Katie-Ellen French	14 years F	800m	2 nd	
	14 years F	1500m	1 st	4:56.3
	14 years F	3000m	3 rd	

AUSTRALIAN ALL-SCHOOLS T&F CHAMPIONSHIPS (Adelaide, 7-10 December 2000)

Lisa Grant	U16F	1500W	2 nd	6:51.5
	U18F	3000W	6 th	14:47.4

ANSW STATE UNDER-AGE T&F CHAMPIONSHIPS (Homebush, 27/28 January 2001)

Lisa Grant	U18F	3000W	3 rd	
Katie-Ellen French	U16F	800	2 nd	2:22.0
	U16F	1500	2 nd	4:49.2
Julie Grant	U14F	1500W	3 rd	

NSW VETERANS T&F CHAMPIONSHIPS (Homebush, 9-11 February 2001)

Lynette Smith	200	3 rd	29.97
30-34F	400	1 st	1:03.20
	800	2 nd	2:26.47
	1500	1 st	5:00.43
	Discus	2 nd	32-82
	Javelin	1 st	30-46

AUSTRALIAN UNDER-AGE T&F CHAMPIONSHIPS (Bendigo, 23-25 February 2001)

Lisa Grant	U18F	3000W	2 nd
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LAANSW STATE MULTI EVENT (East Maitland, 3/4 March 2001)

Ashley Micallef	U13G	33 rd	3,976
(80H 18.0, 200 35.8, 800 3:40.1, HJ 1-15, LJ 3-49, SP 7-22, Discus 25-69)			
Jessica Ward	U14G	28 th	3,392
(80H 20.4, 200 37.7, 800 4:15.3, HJ 1-10, LJ 3-00, SP 9-62, Discus 21-48)			
Brendan Weyland	U14B	33 rd	3,892
(90H 16.5, 200 31.3, 800 - , HJ 1-35, LJ 3-98, SP 7-08, Discus 22-39)			

LAANSW STATE T&F CHAMPIONSHIPS (Homebush, 17/18 March 2001)

Katie-Ellen French	U14	800	3 rd	2:18.5
		1500	2 nd	4:56.4

AUSTRALIAN VETERANS T&F CHAMPIONSHIPS (Bankstown, 14-16 April 2001)

Lynette Smith	400	1 st	1:01.9	Keith Mayhew	1500	3 rd	4:51.4
30-34F	800	2 nd	2:26.1	55-59M	5000	3 rd	18:06.3
	1500	1 st	5:08.3				
	Discus	1 st	33-58	John Dwyer	400	2 nd	1:06.9
	Javelin	1 st	32-80	60-64M	800	3 rd	2:38.7
	Pentathlon	1 st					
	200 28.1, 800 2:28.8, LJ 4-21						
	Discus 35-17, Javelin 34-49 for 2829 points						

THE SUNDAY TELEGRAPH THE SUN-HERALD

1/4/00

GIRRAWEEEN, at Haberfield: Cross Country: 8km: M Graham 29m49s K Casey R Frost. 0-40: K Mayhew 31m20s G Sheargold S Halverson. 4km: M Kammerer 14m03s T Manwaring S Raju. 0-40: S Williams 17m10s. 0-50: V Manwaring 18m24s J Dwyer B Sewell. W 4km: L Smith 16m35s. U-14 1.8km: A Dillon 7m48s A Micallef. U-12: K Graham 10m06s J Casey.

WEST METROPOLITAN, at Haberfield: Cross country: MEN 8km: 0-60: K Mayhew (Gir) 31m20s J Burroughs (ASW) F Clark (ASW). 0-40: J Sauer (CRH) 28m50s D Lewis (ASW) M Collins. 0-30: R Cocks (ASW) 26m51s P Starr (Hills). 0-20: A Smallwood (Hills) 28m9s M Doggett (ASW) R Frost (Gir). U-20: M Graham (Gir) 29m49s. 4km: 0-60: J Dwyer (Gir) 18m30s B Sewell (Gir) F Scurr (NS). 0-50: G Ryan (RBH) 16m59s V Manwaring (Gir). 0-40: N Terranova 15m21s B Harrison (RBH) S Williams (Gir). 0-30: M Kammerer (Gir) 14m35s S Whelan (Hills). 0-20: P Henry 15m23s. U-20: D Austin (CRH) 13m47s C Morrissey (B-S) D Smith (CRH). U-13: A Smith (CRH) 15m18s T Vidot (W-H) S Georghagan (Hills). 1.8km: B Scallay (Hills) 6m13s I Middlemiss (Par) W Helfensdorfer (Hills). U-13: H Lewis (Ryde) 8m25s. U-10: J Crandell (T-W) 7m33s K Gregson (NRC) G Lewis (Ryde). WOMEN: 8km: A Forbes (NS) 30m12s R Roediger (Hills) A Mobbs (Hills). 4km: 0-20: L Smith (Gir) 16m35s T Barker (ASW) S Tulloch. U-20: E Rilen (CRH) 16m23s M Ryan (Ryde) C Roediger (Hills). U-16: K Archbold (CRH) 15m31s K Gozzard (Glen) V Phillips (T-W). U-13: D Rifkin (T-W) 13m21s. 2km: 0-35: N Lloyd (NS) 10m58s G Birdsall (Ryde) T Ryan (Ryde). Girls U-13: H Gregson (CRH) 7m20s M Bonello (T-W) A Dillon (Gir). U-10: P Cianci (NRC) E Helfensdorfer (W-H) S Crandell (T-W).

8/4/00

GIRRAWEEEN: Road Racing at Parramatta Park: Men 8km: K Casey 30m50s R Zammit J Barr. 0-45: K Mayhew 30m37s G Sagargold S Halverson. 5km: M Kammerer 17m22s S Williams S Raju. 0-50: V Manwaring 23m09s. 0-60: J Smith 21m43s J Dwyer B Sewell. 0-70: P Bowden 28m07s. Women 8km: V Savage 37m48s. 4km: L Smith 19m42s N Dawson. U-14 2km: A Dillon 8m59s A Micallef K Dawson. U-12 2km: K Micallef 12m47s B Micallef.

WEST METROPOLITAN at Parramatta Park: MEN 8km: 0-50: K Mayhew (Girraween) 30m37s F Clark (ASW) J Burroughs (ASW). 0-40: D Lewis (ASW) 30m12s M Collins K Casey (Gir). 0-30: P Smith (Hills) 28m21s P Day (Hills) P Starr (Hills). 0-20: A Smallwood (Hills) 27m55s M Doggett (ASW) R Zammit (Gir). U-20: M Symes (Hills) 32m32s. 5km: 0-60: J Smith (Gir) 21m43s J Dwyer (Gir) B Sewell (Gir). 0-50: G Ryan (RBH) 20m53s V Manwaring (Gir) D Archbold (NS). 0-40: N Terranova 19m27s S Williams (Gir) S Raju (Gir). 0-30: M Kammerer (Gir) 17m22s S Whelan (Hills) S Lee. 0-20: D Austin 16m51s M Haines (ASW) B Innes (ASW). D Smith (CRH) 18m24s M Ali (CRH) D Wood (ASW). U-16: P Vidot (W-H) 18m17s G McConnell (Hills) A Mestili (Hills). 2km: 0-40: M Fowler (AE) 6m47s S Phillips R Coyne (Hills). U-13: J Landers (Cran) 7m45s H Lewis (Ryde). WOMEN 8km: 0-20: L Fitzpatrick (NS) 34m40s L Howard L Balinski (Hills). U-20: J O'Brien (ASW) 31m19s F Macinante (Hills) A Mobbs (Hills). 5km: 0-20: L Smith (Girraween) 19m42s I Dalton F Tulloch. U-20: M Ryan (Ryde) 20m14s E Rilen (CRH) J Miles. U-16: K Archbold (CRH) 19m38s K Gozzard (Glen) V Phillips (TW). 2km: 0-35: S Barros (Hom) 9m54s M Smithson (Hom) R Birdsall (Ryde). U-13: H Gregson (CRH) 7m42s M Terranova (NRC) M Bonello (TW).

22/4/00

GIRRAWEEEN, at Smithfield: Cross country: 10km: M Graham 36m35s R Zammit R Frost. 0-40: K Casey 41m14s S Halverson J Barr. 0-60: P Bowden 55m3s. 5km: S Williams 21m49s T Manwaring S Raju. 0-50: V Manwaring 23m30s B Fellell W Goodin. 2km: S Williams 9m49s S Raju G Micallef. WOMEN: 5km: L Smith 20m37s C Austin. 2km: U-14: A Dillon 9m24s A Micallef K Graham. U-12: K Micallef 14m10s B Micallef.

WEST METROPOLITAN, at Smithfield: MEN 10km: 0-50: J Burroughs (ASW) 41m12s F Clark (ASW) L Balinski (Hills). 0-40: D Lewis (ASW) 38m45s S Finigan (Hills) K Casey (Gir). 0-30: B Smith (Hills) 37m07s P Starr (Hills) J Barr (Gir). 0-20: R Zammit (Gir) 41m13s R Frost (Gir) P Bowden (Gir). U-20: D Austin (CRH) 36m10s M Graham (Gir). 4km: 0-60: J Smith (Gir) 22m10s F Scurr (NS) B Sewell (Gir). 0-50: G Ryan (RBH) 21m08s B Hutchins (Hills) L Vaughan (Hills). 0-30: M Richards (PAR) 17m34s S Whelan (Hills). U-20: W Devjak (Ryde) 17m00s S Muir (CRH). S J Landers (CRH). U-16: M Vidot (W-H) 18m26s A Nichols (PAR) J Milburn (NEP). U-14: Vidot (W-H) 20m20s S Georghagan (Hills). 2km: 0-50: D Lawler (PAR) 12m31s P Gillard (ASW) C Fallon (Hills). 0-40: I Middlemiss (PAR) 8m37s W Crandell (T-W) S Williams (Gir). U-20: D Austin (CRH) 6m15s S Burke (CRH) C Birdsall (Ryde). U-13: S Landers (CRANE) 6m56s J Richards (PAR) H Lewis (Ryde). U-12: J Crandell (T-W) 7m55s H Bonello (T-W) G Lewis (Ryde). WOMEN: 10km: Open: A Mobbs (Hills) 45m26s L Balinski (Hills). 5km: Open: A Forbes (NS) 18m11s L Smith (Gir) S Tulloch. U-20: E Rilen (CRH) 20m35s M Myles M Ryan (Ryde). U-16: K Archbold (CRH) 19m45s K Gozzard (GLEN) B Gregson (CRH). 2km: 0-35: M Lloyd (NS) 11m52s D Kass M Crandell (T-W). U-14: G Junor (ASW) 7m55s. U-13: H Gregson (CRH) 7m57s N Terranova (NRC) E Junor (ASW). U-12: E Helfensdorfer (W-H) 10m00s S Crandell (N-W) K Micallef (Gir).

29/4/00

GIRRAWEEEN at Cabarita: 8km: M Graham 29m56s R Frost R Zammit. 0-35: K Mayhew 32m21s G Sheargold J Barr. 0-45: S Halverson 36m45s P Bowden. 4km: M Graham 13m50s S Williams S Raju. 0-50 V Manwaring 17m55s B Sewell B Goodin. 2km: G Micallef 10m27s. WOMEN: 4km: L Smith 15m57s N Dawson V Savage. U-14 2km: K Dawson 10m47s A Micallef. U-12: D Goodin 10m06s K Micallef B Micallef.

WEST METROPOLITAN at Cabarita Park: Road: MEN 8km: 0-60: P Bowden (Gir) 43m54s G Taylor (ASW) P Gillard (ASW). 0-50: J Burroughs (ASW) 31m30s K Mayhew (Gir) F Clark (ASW). 0-40: J Sauer (CRH) 28m D Lewis (ASW) W King. 0-30: B Smith (Hills) 28m45s P Starr (Hills) J Barr (Gir). 0-20: A Smallwood (Hills) 27m59s J Gregory (ASW) M Doggett (ASW). U-20: M Graham (Gir) 29m56s. 4km: 0-60: F Scurr (NS) 20m18s B Sewell (Gir) M Riley (ASW). 0-50: L Vaughan (Hills) 17m29s V Manwaring (Gir) B Goodin (Gir). 0-40: N Terranova (CRH) 15m28s B Harrison (RBH) D Scott. 0-35: M Richards (Parra) 13m23s S Whelan (Hills). 0-20: M Haines (ASW) 13m20s P Henry. U-20: B St Lawrence (Katoomba) 12m51s B Liddy (CRH) D Austin (CRH). U-16: P Vidot (W Hills) 13m53s A Nichols (Parra) G McConnell (Hills). U-13: A Smith (CRH) 14m34s S Georghagan (Hills). 2km: 0-50: D Archbold (NS) 8m44s B Sewell (Gir). 0-40: I Middlemiss (Parra) 8m46s B Harrison T Egginis. 0-20: R Zammit (Gir) 7m08s R Frost (Gir). U-20: W Devjak (Gir) 5m49s M Graham (Gir). U-13: J Landers (Crane) 7m09s H Lewis (Ryde). U-12: J Crandell (TW) 7m58s K Gregson (NRC) D De Wit (Kur). WOMEN: 8km: 0-20: R Roediger (Hills) 33m15s N Jerath (Hills) B Diprose. U-20: A Mobbs (Hills) 34m54s C Roediger (Hills) F Macinante (Hills). 4km: 0-35: A Forbes (NS) 14m25s L Murphy (ASW). 0-20: E Morris (Sydney Uni) 13m53s L Smith (Gir) S Tulloch. U-20: E Rilen (CRH) 15m59s M Ryan (Ryde) J Miles. U-16: M Vernon (Glen) 14m23s K Archbold (CRH) B Gregson (CRH). 2km: 0-35: S Barros (Horns) 9m55s N Lloyd (NS) M Fowler. U-13: H Gregson (CRH) 8m04s N Terranova (NRC) N Huston (W Hills). U-12: L Huston (W Hills) 10m02s D Goodin (Gir) S Crandell (TW).

6/5/00

GIRRAWEEEN, at Meadowbank: Men: 8km: open: M Graham 28m39s R Frost S Williams. 50yrs: K Mayhew 31m19s G Sheargold S Halverson. 60yrs: P Bowden 42m39s B Sewell. 4km: open: S Williams 16m11s T Manwaring G Micallef. 40yrs: V Manwaring 17m20s S Raju M Smith. 50yrs: J Smith 17m22s J Dwyer B Goodin. Women 4km: open: L Smith 15m18s N Dawson. 2km: U-14: A Dillon 8m24s K Graham A Micallef. U-12: K Micallef 12m25s B Micallef.

WEST METROPOLITAN, at Meadowbank Park: MEN 8km: 60yrs: P Bowden (Gir) 42m39s B Sewell (Gir) G Taylor (ASW). 50yrs: K Mayhew (Gir) 31m19s J Burroughs (ASW) F Clark (ASW). 40yrs: J Sauer (CRH) 27m39s C Dwyer (RBH) D Lewis (ASW). 30yrs: J Murray (ASW) 29m31s P Starr (Hills) B Cohen (ASW). 20yrs: A Smallwood (Hills) 28m00s M Doggett (ASW) R Frost (Gir). U-20: M Graham (Gir) 28m39s D Austin L Anderson (CRH). 4km: 60yrs: J Smith (Gir) 17m22s J Dwyer (Gir) F Scurr (NS). 50yrs: G Ryan (RBH) 16m29s V Manwaring (Gir) D Archbold (NS). 40yrs: N Terranova (CRH) 15m02s B Harrison (RBH) S Williams (Gir). 30yrs: M Richards (Parramatta) 13m29s S Whelan (Hills). 20yrs: S Ellis (ASW) 13m16s M Haines (ASW) P Henry. U-20: B Liddy (CRH) 13m02s D Austin T Richardson (Spring). U-16: P Vidot (W Hills) 13m59s A Nichols (Par) R Baldacchino (Spring). U-13: S Georghagan (Hills) 15m11s. 2km: 60yrs: F Daniels (Vet) 9m28s B Sewell (Gir). 50yrs: D Archbold (NS) 8m54s. 40yrs: B De Wit 7m22s I Middlemiss (Par) T Egginis. 30yrs: S Whittaker (TW) 8m44s G Micallef (Gir). 20yrs: M Haines (ASW) 7m25s D Wood (ASW) R Frost (Gir). U-20: D Richardson (Spring) 7m35s B Innes (ASW) M Graham (Gir). U-16: L Symes (Hills) 7m41s D De Wit (Kur) D Huston (W Hills). U-13: J Landers (Crane) 7m26s J Richards (Par) H Lewis (Ryde). U-12: J Crandell (TW) 7m45s K Moussa (Concord) K Gregson (CRH). WOMEN: 8km: U-20: J O'Brien (ASW) 31m24s F Macinante (Hills) A Mobbs (Hills). 4km: 35yrs: L Murphy (ASW) 17m47s S O'Reilly-Noussa. 20yrs: L Smith (Gir) 15m18s I Dalton (Mac Uni) E Rilen (CRH). U-20: M Ryan (Ryde) 16m02s J Lodge (CRH). U-16: K Archbold (CRH) 15m15s B Gregson (CRH) K Gozzard (Glen). U-13: D Rifkin (TW) 17m34s H Moussa (Concord) C Barros (CRH). 2km: 35yrs: N Lloyd (NS) 11m06s M Fowler R Birdsall (Ryde). U-13: H Gregson (CRH) 8m03s N Terranova (NRC) A Dillon (Gir). U-12: L Huston (W Hills) 9m33s L Whittaker (TW) K Micallef.

13/5/00

NSW ROAD C'SHIPS at Holsworthy: MEN: U-12: C McDonald (Nowra) 7m11s J Landers (Cranbrook) M Ryan (Campbelltown). Team: Nowra, Sutherland, Illawong. U-14: S Graham (Illawong) 10m02s J Matthews (Illawong) A Smith (Cumberland Ryde Hornsby). Team: Illawong. U-16: T Prigg (Campbelltown) 13m13s J Poppett (Kembia) T Simpson (Sutherland). Team: Illawong. U-18: L Taylor (Penrith) 15m54s M Cole (Sutherland) D Condon (Campbelltown). U-20: V Lawton (Sutherland) 25m12s L Wicks (Nowra) T Sundstrom (Illawarra). Team: Hunter. Open 10km: D Evans (St George) 29m47s S Westcott (Hunter) W Larden (Asics Wests). Team: Sutherland, Hunter, Bankstown. 35yrs and over: J Harrison (Bankstown) 31m29s P Hume (Bankstown) B Pezzuto (Bankstown). Team: Bankstown, Athletics East, Girraween. 45yrs and over: R Allmuff (Kembia) 35m37s S Montague (Illawong) F Scorzelli (St George). Team: Kembia Joggers, Randwick Botany, Sutherland. 55yrs and over: A Hernandez (Kembia) 37m09s I Graves (Sutherland) B Squires (Kembia). Team: Kembia Joggers, Bankstown, Sutherland. WOMEN: U-12: S Donlan (Illawong) 7m44s G Tighe (Campbelltown) H Gregson. Team: Illawong, Campbelltown, St George. U-14: B Simpson (Sutherland) 11m18s N Berry (Nowra) J Gauric. Team: Sutherland, Illawong, Nowra. U-16: M Vernon (GLE) 14m05s L Palmer (Terrigal) K Archibald (Cumberland Ryde Hornsby). Team: Cumberland Ryde Hornsby, Sutherland. U-18: S Hill (Wes) 14m59s L Ring (Campbelltown) K Buckett (Campbelltown). Team: Illawong, Bankstown, Sutherland. U-20: A Goodberg (Asics Wests) 22m24s A M Lyons (Sutherland) J White (Campbelltown). Team: Hills, Illawong. Snr 10km: L Miller (Athletics East) 34m57s B Martin (St George) B Ellis (Asics Wests). Team: Kembia Joggers, Bankstown, Randwick Botany. 35yrs and over: A Forbes (Nts) 37m35s D Cook (Bankstown) S O'Brien (Kembia). Team: Kembia Joggers, Illawong, Sutherland. 45yrs and over: R Roediger (Gir) 42m13s C Poppett (Sutherland) A Campbell (Illawong). Team: Sutherland, SC Region. 55yrs and over: C Margetson (Kembia) 52m54s. GIRRAWEEEN ROAD RACE at Holsworthy: Open Men 10km: R Frost 41m55s S Williams. 0-45: G Sheargold 43m27s S Halverson. 0-55: K Mayhew 40m24s J Dwyer B Sewell. U-20 8km: M Graham 28m55s. Women 10km: L Smith 42m43s.

Grant striding ahead with great form

The Sydney Morning Herald

By GERARD SUTTON

LISA Grant continues to stride through the world of competitive walking with the gait of a conquering general.

The star of Girraween Senior Athletics added to her empire at the recent NSW under 16 Walking

Championships in Ourimbah.

Grant covered the five kilometre journey in 29 minutes 55 seconds, 29 seconds ahead of her nearest rival.

The third-placed competitor was a further seven seconds adrift. Coach Deanna Rahill had every reason to be satisfied with her

charge's performance. Rahill will set Grant for the NSW Schools Walking Championships at Blacktown Showground on June 17.

Meanwhile, club mate Matthew Graham has qualified for the NSW Schools Cross Country Championship, winning the regional event

at Penrith on May 25. Seventeen-year-old Graham cruised to his best victory over the course. The over 35 team of Keith Mayhew, Graham Sheargold, Steven Williams and Stephen "The Bear" Halverson secured bronze in the NSW 10 kilometre championship at Holsworthy on May 14.

MONDAY, MAY 22, 2000

NSW RACE WALKING C'SHIPS at Ourimbah: MEN: Open 50km: A Crawford (Rand-80) 54m47s, U-20: W. L. Carroll (Nepean) 48m17s, D. Brecken (Westfield) 47m15s, D. Vellis (Nepean) 49m25s, U-16: K. L. Nugger (Nepean) 28m11s, C. Clifford (Nepean) 29m24s, S. Frew (Nepean) 30m25s, WOMEN: Open 5km: L. Padlin (St. Syd) 25m20s, C. Webb (Penrith) 24m55s, K. Farrell (Nepean) 25m14s, U-20: 10km: M. French (Nepean) 50m17s, J. Johnson (Penrith) 53m29s, B. Salt (Rand-80) 55m31s, U-16: 5km: L. Grant (Gir) 29m55s, K. Clayton (Nepean) 30m22s, B. Lee (Nepean) 30m29s.

20/5/00

GIRRAWEEEN, at Ermington: 9km: M Graham 33m06s R Zammit G Sheargold. 0-45: S Halverson 42m21s P Bowden B Sewell. 4km: R Frost 11m46s S Williams T Manwaring. 0-40: V Manwaring 12m55s S Raju B Goodin. 0-60: J Smith 13m58s. 2km: G Micallef 9m59s. Women: 9km: V Savage 44m07s. 4km: L Smith 13m39s. U-14: 2km: A Dillon 8m37s A Micallef K Graham. U-12: 2km: K Micallef 12m40s B Micallef.

WEST METROPOLITAN Cross Country at Ermington: 9km: 0-60: A Blonner (Hills) 36m44s P Bowden (Gir) B Sewell (Gir). 0-50: J Burroughs (ASW) 36m10s S Flick (CRH) K Scalley (Hills). 0-40: J Sauer (CRH) 34m05s D Lewis (ASW) M Collins. 0-30: R Cocks (ASW) 32m47s B Smith (Hills) P Starr (Hills). 0-20: B Hogg (Old) 29m24s R Whiteley (ASW) M Taki (Monroc). U-20: M Graham (Gir) 33m06s L Anderson (Gir) 33m06s. J Smith (Gir) 13m58s F Scurr (NS). 0-50: G Ryan (RBH) 12m31s L Vaughan (Hills) V Manwaring (Gir). 0-30: M Richards (Par) 10m15s S Whelan (Hills). 0-20: S Ellis (ASW) 10m25s P Henry R Frost (Gir). U-20: W Devjak (Ryde) 9m45s T Richardson (Spring) P Scott. U-16: P Vidot (WH) 10m23s A Nichols (Par) R Baldacchino (Spring). 2km: 0-50: D Archbold (NS) 9m05s B Sewell (Gir). 0-40: N Fowler (E-S) 7m13s B De Wit (Kur) I Middlemiss (Par). 0-20: R Frost (Gir) 8m05s G Micallef (Gir) R Zammit (Gir). U-20: T Richardson (Spring) 7m12s M Graham (Gir) M Yates (Hills). U-16: R Baldacchino (Spring) 7m43s. U-13: B Mooy (Ryde) 8m11s J Richards (Parra) M Hyland (Ryde). U-12: K Moussa (Conc) 8m05s J Crandell (TW) K Gregson (NRC). WOMEN: 9km: U-20: F Macianate (Hills) 33m30s A Mobbs (Hills) V Savage. 4km: 0-35: K Petley (Kat) 11m51s L Murphy (ASW) S O'Reilly. Moussa. 0-20: L Smith (Gir) 11m39s T Barker (ASW) S Tulloch. U-20: M Ryan (Ryde) 12m R Junor (ASW). U-16: K Archbold (CRH) 11m33s V Gregson (NRC) N King (ASW). U-13: D Rifkin (TW) 12m23s K Barros (CRH) F Moussa (Conc). 2km: 0-35: S Barros (Horn) 10m17s N Lloyd (NS) M Fowler. U-13: H Gregson (CRH) 8m55s H Pobje (Hills) M Bonello (TW). U-12: E Helfensdorfer (WH) 10m35s K Micallef (Gir) B Micallef (Gir).

27/5/00

GIRRAWEEEN: Cross country at Concord: Men Open 8km: B Hogg 26m11s K Mayhew G Sheargold. 0-40: S Halverson 36m25s J Moody P Bowden. Open 4km: M Graham 15m27s R Frost T Manwaring. 0-30: S Williams 16m36s S Raju G Micallef. 0-50: V Manwaring 17m23s B Goodin. 0-60: J Smith 17m30s J Dwyer B Sewell. Women: 8km: V Savage 36m42s. 4km: L Smith 15m41s N Dawson. U-14: 2km: A Dillon 9m41s A Micallef. U-12: 2km: D Goodin 9m47s K Micallef.

WEST METROPOLITAN at Queen Elizabeth Pk, Concord: Cross Country: MEN: 8km: 60yrs: P Bowden (Gir) 43m12s G Taylor (ASW). 50yrs: K Mayhew (Gir) 30m56s J Burroughs (ASW) F. Clark (ASW). 40yrs: D Lewis (ASW) 29m56s M Collins R Lovel (SS). 30yrs: R Cocks (ASW) 27m28s S Hooper P Starr (Hills). 20yrs: S Williams (RBH) 25m48s M Taki (ASW) B Hogg (Gir). U-20: L Anderson (CRH) 30m46s. 4km: 60yrs: J Smith (Gir) 17m30s J Dwyer (Gir) F Scurr (NS). 50yrs: G Ryan (RBH) 16m51s L Vaughan (Hills) V Manwaring (Gir). 30yrs: M Richards (Par) 13m25s S Whelan (Hills) G Micallef (Gir). 20yrs: S Ellis (ASW) 13m34s M Haines (Glen) R Frost (Gir). U-20: S Hall (NS) 12m44s B Liddy (CRH) D Smith (CRH). U-16: P Vidot (Hills) 14m10s A Nichols (Par) J Milburn (Nepean). U-13: A Smith (CRH) 15m55s S Geoghan (Hills). 2km: 50yrs: D Archbold (NS) 8m55s F Daniels (Yets) D Lawler (Par). 40yrs: S Loyd (NS) 10m12s S Williams (Gir) S Raju (Gir). 20yrs: B McKinley (NS) 7m21s M Bennie (UNSW) M Haines (Glen). U-18: A Nichols (Par) 6m37s R Stapleton (NS). U-13: P Janzen (Par) 7m26s J Landers (Crane) H Lewis (Ryde). U-12: K Moussa (Concord) 7m51s J Crandell (TW) B Mooy (Ryde). WOMEN: 8km: 35yrs: R Roediger (Hills) 35m27s. 20yrs: N Jerath (Hills) 32m49s S Barker T Hughes. U-20: A Mobbs (Hills) 36m44s C Roediger. 4km: 35yrs: K Petley (Kat) 15m56s L Murphy (ASW) S O'Reilly-Moussa. 20yrs: L Smith (Gir) 15m41s T Barker (ASW) S Tulloch. U-20: A Mobbs (Hills) 16m38s M Ryan (Ryde) S Maxwell. U-16: M Vernon (Glen) 14m29s K Archbold (CRH) V Phillips (TW). U-13: O Rifkin (TW) 7m48s H Moussa (Concord) N Huston (WH). 2km: 35yrs: N Lloyd (NS) 11m37s P Henderson R Birdsall (Ryde). U-13: H Pobje (Hills) 8m11s N Terranova (NRC) M Bonello (TW). U-12: D Goodin (Gir) 9m47s O Dalkic K Micallef (Gir).

10/6/00

GIRRAWEEEN, at North Ryde: Cross Country: MEN: 8km: B Hogg 26m33s M Graham J Moody. 0-30: K Casey 33m57s S Halverson J Barr. 0-50: K Mayhew 31m54s P Bowden. 4km: S Williams 17m19s V Manwaring G Micallef. 0-50: J Smith 18m27s B Sewell B Goodin. WOMEN: 8km: V Savage 40m29s. 4km: L Smith 16m19s. U-14: 2km: A Dillon 9m46s A Micallef K Graham. U-12: 2km: K Micallef 12m47s B Micallef.

3/6/00

NSW CROSS COUNTRY C'SHIPS GIRRAWEEEN: Cross Country at Bass Hill: Men 12km: 0-20: B Hogg 41m29s R Zammit. 0-40: K Casey 52m25s S Williams S Raju. 0-45: S Halverson 59m31s G Sheargold. 0-50: K Mayhew 51m39s B Sewell. 8km: M Graham 21m25s. Women 8km Snr: L Smith 34m44s V Savage. 4km U-16: N Dawson 13m18s A Dillon.

17/6/00

NSW SCHOOLS ROADWALK C'SHIPS at Blacktown: Open 5km: D Vellis (St Clair) D Brecken (Westfields) T Upward (Victory High). W: L McIvernie (St Clair) C Austin (Girraween) A Osborne (Erskine Pk). U-17: A Mellor (Westfields) S Frew (Mitchell) C Clifford (St Clair). W: L Johnson (St Pauls) L Grant (Girraween) K Connolly (Westfields). U-15: S Frew (Mitchell) S Spitz (Westfields) D McIvernie (St Clair). W: B Lee (Rooty Hill) J Hazelwood (Loretto) S Camillery (Hampton). U-13: S Spitz (Westfields) B Egelton (James Erskine) B Plummer (Colo). W: J Connolly (Rooty Hill) C Shorten (Nth Richmond) N Upward (Victory High). U-11: B Keys (Shelley) D DeWit (Nth St Ives) J Folle (Mitchell). W: K Tillman (Holy Family) R Shorton (Nth Richmond) J Miller (Samule Terry). Invit 5km: K Harpley. W: N Mitchell. Invit 10km: G Taylor. W: C Webb. U-15 Team Women: Metella Road, Gross View.

17/6/00

GIRRAWEEEN at Ramsgate: Men: Cross country 10km: M Graham 34m47s R Zammit S Williams. 0-45: S Halverson B Sewell. WOMEN 4km: L Smith 15m43s N Dawson V Savage.

The Sydney Morning Herald

TUESDAY, JUNE 13, 2000



ATHLETICS

AUSTRALIAN WALK C'SHIPS

In Canberra: Open 32km: D Russell (Vic) 2h21m35s 1, C Barrett (NZ) 2h25m2s 2, N A'Hern (Regal) 2h29m53s 3, D Cousins (Vic) 2h36m00s 4, D Bown (SA) 2h35m11s 5, B Malcolm (Vic) 2h39m38s 6. 16km: D Smith (Qld) 1h20m10s 1, W Russell (NSW) 1h22m42s 2, T Erickson (Vic) 1h25m44s 3, J Schmidt (Qld) 1h41m18s 4, M Ransome (NSW) 1h41m38s 5, J Nilon (NSW) 1h41m29s 6. **BOYS: U-15 3000m:** M Hosking (ACT) 14m31s 1, S Frew (NSW) 15m00s 2, J Barnes (Vic) 15m20s 3, D Stevenson (Vic) 15m28s 4, J Stratton (Vic) 15m36s 5, S Spitz (NSW) 15m36s 6. **U-12 2000m:** D Wridgeway (NSW) 10m35s 1, L McAuley (Regal) 10m41s 2, J Platt (Vic) 11m5s 3, T Girgin (Vic) 11m6s 4, L Copeland (Vic) 11m29s 5, B Keys (NSW) 11m36s 6. **WOMEN: 5000m:** L Paolini (NSW) 22m55s 1, C Webb (NSW) 24m9s 2, C Ranger (Vic) 24m45s 3, L Johnson (Regal) 25m03s 4, L Grant (NSW) 25m57s 5, K Excell 26m37s 6. **GIRLS U-15 3000m:** P Gough (NSW) 15m18s 1, S Knaption (NSW) 15m35s 2, T Boddy (Vic) 15m50s 3, L Newall (Regal) 16m05s 4, S Carnilleri (NSW) 16m12s 5, C Pettit (Qld) 16m16s 6. **U-12 2000m:** S Alexander (Vic) 10m37s 1, N Agius (NSW) 10m38s 2, K Tillman (NSW) 11m04s 3, E Girgin (Vic) 11m07s 4, D Pettit (Qld) 11m19s 5, S Miller (NSW) 11m21s 6.

Parramatta Sun

Wednesday, July 19, 2000

Walker cruises to front

GIRRAWEEEN Athletics Club race walker Lisa Grant added another gold medal to her collection when she won the NSW title at Maitland last month.

Lisa covered the 2km course in a cracking time of nine minutes and 33 seconds.

A host of other Girraween athletes have also recorded significant achievements of late. Chelsea Austin finished second in the NSW Schools Walking Championships in the open 5km event at Blacktown.

Lynette Smith, Natalie Dawson and Vikki Savage also obtained silver in the open women's teams section at the NSW Novice Cross Country Championships at Ramsgate. Keith Mayhew finished third in the NSW 8km cross country championship at Nowra in the veterans over 55 class. The club is preparing for the NSW cross country relay championships at Miranda on July 29.

24/6/00

WEST METROPOLITAN at Epping Oval:
Road race: MEN: 10km 0-60: A Blonner (Hills) 41m47s P Bowden (Gir) G Taylor (ASW). 0-50: P Hutchins (Hills) 46m53s L Balinski (Hills) K Scalley (Hills). 0-40: M Collins (ASW) 37m58s D Lewis (ASW) B Harrison (RBH). 0-30: P Starr (Hills) 41m49s. 0-20: A Smallwood (Hills) 37m51s M Doggett (ASW) C Perry. U-20: B St Lawrence (Kat) 38m46s D Austin (CRH) S Muir (CRH). 5km: 0-60: B Sewell (Gir) 26m3s F Scurr (NS). 0-50: G Ryan (RBH) 23m10s V Manwaring (Gir) D Archbold (NS). 0-40: J Sauer (CRH) 18m4s N Terranova (CRH) N Fowler (ES). 0-30: P Newman (CRH) 17m32s A Jackson (CRH) S Whelan (Hills). 0-20: S Ellis (ASW) 18m58s P Henry D Wood (ASW). U-20: T Richardson (Spr) 16m41s P Liddy (CRH) W Devjak (Ryde). U-16: P Vidot (WH) 18m28s R Baldacchino (Spr) A Nichols (Par). U-13: S Geoghegan (Hills) 22m7s. 2km 0-60: F Daniels (Vet) 9m36s B Sewell (Gir). 0-50: D Archbold (NS) 8m41s. 0-40: S Williams (Gir) 8m1s R Mar W Crandell (TW). 0-30: A Y Dalkic 8m5s G Kalil. U-13: P Baldacchino 7m29s H Lewis. U-12: K Moussa (Con) 7m31s J Crandell (TW) K Gregson (NRC). Women 10km: C Roediger (Hills) 48m2s V Savage (Gir) L Balinski (Hills). 4km 0-35: S Quitzau (SU) 20m K Pettley (Kat) S O'Reilly-Moussa. 0-20: L Smith (Gir) 21m2s S Tulloch S Ellis (ASW). U-20: N Molan (SPAC) 19m45s A Mobbs (Hills) M Ryan (Ryde). U-16: B Phillips (TW) 22m13s E Williams (CRH). U-13: H Moussa (Con) 22m35s. 2km 0-35: S Barros (Horn) 10m19s N Lloyd (NS) M Fowler (ES). U-16: K Archbold (CRH) 7m17s B Gregson (CRH). U-13: H Pobjie (Hills) 7m41s C Barros (CRH) H Gregson (CRH). U-12: K Barros (Horn) 9m44s K Micallef (Gir) B Micallef (Gir).

15/7/00

WEST METROPOLITAN at Wyatt Park, Auburn: MEN: 7.5km 0-40: R Lovel (SS) 31m16s S Halverson (Gir) G Sheargold (Gir). U-20: T Richardson (Spring) 25m35s A Matthews (Syd Pac) P Symes (Hills). 5km 0-60: J Bogenhuber (Spring) 18m56s D Archbold (NS) B Sewell (Gir). 0-40: D Hardyman (BS) 18m50s N Terranova (CRH) D Scott. U-20: J Fitzgerald (Pen) 17m11s P Scott. U-16: T Gleeson (Syd Pac) 17m15s R Baldacchino (Spring) J Spink (Syd Pac). U-13: S Geoghegan (Hills) 19m11s. 2.5km 0-50: D Archbold (NS) 11m20s B Sewell (Gir). U-20: W Devjak (Ryde) 7m41s N Bromley (Syd Pac) A Andreatta (Syd Pac). U-16: R Platt 8m41s T Olcayto (Syd Pac). U-13: A Smith (CRH) 8m42s M Jackson (Hornsby) J Landers (Crane). U-12: K Moussa (Concord) 9m37s J Crandell (TW) K Gregson (NRC). WOMEN: 7.5km Open: B Ellis (ASW) 28m56s V Savage (Gir). 5km 0-20: L Smith (Gir) 21m03s L Howard. U-16: B Gregson (CRH) 21m20s V Phillips (TW). U-13: H Gregson (CRH) 22m29s N Terranova (NRC). 2.5km U-16: R Van Den Berg (NS) 9m27s S Bogenhuber (Spring) M Crandell (TW). U-13: H Moussa (Concord) 10m13s M Bonello (TW) B Gibson (Ryde).

CITY TO SURF LEGENDS

The 49 people who have completed all 29 runs since 1971.

- | | |
|---------------------|--------------------------|
| George BENDER | of Blackheath. |
| Raymond BROWN | of Redland Bay. |
| Robert CALLAGHAN | of South Coogee. |
| Barry CLUNAS | of Panania. |
| Laurie COLEMAN | of Mosman. |
| Ken CONSTANTINE | of Malabar. |
| Paul DALEY | of Lane Cove. |
| Neville DICKSON | of Eastwood. |
| Brendan DUMAS | of Green Point. |
| Christopher EDWARDS | of Melba, ACT. |
| Russell EVENS | of Kelso. |
| Alan FARRELL | of Runaway Bay, Qld. |
| • Vilis GRAVITIS | of Revesby. ← |
| Trevor HAMILTON | of Springwood. |
| John HANNON | of Oatley West. |
| Wayne HEFFERNAN | of Engadine. |
| Kerry HEINECKE | of Kensington. |
| David JEHAN | of Engadine. |
| Geoff KENNETT | of Crescent Head. |
| John LANGLEY | of Medowie. |
| Michael LEARMOND | of Waverton. |
| • Keith MAYHEW | of Beecroft. ← |
| Lindsay McEACHERN | of Turrumurra. |
| James McFALL | of Botany. |
| Rodney MELHAM | of Berridale. |
| Bruce MORRISON | of Burleigh Waters, Qld. |
| Christopher MOYNHAM | of Greenacre. |
| Derek NELSON | of Waverley. |
| Paul NOLAN | of Roseville. |
| Jim NORTH | of Maroubra. |
| James PARKER | of Earlwood. |
| Tom RICHARDS | of Brighton Le Sands. |
| James ROBERTS | of Lane Cove. |
| Charles ROCHESTER | of Manly. |
| • Graham RYAN | of Carlingford. ← |
| John SALMON | of Kirrawee. |
| Bruce SHYING | of Heathcote. |
| John SIMON | of Penshurst. |
| Robert STUART | of Little Bay. |
| Robert SULLY | of Wahroonga. |
| Paul SUMMERHAYES | of Rose Bay. |
| Ted THOMPSON | of Gymea. |
| John TISDALE | of Cremorne. |
| Eduard UITTERLINDEN | of Farmborough Heights. |
| George WARDELL | of Petersham. |
| Russell WHITMONT | of Kirribilli. |
| John WILLCOCKS | of St Marys. |
| Barrie WILLIAMS | of Eastwood. |
| Philip WORRALL | of Cremorne. |

22/7/00

WEST METROPOLITAN: Cross country at Dundas: MEN: 8km 0-60: A Blonner (Hills) 33m20s G Taylor (ASW). **0-50:** J Burroughs (ASW) 34m55s B Hutchins (Hills) L Balinski (Hills). **0-40:** J Sauer (CRH) 29m51s M Collins (ASW) K Casey (GIR). **0-30:** G Ritchie (ASW) 28m07s R Cocks (ASW) B Smith (Hills). **0-20:** S O'Regan (BS) 27m15s K Laws (SUNI) M Doggett (ASW). **U-20:** T Richardson (Spring) 28m15s D Austin M Graham (GIR). **4km 0-60:** J Smith (GIR) 18m37s B Sewell (GIR). **0-50:** V Manwaring (GIR) 18m23s G Ryan (RBH) D Archbold (NS). **0-40:** N Terranova (CRH) 15m52s N Fowler (ES) S Williams (GIR). **0-30:** M Richards (PAR) 13m56s S Whelan (Hills) G Micallef (GIR). **0-20:** S Ellis (ASW) 14m35s M Haines (Glenb). **U-20:** D Smith (CRH) 15m35s. **U-16:** P Vidot (PAR) 14m46s J Milburn (NEP) G McConnell (Hills). **U-13:** A Smith (CRH) 14m59s S Geoghegan (Hills) T Vidot (WH). **2km 0-50:** D Archbold (NS) 9m13s F Daniels (VETS) J Slattery (NS). **0-40:** S Williams (GIR) 8m29s S Phillips W Crandell (TW). **0-20:** W Devjak (Ryde) 9m12s M Graham (GIR) C Birdsall (Ryde). **U-16:** A Nichols (PAR) 7m10s R Platt. **U-13:** J Landers (Crane) 7m45s H Lewis (Ryde) G Lewis (Ryde). **U-12:** K Moussa (Concord) 8m03s J Crandell (TW) K Gregson (NRC). **WOMEN: 8km 0-35:** R Roediger (Hills) 35m13s L Balinski (Hills). **0-20:** E Morris (SUNI) 30m30s N Gerath (Hills). **U-20:** C Roediger (Hills) 37m40s V Savage (GIR). **4km 0-35:** J Cowan (Syd Pac) 15m26s S O'Reilly-Moussa. **0-20:** L Smith (GIR) 17m15s S Tulloch A White (SUNI). **U-20:** M Ryan (Ryde) 16m54s A Mobbs (Hills). **U-16:** K Archbold (CRH) 16m21s V Phillips (ASW) N Dawson (GIR). **U-13:** D Rifkin (TW) 17m27s H Moussa (Concord). **2km 0-35:** K Smythe (NS) 9m54s N Lloyd (NS) M Fowler. **U-20:** R Junor (ASW) 8m23s S Hardwick (Hills). **U-16:** R Junor (ASW) 8m31s. **U-13:** H Gregson (CRH) 8m21s N Terranova (NRC) M Bonello (TW). **U-12:** E Helfensdorfer (WH) 10m32s B Micallef (GIR).

29/7/00

GIRRAWEEEN at Miranda: Men 4km Open: M Kammerer 14m23s R Zammit R Frost. **0-35:** K Fisher 16m44s S Raju G Micallef. **0-45:** S Williams 16m35s G Sheargold S Halverson. **0-50:** J Dwyer 19m54s B Sewell B Goodin. **Jnr:** M Graham 13m57s T Manwaring. **Women 4km:** L Smith 16m30s.

12/8/00

WEST METROPOLITAN at Cabarita: 8km: C Fallon (Hills) L Balinski (Hills) R Zammit (GIR). Fastest: R Spilling (ASW) 25m48s. **Women: A Mobbs (Hills) 32m59s. **Yet:** A Sauer (CRH) 27m17s. **U-20:** M Graham (GIR) 27m55s. **4km:** M Riley (ASW) S Ryan (Ryde) D Archbold (UTS-NS). **Fastest:** T Richardson (Spring) 12m7s. **Women:** K Archbold 14m13s. **U-18:** A Smith (CRH) 13m. **GIR:** V Phillips (ASW) 15m25s. **2km:** A Whittaker (TW) M Crandell (TW) J Rifkin (TW). **Fastest:** A Nichols (Par) 6m30s. **Women:** H Gregson (CRH) 7m33s. **U-13:** J Landers (Crane) 7m10s. **GIR:** N Terranova (NRC) 7m36s.**

19/8/00

GIRRAWEEEN at Rydalmere: MEN: 10km: G Sheargold 44m49s S Halverson P Bowden. **8km:** M Kammerer 17m29s T Manwaring G Micallef. **0-40:** S Williams 20m36s V Manwaring B Sewell. **WOMEN:** 10km: V Savage 51m27s. **5km:** L Smith 19m32s. **2km:** A Micallef 11m14s K Micallef B Micallef.

WEST METROPOLITAN at Rydalmere: MEN: 10km: 0-60 P Bowden (GIR) 59m02s G Taylor (ASW). **0-50:** L Balinski (Hills) 45m06s G Allomes (SydPac). **0-40:** J Sau (CRH) 34m58s D Lewis (ASW) G Sheargold (GIR). **0-30:** P Starr (Hills) 40m11s M Free. **0-20:** C Perry (CRH) 35m09s A Smallwood (Hills) M Doggett (ASW). **4km:** 0-60: F Scerr (NS) 23.55s B See (GIR) M Riley. **0-50:** L Vault (Hills) 21.46s D Archbold (NS) V Manwaring (GIR). **0-40:** N Terranova (CRH) 19m.02s M Fowler (ASW) S Williams (GIR). **0-30:** M Kammerer (GIR) 18m20s J Wall G Micallef (GIR). **0-20:** A Smallwood (Hills) 17.16s M Haines (ASW) P Henry. **U-16:** S Geoghegan (Hills) 19.49s T Manwaring (GIR). **2km:** 0-40: D Archbold (NS) 8m26s S Williams (GIR) B Sewell (GIR). **U-18:** A Nichols (Par) 6m47s H Lewis (Ryde). **U-12:** K Moussa (Concord) 7m36s K Gregson (NRC) G Lewis (Ryde). **WOMEN: 10km:** 0-20: N Gerath (Hills) 42m29s L Balinski (Hills). **U-20:** V Savage (GIR) 51m27s. **5km:** Open: L Smith (GIR) 19m32s A Mobbs (Hills) S O'Reilly-Moussa. **U-18:** N King (ASW) 20m02s H Moussa (Concord). **2km:** 0-35: D Kass 10m32s M Fowler. **U-13:** H Gregson (CRH) 7m55s N Terranova (NRC) S King (Penrith). **U-12:** K Micheela (GIR) 12m47s B. Micheela (GIR).

2/9/00

GIRRAWEEEN at Cordoaux Dam, Men 5km Open: M Graham 17m7s M Kammerer R Frost. **Over 35:** K Fisher 21m17s S Raju G Micallef. **Over 40:** J Sauer 17m18s K Casey S Williams. **Over 45:** G Sheargold 21m26s S Halverson. **Over 50:** K Mayhew 19m54s B Goodin. **Over 60:** B Sewell 26m6s P Bowden. **Women Open:** L Smith 20m15s N Dawson V Savage.

5/8/00

WEST METROPOLITAN at Parramatta: Cross Country: MEN: 8km 0-50: B Hutchins (Hills) 34m53s L Balinski (Hills) J Sheedy (ASW). **0-40:** J Sauer (CRH) 28m27s D Lewis (ASW) N Fowler (AE). **0-30:** R Spilling (ASW) 27m08s B Smith (Hills) P Starr (Hills). **0-20:** A Smallwood (Hills) 26m34s B Hogg (GIR) R Frost (GIR). **U-20:** M Graham (GIR) 29m09s. **4km 0-60:** J Smith (GIR) 17m45s A Atkins (STG) J Dwyer (GIR). **0-50:** G Ryan (RBH) 17m26s L Vaughan (Hills) D Archbold (NS). **0-40:** S Williams (GIR) 16m31s W Helfensdorfer (Hills) R Luke (PAR). **0-30:** S Whelan (Hills) 17m57s G Micallef (GIR). **0-20:** S Ellis (ASW) 14m58s P Henry. **U-16:** P Vidot (WH) 15m08s G McConnell (Hills). **U-13:** S Geoghegan (Hills) 15m47s. **2km 0-40:** S Williams (GIR) 8m09s D Archbold (NS) R Mar. **U-20:** M Graham (GIR) 6m36s A Nichols (PAR). **U-13:** M Schofield (Westfields) 8m16s H Lewis (Ryde) A Dalkic. **U-12:** K Moussa (Concord) 8m01s J Crandell (TW) G Lewis (Ryde). **WOMEN: 8km:** N Jerath (Hills) 33m39s L Balinski (Hills). **4km 0-20:** L Smith (GIR) 16m45s S Tulloch S Ellis (ASW). **U-20:** M Ryan (Ryde) 16m36s A Mobbs (Hills) V Savage (GIR). **U-18:** N King (ASW) V Phillips (ASW). **2km 0-35:** D Kass (ASW) 11m16s M Fowler (AE) M Crandell (TW). **U-13:** N Terranova (NRC) 7m57s S King (Penrith) T Meindertsma (St Clair). **U-12:** E Helfensdorfer (WH) 9m47s D Goodin (GIR) J Meindertsma (St Clair).

GIRRAWEEEN at Auburn: 8km: M Graham 27m54s R Zammit R Frost. **0-40:** J Sauer 28m42s K Casey G Sheargold. **0-45:** K Mayhew 31m1s S Halverson P Bowden. **4km:** M Kammerer 13m42s T Manwaring G Micallef. **0-40:** S Williams 15m45s B Goodin. **0-60:** J Smith 17m29s J Dwyer B Sewell. **Women:** 4km: L Smith 15m32s V Savage. **2km U-14:** A Micallef 10m45s K Graham. **U-12:** K Micallef 12m13s B Micallef.

WEST METROPOLITAN at West Auburn: MEN 8km: 60yrs plus: P Bowden (GIR) 41m37s G Taylor (ASW). **0-50:** K Mayhew (GIR) 31m1s J Burroughs (ASW) B Hutchins (Hills). **0-40:** J Sauer (GIR) 28m42s D Lewis (ASW) M Collins (ASW). **0-30:** P Starr (Hills) 30m39s R Zammit (GIR) M Free. **0-20:** M Doggett (ASW) 29m18s B Frost (GIR). **U-20:** M Graham (GIR) 27m54s. **4km:** 0-60: J Smith (GIR) 17m29s J Dwyer (GIR) F Scerr (NS). **0-50:** L Vaughan (Hills) 16m40s G Ryan (RBH) D Archbold (UTS/NS). **0-40:** N Terranova (CRH) 14m51s N Fowler (AE) S Williams (GIR). **0-30:** R Cocks (ASW) 12m45s M Kammerer (GIR) S Whelan (Hills). **0-20:** M Haines (ASW) 14m10s. **U-20:** D Smith (CRH) 14m27s S Geoghegan (Hills) G McConnell (Hills). **2km:** srr: M Haines (ASW) 7m26s M Graham (GIR) D Archbold (UTS/NS). **Boys U-13:** M Schofield (West) 7m58s B Collins (Hol) H Lewis (Ryde). **U-12:** J Crandell (TW) 7m19s K Moussa (Conc) K Gregson (NRC). **WOMEN: 8km:** 0-35: R Roediger (Hills) 33m10s L Balinski (Hills). **Open:** N Jerath (Hills) 34m5s C Roediger (Hills) A White (Sydney Uni). **4km open:** L Smith (GIR) 15m32s S Tulloch S O'Reilly-Moussa. **U-20:** A Mobbs (Hills) 16m1s V Savage (GIR) M Ryan (Ryde). **U-16:** M Vernon (Glen) 14m14s K Archbold (CRH) N King (ASW). **U-13:** C Barros (NRC) 17m46s D Rifkin (ASW). **2km 0-35:** S Barros (CRH) 9m51s D Kass G Barton. **U-13:** H Gregson (CRH) 7m51s N Terranova (NRC) M Bonello (TW). **U-12:** E Helfensdorfer (WH) 9m19s K Micallef (GIR) B Micallef (GIR).

WEST METROPOLITAN: Final PS: MEN Long events: 60yrs/o: P Bowden (GIR) 97 G Taylor (ASW) 92. **50yrs/o:** J Burroughs (ASW) 96 K Mayhew (GIR) 88 L Balinski (Hills) 80. **40yrs/o:** D Lewis (ASW) 96. **J Sauer (CRH) 88 L Balinski (ASW) 88. 30yrs/o:** P Starr (Hills) 94. **20yrs/o:** A Smallwood (Hills) 97. **M Doggett (ASW) 89 R Frost (GIR) 74. U-20:** M Graham (GIR) 99. **Medium:** 60yrs/o: B Sewell (GIR) 100 F Scerr (UTS/NS) 90 J Burroughs (ASW) 84. **50yrs/o:** G Ryan (RBH) 100 V Manwaring (GIR) 88 D Archbold (UTS/NS) 83. **40yrs/o:** N Terranova (GIR) 100 S Williams (GIR) 85 R Luke (PAR) 60. **30yrs/o:** S Whelan (Hills) 90 M Richards (PAR) 90 G Micallef (GIR) 80. **20yrs/o:** S Ellis (ASW) 98 M Haines (g'BROOK) 94 P Henry 87. **U-20:** D Smith (CRH) 80. **U-16:** P Vidot (Hills) 100 G McConnell (Hills) 84 A Nichols (PAR) 71. **U-13:** S Geoghegan (Hills) 95 A Smith (CRH) 79. **Short: 60yrs/o:** F Daniels (Vets) 90. **40yrs/o:** W Crandell (TW) 79. **U-13:** J Landers (C'brook) 99 H Lewis (Ryde) 91. **U-12:** K Moussa (Conc) 99 J Crandell (TW) 97. **K Gregson (NRC) 83. WOMEN: Long:** 35yrs/o: L Balinski (Hills) 93 R Roediger (Hills) 87. **20yrs/o:** N Jerath (Hills) 78. **U-20:** A Mobbs (Hills) 95 C Roediger (Hills) 72 V Savage (GIR) 69. **Medium:** 35yrs/o: S O'Reilly-Moussa (GIR) 91. **20yrs/o:** L Smith (GIR) 100 S Tulloch 86 S Ellis (ASW) 70. **U-20:** M Ryan (Ryde) 95. **U-16:** K Archbold (CRH) 98 V Phillips (ASW) 81 N King (ASW) 71. **U-13:** D Rifkin (TW) 98 H Moussa (Conc) 84. **Short:** 35yrs/o N Lloyd (UTS/NS) 95. **M Fowler 80 R Birdsall (Ryde) 78. U-13:** H Gregson (CRH) 100 N Terranova (NRC) 91. **M Bonello (TW) 79. U-12:** E Helfensdorfer (WH) 96 K Micallef (GIR) 88 B Micallef (GIR) 80.

Parramatta Sun, Wednesday, August 16, 2000

Athlete strides on

GIRRAWEEEN Athletics Club walker Lisa Grant keeps striding towards stardom.

The teenager stole the limelight with victory in the Australian under 16 road walk championship at Albert Park, Melbourne, on August 6.

Lisa covered the five-kilometre course in 25 minutes 51.1 seconds despite a fierce headwind.

The national triumph came just one week after a comfortable win in the under 17 division at the West Metropolitan Region meet at

Auburn. There, she posted a time of 15 minutes for 3000 metres to qualify for the Combined High Schools state championships in December.

Club mates Amanda Giesler, Matthew Graham, Tristan Manwaring, Ashley Micallef and Shaun Wearne also qualified for the NSW championship with good performances at the regional level.

Amanda took out the 16 years triple jump (10.10m), Matthew placed second in the 18 years 3000m (9:39.3), Tristan was

second in the 15 years javelin (45.6m), Ashley second in the 13 years discus (24.85m), and Shaun won the 17 years 100m (11.7s).

The Girraween club is also celebrating Bruce Hogg's inclusion in the Olympic trials.

Hogg will vie for selection in the 3000m steeplechase.

Girraween Athletics is preparing for its 23rd summer season of friendly competition.

Training and meets begin at CV Kelly Park, Oramzi Road, Girraween, September 9, 1.30pm.

Danielle sets a blistering pace

Parramatta Sun, Wednesday, September 20, 2000

BY BRENTON GADSBY

GIRRAWEE Little Athletics Club runner Danielle Goodin may be young, but that's not stopping her from showing all the promise and potential of the next Cathy Freeman.

The eight-year-old Redeemer Baptist School student cleaned up the field at the recent Christian Schools State track and field championship held in Newcastle.

Danielle crossed the line first in the eight years 400 metres in a blistering time of 1min 21secs.

She followed that effort up with a great performance in the 200 (34.2secs) and 100 metre (15.7secs) events placing second and third respectively.

The meet was ultra competitive with competitors from 66 Christian schools vying for medals.

Meanwhile athletes from the Girraween Athletics Club are recovering from an extremely successful campaign in the West Metropolitan Zone's 16 race road and cross country series.

The winners in the series from the Girraween club were as follows: Phillip

Bowden (over 60s 4km), Matthew Graham (under 20s 8km), John Smith (over 60s 4km) and Lynette Smith (seniors 4km).

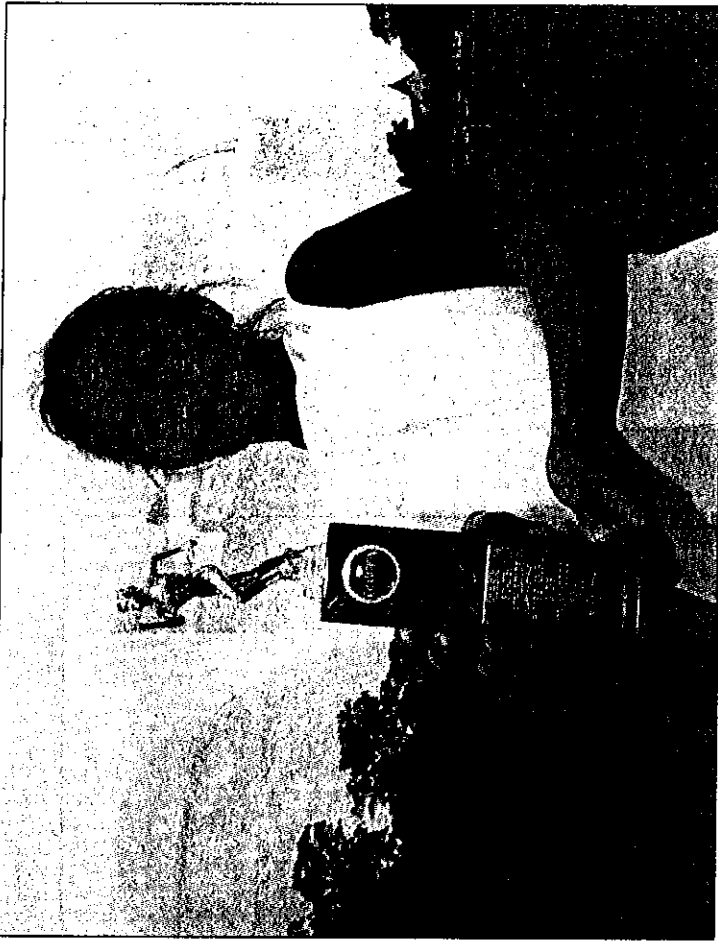
The second place-getters for the series were Viv Manwaring (over 50s 4km), Kelly Micallef (under 10s 2km), John Sauer (Seniors 8km) and Steven Williams (over 40s 4km).

Third place went to the following athletes in their respective events: Richard Frost (seniors 8km), Brenda Micallef (under 10s 2km), Gary Micallef (over 30s 4km), Vikki Savage (under 20s 8km) and Bob Sewell (over 60s 4km)

Thirteen members of the club picked up trophies in their respective events during the carnival.

After this strong performance Girraween is already looking ahead, inviting track and field athletes to join its summer season.

BURGEONING TRACK STAR ... Danielle Goodin.



PARRAMATTA ADVERTISER, Wednesday, November 29, 2000

Athletics stars hot on track

GIRRAWEE Senior Athletics Club brought home some impressive results from the recent NSW All Schools Track and Field Championships at Campbelltown.

Walker Lisa Grant added to her collection of championships by winning the 15 years, 1500m walk in 5min 2sec.

Katie-Ellen French won the 14 years 1500m in 4min 56.3sec and finished

second in the 800m and third in the 3000m. Other club members Julie Grant, Tristan Manwaring and Ashley Micallef performed well but missed out.

In Little Athletics Andrew Scully won the 14 years 200m hurdles in 28.4sec and received silver in the relay.

Eight members of the team competed in the Trans Tasman Trials at Rooky Hill earlier this month but the State team is yet to be selected.

Parramatta Sun, Wednesday, November 22, 2000

Walkaway win with medals

By CHRISTINA NOLAN

GIRRAWEE Senior Athletics Club came home with a swag of medals from the recent New South Wales All Schools Track and Field Championships at Campbelltown.

Lisa Grant and Katie-Ellen French performed brilliantly.

Grant added to her trophy collection when she won the

15-years 1500m walk in 7mins 5.2secs. French brought home a gold, silver and bronze after winning the 14-years 1500m in a time of 4mins 56.3secs, coming second in the 800m and third in the 3000m.

Club mates Julie Grant, Tristan Manwaring and Ashley Micallef all performed well on the day, but missed out on medals.

Gold was also given to

Girraween Little Athlete Andrew Scully in the 14-years 200m hurdles.

He won in a time of 28.4secs and also picked up a silver in the relay.

Eight members of the Girraween Little Athletics Centre also competed in the Trans Tasman Trials at Rooty Hill on November 5.

Each athlete was required to compete in at least two

events in order to qualify.

Girraween's team consisted of Stacey Argent, Natalie Pellizzari (U/11s), Courtney Parnell, Anthony Pellizzari, Samantha Sayers, Daniel Terwiss Cha, Troy Weyland and Sarah Wilson (U/12s).

Those selected to represent New South Wales against Auckland on January 21 at Homebush will be told at a later date.

Parramatta Sun, Wednesday, December 20, 2000

Lisa walks way to silver medal

The Sydney Morning Herald

Monday, December 11, 2000

ATHLETICS

AUSTRALIAN ALL SCHOOLS
TRACK AND FIELD CHAMPIONS

In Adelaide

U-16: 1500m walk: B Burns (Vic) 6m45.97s L Grant (NSW) 6m51.49s R McCammom (Qld) 6m52.40s.

By GERARD SUTTON

GIRRAWEE Senior Athletics Club member Lisa Grant took possession of a silver medal at the recent Australian All School Track and Field Championships in Adelaide.

Grant finished second in the under 16, 1500m walk with a time of 6mins 51.5secs.

She was six seconds behind the winner from Victoria.

The Girraween High School student also placed sixth in the under 18, 3000m walk in a personal best time of 14mins 47.4secs.

Grant is now preparing for the State Age Championships in the new year.

"Lisa is a fine athlete and a wonderful ambassador for her school, her club and her state," said club president Bob Sewell.

Major honours at the national meet belonged to Parramatta Little Athletics product Samantha Pearson.

Fifteen-year-old Pearson took silver in the under 20 javelin with a 43.40m throw on the Friday of the competition.

Two days later she broke the Australian age record with a 45.38m effort.

Blacktown Advocate/Mt. Druitt Standard

Tuesday, December 26, 2000

Lisa Grant walks off with a silver

GIRRAWEE Senior Athletics Club walker Lisa Grant claimed a silver medal at the Australian All Schools championships in Adelaide earlier this month.

Competing in the under-16 1500m walk, the 15-year-old recorded 6min 51.5sec, finishing six seconds behind a Victorian girl.

Later in the meet, the Girraween High School student finished sixth in the under-18 3000m walk in a personal best time of 14min 47.4sec.

Grant's coach Deanna Rahill was happy with her charge's performances.

Meanwhile, Girraween Little Athletics Centre took out two of the 16 events at the NSW relay championships at Homebush Bay.

Danielle Saunderson, Katie-Ellen French, David Harney and Andrew Scully won the under-15 mixed 4x400m relay. The under-12 boys long jump/high jump team of Liam Correy-Yorke, Tim Affleck (long jump), Troy Weyland and Daniel Terwisscha (high jump) also won gold.

Parramatta Sun, Wednesday, December 13, 2000

Dream sides

GIRRAWEE Little Athletics Centre posted a golden double at the recent NSW relay championships.

Danielle Saunderson, Katie-Ellen French, David Harney and Andrew Scully blitzed the field in under 15 mixed 4x400m relay.

The under 12 boys long jump/high jump team of Liam Correy-Yorke, Tim Affleck, Troy Weyland and Daniel Terwisscha also won the State title.

Girraween Senior Athletics Club has also had success of late with walker Lisa Grant who claimed a silver medal in the Combined High Schools Track and Field Championships at Homebush.

She recorded 15min 16.3secs in the 3000m walk.

Girraween Senior Athletics meets are every Saturday from 1.30pm at CV Kelly Park, Oramzi Road, Girraween.

27-28 Jan 2001

NSW YOUTH C'SHIPS At SIAC, Homebush:

GIRLS: U18: 200m: A Cole (Mait) 25.81s
L Braithwaite (W'gong) E Clarke (Suth).
800m: L Corrigan (ASICS) Z Rhydderch
(SydPac) K Peksis (Gos). **3000m walk:** L
Johnson (Penr) 14m25.95s B Sait (Rand-
Bot) L Grant (Girra). **Pole vault:** K Butler
(St Geo) 2.60m L Clement (Suth). **Shot:** B
Johnson (ASICS) 13.43m S Dickson
(West) B Forsyth (Banks). **Triple jump:** K
O'Donnell (Macq Shores) 12.00m B
Debartolo (Rand Bot) S Dalton (ACT).
U16: 200m: A Glapa (Pt Steph) 25.37s J
Coogan (Spring) J Clifford (Mait). **800m:** B
Simpson (Suth) 2m19.01 K French (Gir)
C Holland (Ill). **Discus:** S Motuliki (SS)
38.32m M Kendall (Wagga) R Evans
(Woodb). **Hammer:** M Kendall (Wagga)
37.71m S Chapman (ACT). **Pole vault:** C
Pertei (Westf) Z Towers (Camp Coll)-N
Bligh (Parra) 2.10. **U14: 200m:** M Cuenca
(Suth) A Sadler (Illa Blue) A Attenborough
(Horn). **800m:** S Gleeson (Penr)
2m23.98s D Wilson (Sth Can) B Hum-
phreys (Suth). **Discus:** R Jodoo (Camd)
28.79m L Abbott (Westf) A Sadler
(Kurra-Bil). **Triple jump:** A Sadler (Kurra-
Bil) 10.27m M Ward (ND) R Coogan
(Spring).

Girls: U-18: 100m hurdles:
J Fry (Wel) 14.79s B Debartolo (Ran) V Head (Cum).
Long jump: C Coulon (Suth) 5.55m E Clark (Suth) K
Crocker (Coffs H). **400m:** A Cole (Mait) 56.86s L Corrigan
(Asi) K Peksis (Gos). **1500m:** S Rhydderch (Syd)
4m39.84s J Bromfield (Spr) R Vandenburg (N Subs).
2000m steepchase: C Lower (Asi) 7m19.17s L
Palmer (Ter) L Monahan (Ill). **Hammer:** A Vetta (Ban)
44.89m M Kendall (Wagga) E Petrovic (Spr). **High
jump:** C Mallett (Suth) K Brett (Pt Mac Hast) J Brothier
(St Geo). **Javelin:** S Pearson (Cam) 45.07m B Johnston
(Asi) S Dickson (West). **100m:** L Johnston (Now) 12.74s
K Crocker (Cof) L Braithwaite (Ath). **U-16: 100m:** A
Glapa (Por) 12.71s K Green (St Geo) J Clifford (Mait).
400m: J Coogan (Spr) 58.12s J Doorey (Spr) M Vidigal
(West). **1500m:** B Simpson (Suth) 4m46.5s K-E French
(Gir) C Holland (Illa). **1500m walk:** B Lee (Neg)
7m02.20s J Heazlewood (Syd) P Gough (Ban). **90m
hurdles:** L Bartlett (St Geo) 14.28s K Green (St Geo) S
McLean (Ran). **Javelin:** A Payne (West) 37.32m K May
(Cam) K Fisher (CRH). **Shot:** K Green (St Geo) 11.46m
S Motuliki (S Syd) L Craig (Ill). **Long jump:** K Green (St
Geo) 5.37m L Bornstein (N Dist) L Kovans (Cam Coll).
High jump: L Bornstein (N Dist) 1.64m A Glapa (Pt
Step) A Kelly (Pen). **U-14: 100m:** M Cuenca (Sut)
12.93s C Morley (West) J Ford (Ill). **400m:** S Gleeson
(Pen) 1m02.85s J Casaciang (Ryd) L Borg (Mt). **1500m:**
S Gleeson (Pen) 4m55.64s D Wilson (Sou) B Humphreys
(Sut). **1500m walk:** E Moore (Kan) 7m54.75s A
Westweller (Kur) J Grant (Gir). **80m hurdles:** T Holt
(Sou) 13.18s S Guest (Kur) C Morley (West). **High jump:**
S Begg (Ill) 1.60m A Sadler (Kur) S Guest (Kur). **Javelin:**
L Allison (Woll) 29.64m L Abbott (West) A Sadler (Kur).
Shot: L Abbott (West) 10.09m S Guest (Kur). **Long
jump:** A Sadler (Kur) 4.68m C Morley (West) A Daleris
(St Geo).

PARRAMATTA ADVERTISER
Wednesday, February 7, 2001

Top haul

THREE members of Girraween Athletics Club took medals at the NSW youth championships at Homebush Bay recently.

Katie-Ellen French took silver in under-16 800m and 1500m.

Sisters Lisa and Julie Grant took bronze in walking events — Lisa in the under-18 3000m and Julie the under-14 1500m.

PARRAMATTA ADVERTISER
Wednesday, March 14, 2001

Silver medal

GIRRAWEE Senior Athletics Club member Lisa Grant, 15, claimed a silver medal in the under-18 3000m walk at the Australian youth championships in Bendigo last month.

The club has begun its winter season with friendly cross-country meets at CV Kelly Park, continuing over the next two Saturdays at 3pm.

Parramatta Sun, Wednesday, April 11, 2001

Making a point or two

SURESH Raju has claimed Girraween Senior Athletics Club's summer pointscore for the second consecutive time.

Raju, 41, scored 76.5 points to beat Wayne Jeff (36) on 71 and Robert Giesler (40) with 69 points.

After settling for second the previous two years, Chelsea Austin, 16, finally took the major honours in the ladies division. Austin collected 72 points ahead of Vikki Savage (20) on 68 and Ashley Micallef (13) and Maureen Mulacahy (52) equal on 64. The point score is based on self-

improvement and officials were somewhat surprised to see veterans dominate the men's division.

Track results were: Men - Suresh Raju and Steven Williams 55, Wayne Jeff 54.

Women - Chelsea Austin 68, Vikki Savage 47.5, Kate Stockings 45.

Field: Men - Matthew Graham 50, Brendan Weyland 48.5, Suresh Raju 46.5.

Women - Jemma Austin 63, Kate Stockings and Chelsea Austin 50.

The club welcomes new members. Call 9636 1145.

Parramatta Sun, Wednesday, May 9, 2001

Five golds to Lyn Smith

AGE shall not weary them nor the years condemn, wrote British poet Laurence Binyon.

That certainly applies to some members of the Girraween Senior Athletics club.

An esteemed trio took the recent Australian track and field championships at Bass Hill by storm.

Lynnette Smith excelled with five gold medals from six events in the 30-34 years group.

Smith won the 400m (61.9sec), the 1500m (5min 8.3sec), the javelin (32.8m), the discus (33.58m) and the pentathlon.

She accrued 2826 points in the pen-

tathlon, only 39 shy of the Australian record.

She registered 4.21m in the long jump, 34.49m in the javelin, 35.17m in the discus, 28.1sec in the 200m and 2min 28sec in the 800m during the pentathlon.

She also finished second in the 800m with 2min 26.1sec.

Keith Mayhew finished third in the 55-59 years division 1500m (4min 51.4sec) and third in the 5000m (18min 6.3sec).

John Dwyer collected silver in the 60-64 years 400m (1min 6.9sec) and bronze in the 800m (2min 38.7sec).

Meet the 'baby' veteran

by FIONA BROWN

GIRRAWEE resident Lynette Smith is regarded as a baby on the athletic field.

For the 30-year-old, it is her first year in veterans, competing in the 30-34 age group.

Smith, representing Girraween Senior Athletics Club, excelled in the Australian veterans track and field championships at Bankstown over Easter.

She won the 400m (61.9sec), 1500m (5min 08.3sec), javelin (32.8m), discus (33.58m) and pentathlon and came second in the 800m (2min 26.1sec).

"I was happiest with the 400m race," she said.

Smith started running, throwing and jumping at seven and competed until she was 16.

She had four years off but has been competing again for the past 10 years.

Smith entered the pentathlon at the last minute and didn't know what to expect.

"I had no idea what events were in the pentathlon," Smith said.

"When I found out, I knew I'd be fine in the running and throwing, but was a little sceptical of the long jump as I hadn't jumped in years because of my bad back."

The pentathlon event includes the 200m, 800m, long jump, javelin and discus.

"I was hoping to get the Aust-

PARRAMATTA ADVERTISER, Wednesday, May 16, 2001



Veteran Lynette Smith . . . excels at running, throwing and jumping

ralian record but fell 39 points my body and health holds up," she short," she said.

She endures the three hours a week of training because of the fitness and social benefits.

"Before I turned 30 I was competing with 16-year-olds and

upwards," she said. "Now I'm competing with people around my own age."

The Girraween club performed well at the national championships.

John Dwyer (60-64) finished second in 400m and third in 800m

Photo: DANIEL GRIFFITH

and Keith Mayhew (55-59) was third in both 1500m and 5000m.

Meanwhile, club coach Bob Sewell is seeking more senior women and junior girls and boys for winter cross-country and road races, including the State championships. Phone him on 9636 1145.

PARRAMATTA ADVERTISER, Wednesday, June 7, 2000

Change of fortune for netball's gypsy



She's back ... Natalie Avellino — back home, back with a resurgent Sydney Sandpipers and back on the representative scene in the Australian B team

by **MONIQUE COWPER**

AFTER establishing herself as Australian netball's gypsy, Natalie Avellino may have finally found a position to offer good fortune.

The 29-year-old Sydney University Sandpiper has played in many positions from goal to wing attack, in different cities for various teams, but now calls Toongabbie home.

She originally played for Baulkham Hills, later for Ku-ring-gai and the Institute of Sport before moving to Adelaide in a bid to make national selection.

Avellino's risk paid off

and between 1994 and 1996 she played for Australia.

When returning to Sydney she played with Parramatta Auburn in the State League and for the Sydney University Sandpipers in the national competition before once again making a move, this time to Melbourne.

"After two years with the Sandpipers I wasn't happy," Avellino said.

"I didn't get as much court time as I would have like and deserved."

There were also quarrels with the decision-makers but new Sandpipers coach Lenore Blades is an old mate of Avellino's.

"I played schoolgirls with

her, which is a bit strange," she said.

"But it is good because she knows where the players are coming from.

"She's just one of the girls."

Unfortunately, being one of the girls does not help when it comes to national selection.

Avellino recently made the Australia B side for the President's 12 competition, which provided the national team with experience before heading off for a test against New Zealand next week.

Australia B lost all three games but Avellino was named player of the match in the last.

"Being player of the match against the best was great," she said.

"So at least I achieved that — I'm happy."

The next step for Avellino is making the finals of the Commonwealth Bank Trophy with the Sandpipers, who are sitting fourth on the ladder. From this she hopes to gain the attention of national selectors and secure a position on the Australian team to visit South Africa later in the year.

"I'd like to play for Australia again but it can't be my total focus," Avellino said.

"I'm happy with my form and hopefully I'll be in South Africa in November."

Hungry for challenges

PARRAMATTA ADVERTISER

Wednesday, October 18, 2000

THERE is absolutely no stopping Adrian Grogan.

He has entered four track events at the Paralympics but would gladly compete in up to six.

The 23-year-old from Wentworthville is certainly keen but his parents Gail and Des breathed a sigh of relief when the athletics schedule prevented him entering half a dozen races.

Instead Grogan will contest the 400m, 800m, 4x100m and 4x400m in the T37 class.

Grogan was born with cerebral palsy and discovered the Sports Council for the Disabled soon after starting his competitive running career as a nine-year-old.

At his first major international competition, the Far East South Pacific International Conference Games held in China in 1994, Grogan finished with two bronze. At the same games in Thailand in 1999 he received gold, silver and bronze.

Grogan made it to Atlanta for the 1996 Paralympic Games, mainly as a member of the relay team, and did a personal best.

He has come a long way since then and is hoping for a medal at home.

"I'm excited," Grogan said.

"I don't think I'll be nervous — well maybe before the first run."

Grogan's gold twice as nice

PARRAMATTA ADVERTISER, Wednesday, November 1, 2000

by MONIQUE COWPER

WENTWORTHVILLE athlete Adrian Grogan can now claim the auspicious title of double Paralympic gold medallist after winning both the men's T38 4x400m and 4x100m relays.

Grogan was also entered in individual events but achieved his greatest success as a member of the two relay teams.

The latest win came on the last day of major competition last Saturday.

Grogan competed with his teammates from the 400m win, Tim Sullivan, Kieran Ault-CConnell and Darren Thrupp.

Father Des said the family was very happy but relieved after the Paralympic build-up.

"We haven't really spoken to him that much, he was on the way to a party on Sunday night," Mr Grogan said.

"But he was certainly excited to be part of that [relay] team. On paper they were ranked number one and he just hoped to get there."

The whole family watched Grogan in the ticker tape parade on Monday.



GIRRAWEE ATHLETICS CLUB

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

CLUB COMMITTEE 2000/01

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

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

With the Olympics being held in Sydney in the year 2000, I anticipated an increase in the membership of Sydney athletics clubs but this did not happen. In fact, Sydney registrations fell 243 with only 10 clubs out of 34 increasing membership. Our membership increased from 50 to 59.

Performance-wise, our club was rewarded with great results from Lisa Grant (walking), Katie-Ellen French (schools and little athletics), and Keith Mayhew (veteran events). I especially mention Richard Frost (disabilities competition) who achieved 5:31 for the 1500 and 20:09 for the 5000 at the State championships in T36 class.

Our club had a couple of unregistered competitors who rejected all efforts to entice them to join as members. We will need to be tougher this season as it is essential that all athletes be covered by ANSW's insurance policy which provides for important items such as loss of employment and disablement because of injury.

A problem for many years with our summer competition is people turning up for the first event (100m or 200m) AFTER grading has been completed. In future, latecomers will be placed in composite heats that will be run after completion of the graded heats. I emphasise that 2pm is the STARTING time of the first event and not the ARRIVAL time for competitors. It surprises me that no-one is at the ground at 1.30pm or earlier to warm up.

The 2000 winter season was our best ever with 30 registrations for running and walking events. Keith Mayhew was our most successful runner with gold, silver and bronze medals in the 55+ age group. Lisa Grant continued to collect State walking championships.

Lynette Smith, Natalie Dawson and Vikki Savage achieved silver in the team section of the State Novice cross-country championships. This is a first for a Girraween female team. Keith Mayhew, Graham Sheargold, Steven Williams and Stephen Halverson achieved bronze in the team section of the State road championships at Holsworthy.

In the winter pointscore, Matthew Graham won clearly from Graham Sheargold with Stephen Halverson tying with Keith Mayhew for third. Vikki Savage was first female and Lynette Smith was second. Tristan Manwaring was the highest scoring junior male, but no junior female completed the season.

The 2000-01 summer track competition resulted in another win in the male section for Suresh Raju ahead of Wayne Jeff and Robert Giesler. These three athletes are over 35, so where are the young men?

In contrast, the female section was monopolised by young athletes. It was great to see Chelsea Austin (17) win after being runner up in the previous two seasons. Second was Vikki Savage (20) and third was shared by Ashley Micallef (13) and Maureen Mulcahy who I'm sure doesn't mind me saying that she is over 50.

Canteen profit for the season was \$461 which is a good result considering some Saturdays were marred by rain. However, after Christmas, the canteen was unmanned and takings drop about 50% when this happens. We need kind volunteers to sit inside or outside the canteen if we cannot find a full-time manager. Volunteers are invited to form a queue to my left.

Lynette Smith took on the fund raising duties again and repeated the sale of chocolates which raised \$919. This is a fantastic effort by Lynette and her team of salespeople.

Thanks must go (in no particular order) to:

- Girraween Little Athletics Centre for ground marking, and donation of a hurdles trolley and some trophies;
- Kathy Austin for a champion effort with recording;
- Tony Ward for his help particularly with javelin and as Honorary Auditor;
- John Dwyer, who now lives in Mollymook, for his help and support of our club over many years;
- the athletes who sold and bought chocolates and supported the Christmas hamper;
- the people who helped with timekeeping and officiating;
- Steven Williams for continuing to produce beautiful record certificates;
- my fellow committee members who helped me keep our club going;
- the athletes who supported our club's competitions; and
- the athletes who 'flew the flag' at the summer ANSW interdistrict competition at Homebush (Lynette Smith, Lisa Grant, Katie-Ellen French, and Irwin Burbage).

I reserve my biggest "thank you" for the senior and little athletes who attended my training sessions regularly. It was a joy to coach you and I hope you enjoyed the improvement in your results. There were 35 summer and 28 winter athletes who turned up for training during the season, but the majority were casual visitors and naturally their improvement was limited or nil. As one world class athlete said once: "The harder I train, the luckier I become!" Here are some examples of lucky runners – Lynette Smith (City to Surf pb of 7 minutes), Stacey Argent (State cross-country champion 8 months after starting training), and little athlete Luana Gatley (from 70m sprinter to bronze medallist in the Little Athletics State Cross-country Championship after 3 months training). Success will come only if the athlete does the work. Of course, not everyone can be as successful as these runners but if you put in the effort your performances will improve.

Last Tuesday night, Olympian Marion Jones said on TV: "Believe in your dreams. It really does work." She then added: "I enjoy training. I want people to know I am out there training because I want to be, not because I have to be." So come on you budding athletes, combine all the above hints plus rest (or recovery) into a winning formula: WORK + REST + FUN + LUCK = SUCCESS. The first ingredient is the most neglected one, so give it a go and see what happens.

I invite everyone present to support our first registration and competition day on Saturday 15 September and if you have a friend, schoolmate, workmate or relative who is interested in athletics, invite her or him to come along and try an event.

It would be great if some kind, friendly, personable people (that counts me out) would volunteer to be 'greeters' on Saturday to answer questions from intending members or visitors from other clubs.

Our 2001 winter season has just ended and the results have been encouraging. We now have an Australian walking champion (Lisa Grant), a junior State cross-country champion (Stacey Argent), two Australian veteran champions (Lynette Smith and Keith Mayhew), and a State championship walking team (Lisa Grant, Chelsea Austin and Catherine Nilon) so things are looking good for the coming summer season.

Last season was my 12th as president and the time has come for a younger person to take over. When I joined our club in the 1978-79 season, I wanted to be a distance runner, but it wasn't long before I became involved in coaching and later publicity. I was persuaded to become president of Girraween Little Athletics Centre in 1985 and I stepped down from that position at the end of the 1987 season. In 1988 I became president of our club when no-one else wanted the job because it was thought the club had come to the end of its life. Viv Manwaring and I steered the club through a couple of shaky seasons and, while things improved, there have been some ups and downs. Now I would like to make way for someone with fresh ideas. My preferred position is in the background and that is where I would be happiest next season.

Steven Williams has kindly established an internet site for our club, and results and news are regularly being updated. You may wish to visit the site: www.ozemail.com.au/~swillyam/girraween/athletics.html.

I hope to see you all at C V Kelly Park next Saturday for some fun athletics.

Bob Sewell

REGISTRAR

Registrations over the last eleven seasons have been:

90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99	99/00	00/01
57	59	51	61	36	33	42	32	46	50*	59

* Two officials in 99/00 not included.

The increase in registrations for last season was very pleasing, with numbers back to those of the early 90s.

As I mentioned last year, 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 other than insurance cover. In addition, senior athlete registration numbers have been falling steadily across NSW and Australia over many years.

ANSW and Athletics Australia (AA) have recognised these problems and, with growth seen to be in the broad participation market (ie fun runners), have introduced a cheaper 'associate' membership for the first time this season.

Viv Manwaring

SECRETARY

You will notice at C V Kelly Park that Council, over winter, has upgraded the inside of the canteen, installed safety grills on the doors to hopefully eliminate break-ins, and relocated the surrounding compound fence.

I mentioned last year that the Committee is proceeding with incorporation. Other than obtaining the model constitution from ANSW, the matter has not progressed. This must be a priority for the new committee. The separate but related suggestion of some form of "amalgamation" with our Little Athletics Centre also needs to be investigated more vigorously.

As 2000 was our 'Olympic' year, special mention should be made of two of our past athletes who gained Australian selection: Tracey Wheeler (goalkeeper in the Olympic women's soccer team) and Adrian Grogan (track athlete in the Paralympic team, winning two gold relay medals).

Viv Manwaring

WINTER COMPETITION

Our club attracted a record membership of 30, and the weekly average attendance at cross-country and road races was 16.

The season's standout runner was Keith Mayhew who, in the 55 and over category, won the 12km State cross-country championship, finished second in the 10km road championship, and third in the 8km cross-country championship.

Lynette Smith, Natalie Dawson and Vikki Savage received the silver medal in the team section of the Novice cross-country championship which was a first for women in the history of our club.

Keith Mayhew, Graham Sheargold, Steven Williams and Stephen Halverson finished third in the team section of the 10km State road championship.

Eleven members received trophies in the West Metropolitan series as listed in the winter results.

On the walking scene Lisa Grant, Chelsea Austin and Julie Grant 'flew our club's flag' in Saturday competition with the NSW Walkers Club. Lisa won the under 16 Australian road championship.

In our club competition, Matthew Graham repeated his effort from the previous year in winning the overall award with 416 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 11 times to be eligible for awards.

Bob Sewell

SUMMER COMPETITION

Girraween Athletics Club enjoyed a highly successful 2000-2001 season with 105 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 (1½ 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 in the track and field.

This year's tight competition was decided during the last weeks of the season. **Suresh Raju** was this season's Club Champion (76½ points). Suresh attained three or four PBs almost every week during the pre-Christmas sessions. He sustained injuries after Christmas but rallied and competed well to finish 4½ points ahead of Chelsea Austin.

Chelsea Austin enjoyed another successful season in winning the women's division and gaining second place outright (72 points). Chelsea has been consistent in her efforts and performances for a number of years and should be congratulated for her dedication.

Wayne Jeff showed good form throughout the season taking second place in the men's division and third place outright (71 points). Wayne was a main championship contender during the final stages of the competition. He had missed the early weeks of the season and finished strongly with many fine PBs.

Robert Giesler gained third place in the men's division (69 points). **Vikki Savage** gained third place in the women's division (68 points), with **Ashley Micallef** and **Maureen Mulcahy** sharing third place (64 points).

A large number of visitors competed in our competition this year. Visitors are defined as members from another club or younger athletes who don't qualify for dual membership. **Troy Weyland** gained first place as Champion Male Visitor (42½ points) with **Kathryn Graham** taking first place as Champion Female Visitor (59 points). Kathryn's enthusiasm, hard work and excellent attendance have once again been rewarded as she also won this award last year.

This year saw the inclusion of separate Track and Field categories. The champions in these areas are:

Track – Steven Williams (men) and Kate Stockings (women)
Field – Matthew Graham (men) and Jemma Austin (women)

We have continued with awards for various age groups. Athletes were required to compete in at least 50% of the total competition (i.e. 9 out of 17 competition days) in order to be eligible for these awards. Athletes who compete in interdistrict on Saturdays have their attendance noted for the purpose of eligibility for awards. Club championship placegetters and Track and Field category winners are ineligible for age category awards.

The results for the age groups are:

Age Group	Men			Women		
	1st place	2nd place	3rd place	1st place	2nd place	3rd place
Over 60	Bob Sewell					
Veteran	Stephen Halverson	Graham Sheargold	Keith Mayhew	Meredith Jeff		
Senior	Gary Micallef	Steven Clark		Jessica Culbert	Lynette Smith	
U20				Vivienne Herbert		
U18	Franklin Antwi	Tristan Manwaring		Julia Murphy	Amanda Giesler	Lisa Grant
U16	Brendan Weyland					
U14				Julie Grant		

Congratulations to all members for your enthusiasm and keen sportspersonship during the 2000-2001 summer competition.

Steven Williams

CLUB RECORDS

There were 68 ground records equalled, broken or established during the 2000/2001 season. During normal competition 45 were set, while during modified competition 23 records were set.

However, 18 were due to introduction of a new age category for our 'Golden Oldies' (men 60+ and women 55+) and 13 were due to changes in SP, Discus and Javelin specifications for some of the younger age groups.

In addition the age groups for the younger (U20 and below) athletes, instead of the former 'age on day', now follow the school system where age is determined by calendar year - i.e. if you turn 14 in year 2001, you are U15 up to 31 December 2001 and are U16 from 1 January 2002.

Katie-Ellen French was the stand-out performer with 12 records including 5 in the open category. Lynette Smith also picked up the senior women's 100m record and now holds every senior women record except for 400 hurdles and 800 steeplechase which haven't been contested for a number of years.

Steven Williams

BLAIR ZONE INTERCLUB

I really enjoy Blair Zone competition, but it clashes with my Wednesday night training sessions. However, I did attend on a couple of occasions with some of the runners I coach.

The competition is held at Blair Oval, St Marys which is the Nepean Club's home ground. They use the night for their summer pointscore competition so Nepean athletes turn up in force, but there is little interest from Penrith, Blacktown, Sydney Marathon Clinic or us.

Bob Sewell

ANSW INTERDISTRICT

Lynette Smith attended 5 times with best performances of 200m 28.2, 400m 64.0, 800m 2:24.4, 1500m 5:02.4, Discus 34-55, and Javelin 32-92.

Lisa Grant, Katie-Ellen French, and Irwin Burbage also attended. Unfortunately I don't have access to the results and I don't know if anyone else from or club competed. I suggest we arrange to obtain results from ANSW next season.

Bob Sewell

PUBLICITY

The winter and summer seasons were publicised by the Parramatta Sun and the Blacktown Advocate, but the Parramatta Advertiser and the Blacktown City Guardian did not appear to have much interest in the athletics scene. The local papers seem to have eliminated sports results except on rare occasions.

There is still a reluctance by athletes to let me know when they are successful and this just creates more effort for me in making phone calls, searching newspapers, and asking questions. Publicity is good for our club, so don't be modest and give me a call.

Bob Sewell

CANTEEN

Rain on four summer Saturdays resulted in reduced takings of nil, \$16, \$13, and \$19. Mrs Halverson kindly served in the canteen before Christmas and the average takings were \$63. After Christmas the canteen operated between events only and the average takings dropped to \$30.

In the circumstances, the profit of \$461 was excellent. This amount included the sale of drinks at winter events and on summer training nights.

It is essential that we find a kind and friendly person to operate the canteen next season.

Bob Sewell

FUNDRAISING

Thank you to everyone who participated in this year's fundraising activities by selling and buying chocolates and Christmas hamper tickets, and contributing to the hamper.

We had a very successful year, raising a total of \$1,124 which is a fantastic effort and will go a long way towards payment of our ground use expenses.

Lynette Smith

TREASURER

The year began with \$2,820.54 in the bank and finished with \$3,730.20 and no outstanding liabilities. Equipment purchases were new specification shot puts and discuses, and a 100m tape measure.

The club's main sources of income were from Club fees \$810, athletes' ground fees \$577, canteen profit \$461, and fundraising activities - Chocolate Drive profit \$919 and Christmas hamper raffle \$205.

Many thanks to Lynette Smith for her efforts with fundraising. I would also like to thank our President, Bob Sewell, for his consistent input over several years with Cash-for-Cans and providing 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.

As mentioned last year, the Council is re-introducing 'user pays' for water rates at C V Kelly Park starting this coming season after a lapse of several years. That means the rates will have to be paid by the users of the ground including us, and will involve a considerable (further) drain on our funds of around \$600 to \$700 each year.

Stephen Halverson

INCOME and EXPENDITURE

30/06/99 Through 11/07/01 (in \$s)

St. George Building Society Account 111-528-203

Category Description	30/06/99- 1/06/00	3/06/00- 11/07/01
INCOME		
Account Balance	1,828.80	2,820.54
Bank Interest	2.38	4.17
Canteen Income	394.95	461.10
Cash for Cans	19.50	20.50
Chocolate Drive	1,003.00	2,079.00
Clothing sale	126.00	382.00
Ground Fees	520.85	577.50
Registration	2,819.00	4,185.20
Xmas Hamper	164.00	205.00
TOTAL INCOME	6,878.48	10,735.01
EXPENSES		
Bank charges	1.79	3.46
Bank Cheque	21.00	50.50
Business Expens	9.25	13.40
Choc Drive Exp	500.00	1,159.89
Clothing	0.00	748.50
Equipment	6.00	235.55
Insurance	240.00	310.00
Park Trust Fees	750.00	750.00
Rego ANSW	2,211.00	3,375.00
Representative	100.00	100.00
Trophies	218.90	258.51
Uncategorised Expen...	0.00	0.00
TOTAL EXPENSES	4,057.94	7,004.81
TOTAL INCOME - EXPEN...	2,820.54	3,730.20
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:
 39 Singlets (unsold) \$ 780-00
 Bank Account 3730-20
 LIABILITIES NIL
 NET ASSETS \$ 4510-20



Accountant

ANTHONY WARD

20/8/2001

EQUIPMENT**stored at C V Kelly Park**

60 competition standard hurdles
 Hurdle transporter
 Hurdle marker

Steeplechase transporter

Javelins: 1x800g
 1x700g
 2x600g

Discus: 1x2kg metal ring
 1x1.75kg metal ring
 3x1.5kg metal ring
 2x1kg metal ring
 1x750g rubber

Shot puts: 1x7.260kg (16 lb)
 1x6kg
 1x5kg
 2x4kg
 1x3kg
 1x2kg
 1x2.724kg (6 lb) for fun day

Tapes: 1x30m
 1x50m
 1x100m

Stop watches: 2 multi
 3 single

Starter gun: 1
 Starter caps: 1 box

Ear protectors: 1 set

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

Notes: 4 steeplechase hurdles written off
 1x600g javelin written off
 2x5.449kg (12 lb) shot puts archived
 2x4.535kg (10 lb) shot puts archived
 2x3.632kg (8 lb) shot puts archived
 1 single stop watch written off

GIRRAWEE ATHLETICS CLUB

C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2001

		<u>MEN</u>		<u>VETERAN (40+)</u>	
<u>OPEN</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
RH: Ryde-Hornsby

N: Nepean
RB: Randwick-Botany

P: Parramatta

<u>SENIOR</u>				<u>U20</u>	
Peter Murray	11.0	100		Damien Beckhouse	11.6
Jeff Micallef	23.7	200		Jason Willetts	23.9
Michael Finucane	53.4	400		Jeff Micallef	53.4
Jeff Micallef					
Craig Downie	2:01.9	800		Garry Moran	2:10.9
Michael Finucane	4:18.7	1500		Bruce Hogg	4:31.7
Craig Downie	4:46.7	1 Mile		Bruce Hogg	4:35.8
Craig Downie	9:04.2	3000		Paul Weymark	10:14.2
Craig Downie	16:25.7	5000		Bruce Hogg	17:29.0
John Doolan	2:52.5	800s/c		Peter Kropman	3:21.0
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	
Matthew Graham	4:30.2	1500	
Bruce Hogg	4:54.2	1 Mile	
Bruce Hogg	9:21.9	3000	
Matthew Graham	16:56.6	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
Matthew Graham (6kg)	6-73	SP
Matthew Graham (1.75kg)	18-43	DIS
Andrew Grace (800g)	49-34	JAV

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
Christopher Flower (5kg)	8-79
Greg Howard (1.5kg)	38-78
Andrew Grace (700g)	45-28

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
Tristan Manwaring (5kg)	10-78	SP
Greg Howard (1.5kg)	39-72	DIS
Robert Kropman (700g)	53-76	JAV

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
Tristan Manwaring (4kg)	12-47
Greg Howard (1kg)	44-30
Jon Hetherington (700g)	44-14

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
Brendan Weyland (4kg)	7-43	SP
Andrew McIlwaine (1kg)	48-50	DIS
Andrew McIlwaine (600g)	52-84	JAV

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
Brendan Weyland (3kg)	7-05
Andrew McIlwaine (1kg)	43-22
Andrew McIlwaine (600g)	45-38

U13

Ivica Mikic	13.1	100
Ilia Gill	27.0	200
Michael Ryan	1:05.0	400
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

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
	(3kg)	SP		(3kg)
Andrew McIlwaine (1kg)	37-70	DIS	Andrew McIlwaine (1kg)	31-08
Andrew McIlwaine (600g)	32-50	JAV	Andrew McIlwaine (600g)	24-56

GOLDEN OLDIE (60+)

100	John Dwyer	14.4
200	John Dwyer	31.9
400	John Dwyer	1:09.4
800	John Dwyer	2:44.6
1500	Bob Sewell	6:58.6
1 Mile	Bob Sewell	7:50.7
3000	Bob Sewell	14:31.4
5000	John Dwyer	24:39.8
1500W		
LJ	Ram Swami	3-17
TJ		
HJ	Ram Swami	1-14
SP	John Dwyer (5kg)	7-23
DIS	John Dwyer (1kg)	29-14
JAV	John Dwyer (600g)	22-52

WOMEN

<u>OPEN</u>			<u>VETERAN (35+)</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
Katie-Ellen French	4:59.5	1500	Terri Baraniak	6:03.9
Kim Pitzing	5:53.0	1 Mile	Terri Baraniak	6:52.7
Katie-Ellen French	10:56.9	3000	Terri Baraniak	13:16.0
Katie-Ellen French	18:55.4	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
			Maureen Mulcahy	
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	Meredith Jeff (4kg)	6-90
Sue Read (NC) (1kg)	39-66	DIS	Meredith Jeff (1kg)	24-07
Tracey Wheeler (600g)	37-40	JAV	Meredith Jeff (600g)	19-31

G: Greystanes
SG: St George

NC: North Canberra
TW: Tiger Wests

SENIOR

Lynette Smith	13.5	100
Lynette Smith	28.9	200
Lynette Smith	1:01.8	400
Lynette Smith	2:27.5	800
Lynette Smith	5:11.7	1500
Lynette Smith	5:58.7	1 Mile
Lynette Smith	11:11.2	3000
Lynette Smith	19:37.3	5000
Jackie Wheeler	3:21.0	800s/c
Lynette Smith	8:41.9	1500W
Lynette Smith	17.6	100H
Lynette Smith	35.6	200H
Tracey Wheeler	1:16.1	400H
Lynette Smith	4-83	LJ
Lynette Smith	10-28	TJ
Lynette Smith	1-60	HJ
Lynette Smith (4kg)	10-20	SP
Lynette Smith (1kg)	35-60	DIS
Lynette Smith (600g)	35-92	JAV

U20

Jackie Wheeler	14.2
Jackie Wheeler	29.0
Jackie Wheeler	1:05.6
Tracey Wheeler	2:44.0
Jackie Wheeler	6:02.0
Lynette Smith	8:02.0
Tracey Wheeler	15:31.0
Tracey Wheeler	25:35.0
Jackie Wheeler	3:17.0
Lynette Smith	9:01.0
Tracey Wheeler	18.5
Jackie Wheeler	35.4
Tracey Wheeler	1:16.6
Lynette Smith	4-61
Catherine Kropman	10-03
Lynette Smith	1-53
Catherine Kropman (4kg)	10-02
Tracey Wheeler (1kg)	36-94
Tracey Wheeler (600g)	37-40

U19

Jackie Wheeler	13.8	100
Nicole Page	28.5	200
Jackie Wheeler	1:04.6	400
Jackie Wheeler	2:42.2	800
Jackie Wheeler	5:46.0	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

U18

Nicole Page	13.2
Jackie Wheeler	28.3
Jackie Wheeler	1:03.4
Jackie Wheeler	2:41.1
Jackie Wheeler	5:43.0
Kate Stockings	6:26.3
Jackie Wheeler	13:09.0
Jackie Wheeler	22:46.0
Tracey Connors	3:15.6
Chelsea Austin	7:52.6
Kylie Walker	19.1
Kylie Walker	36.8
Jackie Wheeler	1:18.2
Nicole Page	5-13
Catherine Kropman	9-73
Catherine Kropman	1-50
Catherine Kropman (4kg)	8-88
Natalie Avellino (1kg)	35-02
Tracey Wheeler (600g)	33-24

U17

Nicole Page	13.4	100
Tracey Connors	28.4	200
Jackie Wheeler	1:06.0	400
Jackie Wheeler	2:35.0	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
Chelsea Austin	7:40.4	1500W
Kylie Walker	18.7	100H / 90H
Tracey Connors	33.9	200H
Tracey Wheeler	1:14.6	400H
Nicole Page	5-05	LJ
Catherine Kropman	10-16	TJ
Tracey Wheeler	1-58	HJ
Tracey Wheeler (4kg)	9-66	SP
Tracey Wheeler (1kg)	32-62	DIS
Tracey Wheeler (600g)	32-50	JAV

U16

Linda Hatherly	13.4
Jackie Wheeler	
Jackie Wheeler	28.9
Jackie Wheeler	1:05.1
Jackie Wheeler	2:36.0
Jackie Wheeler	5:35.0
Katrina Ward	6:14.0
Katie-Ellen French	11:11.6
Kim Pitzing	20:12.0
Tracey Wheeler	4:10.0
Lisa Grant	7:20.4
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>			<u>U14</u>		
Rebecca Deane	12.7	100	Rebecca Deane	13.0	
Leanne Saliba					
Rebecca Deane	27.5	200	Rebecca Deane	28.3	
Tracey Wheeler	1:06.3	400	Rebecca Deane	1:03.8	
Katie-Ellen French	2:26.5	800	Katie-Ellen French	2:27.1	
Katie-Ellen French	4:59.5	1500	Katie-Ellen French	5:17.7	
Kim Pitzing	5:53.0	1 Mile	Susan Ireland	6:07.7	
Katie-Ellen French	10:56.9	3000	Katie-Ellen French	11:01.9	
Katie-Ellen French	18:55.4	5000	Susan Ireland	19:33.9	
Cherie Madden	3:31.0	800s/c	Catherine Kropman	3:32.0	
Lisa Grant	7:06.0	1500W	Lisa Grant	6:55.6	
Rebecca Deane	14.6	90H / 80H	Rebecca Deane	13.3	
Rebecca Deane	33.4	200H	Rebecca Deane	32.5	
Tracey Wheeler	1:17.7	400H	Catherine Kropman	1:21.9	
Linda Atkins	4-94	LJ	Linda Atkins	4-73	
Sarah Ferguson	10-28	TJ	Catherine Kropman	9-90	
Tracey Wheeler	1-59	HJ	Jessica Fisher	1-57	
Marianne Drobac (3kg)	5-45	SP	Ashley Micallef (3kg)	6-65	
Natalie Avellino (1kg)	34-38	DIS	Natalie Avellino (1kg)	34-22	
Tracey Wheeler (600g)	30-00	JAV	Ashley Micallef (400g)	20-93	
 <u>U13</u>			 <u>U12</u>		
Melissa Briggs	13.8	100	Melissa Briggs	14.4	
Tania Ringhof	29.1	200	Tammy Gilchrist		
Tracey Wheeler	1:06.5	400	Linda Hemmerling	30.3	
Katie-Ellen French	2:41.1	800	Linda Hemmerling	1:10.1	
Catherine Kropman	5:37.0	1500	Kellie Fenech	2:48.0	
		1 Mile	Catherine Kropman	5:42.0	
Katie-Ellen French	12:03.7	3000	Melissa Briggs	6:50.5	
Kim Pitzing	21:39.0	5000	Catherine Downer	13:04.0	
Catherine Kropman	3:44.0	800s/c	Shindhu Raju	25:59.6	
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	
Ashley Micallef (3kg)	7-91	SP		(3kg)	
Ashley Micallef (750g)	21-47	DIS		(750g)	
Ashley Micallef (400g)	15-76	JAV		(400g)	

GOLDEN OLDIE (55+)

100	
200	
400	
800	
1500	
1 Mile	
3000	
5000	
1500W	
LJ	
TJ	
HJ	
SP	(3kg)
DIS	(1kg)
JAV	(400g)

FUN DAY AND OTHER RECORDS

2.724kg SHOT PUT "THROW"

OPEN:	Robert Kropman	31-66	Lynette Smith	16-92
GOLDEN O:	Ram Swami	11-36		
VETERAN:	Steven Williams	19-76	Meredith Jeff	10-32
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
GOLDEN O:	Ram Swami	10.2		
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
GOLDEN O:				
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
	Matthew Graham			
U18:	David Beattie	40.4	Veronica Sestic	50.0
U17:	David Beattie	39.9	Kate Stockings	50.0
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:	Matthew Graham	2:53.3	Katie-Ellen French	3:11.2
GOLDEN O:	Bob Sewell	4:38.2		
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:	Matthew Graham	2:53.3	Vikki Savage	3:49.3
U18:	Matthew Graham	2:57.4	Veronica Sestic	4:06.1
U17:	Matthew Graham	3:09.6	Kate Stockings	3:47.0
U16:	Brad Tudman	3:19.3	Kate Stockings	3:35.5
U15:			Katie-Ellen French	3:11.2
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	Katie-Ellen French	7:04.0
GOLDEN O:	Bob Sewell	9:46.9		
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	Kate Stockings	9:22.9
U16:	Steven Rooke	7:46.5	Lisa Grant	8:53.4
U15:			Katie-Ellen French	7:04.0
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 Lynette Smith Nicole Page (N)	2-30
GOLDEN O:				
VETERAN:	Stephen Halverson	2-41	Maureen Mulcahy	1-78
SENIOR:	Robert Kropman	2-84	Catherine Kropman Lynette Smith	2-30
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:	Christopher Flower	2-66	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			
GOLDEN O:	Ram Swami	1-10		
VETERAN:	Stephen Halverson	1-42		
SENIOR:	Nathan Manwaring	1-55	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	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)	

ARCHIVED RECORDS

MEN			WOMEN		
U19 SP	Jeff Micallef (5.449kg)	13-49	U15 SP	Dianne Kidd (2.724kg)	12-28
U19 Discus	Damien Beckhouse (1.5kg)	39-78	U14 SP	Natalie Avellino (2.724kg)	12-91
U18 SP	Robert Kropman (5.449kg)	13-63	U14 Javelin	Natalie Avellino (600g)	30-44
U17 SP	Robert Kropman (4.535kg)	14-20	U13 SP	Natalie Avellino (2.724kg)	12-20
U16 SP	Robert Kropman (4.535kg)	13-58	U13 Discus	Natalie Avellino (1kg)	33-04
U15 SP	Andrew McIlwaine(3.632kg)	16-18	U13 Javelin	Natalie Avellino (600g)	23-76
U14 SP	Andrew McIlwaine(3.632kg)	14-88	U12 SP	Natalie Avellino (2.724kg)	8-51
U13 SP	Andrew McIlwaine(2.724kg)	14-22	U12 Discus	Natalie Avellino (1kg)	18-70
U12 SP	Andrew McIlwaine(2.724kg)	12-15	U12 Javelin	Tracey Wheeler (600g)	15-06
				Amy Van Trier	