



# **TWENTY-FOURTH ANNUAL REPORT**

**2001/02**





Stacey Argent (U12 2km) proudly displaying her gold medal at the NSW Cross Country Championships, Bass Hill on 30 June 2001



Garry Wordsworth (U15 3km) finishing third at the LAANSW Cross Country Championships, UWS on 1 July 2001



**ANNUAL REPORT 2001/02**  
**of**  
**GIRRAWEE ATHLETICS CLUB**

**Presented at the 24<sup>th</sup> Annual General Meeting**  
**held at Kings Langley Primary School Library**  
**Isaac Smith Parade, Kings Langley**  
**on**  
**20 August 2002**

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# MEMBERSHIP 2001/02

MEN: 45

WOMEN: 27

TOTAL: 72

## GOLDEN OLDIES

(MEN 60+, WOMEN 55+)

Phillip	Bowden
Bob	Sewell

## VETERANS

(MEN 40+, WOMEN 35+)

Vincent	Adams
Robert	Eager
Bill	Flanagan
Jennifer	Frost
Robert	Giesler
Bill	Goodin
Stephen	Halverson
Eddie	Makki
Vivian	Manwaring
Keith	Mayhew
Maureen	Mulcahy
Suresh	Raju
Kathy	Ryan
John	Sauer
Graham	Sheargold
Martin	Smith
Steven	Williams

## SENIORS (20+)

David	Beattie
Rachel	Evans
Richard	Frost
Gary	Howard
Orlagh	Howell
Wayne	Jeff
Michael	Kammerer
Tony	Krizan
Nathan	Manwaring
Gary	Micallef
Tim	Molesworth
Catherine	Nilon
Nathan	Rees
Ian	Richards
Vikki	Savage
Helen	Sestic
Veronica	Sestic
Lynette	Smith
Peter	Tamsett
Robert	Wilesmith
Rodney	Zammit

## U20 / SENIORS

Matthew	Graham
Warwick	Levett
Natalia	Sestic

## U18 / U19

Chelsea	Austin
Steven	Brinckley
Christopher	Flower
Michael	Jones
Peter	Kimpton
Matt	Moschione
Kate	Stockings

## U17 / U18

Natalie	Dawson
Lisa	Grant
Matthew	Jenkin
Tristan	Manwaring
Julia	Murphy

## U16 / U17

Jemma	Austin
Ivan	Craddy
Mariane	Drobac
Tim	Evans
Scott	Mortimer
Jane	Stockings
Jessica	Ward
Garry	Wordsworth

## U15 / U16

Eloise	Forrester
Michelle	Hinwood

## U14 / U15

Carly	Eager
Kathyn	Graham
Julie	Grant
Ashley	Micallef
Troy	Weyland

## U13 / U14

Bradley	Milosevic
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## U12 / U13

Stacey	Argent
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## CLUB COMPETITION RESULTS 2001/02

### WINTER COMPETITION 2001 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

	<b>MEN</b>	<b>points</b>	<b>competed</b>
1.	Bradley Milosevic	435	17
2.	Tristan Manwaring	425	14
3.	Keith Mayhew	422	15
4.	Steven Williams	421	19
5.	Graham Sheargold	417	18
6.	John Sauer	406	13
7.	Stephen Halverson	397	22
8.	Bob Sewell	380	20
9.	Wayne Jeff	376	21
10.	Matthew Graham	375	12
11.	Richard Frost	372	15
12.	Tim Molesworth	364	12
13.	Garry Wordsworth	315	11
14.	Peter Tamsett	284	12
15.	Suresh Raju	240	8
16.	Robert Eager	222	14
17.	Vivian Manwaring	218	18
18.	Bill Goodin	179	14
19.	Nathan Manwaring	149	11
20.	Gary Micallef	147	11
21.	Michael Kammerer	143	5
22.	Phillip Bowden	114	6
23.	Eddie Makki	74	3

	<b>WOMEN</b>	<b>points</b>	<b>competed</b>
1.	Ashley Micallef	358	13
2.	Lynette Smith	271	16
3.	Stacey Argent	266	20
4.	Carly Eager	237	19
5.	Natalie Dawson	219	8
6.	Rachel Evans	166	9
7.	Eloise Forrester	155	9
8.	Kate Stockings	153	5
9.	Vikki Savage	128	4
10.	Lisa Grant	127	4
11.	Julie Grant	64	2
12.	Jennifer Frost	45	3
13.	Mariane Drobac	29	1

Runners were required to compete 12 times or more to be eligible for awards.

Runners who did not compete in their Athletics NSW age group distance received half points.

**SUMMER COMPETITION 2001/02 - CONDUCTED OVER EIGHTEEN WEEKS  
AT C V KELLY PARK, GIRRAWEE**

	<b>MEN</b>	<b>points</b>	<b>competed</b>
1=	Peter Kimpton	80	17
1=	Bradley Milosevic	80	16
3.	Robert Giesler	77½	16
4.	Steven Williams	76	17
5.	Vivian Manwaring	65	16
6.	Bill Goodin	64	13
7.	Tim Molesworth	62	14
8=	Wayne Jeff	61	16
8=	Vincent Adams	61	12
10.	Scott Mortimer	60	13
11.	Matthew Graham	59	14
12.	Michael Jones	55½	11
13.	Eddie Makki	53	9
14.	Tristan Manwaring	51½	11
15.	Nathan Manwaring	49	8
16.	Christopher Flower	43	9
17.	Robert Eager	41	12
18.	Gary Micallef	40	14
19.	Ian Richards	39	9
20.	David Beattie	38	7
21.	Richard Frost	36	15
22.	Matt Moschione	33½	6
23.	Ivan Craddy	32	8
24.	Bob Sewell	27	17
25=	Stephen Halverson	24	5
25=	Tim Evans	24	9
27.	Keith Mayhew	22	13
28.	Gary Howard	20½	8
29.	Suresh Raju	20	8
30.	Troy Weyland	19½	5
31.	Graham Sheargold	13	10
32.	Bill Flanagan	12	4
33.	Martin Smith	11	3

	<b>WOMEN</b>	<b>points</b>	<b>competed</b>
1.	Chelsea Austin	82½	14
2.	Jessica Ward	76	16
3.	Kate Stockings	69½	15
4=	Jemma Austin	69	14
4=	Carly Eager	69	13
6.	Ashley Micallef	67½	16
7.	Julie Grant	65½	16
8.	Jane Stockings	58	14
9=	Lynette Smith	56	16
9=	Kathryn Graham	56	10
11.	Maureen Mulcahy	53½	9
12.	Lisa Grant	53	13
13.	Stacey Argent	47	10
14.	Helen Sestic	26	5
15.	Vikki Savage	25	5
16.	Catherine Nilon	22	4
17.	Julia Murphy	16	4
18.	Michelle Hinwood	12	4
19.	Veronica Sestic	10	3

Athletes scoring less than 10 points are not listed

# CLUB COMPETITION CHAMPIONS

## FEMALE

## SEASON

## MALE

### WINTER COMPETITION

Ashley Micallef U14	2001	Bradley Milosevic U13
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 U18	2001/02	Peter Kimpton U18 / Bradley Milosevic U13
Chelsea Austin U17	2000/01	* Suresh Raju (Snr)
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

## WINTER 2001 RESULTS

**31-03-01**
**X country at Haberfield (WMZ 1)**

Men 7.5km:	P Tamsett	26:15
	J Sauer	27:11
	M Graham	28:18
	K Mayhew	30:25
	M Kammerer	30:42
	R Frost	30:52
	G Sheargold	32:32
	R Zammit	33:26
	S Williams	33:47
	S Halverson	36:53
	B Sewell	42:21
3km:	W Jeff	11:28
	S Raju	11:55
	N Manwaring	12:04
	T Manwaring	12:15
	V Manwaring	12:36
	B Milosevic	12:52
	G Micallef	13:39
	B Goodin	13:46
2km:	S Williams	7:02
Women 3km:	L Smith	11:04
	L Grant	11:40
	S Argent	12:52
	A Micallef	14:52
2km:	J Grant	9:28
	C Eager	10:05

**07-04-01**
**X country at Ermington (WMZ 2)**

Men 9km:	P Tamsett	32:30
	J Sauer	33:59
	M Graham	34:23
	T Molesworth	35:31
	M Kammerer	36:31
	R Frost	39:37
	R Zammit	40:09
	G Sheargold	40:32
	S Williams	42:02
	W Jeff	42:38
	S Halverson	43:49
	B Sewell	51:22
3km:	G Wordsworth	10:46
	T Manwaring	12:58
	N Manwaring	13:10
	V Manwaring	13:39
	B Milosevic	14:10
	G Micallef	15:09
	B Goodin	15:18
Women 9km:	V Savage	42:32
3km:	L Smith	12:11
	N Dawson	12:49
	K Stockings	13:15
	S Argent	13:40
	A Micallef	15:57
2km:	C Eager	12:26

**14-04-01**
**Road and X country at Auburn (WMZ 3)**

Men 7.5km:	P Tamsett	26:27
	M Graham	27:46
	R Frost	30:50
	R Zammit	32:41
	S Williams	33:15
	W Jeff	34:06
	S Halverson	36:48
	B Sewell	37:58
5km:	T Manwaring	22:51
	V Manwaring	23:18
	N Manwaring	23:22
	B Milosevic	24:59
	G Micallef	25:12
	B Goodin	25:46
2.5km:	S Williams	10:38
Women 5km:	L Grant	22:23
	S Argent	22:43
	A Micallef	28:18
2.5km:	J Grant	15:03

**21-04-01**
**X country at Smithfield (WMZ 4)**

Men 10km:	P Tamsett	35:07
	T Molesworth	39:07
	K Mayhew	39:33
	R Frost	41:07
	R Zammit	42:40
	G Sheargold	43:35
	S Williams	44:32
	W Jeff	45:33
	S Halverson	48:50
	B Sewell	53:24
	P Bowden	55:50
5km:	S Raju	22:22
	V Manwaring	23:07
	B Milosevic	24:03
	G Micallef	24:56
	B Goodin	26:04
2km:	R Eager	11:34
Women 10km:	V Savage	46:50
5km:	L Smith	20:43
	A Micallef	28:06
2km:	E Forrester	9:15
	C Eager	11:19
	R Evans	12:18



**28-04-01****X country at Concord (WMZ 5)**

Men 8km:	M Graham	29:02
	P Tamsett	29:07
	J Sauer	29:24
	T Molesworth	30:48
	K Mayhew	30:59
	R Frost	32:11
	R Zammit	33:22
	G Sheargold	34:01
	S Williams	35:15
	W Jeff	36:13
	S Halverson	38:34
	B Sewell	42:04
	P Bowden	44:34
4km:	V Manwaring	17:58
	S Raju	19:04
	B Milosevic	19:34
	G Micallef	19:54
2km:	G Wordsworth	6:57
	R Eager	11:53
Women 8km:	V Savage	36:58
4km:	L Smith	16:18
	N Dawson	16:30
	S Argent	17:34
	A Micallef	22:03
	E Forrester	9:14
2km:	J Frost	10:31
	C Eager	11:32
	R Evans	13:16

**12-05-01****Bitumen path at Rydalmere (WMZ 6)**

Men 10km:	M Graham	37:12
	K Mayhew	38:09
	R Frost	39:31
	J Sauer	39:32
	W Jeff	43:12
	S Halverson	46:55
	B Sewell	50:26
5km:	G Wordsworth	18:34
	T Manwaring	22:03
	V Manwaring	22:13
	B Milosevic	23:11
	G Micallef	24:36
	B Goodin	24:42
	R Eager	11:11
Women 5km:	N Dawson	20:56
	S Argent	21:39
	K Stockings	21:58
	A Micallef	28:25
	E Forrester	8:53
2km:	C Eager	11:00
	R Evans	12:37
	J Frost	14:32

**05-05-01****NSW Novice X country Championships at Ramsgate**

Men 10km:	P Tamsett	35:01 (21 <sup>st</sup> )
	M Graham	37:47 (43 <sup>rd</sup> )
	G Wordsworth	39:45 (54 <sup>th</sup> )
	T Molesworth	39:52 (55 <sup>th</sup> )
	K Mayhew	40:04 (56 <sup>th</sup> )
	R Frost	41:35 (57 <sup>th</sup> )
	G Sheargold	43:43 (65 <sup>th</sup> )
	S Williams	44:08 (66 <sup>th</sup> )
	W Jeff	44:59 (67 <sup>th</sup> )
	S Halverson	48:40 (70 <sup>th</sup> )
	S Raju	50:31 (72 <sup>nd</sup> )
	B Sewell	55:11 (75 <sup>th</sup> )
Women 4km:	L Smith	16:32 (18 <sup>th</sup> )
	S Argent	17:28 (28 <sup>th</sup> )
	V Savage	18:09 (32 <sup>nd</sup> )

**Fun runs**

4km:	B Milosevic	18:46
2km:	C Eager	11:45
	R Eager	11:54

**19-05-01****NSW Road Championships at Kurnell**

Men	10km:	P Tamsett	36:03 (51 <sup>st</sup> )
		K Mayhew	39:04
		(93 <sup>rd</sup> overall & 2 <sup>nd</sup> 55+)	
		R Frost	41:28 (115 <sup>th</sup> )
		W Jeff	43:33 (131 <sup>st</sup> )
		S Williams	44:23 (137 <sup>th</sup> )
		G Sheargold	48:28 (170 <sup>th</sup> )
		S Halverson	49:56 (174 <sup>th</sup> )
		B Sewell	51:45 (183 <sup>rd</sup> )
		(Team 35+: Mayhew, Jeff, Williams, Sheargold 8 <sup>th</sup> )	
	U20 8km:	M Graham	29:19 (9 <sup>th</sup> )
	U16 4km:	G Wordsworth	14:43 (15 <sup>th</sup> )
Women	10km:	L Smith	42:43 (21 <sup>st</sup> )
	U18 4km:	N Dawson	16:23 (7 <sup>th</sup> )
	U16 4km:	C Eager	23:21 (18 <sup>th</sup> )
	U12 2km:	S Argent	8:01 (3 <sup>rd</sup> )

**27-05-01****NSW Half Marathon Championships in Sydney City**

Men:	K Mayhew	1-24:06 (49 <sup>th</sup> )
	R Frost	1-30:08 (65 <sup>th</sup> )
	S Williams	1-34:54 (72 <sup>nd</sup> )
	G Sheargold	1-40:02 (84 <sup>th</sup> )
	S Raju	1-58:42 (108 <sup>th</sup> )

**26-05-01****Road at Cabarita (WMZ 7)**

Men 8km:	J Sauer	27:41
	M Graham	28:50
	T Molesworth	29:37
	P Tamsett	31:24
	W Jeff	33:30
	S Halverson	37:08
	G Sheargold	37:13
	B Sewell	39:05
	P Bowden	41:55
4km:	G Wordsworth	13:25
	T Manwaring	16:51
	N Manwaring	16:57
	V Manwaring	17:23
	B Milosevic	19:13
	S Raju	19:25
2km:	S Williams	7:22
	R Eager	11:13
Women 8km:	V Savage	38:19
4km:	S Argent	16:08
2km:	A Micallef	9:43
	C Eager	10:48

**09-06-01****X country at Dundas (WMZ 9)**

Men 8km:	J Sauer	30:57
	K Mayhew	32:26
	G Sheargold	35:57
	W Jeff	36:42
	R Frost	36:45
	S Williams	38:43
	S Halverson	40:41
	S Raju	41:44
	B Sewell	42:34
	E Makki	43:28
	P Bowden	47:53
4km:	T Manwaring	18:07
	V Manwaring	19:24
	N Manwaring	19:30
	B Goodin	21:06
2km:	S Williams	8:33
	R Eager	11:36
Women 4km:	L Smith	17:12
	S Argent	18:06
	R Evans	27:30
2km:	C Eager	11:23
	R Evans	11:55

**02-06-01****X country at North Ryde (WMZ 8)**

Men 8.5km:	M Graham	31:13
	J Sauer	31:14
	K Mayhew	33:55
	S Williams	37:46
	G Sheargold	37:53
	S Raju	40:59
	S Halverson	41:14
	E Makki	44:02
	B Sewell	44:59
	P Bowden	48:39
4km:	W Jeff	17:13
	T Manwaring	18:21
	V Manwaring	18:34
	B Goodin	20:59
2km:	S Williams	8:04
	R Eager	11:26
Women 4km:	L Smith	16:49
	S Argent	17:41
	A Micallef	23:02
	R Evans	33:52
2km:	C Eager	11:06

**16-06-01****NSW X Country Championships at Cambewarra**

Men 8km:	P Tamsett	29:41 (41 <sup>st</sup> )
	K Mayhew	33:17
	(85 <sup>th</sup> overall & 3 <sup>rd</sup> 55+)	
	R Frost	36:14 (110 <sup>th</sup> )
	W Jeff	36:55 (120 <sup>th</sup> )
	G Sheargold	37:09 (124 <sup>th</sup> )
	S Williams	37:55 (133 <sup>rd</sup> )
	S Halverson	41:25 (159 <sup>th</sup> )
U14 3km:	B Milosevic	12:55 (12 <sup>th</sup> )
Women 6km:	L Smith	27:23 (21 <sup>st</sup> )
<b>Fun runs</b>		
4km:	C Eager	26:11
2km:	R Eager	12:50



**23-06-01****Road at Abbotsford (WMZ 10)**

Men 8km:	P Tamsett	28:02
	T Molesworth	31:18
	G Sheargold	33:46
	S Williams	34:16
	W Jeff	35:30
	S Halverson	38:05
	E Makki	39:15
	B Sewell	39:47
	P Bowden	42:51
4km:	G Wordsworth	14:17
	V Manwaring	17:18
	S Raju	18:27
2km:	S Williams	8:04
	R Eager	10:56
Women 4km:	L Smith	15:44
	N Dawson	16:32
	S Argent	16:43
	R Evans	26:07
2km:	E Forrester	9:01
	C Eager	10:51

**30-06-01****NSW X country Championships at Bass Hill**

Men 12km:	P Tamsett	46:08 (42 <sup>nd</sup> )
	R Frost	54:39 (98 <sup>th</sup> )
	S Williams	55:23 (101 <sup>st</sup> )
	W Jeff	55:36 (105 <sup>th</sup> )
	G Sheargold	57:17 (115 <sup>th</sup> )
	S Raju	62:23 (140 <sup>th</sup> )
	S Halverson	63:35 (143 <sup>rd</sup> )
	B Sewell	69:02 (151 <sup>st</sup> )
U16 4km:	B Milosevic	18:53 (16 <sup>th</sup> )
Women 8km:	L Smith	35:30 (17 <sup>th</sup> )
U18 4km:	N Dawson	17:51 (6 <sup>th</sup> )
	K Stockings	18:47 (9 <sup>th</sup> )
	C Eager	26:08 (10 <sup>th</sup> )
	(Team: Dawson, Stockings, Eager 1 <sup>st</sup> )	
U12 2km:	S Argent	8:13 (1 <sup>st</sup> )

**07-07-01****Bitumen path at Meadowbank (WMZ 11)**

Men 8km:	M Graham	29:40
	K Mayhew	30:20
	T Molesworth	30:37
	R Frost	31:46
	S Williams	32:28
	G Sheargold	32:44
	W Jeff	32:57
	S Halverson	37:55
	B Sewell	39:33
4km:	M Graham	13:57
	G Wordsworth	14:02
	T Manwaring	16:27
	V Manwaring	16:46
	N Manwaring	17:36
2km:	B Milosevic	17:59
	B Goodin	19:10
	S Williams	8:18
	R Eager	12:38
Women 8km:	R Evans	48:18
4km:	L Smith	15:35
	S Argent	16:15
	A Micallef	22:12
2km:	C Eager	11:00
	J Frost	13:16

**14-07-01****Road at Epping (WMZ 12)**

Men 10km:	T Molesworth	40:31
	K Mayhew	41:03
	R Frost	43:09
	S Williams	44:33
	G Sheargold	44:49
	W Jeff	45:33
	R Zammit	48:12
	S Halverson	51:44
5km:	T Manwaring	22:59
	V Manwaring	23:41
	B Goodin	26:36
2km:	B Milosevic	27:12
	S Williams	8:07
Women 5km:	L Smith	21:18
	S Argent	22:48
	R Evans	33:15

21-07-01

**X country at Baulkham Hills (WMZ 13)**

Men 8km:	J Sauer	29:28
	T Molesworth	30:55
	S Williams	34:32
	G Sheargold	34:45
	S Halverson	39:18
	B Sewell	45:39
4km:	W Jeff	16:29
	T Manwaring	17:34
	V Manwaring	17:42
	S Raju	18:20
	B Goodin	19:56
	B Milosevic	20:37
	N Manwaring	20:38
	G Micallef	21:26
2km:	S Williams	8:31
	R Eager	13:03
Women 4km:	L Smith	15:52
	S Argent	17:13
	A Micallef	23:25
2km:	C Eager	11:55

28-07-01

**X country at Dundas (WMZ 14)**

Men 8km:	K Mayhew	32:45
	M Graham	33:05
	J Sauer	33:48
	S Williams	35:56
	G Sheargold	35:58
	S Halverson	39:43
	B Sewell	47:33
4km:	M Graham	15:26
	B Milosevic	18:05
	S Raju	18:12
	T Manwaring	18:25
	V Manwaring	18:33
	N Manwaring	20:06
	B Goodin	20:16
	G Micallef	22:14
2km:	S Williams	8:28
	R Eager	12:45
Women 4km:	S Argent	18:16
	A Micallef	22:12
2km:	E Forrester	10:03
	C Eager	11:54

04-08-01

**NSW X country Relay Championships at Miranda**

Men	G Wordsworth	15:12	Men	J Sauer	14:31		
Open A	M Graham	14:47	35+	K Mayhew	15:38	Reserve	
4x4km	T Molesworth	15:01	4x4km	S Williams	17:31	S Raju	17:39
	M Kammerer	<u>15:43</u>		G Sheargold	<u>17:27</u>		
		60:43			65:07		
Men	R Frost	16:24	Men	V Manwaring	17:57		
Open B	T Manwaring	17:37	45+	S Halverson	18:34		
4x4km	N Manwaring	18:54	4x4km	B Goodin	21:17		
	B Milosevic	<u>18:33</u>		B Sewell	<u>20:41</u>		
		71:28			78:29		
			Women	N Dawson	18:18		
			U18	M Drobac	20:43	Reserve	
			3x4km	L Grant	<u>17:22</u>	K Stockings	18:10
					56:23		

11-08-01

**Road and X country at Auburn**

Men 7.5km:	R Zammit	32:47
	G Sheargold	32:52
	S Halverson	36:52
5km:	W Jeff	21:23
	B Milosevic	23:08
	B Goodin	24:39
	B Sewell	24:46
2.5km:	G Micallef	12:28
	R Eager	13:00
Women 2.5km:	E Forrester	12:46
	A Micallef	12:50
	C Eager	12:51

12-08-01

**The Sun-Herald City to Surf (14km)**

336	M Graham	53:49
482	K Mayhew	55:40 (3 <sup>rd</sup> Men 55-59)
685	G Wordsworth	57:22
886	S Williams	58:58
1290	L Smith	61:08
1341	W Jeff	61:20
1734	R Frost	63:04
3054	L Grant	67:17
4809	S Raju	71:37



**18-08-01****X country at Baulkham Hills (WMZ 15)**

Men 8km:	J Sauer	30:07
	K Mayhew	31:40
	G Sheargold	33:59
	W Jeff	35:31
	S Halverson	39:41
	B Sewell	41:29
4km:	G Wordsworth	15:54
	W Jeff	17:45
	T Manwaring	18:11
	V Manwaring	18:22
	S Raju	19:20
	B Goodin	20:05
	G Micallef	21:00
2km:	S Williams	8:15
Women 4km:	L Smith	16:39
	S Argent	17:48
	A Micallef	24:00
2km:	C Eager	11:02

**25-08-01****Trevor Lonard Memorial Hcp (road at Cabarita WMZ 16)**

Men 8km:	J Sauer	28:23
	T Molesworth	29:24
	S Williams	33:00
	S Halverson	38:53
	B Sewell	42:53
4km:	G Wordsworth	13:42
	W Jeff	15:28 (3 <sup>rd</sup> hcp)
	B Milosevic	16:17
	V Manwaring	16:54
	S Raju	18:11
	B Goodin	18:28
	G Micallef	18:33
2km:	R Eager	9:33 (2 <sup>nd</sup> hcp)
Women 8km:	R Evans	56:30
4km:	L Smith	15:18
	S Argent	16:52
	A Micallef	20:30
2km:	E Forrester	8:41
	C Eager	10:04

**01-09-01****Concrete path at West Auburn (WMZ 17)**

Men 8km:	J Sauer	29:15
	T Molesworth	30:09
	K Mayhew	31:44
	R Frost	32:26
	S Williams	32:56
	G Sheargold	34:16
	W Jeff	34:29
	S Halverson	39:32
	B Sewell	41:48
4km:	M Kammerer	14:17
	B Milosevic	16:33
	T Manwaring	17:02
	W Jeff	17:06
	V Manwaring	17:48
	N Manwaring	18:43
	B Goodin	18:55
	G Micallef	19:20
2km:	S Williams	7:33
	R Eager	9:36
Women 4km:	L Smith	15:47
	S Argent	17:03
	A Micallef	23:24
2km:	E Forrester	8:59
	C Eager	10:05

**08-09-01****NSW Road Relay Championships at Picton**

Men	M Graham	18:24
Open A	T Molesworth	18:32
4x5km	M Kammerer	20:02
	R Frost	<u>20:24</u>
		77:22 4th
Men	T Manwaring	23:00
Open B	V Manwaring	22:52
4x5km	S Halverson	24:09
	B Sewell	<u>26:26</u>
		96:27 9th
Men	J Sauer	17:45
35+	K Mayhew	19:21
4x5km	S Williams	20:56
	G Sheargold	<u>21:29</u>
		79:31 4th
Women	L Smith	21:48
Open	S Argent	22:30
3x5km	L Grant	<u>21:39</u>
		65:57 5th

Men	<u>WMZ TROPHY WINNERS</u>	Women
Bob Sewell	1 <sup>st</sup> 60+ long events	Lynette Smith 1 <sup>st</sup> Senior medium events
Phillip Bowden	3 <sup>rd</sup> 60+ long events	Stacey Argent 2 <sup>nd</sup> U13 medium events
Keith Mayhew	2 <sup>nd</sup> 50+ long events	
Vivian Manwaring	3 <sup>rd</sup> 50+ medium events	
John Sauer	2 <sup>nd</sup> 40+ long events	
Steven Williams	1 <sup>st</sup> 40+ short events	
Gary Micallef	3 <sup>rd</sup> 30+ medium events	Note:
Matthew Graham	1 <sup>st</sup> U20 long events	Kelly Micallef, Brenda Micallef, Danielle Goodin
Bradley Milosevic	2 <sup>nd</sup> U13 medium events	and Luana Gatley participated as Little Athletes.

**AUSTRALIAN WALKS FEDERATION CHAMPIONSHIPS (Canberra, 10 June 2001)**

Lisa Grant	Open Women	5km	3 <sup>rd</sup>	24:31
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**NSW SCHOOLS WALKS CHAMPIONSHIPS (Blacktown, 23 June 2001)**

Chelsea Austin	Open Female	5km	2 <sup>nd</sup>	28:29
Lisa Grant	U17 Female	5km	1 <sup>st</sup>	24:52
Julie Grant	U15 Female	3km	8 <sup>th</sup>	19:09

**LAANSW STATE XCOUNTRY & ROADWALK CHAMPIONSHIPS (UWS, 1 July 2001)**

Garry Wordsworth	U15B	3000	3 <sup>rd</sup>	10:46.3
Stacey Argent	U11G	2000	13 <sup>th</sup>	8:45.1
Stacey Argent	U11G	1500W	18 <sup>th</sup>	11:24.0

**NSW LONG WALKS CHAMPIONSHIPS (Ermington, 21 July 2001)**

Lisa Grant	Open Women	5km	1 <sup>st</sup>	24:26
Chelsea Austin			5 <sup>th</sup>	28:32
Catherine Nilon			9 <sup>th</sup>	31:36
Julie Grant	U16 Women	5km	6 <sup>th</sup>	31:39

**NSW 10km TEAM WALKS CHAMPIONSHIPS (Chipping Norton, 18 August 2001)**

Lisa Grant	U20 Female	10km	1 <sup>st</sup>	53:08
Chelsea Austin			5 <sup>th</sup>	57:55
Catherine Nilon			6 <sup>th</sup>	62:43
Lisa Grant, Chelsea Austin, Catherine Nilon			1 <sup>st</sup> Senior Female Team	

**AUSTRALIAN ROAD WALKING CHAMPIONSHIPS (Hobart, 2 September 2001)**

Lisa Grant	U18 Women	8km	1 <sup>st</sup>	41:56
Julie Grant	U14 Women	3km	5 <sup>th</sup>	17:58



## SUMMER 2001/02 RESULTS

### CLUB COMPETITION - NEW RECORDS

There were 22 ground records achieved at C V Kelly Park during normal competition:

Name	Age Group	Event	Time/Distance
Matthew Graham	U20	3000	10:13.9
Michael Jones	U19	3000W	24:50.1
Peter Kimpton	U18	1500W	8:27.9
Peter Kimpton	U18 and Open	3000W	17:50.1
Catherine Nilon	Senior	1500W	7:58.4
Catherine Nilon	Senior	3000W	17:17.6
Chelsea Austin	U19	1500W	7:58.7
Chelsea Austin	U19	3000W	16:30.0
Chelsea Austin	U18	1500W	7:29.7
Lisa Grant	U18	1500W	7:07.4
Lisa Grant	U18	3000W	15:50.1
Lisa Grant	U17 and Open	1500W	6:52.2
Lisa Grant	U17 and Open	3000W	14:44.4
Carly Eager	U15	3000W	25:36.6
Julie Grant	U14	3000W	18:14.2
Ashley Micallef	U14	Javelin	21-61
Ashley Micallef	U14	SP	7-69
Stacey Argent	U12	3000	12:12.2
Stacey Argent	U12	5000	21:42.4

**Note - 3000W** was introduced to the program for the first time in 2000/01 and the following records were omitted from last year's annual report:

Matthew Jenkin	U17	3000W	19:40.0
Chelsea Austin	U18	3000W	16:25.4
Lisa Grant	U17	3000W	15:40.2
Lisa Grant	U16	3000W	16:21.3
Julie Grant	U13	3000W	18:39.0

### FUN DAYS - NEW RECORDS

There were 10 ground records achieved at C V Kelly Park during modified competition days:

Name	Age Group	Event	Time/Distance
Steven Williams	Veteran	SP "throw"	20-61
Steven Williams	Veteran	60	7.8
David Beattie	Open	Scissors HJ	1-61
David Beattie	Senior	Scissors HJ	1-61
Peter Kimpton	U19	Scissors HJ	1-55
Tim Evans	U17	Scissors HJ	1-55 eq
Maureen Mulcahy	Veteran	60	9.8
Maureen Mulcahy	Veteran	300	58.6
Lisa Grant	U18	300	49.8
Lisa Grant	U18	1000	3:40.0

**NSW ALL-SCHOOLS T&F CHAMPIONSHIPS** (Homebush, 12-14 October 2001)

Jessica Ward	15 years Women	SP	9 <sup>th</sup>	8-58
Julie Grant	13 years Women	1500W	10 <sup>th</sup>	8:25.06

**NSW OPEN 10,000m TRACK WALK CHAMPIONSHIPS** (Bankstown, 26 October 2001)

Lisa Grant	Women	6 <sup>th</sup>	55:47.3
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**NSW DISABLED STATE CHAMPIONSHIPS** (Homebush, 11 November 2001)

Richard Frost	T36 class	800	1 <sup>st</sup>	2:47.05
		1500	1 <sup>st</sup>	5:37.10
		5000	1 <sup>st</sup>	19:27.01

**AUSTRALIAN ALL-SCHOOLS T&F CHAMPIONSHIPS** (Melbourne, 6-9 December 2001)

Lisa Grant	U20 Female	5000W	2 <sup>nd</sup>	24:38
	U18 Female	3000W	2 <sup>nd</sup>	14:07

**NSW PENTATHLON CHAMPIONSHIPS** (Homebush, 5 January 2002)

Lynette Smith	30-34 Women	1 <sup>st</sup>	2,778 points
(200 28.20, 800 2:33.26, LJ 4-40, Discus 33-69, Javelin 34-30)			

**NSW T&F CHAMPIONSHIPS** (Homebush, 1-3 February 2002)

Lynette Smith	30-34 Women	200	4 <sup>th</sup>	29.71
		400	2 <sup>nd</sup>	1:01.63
		800	1 <sup>st</sup>	2:27.12
		Discus	1 <sup>st</sup>	33-13
		Javelin	1 <sup>st</sup>	36-74
Lisa Grant	Open Women	5000W	3 <sup>rd</sup>	25:21.22
Catherine Nilon			8 <sup>th</sup>	30:12.58
Lisa Grant	U20 Women	5000W	4 <sup>th</sup>	26:15.79

**NSW UNDER-AGE T&F CHAMPIONSHIPS** (Homebush, 2/3 March 2002)

Lisa Grant	U18 Female	3000W	1 <sup>st</sup>	14:30.51
Julie Grant	U16 Female	1500W	6 <sup>th</sup>	8:40.39

**LAANSW STATE MULTI EVENT** (Bathurst, 2/3 March 2002)

Troy Weyland	U13B	7 <sup>th</sup>	5,183 points
(80H 14.4, 200 29.4, 800 2:51.3, HJ 1-52, LJ 4-34, SP 8-05, Discus 19-16)			

Jessica Ward	U15G	33 <sup>rd</sup>	3,110 points
(90H 21.2, 100 16.2, 800 3:59.2, HJ -, LJ 2-64, SP 9-91, Discus 20-71)			

**LAANSW STATE T&F CHAMPIONSHIPS** (Homebush, 16/17 March 2002)

Troy Weyland	U13B	HJ	8 <sup>th</sup>	1-55
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**AUSTRALIAN YOUTH T&F CHAMPIONSHIPS** (Adelaide, 22-24 March 2002)

Lisa Grant	U18 Female	3000W	1 <sup>st</sup>	14:20.2
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**AUSTRALIAN VETERANS T&F CHAMPIONSHIPS** (Adelaide, 29 March-1 April 2002)

Lynette Smith	30-34 Women	400	1 <sup>st</sup>	1:01.1
		800	1 <sup>st</sup>	2:25.9
		1500	1 <sup>st</sup>	5:00.7
		Discus	1 <sup>st</sup>	32-00
		Javelin	1 <sup>st</sup>	34-94

Pentathlon 1<sup>st</sup> 2,915 points (record)  
 (200 28.3, 800 2:26.5, LJ 4-44, Discus 33-60, Javelin 36-58)

**AUSTRALIAN T&F CHAMPIONSHIPS** (Brisbane, 11-14 April 2002)

Lisa Grant	U20 Women	10,000W	3 <sup>rd</sup>	53:50.65
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Start of an exhibition 800m at Girraween Little Athletics Centre Championships  
 at C V Kelly Park on 10 February 2002 (l to r):

Vincent Adams  
 Bradley Milosevic  
 Lisa Grant  
 Steven Williams  
 Richard Frost  
 Vikki Savage  
 Bill Goodin  
 Chelsea Austin  
 Wayne Jeff  
 Michael Jones

31/3/01

**GIRRAWEE at Haberfield: 7.5km Cross Country:** P Tamsett 26m15s R Frost R Zammit. **O-30:** M Cammerer 30m42s. **O-40:** J Sauer 27m11s S Williams. **O-45:** K Mayhew 30m25s G Sheargold S Halverson. **O-60:** B Sewell 42m21s. **U-20:** M Graham 28m18s. **3km:** L W Giff 11m28s S Raju N Manwaring. **O-30:** V Manwaring 12m36s G Micallef B Goodin. **O-60:** J Smith 13m55s **U-16:** T Manwaring 12m15s B Milosevic. **WOMEN:** 5km: L Smith 11m45s L Grant A Micallef. **U-12:** S Argent 12m52s. **U-15:** 2km: J Grant 9m28s C Eager K Micallef. **U-12:** L Gately 8m20s D Goodin B Micallef.

**WEST METROPOLITAN at Haberfield: 7.5km O-60:** L Cadogan (STC) 34m16s K Sculley (Hills) B Sewell (GIR). **O-50:** K Mayhew (GIR) 30m25s J Burroughs (ASW) G Allomes (SYP). **O-40:** J Sauer (GIR) 27m11s D Lewis (ASW) M Collins (ASW). **O-30:** J Murray (ASW) 27m22s M Todd P Fisher (Hills). **O-20:** B McKinley (UTS Norths) 26m05s P Tamsett (GIR) A Smallwood (Hills). **U-20:** M Graham (GIR) 28m18s. **3km O-60:** J Smith (GIR) 13m05s F Scurr (UTS Norths). **O-50:** L Vaughan (Hills) 12m09s V Manwaring (GIR) D Archbold (UTS Norths). **O-40:** N Terranova (Hills) 10m27s W Helfensdorfer (Hills) W Gleeson (Vets). **O-30:** W Jeff (GIR) 11m28s S Whelan (Hills) G Melky (Hills). **O-20:** S Ellis (ASW) 9m35s N Manwaring (GIR). **U-20:** D Smith (Hills) 9m49s. **U-16:** A Rutter (SYP) 9m54s A Smith (Hills) A Pincham (COL). **2km O-50:** D Archbold (UTS Norths) 8m16s P Donelan (ASW). **O-40:** S Williams (GIR) 7m02s W Crandell (TW) J Geoghegan. **U-13:** A Pincham (COL) 6m59s S Radzki (COL) H Lewis (Ryde). **U-12:** J Crandell (TW) 7m08s M May (PAR) K Gregson (CNR). **WOMEN:** 7.5km **O-35:** R Roediger (Hills) 32m03s A Forbes (UTS Norths) J Patterson (Hills). **O-20:** S Tulloch 36m06s. **U-20:** J O'Brien (ASW) 30m30s C Roediger (Hills). **3km O-35:** K Petley (KAT) 11m17s N Stock. **O-20:** L Smith (GIR) 11m04s S Ellis (ASW). **U-16:** M Vernon (Spring) 9m58s C Lower (ASW) N King (ASW). **U-13:** H Gregson (Hills) 11m02s N N Terranova (Hills) D Rifkin (ASW). **2km O-35:** V Ellis 9m40s S Barros (Hornsby) D Kass (UTS Norths). **U-13:** T Meindertsma (COL) 7m27s L Huston (WH) E Helfensdorfer (WH). **U-12:** K Furniss (TW) 7m58s L Gately (GIR) K Anne-Johns (GREY).

21/4/01

**GIRRAWEE at Smithfield: Cross country Men 10km:** P Tamsett 35m7s T Molesworth R Frost. **O-25:** R Zammit 42m40s W Jeff. **O-40:** G Sheargold 43m35s S Williams S Halverson. **O-50:** K Mayhew 39m33s B Sewell P Bowden. **5km:** S Raju 22m22s B Milosevic G Micallef. **O-50:** V Manwaring 23m7s J Smith B Goodin. **2km:** R Eager 11m34s **Women 10km:** V Savage 46m50s. **5km:** L Smith 20m43s A Micallef. **2km:** E Forrester 9m15s C Eager R Evans. **U-12:** B Micallef 11m8s K Micallef.

**WEST METROPOLITAN at Smithfield: 10km Cross country: MEN O-60:** H Schaffer 51m18s B Sewell (GIR) C Fallon (Hills). **O-50:** K Mayhew (GIR) 39m33s L Balinski (Hills) G Allomes (Syd Pac). **O-40:** D Lewis (ASW) 38m32s S Finigan (Hills) B Devlin (Hills). **O-30:** S Williams (RBH) 33m00s R Roberts (BS) P Fisher (Hills). **O-20:** K Laws (Ryde) 34m27s P Tamsett (GIR) A Smallwood (Hills). **U-20:** A Matthews (UTS/NS) 35m03s C Morrissey (BS). **O-60 5km:** J Smith (GIR) 23m19s F Scurr (UTS/NS). **O-50:** V Manwaring (GIR) 23m07s D Archbold (UTS/NS) G Ryan (RBH). **O-40:** N Terranova (Hills) 19m44s J van den Berg (UTS/NS) W Gleeson. **Over 30:** J Allen (ASW) 20m57s S Wheelan (Hills) P Starr (Hills). **O-20:** C Fowler (UTS/NS) 16m31s M Hines (ASW) M Carr. **U-20:** B Liddy (Hills) 16m22s T Richardson (Springwood) D Smith (Hills). **U-16:** A Smith (Hills) 16m17s J Milburn (Nep) R Platt (UTS/NS). **U-13:** A Martin (Springwood) 38m12s S Geoghegan (Hills) J Landers (Crane). **2km U-13:** A Pincham (Col-St C) 7m11s T Barton (Greys) M Radzki (Col-St C). **U-12:** D Ricketts (Glen) 7m03s J Crandell (TW) C Wearne (TW). **WOMEN Snr:** V Savage (GIR) 46m50s S Tulloch (ASW) S Ellis (ASW). **U-20:** T Barker 46m33s. **5km O-30:** A Forbes 19m52s S O'Reilly-Moussa. **U-20:** E Rilen 21m02s M Miles R Junior (ASW). **U-16:** K Archbold (Hills) 20m13s P Vassiliou (ASW) E Junior (ASW). **U-13:** D Rivkin (TW) 21m49s D Radzki (Col-St C) A Micallef (GIR). **Snr:** V Ellis 9m28s D Kass (UTS/NS) R Birdsall (Ryde). **U-13:** N Terranova (Hills) 7m14s J Brewster (Win Hills) K Anne-Johns (Greys). **U-12:** K Furniss (TW) 8m15s L Jordan (Greys) E Barton (Greys).

7/4/01

**GIRRAWEE at Ermington: Cross-country: Men 9km:** P Tamsett 32m30s T Molesworth R Frost. **O-25:** M Cammerer 36m31s R Zammit W Jeff. **O-40:** J Sauer 33m59s K Casey S Williams. **O-45:** G Sheargold 40m32s S Halverson B Sewell. **U-20:** M Graham 34m23s. **3km:** N Manwaring 13m10s G Micallef. **O-50:** V Manwaring 13m39s B Goodin. **U-16:** G Wordsworth 10m46s T Manwaring B Milosevic. **Women 9km:** V Savage 43m49s. **3km:** L Smith 12m11s N Dawson K Stockings. **U-15:** S Argent 13m40s A Micallef E Forrester. **U-14 2km:** K Micallef 12m15s C Eager. **U-12:** L Gately 9m26s B Micallef.

**WEST METROPOLITAN at Cowells Lane Reserve: MEN 9km:** O-60: B Sewell (GIR) 51m22s C Fallon (Hil) G Taylor (ASW). **O-50:** L Balinski (Hil) 42m57s J Sheedy (Hills). **O-40:** M Collins (ASW) 32m49s J Sauer (GIR) D Lewis (ASW). **O-30:** S Williams (RBH) 30m19s P Fisher (Hil) M Cammerer (GIR). **O-20:** B St Lawrence (CSU) 31m43s P Tamsett (GIR) A Smallwood (Hil). **U-20:** M Graham (GIR) 34m23s. **3km:** **O-60:** F Scurr (NS). **O-50:** J Sneddon 13m7s L Vaughan (Hil) D Archbold (NS). **O-40:** N Terranova (Hil) 11m28s D Hardyman (BS) S Lower. **O-30:** S Wheelan (Hil) 13m35s G Melky (Hil) M Waters (ASW). **O-20:** S Ellis (ASW) 10m26s M Haines (ASW) M Manwaring (GIR). **U-20:** D Smith (Hil) 11m28s. **U-13:** A Martin (Spring) 10m58s S Geoghegan (Hil) P Shomarker (Hil). **2km:** **O-40:** M Fowler (AEA) 6m57s S Williams (GIR) W Crandell (TW). **U-16:** N Walker (UTSN) 7m1s R Price J Rifkin (ASW). **U-13:** A Pincham (CSTC) 7m47s P Ganci (NRC) S Radzki (CSTC). **U-12:** J Crandell (TW) 8m13s K Gregson (NRC) J Meindertsma (CSTC). **WOMEN 9km:** Snr: V Savage (GIR) 42m32s S Tulloch J Pattison (Hil). **3km:** Snr: L Smith (GIR) 12m11s T Barker S Ellis (ASW). **U-20:** N Molan (Hil) 11m21s S Stockings (GIR) K Hudley (SYP). **U-16:** M Vernon (Spring) 10m49s C Lower (ASW) N King (ASW). **U-13:** H Gregson (Hil) 12m15s L Radzki (CSTC) S Argent (GIR). **2km:** Snr: V Ellis 10m25s S Barris (Horns) N Lloyd (UTSN). **U-16:** R Hallett (ASW) 9m11s. **U-13:** N Terranova (Hil) 8m9s T Meindertsma (CSTC) L Huston (WH). **U-12:** K Furniss (ASW) 8m37s N Seargent (Gray) L Gately (GIR).

28/4/01

**GIRRAWEE at Concord: Cross country: MEN 8km:** P Tamsett 29m7s T Molesworth R Zammit. **U-20:** M Graham 29m25s. **O-25:** R Frost 32m11s W Jeff. **O-40:** J Sauer 29m24s G Sheargold S Williams. **O-45:** S Halverson 38m43s. **O-50:** K Mayhew 30m59s B Sewell P Bowden. **4km:** V Manwaring 17m58s S Raju G Micallef. **O-60:** J Smith 18m33s. **2km:** G Wordsworth 6m57s S Williams R Eager. **WOMEN 8km:** V Savage 36m58s. **4km:** L Smith 16m18s N Dawson A Micallef. **U-12:** S Argent 17m34s. **2km:** J Frost 10m31s R Evans. **U-15:** E Forrester 9m14s C Eager. **U-12:** L Gately 8m40s B Micallef K Micallef.

5/5/01

**GIRRAWEE at Ramsgate: Cross-country 10km:** P Tamsett 35m00s T Molesworth R Frost. **O-30:** W Giff 44m59s. **O-40:** G Sheargold 43m40s S Williams S Raju. **O-45:** K Mayhew 40m04s S Halverson B Sewell. **U-20:** M Graham 37m47s G Wordsworth. **4km U-14:** B Milosevic 18m46s. **Snr 2km:** R Eager 11m54s. **Women 4km:** L Smith 16m32s S Argent V Savage. **2km U-14:** C Eager 11m45s.

14/4/01

**GIRRAWEE at Auburn: Cross country: Men 7.5km:** P Tamsett 26m27s R Frost R Zammit. **O-40:** S Williams 33m15s S Halverson B Sewell. **U-20:** M Graham 27m46s. **5km:** T Manwaring 22m51s N Manwaring G Micallef. **O-50:** V Manwaring 23m18s J Smith B Goodin. **U-15:** B Milosevic 24m59s. **Women 7.5km:** L Grant 22m23s S Argent A Micallef. **U-15 4.5km:** J Grant 15m03s. **U-12:** L Gately 12m38s B Micallef B Micallef.

**WEST METROPOLITAN at Auburn: 7.5km O-60:** B Sewell (GIR) 37m58s C Fallon (Hills) G Taylor (ASW). **O-50:** J Burroughs (ASW) 30m46s L Balinski (Hills) B Hutchins (Hills). **O-40:** D Lewis (ASW) 28m49s B Mayo (ASW) S Finigan (Hills). **O-30:** P Fisher (Hills) 28m01s P Ford (ASW) M Free. **O-20:** P Tamsett (GIR) 26m27s A Smallwood (Hills) S Ellis (ASW). **U-20:** M Graham (GIR) 27m46s S Eggleton (Hills) J Stevens (Hills). **Women:** S Tulloch 35m53s J Pattison (Hills) S Ellis (ASW). **5km O-60:** J Smith (GIR) 23m40s S Scurr (NS). **O-50:** V Manwaring (GIR) 23m18s D Archbold (NS) B Goodin (GIR). **O-40:** B Mayo (ASW) 18m56s D Hardyman (BS) N Terranova (Hills). **O-30:** C Melky (Hills) 22m20s P Starr (Hills) S Whelan (Hills). **O-20:** M Haines (ASW) 18m46s N Manwaring (GIR). **U-16:** A Rutter (SP) 18m16s A Smith (Hills) T Manwaring (GIR). **U-13:** A Martin (Spring) 19m15s S Geoghegan (Hills) J Landers (Crane). **Women:** A Forbes (NS) 19m52s N Stock. **U-20:** R Junior (ASW) 22m05s A Hiser. **U-16:** M Vernon (Spring) 19m37s K Archbold (Hills) L Grant (GIR). **U-13:** M Gregson (Hills) 21m59s S Argent (GIR) S Brewster (WH). **2.5km O-40:** S Williams (GIR) 10m38s R Stock J Geoghegan (Hills). **O-30:** P Moore (ASW) 9m39s D Jordan (Greys). **U-16:** R Price 10m14s J Landers (Crane). **U-13:** A Pincham (Coliste) 9m37s J Walsh S Radzki (Coliste). **U-12:** J Crandell (TW) 10m07s J Gregson (NRC) C Millgate (Par). **Women O-35:** V Ellis 12m46s D Cass (NS) J Walsh. **U-16:** T Millgate (Ryde) 9m45s T Radzki (Coliste) R Hallett (TW). **U-13:** NN Terranova (Hills) 9m42s T Meindertsma S Baker (Greys). **U-12:** N Seargent (Greys) 10m57s L Jordan (Greys) E Helfensdorfer (WH).

12/5/01

**GIRRAWEE at Ermington: MEN 10km:** M Graham 37m12s R Frost W Jeff. **O-40:** K Mayhew 38m9s J Sauer S Halverson. **O-60:** B Sewell 50m26s. **5km U-16:** G Wordsworth 18m34s T Manwaring B Milosevic. **O-30:** V Manwaring 22m13s G Micallef B Goodin. **O-60:** J Smith 22m19s. **2km:** R Eager 11m11s. **WOMEN 5km:** N Dawson 20m56s K Stockings A Micallef. **U-12:** S Argent 21m39s. **2km:** R Evans 12m37s J Frost. **U-15:** E Forrester 8m53s C Eager. **U-12:** L Gately 8m18s B Micallef K Micallef.

**WEST METROPOLITAN at Rydalmere: 10km: Men U-20:** M Graham (Girrawee) 37m12s M Sastre (Bankstown Sports). **20yrs/over:** M Doggett (Asics West) 35m30s B Berriman (Springwood) R Frost (Girrawee). **30yrs/over:** R Spilling (Springwood) 32m34s P Fisher (Hills) M Todd. **40yrs/over:** M Collins (Asics West) 35m21s D Lewis (Asics West) P Mayo (Asics West). **50yrs/over:** K Mayhew (Girrawee) 38m09s J Burroughs (Asics West) L Balinski (Hills). **60yrs/over:** H Schaefer 48m02s B Sewell (Springwood) C Fallon (Hills). **5km: U-13:** A Martin (Springwood) 18m01s S Geoghegan (Hills) S Radzki (Colyton St Clairs). **U-16:** D Eggleton (Hills) 17m28s A Rutter (Springwood) G Wordsworth (Girrawee). **U-20:** T Richardson (Springwood) 16m23s P Scott (Penrith) S Curtis. **20yrs/over:** M Haines (Asics West) 17m22s P Henry. **30yrs/over:** A Jackson (Cumberland Ryde Hornsby) 17m10s G Turnbull (Hills) J Allen (Asics West). **40yrs/over:** B Mayo (Asics West) 18m00s D Scott (Penrith) N Fowler (Athletics East). **50yrs/over:** J Sneddon 21m08s L Vaughan (Hills) V Manwaring (Girrawee). **60yrs/over:** J Smith (Girrawee) 22m17s F Scurr (UTS Northern Suburbs) P Bowden (Girrawee). **2km: U-12:** D Ricketts (Glenbrook) 7m10s J Crandell (Tiger West) C Wearne (Tiger West). **U-13:** P Baladachina (Springwood) 7m14s A Pincham (Colyton St Clair) G Morrissey (Hills). **U-16:** R Price 7m49s J Rifkin (Tiger West). **50yrs/over:** M Johns 9m28s W Crandell (Tiger West) S Blunden. **Women: 20yrs/over:** C Roediger (Hills) 41m07s S Tulloch. **35yrs/over:** R Roediger (Hills) 41m03s K Petley (Katoomba) L Balinski (Hills). **5km: U-13:** S Argent (Girrawee) 21m39s S King (Asics West) L Radzki (Colyton St Clair). **U-16:** M Vernon (Springwood) 17m51s K Archbold (Hills) C Lower (Asics West). **U-20:** K Stockings (Girrawee) 21m58s S Sastre (Bankstown Sports). **20yrs/over:** T Newsome 20m33s J Matthews N Lloyd (UTS Northern Suburbs). **35yrs/over:** A Forbes 19m14s J Pattison (Hills) N Stock. **2km: U-12:** N Seargent (Greystanes) 8m10s L Gately (Girrawee) K Furniss. **U-13:** H Pobjie (Hills) 7m34s T Meindertsma (Colyton St Clair) L Huston (Winston Hills). **U-16:** S Ryan (Ryde) 7m46s T Radzki (Colyton St Clair) R Hallett (Tiger West). **35yrs/over:** C Barton (Greystanes) 10m26s N Lloyd (UTS Northern Suburbs) G Farrington (Tiger West).



Parramatta Sun, Wednesday, May 30, 2001

12/5/01

**NSW WALKING C'SHIPS at Ourimbah: MEN:** Open 20km: T Sundstrom (18S) 1h33m53s W Russell (Banks) 1h48m11s R Osborne (Nep) 1h57m00s. U-18 8km: A Mellor (Westf) 41m17s C Clifford (Nep) 50m45s. U-14 3km: D Ridgeway (Macq F) 20m30s. U-12 1500m: D De Wit (Kurraj) 7m47s B Keys (Nep) 7m59s. Mxd 4km: F Overton (Gos) 26m10s S Haslam (Gos) 28m22s J Heaton (Gos) 31m28s. **WOMEN: Open** 20km: S Walkly (Gos) 1h59m52s W Nixon (SOS) 2h08m09s N Mitchell (Sut) 2h20m28s. 35/o: S Overton (Gos) 2h35m48s. 45/o: J Brown (Gos) 3h01m 02s. U-18 8km: L Johnson (Pen) 41m20s L Grant (Gir) 41m45s B Sait (RBH) 44m42s. U-14 3km: N Agius (Nep) 16m39s N Fagan (Syd Pac) 17m24s A Appleby (Nep) 17m48s. U-12 1500m: K Tillman (Nep) 8m06s T Webb (Pen) 8m10s.

19/5/01

**GIRRAWEEEN at Botany: Road: MEN 10km:** P Tamslett 36m2s R Frost W Jeff. O-40: S Williams 44m20s G Sheargold. O-45: K Mayhew 38m53s S Halverson B Sewell. U-20 8km: M Graham 29m18s. U-16 4km: G Wordsworth 14m32s. **WOMEN 10km:** L Smith 42m43s. U-16 4km: N Dawson 16m22s C Eager. U-12 2km: S Argent 8m1s.

**NSW ROAD RUNNING C'SHIP at Kurnell:** **MEN:** U-12 2km: C Page (GOS) 7m24s J Crandell (ASICS) C Mawson (ILL). Team: Asics West, St George, Sutherland. U-14 3km: J Tighi (CAM) 10m27s A Martin (SPR) R Cropp (SUT). Team: Sutherland, Illawong, Kembla Joggers. U-16 4km: T Prigg (CAM) 13m13s R Balacchino (SPR) N Walker (UTS NTH). Team: Illawong, St George, Kembla Joggers. U-18 5km: A Dallacosta (PEN) 16m50s T Simpson (SUT) M Orkin (SUT). U-20 8km: L Taylor (PEN) 25m48s M Freedman (UNSW) J Hunts (CAM). Open 10km: M Dent (Bankstown) 30m42s B DuBois (KEJ) B Devic (RB). Team: Randwick-Botany, Bankstown, St George. **WOMEN:** U-12 2km: S Williams (ILL) 7m38s C Tighe (CAM) S Argent (GIR). Team: Illawong A, Asics West, St George A. U-14 3km: H Gregson (HIL) 11m42s N Terranova (HIL) B Humphreys (SUT). Team: Illawong, St George, Kembla Joggers. U-16 4km: B Simpson (SUT) 14m34s K Archbold (HIL) R McFadden (CAM). Team: Campbelltown, Illawong, Sutherland. U-18 4km: M Vernon (GLEN) 13m48s S Bromfield (SPR) M Cruthers (CAM). Team: Springwood, Asics West. U-20 6km: E Hargrave (KEJ) A-M Lyons (SUT) L Glasson (ILL). Team: Kembla Joggers, Illawong, Sutherland. Open 10km: L Miller (ATHS EAST) 34m24s A Sheehan (HUN) J Hindmarsh (AEA). Team: Athletics East, Kembla Joggers, Randwick-Botany. O-35: M Beardsley (TUG) 38m43s N Karl (RBH) S O'Brien (KEJ). O-45 10km: R Roediger (HIL) 42m05s C Poppett (SUT) S Scott (KEJ).

## Junior hits the road

AT 11 years of age and with a diminutive stature, Stacey Argent is not the most intimidating presence at Girraween senior athletics club.

But she is among the most celebrated after winning the club's first state winter road medal in 23 years.

Argent claimed bronze in the recent NSW under 12 road championship at Botany Bay National Park.

She began slowly due to jostling in the cramped starting area but coped well with the undulating course in wet and windy conditions fighting through the field to take third.

Argent trains with the Girraween squad which features runners from eight years of age to 63.

She receives support from training partners Lynette Smith (3) and Natalie Dawson (15).

Coach Bob Sewell believes he has a true competitor in his keeping.

"Stacey enjoys running and trains hard in the hope of being successful," Sewell said.

"She has an extremely positive attitude and will come to me during a training session to give an analysis of how she is performing.

"That's amazing for



**BRONZED AUSSIE...** Stacey Argent broke a 23-year drought for Girraween senior athletics club at the NSW road championships.

one so young. She is small for her age but I suspect she has a heart as big as Phar Lap's."

Argent has only been training with Sewell since October but has successfully modified her form and breathing to improve endurance.

Meanwhile her clubmates Chelsea Austin (1st), Lisa Grant (1st), Natalie Dawson (1st), Jane Stockings (1st), Kate Stockings

(2nd), Bradley Milosevic (2nd) and Eloise Forrester (5th) performed strongly at zone competition and have qualified for the regional cross country championships.

The Girraween club is still seeking members.

Interested people can contact Bob Sewell on 9636 1145.

## ATHLETICS

# A star in the making

by Katrina Moutia

At only 11 years old Stacey Argent has a bright future in front of her. Stacey competed in her first Winter State Championships and won a bronze medal in the New South Wales Under 12 Road Championship last Saturday.

Stacey won her medal in the 2 kilometre run, although she is also training for runs of up to six kilometres. This is an amazing effort considering that Stacey only began Little Athletics two years ago.

Stacey is the first female member of Girraween Senior Athletics Club to win a Winter road running medal in the 23 years since the club was formed. She trains with the Girraween training squad which includes runners between the ages of 8 - 63.



*High achiever Stacey Argent is going somewhere fast*

Coach Bob Sewell said he was proud of Stacey's efforts.

"She enjoys running and trains hard in the hope of being successful," he said.

According to Mr Sewell, Stacey is a quick learner. Since she started training with him in October she has modified her form and breathing, which has helped her improve her speed.

Stacey has also been a high achiever at school, being selected this year as School Captain for Metella Road Public School, Toongabbie. According to Stacey's mother Cheryl, her daughter is always enthusiastic to go to school and athletics.

"She is always making sure that I'm not late and is always dressed and ready to go well before time," said Cheryl.

Stacey is now preparing for senior little athletics and school cross country championships. She says she wants to add some more medals to her collection.

PARRAMATTA ADVERTISER, Wednesday, June 13, 2001

## Stacey sets club record

STACEY Argent has become the first female member of Girraween Senior Athletics Club to win a winter road running medal.

Argent, 11, of Toongabbie, was running in her first winter state championships and won a bronze medal — the first for female athletes in her club since its inception 23 years ago.

26/5/01

**GIRRAWEEEN at Cabarita: MEN 10km:** M Graham 28m50s, T Molesworth 29m50s, P Tamsett 35yrs, W Jeff 33m30s, 40s; J Sauer 27m41s, K Casey G Sheargold. 45yrs: S Halverson 37m08s, B Sewell P Bowden. 4km: V Manwaring 17m23s, J Smith S Raju. U-16: G Wordsworth 13m25s, T Manwaring B Milosevic. 2km: S Williams 7m22s, R Eager. **WOMEN 8km:** V Savage 38m19s, 4km: S Argent 16m08s, U-14 2km: A Micallef 9m43s, C Eager. U-12: L Gatley 8m11s, K Micallef B Micallef.

**WEST METROPOLITAN at Cabarita: Road race:** **MEN 8km:** U-20: A Mathews (UTS-NS) 25m39s, M Graham (Gir) 0-20: R Roberts (Bank Sp) 25m20s, K Laws (Ryde) M Doggett (ASW). 0-30: S Williams (RBH) 25m22s, R Spilling (Spring) M Todd. 0-40: M Collins (ASW) 27m36s, J Sauer (Gir) D Lewis (ASW). 0-50: J Burroughs (ASW) 31m59s, S Flick (CRH) G Allomes (Syd Pac). 0-60: D Blunner (Hills) 31m0s, C Fallon (Hills) B Sewell (Girraween). 4km: 0-20: M Haines (ASW) 13m33s, H Manwaring (Gir). U-20: T Richardson (Spring) 12m31s, U-16: J Wordsworth (Gir) 13m25s, A Carmichael (Katoomba) T Manwaring (Gir). 0-40: B Mayo (ASW) 13m42s, J Vandenberg (UTS-NS) L Gillies (Vets). 0-50: J Bogenhuber (Katoomba) 15m8s, J Sneddon P Morris. 0-60: J Smith (Gir) 18m24s, F Scurr (UTS-NS). U-13: S Geoghegan (Hills) 13m50s, S Walls D Kellher. 2km: 0-40: N Fowler (AES) 6m34s, S Williams (Gir) S Blunden. U-16: M Richards (STP) 6m13s, J Rifkin (Tiger W). U-13: P Janzen (Parramatta) 6m55s, A Pincham (Col St C) R King (West Subs). U-12: K Moussa (Concord) 7m10s, J Crandell (Tiger W) D Ricketts (Glenbrook). **WOMEN 8km:** 0-35: E Stevenson (UTS-NS) 33m12s, Y Taylor (ASW). 0-20: C Hing-Williams (AES) 30m57s, S Mycroft (Kembala) S Tulloch (ASW). 4km: 0-35: K Pettley (Katoomba) 13m10s, S O'Reilly-Moussa (Conc). U-20: E Morris (Sydney Uni) 13m0s, A West (Sydney Uni) J Miles. U-16: M Vernon (Glenbrook) 13m48s, K Archbold (Hills) M Bonello (Tiger W). U-13: H Gregson (Hills) 15m41s, H Poblie (Hills) S Argent (Gir). 2km: 0-35: V Ellis 9m8s, N Lloyd (UTS-NS) M Fowler. U-20: L Kass (UTS-NS) 9m51s, M Ryan (Ryde). U-13: N Terranova (Hills) 7m1s, T Meindersma (Col St C) S Baker (Greystanes). U-12: K Furniss (Tiger W) 7m54s, L Gatley (Gir) N Seargent (Greystanes).

2/6/01

**GIRRAWEEEN at North Ryde: Cross Country:** **MEN 8.5km:** M Graham 31m13s, J Sauer K Mayhew. 0-40: S Raju 40m59s, 0-45: S Williams 37m46s, G Sheargold S Halverson. 0-50: E Makkie 44m02s, B Sewell P Bowden. 4km: W Jeff 17m13s, T Manwaring V Manwaring. 0-50: J Smith 18m54s, B Goodin. 2km: S Williams 8m04s, R Eager. **WOMEN 4km:** L Smith 16m49s, A Micallef R Evans. U-12: S Argent 17m41s. 2km U-14: C Eager 11m06s, U-12: L Gatley 8m52s, B Micallef K Micallef.

**WEST METROPOLITAN at North Ryde: MEN 8.5km 0-60:** A Blonner (Hills) 35m39s, L Cadogan (St G) B Sewell (Gir). 0-50: K Mayhew (Gir) 33m55s, J Burroughs (ASW) L Balinski (Hills). 0-40: M Lawson (St G) 30m53s, J Sauer (Gir) D Lewis (ASW). 0-30: S Williams (RBH) 27m49s, R Spilling (Spring) R Roberts (BS). 0-20: S O'Regan (Old) 29m15s, K Laws (Ryde) M Doggett (ASW). U-20: M Graham (Gir) 31m13s, A Carmichael (Kat) P Scott (Spring). 4km: 0-60: J Smith (Gir) 18m54s, F Scurr (UTS-NS). 0-50: D Archbold (UTS-NS) 20m14s, D Goodin (Gir). 0-40: B Mayo (ASW) 14m35s, W Helfensdorfer (Hills) J Sneddon. 0-30: G Turnbull (Hills) 15m46s, W Jeff (Gir) P Starr (Hills). U-16: R Baldacchino (Spring) 14m19s, G Elsom (Ryde) N Allison (Spring). U-13: S Geoghegan (Hills) 14m50s, J Walsh A Pincham (Col St C). 2km: U-13: A Pincham (Col St C) 7m47s, R King (WS) H Lewis (Ryde). U-12: D Ricketts (Glen) 7m48s, J Crandell (TW) M May (Hills). **WOMEN 8.5km:** 0-35: K Pettley (Kat) 36m16s, J Pattinson (Hills) M Cadogan (St G). 0-20: C King-Williams (AES) 34m36s, S Mycroft (Kembala) S Tulloch (ASW). U-20: C Roediger (Hills) 37m20s, 4km: 0-35: E Stevenson (UTS-NS) 17m5s, N Stock. 0-20: L Smith (Gir) 16m49s, K Moriarty R Evans (Gir). U-16: M Vernon (Glen) 14m59s, S Bromfield (Spring) K Archbold (Hills). U-13: H Poblie (Hills) 16m15s, H Gregson (Hills) S Argent (Gir). 2km: 0-35: V Ellis 9m59s, N Lloyd (UTS-NS) D Kass (UTS-NS). U-13: T Meindersma (Col St C) 8m47s, S Baker (Grey) K-A Johns (Grey). U-12: K Furniss (TW) 8m30s, L Gatley (Gir) N Seargent (Grey).

9/6/01

**GIRRAWEEEN at Dundas: Cross Country:** **MEN: 0-20 8km:** W Jeff 36m42s, R Frost. 0-40: J Sauer 30m57s, S Raju. 0-45: S Williams 38m43s, G Sheargold S Halverson. 0-50: K Mayhew 32m26s, E Makkie. 0-60: B Sewell 42m34s, P Bowden. 4km: T Manwaring 18m7s, N Manwaring. 0-50: V Manwaring 19m24s, J Smith B Goodin. 2km: S Williams 8m33s, R Eager. **WOMEN:** 4km: L Smith 17m12s, K Menzies R Evans. U-12: S Argent 18m4s, 2km U-16: C Eager 11m23s, U-14: L Gatley 9m14s, K Frost K Micallef. U-12: D Goodin 10m19s, A Evans B Micallef.

**WEST METROPOLITAN at Upjohn Park:** **MEN: 8km 0-60:** A Blonner (Hills) 34m3s, B Sewell (Gir) C Fallon (Hills). 0-50: K Mayhew (Gir) 32m26s, J Burroughs (ASW) L Balinski (Hills). 0-40: M Collins (ASW) 29m48s, B Mayo (ASW) J Sauer (Gir). 0-30: S Williams (RBH) 26m56s, G Lynn (UTS-NS) M Free. 0-20: K Laws (Ryde) 27m50s, M Webster (Hills) M Doggett (ASW). U-20: A Carmichael (Kat) 32m29s, 4km: 0-60: J Smith (Gir) 19m27s, F Scurr (UTS-NS). 0-50: J Sneddon 18m9s, L Vaughan (Hills) V Manwaring (Gir). 0-40: B Mayo (ASW) 14m34s, W Helfensdorfer (Hills) S Lower. 0-30: G Turnbull (Hills) 15m50s, S Posa (Hills) S Whelan (Hills). 0-20: M Haines (ASW) 15m5s, A McNamara (Ryde) N Manwaring (Gir). U-20: B Liddy (Hills) 14m12s. U-16: A Rutter (Spring) 15m0s, J Milburn (Nep) P Shoemark (Hills). U-13: S Geoghegan (Hills) 15m27s, A Pollard (Col-St C) R Radzki (Col-St C). 2km: U-13: A Pincham (Col-St C) 7m46s, R King (ASW) J Walsh. U-12: K Moussa (Conc) 7m48s, J Crandell (ASW) D Ricketts (Glenb). **WOMEN: 8km Veteran:** J Cowan (Syd Pac) 31m37s, R Roediger (Hills) J Pattison (Hills). U-20: C Roediger (Hills) 35m35s, 4km: **Veteran:** A Forbes 16m27s, N Stock S O'Reilly-Moussa. 0-20: N Newsome (SS) 16m58s, L Smith (Gir) J Matthews (Syd Uni). U-20: B Lennie (St Geo) 15m26s, E Rilen R Junor (ASW). U-16: K Archbold (Hills) 15m37s, C Lower (ASW) A Graves (Hills). U-13: H Gregson (Hills) 17m25s, S Argent (Gir) L Radzki (Col-St C). 2km: **Veteran:** V Ellis 9m51s, N Lloyd (UTS-NS) S Rilen. U-13: H Poblie (Hills) 7m53s, N Terranova (Hills) T Meindersma (Col-St C). U-12: K Furniss (ASW) 8m20s, L Gatley (Gir) L Jordan (Greyst).

Parramatta Sun, Wednesday, June 20, 2001

## Lisa closes in on top walker

GIRRAWEEEN Senior Athletic Club's Lisa Grant finished third in the open 5km event at the Australian Walking Federation Championships in Canberra on June 10.

Lisa recorded a personal best 24min 31sec, only 10sec behind the nation's top-ranked junior, Lauren Johnson.

Meanwhile, clubmates Natalie Dawson, Marianne Drobac, Eloise Forrester, Ashley Micallef and Kate Stockings have qualified for the regional

track and field championships after performing well at the zone meet in Auburn.

Success has not been confined to the senior ranks.

Girraween Little Athletic Centre's dynamic duo, Luana Gatley and Stacey Argent, have qualified for their first NSW Primary Schools Cross Country Championships.

They were impressive at the regional championships at Castle Hill Showground on June 13. Luana, from Bert Oldfield

public school at Seven Hills, finished second to last year's state champion, Katie Furniss, in the 10-years 2000m.

Stacey, from Metella Road public school, came fourth in the 11-years 3000m.

The centre's Jessica Baiteri also qualified for the state carnival when she finished fifth in the 10-years race.

The championships will be held at Eastern Creek Raceway on Friday, June 29.

# Bob's your uncle and another pair of champions

by Nick Melais

BLACKTOWN CITY GUARDIAN, June 29, 2001

For athletics coach Bob Sewell, training youngsters Luana Gatley and Stacey Argent has been a dream.

Bob says they're the best young juniors he's got, who enjoy their training and work hard to improve.

The girls are competing in the NSW Primary Schools cross country championships today at Eastern Creek Raceway, against students from ten other regions in NSW.

Both are running in different events and age groups.

Luana resides in Blacktown and attends Bert Oldfield Public School in Seven Hills.

She was originally a sprinter, but made the transition to cross country with success this year by finishing second to last year's state champion, Katie Furniss, in the 10 years 2000 metres event.

Stacey is from Toongabbie and attends Metella Road Public School at Seven Hills.

In the 11 years, 3000 metres race, Stacey finished fourth out of a possible six qualifiers.



Girraween Little Athletics Club's Luana Gatley and Stacey Argent

"I'm unsure how they'll go at the championships, as it is the first time they have made it to this level," said coach Sewell.

Bob, who puts the girls through a solid training regime of interval and hill training, has been coaching juniors for 22 years, which shows the dedication he has towards helping young runners stay fit and become great runners.

"I have had a lot of success during this time," said Bob.

The girls train twice a week on Monday and Wednesday with about 20 others that Bob has under his wing.

Stacey has been with him for 10 months and Luana only since April, when the summer Little Athletics season finished.

"I have to be careful when training young ones like these two, so I don't push them too hard," Bob said.

"With all the different age groups I look after, I have to train them all in a different way."

Mr Sewell has been happy with the girls' progress for the time he has been training them.

30/6/01

GIRRAWEEEN at Bass Hill: Cross country: MEN 12km: P Tamslett 29m41s R Frost W Jeff. O-40: S Williams 55m22s G Sheargold 33m46s S Williams K Casey. O-50: S Halverson 38m5s E Makki. O-60: B Sewell 39m47s P Bowden. 4km: G Wordsworth 14m17s K Casey S Raju. O-50: V Manwaring 17m18s. 2km: S Williams 8m4s R Eager. WOMEN 8km: L Smith 15m44s N Dawson R Evans. U-12: S Argent 16m43s. 2km: L Gatley 8m48s E Forrester C Eager. U-12: B Mcallell 11m28s.

16/6/01

GIRRAWEEEN at Cambewarra: Cross country 8km: MEN: P Tamslett 29m41s R Frost W Jeff. O-45: G Sheargold 37m8s S Williams S Halverson. O-55: K Mayhew 33m13s. 4km: J Dwyer 20m22s R Eager. U-14 3km: B Milosevic 12m55s. WOMEN 8km: L Smith 27m23s. U-14 4km: C Eager 26m11s.

ATHLETICS NSW CROSS COUNTRY C'SHIPS at Nowra: MEN: U-12 2km: L Cole (Ill) 7m32s R Chapman (Ill) A Pitkethly (Nowra). Team: Nowra, Illawong, Kembla Joggers. U-14 3km: J Tighe 10m30s (Camp) N McDonald (Nowra) J Laman (Camp). Team: Nowra, Kembla Joggers, Illawong. U-16 4km: T Prigg (Camp) 13m54s R Baldachino (Springw) D Byrnes (Camp). Team: Illawong, Kembla Joggers, Nowra. U-18 6km: A Dallacosta (Pencrith) 21m01s N Brown (Camp) J Poppett (Kembla). Team: Nowra, Bankstown. U-20 6km: J Hunt (Camp) 20m06s M Freedman (UNSW) T Richards (Springwood). Snr 8km: D Green 25m09 (UNSW) M Dent (Banks) C Roberts (Rand Bot). Team: Sutherland, St George, Bankstown. 35 yrs/over 8km: J Harrison 26:19 (Banks) R Spilling (Springw) T Venhura (Rand Bot). Team: Kembla Joggers, Randwick Botany, Aths East. 45yrs/over 8km: M Lawson (St Geo) 29m35s W Montfioro (Kembla) R Emery (Rand Bot). Team: 1. Kembla, Nowra, Sutherland. 55yrs/over 8km: I Graves (Suth) 32m05s N Berley (Banks) K Mayhew (Gir). Team: Bankstown, Randwick Botany, St George. WOMEN: U-12 2km: J Donlan (Ill) 8m15s A Yardley (Kembla) C Page (I Blue Stars). Team: St George, Sutherland, Nowra. U-14 3km: E Johnson (Penr) 11m01s M Burgess (Kembla) E Binks (Nowra). Team: Kembla Joggers, Illawong, Nowra. U-16 3km: B Simpson (Suth) 10m32s K Randall (Camp) E Glover (Ill). Team: Campbelltown, Illawong, Sutherland. U-18 4km: B Lennie 15m21s (St Geo) S Bromfield (Springw) A Lower (Asics W). U-20 4km: E Hargrave (Kembla) 15m00s J Gooding (Kembla). Team: Kembla. Snr: S Mycroft (Kembla) 23m45s M Fien (Aths East) V Kearney (Kembla). Team: Kembla Joggers, Aths East, Nowra. 35yrs/over 6km: S O'Brien (Kembla) 24m38s F Wick (Banks) S Toth (Kembla). Team: Kembla, Bankstown, Sutherland. 45yrs/over 6km: G Lyne (Suth) 25m10s M Fromi (Camp) C Poppett (Suth). Team: Sutherland, Nowra. 55yrs/over: M Cadogan (St Geo) 29m56s W Mitchell (Nowra) R Allen (Suth).

23/6/01

GIRRAWEEEN ROAD RACERS at Abbotsford: MEN 8km: P Tamslett 28m2s T Molesworth W Jeff. O-45: G Sheargold 33m46s S Williams K Casey. O-50: S Halverson 38m5s E Makki. O-60: B Sewell 39m47s P Bowden. 4km: G Wordsworth 14m17s K Casey S Raju. O-50: V Manwaring 17m18s. 2km: S Williams 8m4s R Eager. WOMEN 4km: L Smith 15m44s N Dawson R Evans. U-12: S Argent 16m43s. 2km: L Gatley 8m48s E Forrester C Eager. U-12: B Mcallell 11m28s.

WEST METROPOLITAN at Abbotsford: O-60 road 8km: A Blonner (Hills) 31m5s H Schaefer B Sewell (Gir). 4km: F Scurr (UTS/NS) 20m19s. O-50 8km: J Burroughs (ASW) 32m5s G Allomes (Syd Pacific) B Hutchins (Hills). 4km: V Manwaring (Gir) 17m18s D Archbold (UTS/NS) M Riley (ASW). O-40 8km: M Collins (ASW) 28m17s O Lewis (ASW) B Mayo (ASW). 4km: D Hardyman (Ban) 14m23s K Casey (Gir) W Helfensdorfer (Hills) O-30 8km: S Williams (RBH) 26m38s M Todd (ASW) M Free. 4km: G Turnbull (Hills) 15m39s P Starr (Hills) S Whelan (Hills). O-20 8km: D Harris (St Geo) 25m31s K Moore (AEO) M Webster (Hills). 4km: M Haines (ASW) 14m9s. U-20 8km: A Carmichael (Kat) 30m47s P Elsdon (Hills). 4km: B Liddy (Hills) 12m54s. U-16 4km: R Rutter (Syd Pac) 13m50s G Wordsworth (Gir) J Milburn (Neop). U-13 4km: S Geoghean (Hills) 14m31s M Macri. 2km: A Pincham (Col/STC) 7m30s H Lewis (Ryd) A Blunden (Grey). U-12 2km: K Moussa (Gir) 7m26s J Crandell (TW) K Gregson (Hills). Women: O-35 8km: J Cowan (Syd Pac) 30m32s R Roediger (Hills) C Zoritz (Hills). 4km: A Forbes 15m19s K Pettley (Kat) S Darcy. O-20 8km: E Morris (Syd Uni) 28m53s T Barker A Parsell. 4km: T Newsome (Syd Striders) 15m42s L Smith (Gir) S Ellis (ASW). U-20 8km: C Roediger (Hills) 33m33s. 4km: E Rilen 15m31s R Junior (ASW). U-16 4km: M Vernon (Glen) 14m31s K Archbold (Hills) N Dawson (Gir) D 13 4km: H Pobjie (Hills) 16m3s S Argent (Gir) D Rifkin (TW). 2km: H Gregson (Hills) 7m22s N Terranova (Hills) T Meindertsma (Col/STC). U-12 2km: E Farrington (Can W) 7m52s K Furniss (TW) N Seargent (Grey).

NSW CROSS COUNTRY C'SHIPS at The Crest, Bankstown: MEN: 12km: Open: D Green (UNSW) 38m17s M Dent (Ban) B Dubois (KEJ). Team: Bankstown, St George, Sutherland. 35yrs: J Harrison (Ban) 40m30s L Whitty (Suth) J Clennar (RBH). Team: Kembla Joggers, Athletics East, Sutherland. 45yrs: D Patterson (SGD) 46m13s W Montfioro (KEJ) F Scorzelli (SGD). Team: Kembla Joggers A, St George, Kembla Joggers 8. O-55: N Burley (Ban) 48m23s I Graves (Sut) B Aduph (Hld). Team: Bankstown A, Bankstown B, Randwick Botany Harriers. 8km: U-20: J Hunt (CBT) 27m28s M Feedman (UNS) T McGrath (RBH). Team: Illawong. 6km: U-18: A Dalla Costa (Pen) 21m6s J Poppett (KEJ) N Brown (CBT). Team: Bankstown. 4km: U-16: T Prigg (CBT) 13m40s S Graham (Ill) J Matthews (Ill). Team: St George, Illawong. 3km: U-14: J Tighe (CBT) 11m25s G Kuttill (KEJ) R Cropp (Sut). Team: Kembla Joggers, Sutherland, Illawong. 2km: U-12: C Mawson (Ill) 8m9s B Sprouie (Sut) S Cowie (KEJ). Team: Kembla Joggers, Sutherland, Asics West. WOMEN: 8km: Open: E Morris (SYU) 30m1s M Allen (invit, ACT) J Cowan (SYP) M Fien (AEA). Team: Kembla Joggers, Athletics East, Sydney Pacific. 35yrs: M Beardslee (Tug) 32m46s S Toth (KEJ) F Wick (Ban). Team: Kembla Joggers, Bankstown, Randwick Botany Harriers. 45yrs: G Lynn (Sut) 32m58s R Ruedigee (Hld) M Guano (Ban). Team: Sutherland A, Bankstown, Sutherland B. O-55yrs: M Cadogan (SGD) 41m30s G Brokenshire (KEJ) S Miaregetsen (KEJ). 6km: U-20: E Poppett (Sut) 22m38s E Hargrave (KEJ) L Glasson (Ill). Team: Kembla Joggers. 4km: U-18: B Wilsher (Sut) 15m27s M Carruthers (CBT) M Dickson (Hun). Team: Girraween. 3km: U-16: B Simpson (Sut) 11m11s T Nevin (Ill) A Kenny (Mai). Team: Illawong A, Sutherland, Illawong B. U-14: E Statham (Ban) 12m12s B Humphreys (Sut) S Gleeson (Ban). Team: Illawong, Kembla Joggers, St George. 2km: U12: S Argent (Gir) 8m13s E Farrington (ASW) K Furniss (ASW). Team: Asics West, Sutherland A, St George.



# 'Little champ' loves to run

NOT content to settle with her captaincy of Metella Road Public School, Toongabbie runner Stacey Argent decided this year was the right time to win the NSW Athletics Cross Country Championships.

On June 30 the 11-year-old travelled to Bass Hill with a team from Girraween Senior Athletics Club and won the cross country race by a whopping 30sec. Coach Bob Sewell said Stacey "ran strongly up the four testing hills on the course" and her mother Cheryl Argent said this helped to psych out the other opponents.

"She's a very determined young girl," Mrs Argent said.

"She started Little Athletics at age 9 but she's always liked longer distances so she decided to run over winter and she's done really well. She just wants to run so I keep sending her."

Stacey couldn't put a finger on what she liked so much about running fast over long distances but said winning was "good", even if she didn't quite know where her talents came from.

"I don't have any tactics, I just run," she said.

"I'm (coach) Bob's little champion."

BLACKTOWN  
**Advocate**  
Wednesday, July 11, 2001



**Golden girl . . . junior cross country star Stacey Argent**



**Photos: JASON LINDSAY**

## Young cross-country winner

**YOUNGSTER** Stacey Argent won her first NSW cross country during the recent state championships at Bass Hill.

The Girraween senior athletics club member led the under-12 2000m division. Her previous best result was a third in May's state road championship in Botany.

Teammates Natalie Dawson, Kate Stockings and Carly Eager won the team gold medal in the under-18 4000m championship.

In the walking events, 15-year-old Lisa Grant claimed the under-17 5000m crown in the NSW age championships at Blacktown.

Chelsea Austin finished second in the open 5000m walk.

Meanwhile, Girraween Little Athletics star Luana Gatley won her first winter medal in the under 10 Little A state cross country championship, finishing equal third at Campbelltown.

Paramatta Sun. Wednesday, July 11, 2001

Blacktown City Sun. Tuesday, June 26, 2001

23/6/01

**NSW RACEWALKING at Blacktown:** Invit 10km: R Osborne 53m21s K Knox J Nilon. Women 5km: A Weekes 28m43s C Allidis C Nilon. 5km Open: A Mellor 23m50s M Russell. W: L Johnson 24m09s C Austin S Birch. U-17: C Clifford 27m36s. W: L Grant 24m52s S Knapton C Allidis. 3km U-15: D McElveney 16m34s B Plummer. W: S Knapton 15m05s S Canelieri D McDonald. Team: C White A White N Irvine (Groseview). 2km U-13: D Ridgeway 10m29s D Dwyer B Keys. W: N Agius 9m59s K Tilmann C Shorten. Team: K Tilmann P Muscat A Smolenski (Holy Family Luddenham) J Muscat D Senranni C Appa (Holy Family Luddenham) (2).

# Club thanks its lucky stars

MOUNT Druitt Little Athletics recognised its stars at a recent presentation day when 15-year-old Garry Wordsworth was named the senior boy athlete of the year.

Renee Asonitis, 11, was named the senior girl champion while Dean Asonitis, 9, and Tamara Russell, 7, took the junior honours.

Awards were also distributed to age champions, runners-up and third placegetters in each division.

Participation trophies were presented to athletes who attended most sessions and special mention was made of those who did not miss a meet.

Syd Borg was returned as president at the club's annual general meeting.

Borg and his committee thanked Blacktown council for the supply of training and competition grounds.

He also recognised the contribution of the corporate community.

McDonald's Minchinbury, Kidznet and PCS Australia received accolades for their continued sponsorship.

21/7/01

**REGAL RACEWALKERS NSW LONG WALK C'SHIPS at Ermington:** Jane Saville Trophy: MEN 30km: C Barrett (NZ) T Sundstrom (IBS) L Adams (BAN). U-20 20km: D Connolly (SUT) A Mellor (WES). Invit 5km: J Smith (GIR) B Hyde (NSW). 3km: N Rowe (ILL) L McAuley (ILL) D Neale (IBS). WOMEN: 5km: L Grant (GIR) C Webb (ASW) S Walkley (GOS). U-20 15km: L McIlvanie (BAN) S Birch (PEN) K Connelly (WES). U-16 5km: S Knapton (NEP) P Gough (BAN) S Camilleri (NEP). Invit Women 3km: F Allidis (SYP) T Webb (ASW) D McDonald (BAN). Community Fun-Fitness 2km: G McAuley J Dadds S Nicol.

7/7/01

**GIRRAWEE at Meadowbank:** Men 8km: M Graham 29m40s T Molesworth R Frost. O-35: W Jeff 32m57s. O-45: S Williams 32m28s G Sheargold S Halverson. O-55: K Mayhew 30m20s B Sewell. 4km: M Graham 13m57s G Wordsworth N Manwaring. O-50: V Manwaring 16m46s J Smith. U-16: T Manwaring 16m27s B Milosevic G Sheargold. 2km: S Williams 8m18s R Eager. Women 8km: R Evans 48m18s. 4km: L Smith 15m35s S Argent A Micallef. U-12: K Frost 22m45s. 2km: C Eager 11m05s K Micallef J Frost. U-12: L Gately 8m30s B Micallef.

**WEST METROPOLITAN at Meadowbank:** O-60 8km: B Sewell (GIR) 39m33s C Fallon (Hills) J Butler. 4km: J Smith (GIR) 17m27s F Scurr (UTSNS) W Perrins. O-50 8km: K Mayhew (GIR) 30m20s J Burroughs (ASW) B King (RBH). 4km: J Bogenhuber (Kat) 14m53s L Vaughan (Hills) V Manwaring (GIR). O-40 8km: M Collins (ASW) 28m18s B Mayo (ASW) G Murphy (Syd St). 4km: B Mayo 13m43s D Hardyman (BS) N Terranova (Hills). O-30 8km: M Todd (ASW) 27m11s J Jeffery (SUT) P Fisher (Hills). 4km: G Posa (Hills) 14m28s S Whelan (Hills) P Starr (Hills). O-20 8km: M Webster (Hills) 26m36s M Doggett (ASW) A McNamara (Ryd). U-20 8km: A Matthews (UTSNS) 27m29s M Graham (GIR) P Davies (Hills). 4km: T Richardson (Spr) 13m17s M Graham N Manwaring (GIR). U-16 4km: J Milburn (Nep) 14m G Wordsworth (GIR) P Shoemark (Hills). U-13 4km: M Macri 15m45s B Milosevic (GIR) A Pincham (Col St). 2km: A Pincham (Col St) 7m16s M Radzki (Col St). H Bonello (TW). U-12 2km: J Crandell (ASW) 7m23s K Gregson (Hills) C Millgate (Par). WOMEN: O-35 8km: R Roediger (Hills) 32m36s J Pattison (Hills) L Wright. 4km: A Forbes 14m59s S O'Reilly-Moussa N Lloyd (UTSNS). O-20 8km: S Tulloch (ASW) 35m19s S Ellis (ASW). 4km: T Newsome (Syd St) 15m29s L Smith (GIR) S Bogenhuber (Kat). U-20 8km: M Vernon (Glen) 29m8s C Roediger (Hills). 4km: E Rilen 14m53s S Bogenhuber R Junor (ASW). U-16 4km: K Archbold (Hills) 14m35s V Vassiliou (ASW) T Millgate (Ryd). U-13 4km: H Pobie (Hills) 14m49s H Gregson (Hills) S Argent (GIR). 2km: N Terranova (Hills) 7m9s L Radzki (C St) S Baker (Grey). U-12 2km: K Furniss (TW) 7m49s N Seargent (Grey) S Baker.

14/7/01

**GIRRAWEE:** Road race at Epping: Men: 10km Open: T Molesworth 14m31s R Frost R Zammit. O-30: W Jeff 45m33s. O-45: S Williams 44m33s G Sheargold S Halverson. O-55: K Mayhew 41m03s. 5km Open: V Manwaring 23m41s J Smith B Goodin. U-16: T Manwaring 22m59s G Sheargold B Milosevic. 2km Open: S Williams 8m07s. Women: 5km Open: L Smith 21m18s S Argent R Evans. 2km Open: L Gately 8m40s D Goodin K Micallef. U-12: B Micallef 11m45s.

**WEST METROPOLITAN:** Road race at Epping: MEN: 10km O-60: C Fallon (Hills) 53m20s J Butler G Taylor (ASW). O-50: K Mayhew (GIR) 41m03s J Burroughs (ASW) G Allomes (Sydney Pacific). O-40: M Collins (ASW) 37m09s J Sauer (GIR) S Finigan (Hills). O-30: M Todd (ASW) 37m53s P Fisher (Hills) J Jeffrey (Sutherland). O-20: M Webster (Hills) 35m09s K Laws (Ryd). M Doggett (ASW). U-20: A Matthews (UTS Northern Subs). 5km O-60: J Smith (GIR) 24m20s F Scurr (UTS Northern Subs). O-50: J Sneddon 22m54s L Vaughan (Hills) V Manwaring (GIR). O-40: B Mayo (ASW) 18m49s D Hardyman (BS) W Gleeson. O-30: T Newman 17m50s G Turnbull (Hills) P Starr (Hills). O-20: M Haines (ASW) 18m55s. U-20: P Davies (Hills) 20m24s. U-16: A Carmichael (Kat) 19m08s J Milburn (Nep). T Manwaring (GIR). U-13: S Georges (Hills) 19m29s D Sharp B Milosevic (GIR). 2km U-13: P Janzen (PAR) 7m05s A Pincham (Colyton) H Bonello (TW). U-12: D Ricketts (Glenbrook) 7m15s J Crandell (TW) C Millgate (PAR). WOMEN: 10km O-35: J Cowan (Sydney Pacific) 39m55s L Balinski (Hills) Y Taylor (ASW). O-20: S Tulloch (ASW) 49m04s A Parsell S Ellis (ASW). U-20: C Roediger (Hills) 44m59s. 5km O-35: A Forbes 20m28s. O-20: K Jackson (Sydney Uni) 20m28s L Smith (GIR) J Matthews (Sydney Uni). U-20: E Rilen 21m11s. U-16: M Vernon (Glenbrook) 19m35s K Archbold (Hills) L Polkinghorne (Ryd). U-13: H Pobie (Hills) 20m24s H Gregson (Hills) S Argent (GIR). 2km O-35: V Ellis 9m21s N Lloyd (UTS Northern Subs) D Kass (UTS Northern Subs). U-13: N Terranova (Hills) 7m37s S Baker (Greystanes) S Crandell (ASW). U-12: K Furniss (TW) 7m58s N Seargent (Greystanes) L Jordan (Greystanes).

21/7/01

**GIRRAWEE at Baulkham Hills:** MEN 8km: J Sauer 29m28s T Molesworth S Williams. O-45: G Sheargold 34m45s S Halverson B Sewell. 4km: W Jeff 16m29s N Manwaring G Micallef. O-40: V Manwaring 17m42s S Raju B Goodin. U-16: T Manwaring 17m34s G Sheargold B Milosevic. 2km: S Williams 8m31s R Eager. WOMEN 4km: LK Smith 15m52s R Sargent A Micallef. U-14 2km: C Eager 11m55s K Micallef. U-12: L Gately 9m09s D Goodin B Micallef.

**WEST METROPOLITAN at Crestwood Reserve:** MEN 8km O-60: A Blonner (Hills) 32m13s C Fallon (Hills) B Sewell (GIR). O-50: G Allomes (Syd Pac) 36m42s B Hutchins (Hills) P Bimson (Hills). O-40: M Collins (ASW) 29m55s J Sauer (GIR) S Finigan (Hills). O-30: R Cocks (Vic) 28m13s M Todd (ASW) P Fisher (Hills). O-20: P Arthur (Tug) 26m57s A Smallwood (Hills) A McNamara (Ryd). U-20: A Fahey (UTSNS) 28m22s. 4km O-50: J Bogenhuber (Kat) 13m42s L Vaughan (Hills) V Manwaring (GIR). O-40: N Terranova (Hills) 16m15s N Fowler (ES) W Heilensdorfer (Hills). O-30: T Hulme (Ryd) 14m41s W Jeff (GIR) P Starr (Hills). U-20: B Liddy (Hills) 12m56s N Manwaring (GIR). U-16: A Rutter (Syd Pac) 14m10s A Carmichael (Kat) J Milburn (Nep). U-13: S Geoghegan (Hills) 14m54s M Macri M Seargent (Grey). 2km U-13: A Pincham (Coly) 7m38s P Cianci (Hills) H Lewis (Ryd). U-12: D Ricketts (Glen) 7m26s C Millgate (Parra) J Crandell (TW). WOMEN: 8km O-35: R Roediger (Hills) 34m J Pattison (Hills) L Wright. O-20: S Tulloch (ASW) 37m48s S Ellis (ASW). U-20: C Roediger (Hills) 35m1s. 4km O-35: A Forbes 15m26s N Stock. O-20: L Smith (GIR) 15m52s J Matthews (Syd Uni). U-16: M Vernon (Glen) 14m53s K Archbold (Hills) C Lower (ASW). U-13: H Gregson (Hills) 15m38s H Pobie (Hills) S Argent (GIR). 2km U-13: N Terranova (Hills) 8m15s S Baker (Grey) L Whittaker (ASW). U-12: K Furniss (TW) 8m5s N Seargent (Grey) L Jordan (Grey).

28/7/01

**GIRRAWEEEN at Dundas: Cross Country: MEN**  
8km: K Casey 33m3s M Graham J Sauer. 0-45: S Williams 35m56s G Sheargold S Halverson. 0-50: K Mayhew 32m45s B Sewell. 4km: S Raju 18m12s N Manwaring G Micallef. 0-50: V Manwaring 18m33s J Smith B Goodin. Jnr: M Graham 15m26s B Milosevic T Manwaring. 2km: S Williams 8m28s M Forrester R Eager. **WOMEN 4km:** S Argent 18m16s A Micallef. 2km U-16: E Forrester 10m3s C Eager. U-12: L Glatley 9m4s B Micallef K Micallef.

**WEST METROPOLITAN at Upjohn Park: MEN**  
8km 0-60: C Fallon (Hills) 42m55s B Sewell (Gir) J Butler. 0-50: K Mayhew (Gir) 32m45s J Burroughs (ASW) G Allomes (Syd Pac). 0-40: M Collins (ASW) 30m24s D Lewis (ASW) S Finigan (Hills). 0-30: R Roberts (BS) 27m48s M Todd (ASW) J Jeffrey (Suth). 0-20: A Smallwood (Hills) 29m47s A McNamara (Ryde) S Ellis (ASW). U-20: M Graham (Gir) 33m55s P Davies (Hills). 4km: 0-60: J Smith (Gir) 19m23s F Scurr (UTS NS). 0-50: J Bogenhuber (Kat) 16m28s L Vaughan (Hills) J Sneddon. 0-40: B Mayo (ASW) 14m44s N Terranova (Hills) K Farrington (Conc W). 0-20: A McNamara (Ryde) 15m7s N Manwaring (Gir). U-20: B Liddy (Hills) 13m13s M Graham (Gir). U-16: A Rutter (Syd Pac) 14m38s A Carmichael (Kat) J Milburn (Nep). U-13: S Geoghegan (Hills) 16m6s B Milosevic (Gir). 2km U-13: A Pincham (Coly St Clair) 7m55s G Walsh H Lewis (Ryde). U-12: D Ricketts (Glenb) 7m36s K Gregson (Hills) C Millgate (Parra). **WOMEN 8km** 0-35: J Pattison (Hills) 37m47s L Bainski (Hills). 0-20: S Tulloch (ASW) 37m45s S Ellis (ASW). U-20: C Roediger (Hills) 37m45s. 4km 0-35: A Forbes 15m56s N Stock R Pound (UTS NS). U-20: E Rilen (Hills) 16m53s A Roediger (Hills) L Kass (UTS NS). U-16: M Vernon (Glenb) 15m30s M Bonello (ASW) E Junior (ASW). U-13: H Gregson (Hills) 15m51s H Pobjie (Hills) S Argent (Gir). 2km U-13: N Terranova (Hills) 8m T Meindersma (Coly St Clair) S Baker (Grey). U-12: S Seargent (Grey) 3m39s L Jordan (Grey) L Glatley (Gir).

4/8/01

#### NSW CROSS COUNTRY RELAYS, at Miranda Park:

**GIRRAWEEEN: MEN: 4km:** T Molesworth 13m01s R Frost N Manwaring. 0-35: J Sauer 14m30s M Kammerer S Raju. 0-45: K Mayhew 15m39s S Williams G Sheargold. 0-50: V Manwaring 17m56s S Halverson B Goodin. 0-60: B Sewell 20m41s. **WOMEN: U-18 4km:** L Grant 17m21s K Stockings N Dawson. U-16: M Drobac 20m44s.

12/8/01

## Sun-Herald City to Surf

#### IJ - MAN AGED 55-59

- 1 IAN GRAVES 52.49
- 2 KEITH MAYHEW 55.40
- 3 JOHN BURROUGHS 56.19

**GIRRAWEEEN at Auburn: 7.5km:** R Zammit 32m46s G Sheargold S Halverson. 5km: W Jeff 21m23s B Milosevic B Goodin. 0-60: B Sewell 24m46s. 2.5km: M Forrester 11m33s G Micallef R Eager. **Women 2.5km:** E Forrester 12m46s A Micallef C Eager.

**WEST METROPOLITAN, at Auburn: MEN: 7.5km:** 0-40: S Sheargold (Gir) 32m52s G Allomes (Syd Pac) S Halverson (Gir). 0-30: R Zammit (Gir) 32m47s. 5km: 0-60: J Bogenhuber (Kat) 20m41s D Archbold (UTS NS) B Sewell (Gir). 0-40: B Mayo (ASW) 18m29s M Terranova (Hills) D Scott (Pen). U-20: D Smith (Hills) 19m22s P Scott (Pen). U-13: S Geoghegan (Hills) 20m11s B Milosevic (Gir). 2.5km: 0-50: D Archbold (UTS NS) 11m05s P Walsh. 0-40: M Terranova (Hills) 9m28s D Scott (Pen) M Forrester (Gir). U-20: W Dewak (Ryde) 3m35s P Scott (Pen) T Curran (T-W). U-13: J Walsh 10m04s C Millgate (Parra) L Vastall. U-12: J Crandell (T-W) 10m12s. **WOMEN: Open 5km:** D Cass (UTS NS) 30m23s. **Veteran 2.5km:** J Quinn 12m54s S Rilen G Walsh. U-16: J Vassiliou (ASW) 10m23s E Forrester (Gir) L Cass (UTS NS). U-13: N Terranova (Hills) 9m49s T Meindersma (Col-St C) S Crandell (T-W). U-12: K Furniss (T-W) 10m23s N Seargent (Grayst) S Baker (Grayst).



Race walkers (l to r) Lisa Grant, Catherine Nilon and Chelsea Austin gold medallists in the NSW 10km Team Walks Championships at Chipping Norton on 18 August 2001

**NSW C'SHIP at Chipping Norton: MEN: 10km:** Open: P Sunstrom (BS) 42m08s C Lockwood (Vat) A Crawford (RBH). U-12: A Miller (Westl) 51m07s. **WOMEN: 10km:** Open: S Wakeley (Gos) 53m25s L McElvane (Banks) N Mitchell (Suth). U-20: L Grant (Gir) 53m08s P Gough (Banks) K Venzlauskas (Nep). **Team:** Girraween 24 Bankstown 26 Nepean 27.

# Stacey sets winning pace

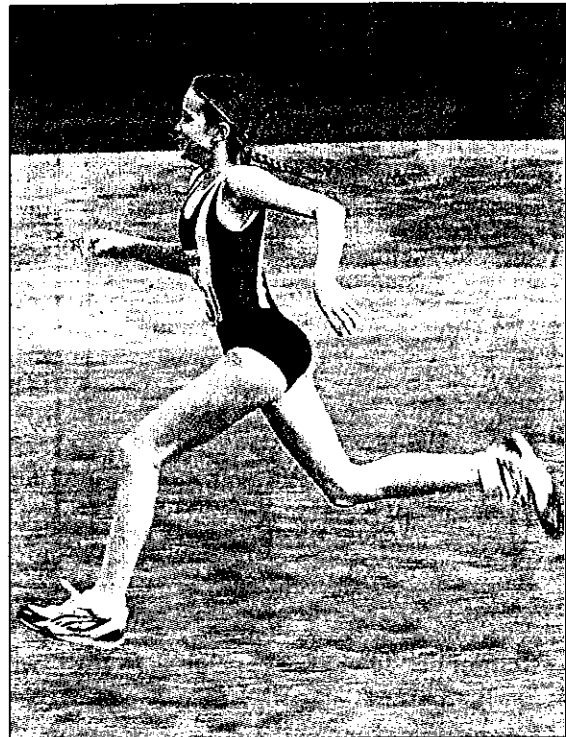
TOONGABBIE runner Stacey Argent was named as the Blacktown City Council Sports Person of the month for July at a ceremony last week.

The 11-year-old is a member of the Girraween Athletics club. She has been competing in the sport for two years. She recently competed in the NSW Athletics Cross Country Championships. Through her training and determination, she managed to break away from the field. Other individual nominees were junior athletes Parwaiz Osmany, 12, Sarah Wilson, 12 and Jason Cheon, 13.

In the team-of-the-year category the Minchinbury Marllins under-8s teeballers were nominated along with the Blacktown Little Athletics under-15 girls shot and discus team. The winner will be announced next February.

BLACKTOWN ADVOCATE

Wednesday, September 5, 2001



Stacey Argent... Sports Person for July

Blacktown City Sun, Tuesday, September 11, 2001

## Stacey pushing ahead

STACEY Argent has a warped concept of fun.

The 11-year-old loves to push her little frame at full pace for four kilometres.

"I just enjoy cross country running," she said.

"Sure it hurts sometimes, but it's not painful all the time. It's what I like to do."

Argent took out the NSW Cross Country Championship, covering the two kilometre course in just 8.01mins.

"I'm used to running longer races, so it wasn't too bad," she said.

"It was easily the best result I've had."

The Toongabbie youngster is a member of Girraween Little Athletics and Senior Athletics Clubs. She won



**CONGRATULATIONS...** Stacey Argent accepts the Blacktown City Council Sportsperson of the Month Award from Cr Alan Shearan. Photo: WOLTER PEETERS

almost every event at the Metella Road Public carnival and is eagerly awaiting the district carnival on September 19.

She capped a fine winter season by winning the Blacktown City Council Sportsperson of the

Month award.

"It was a bit of a surprise," Argent said.

"I also did really well Greystanes Senior Athletics pointscore this season, where I was competing against much older runners."



# Lisa carves up the track

by Alison Leader

BLACKTOWN CITY GUARDIAN, August 17, 2001

Girraween Senior Athletics Club's race walking champion Lisa Grant achieved her best ever running result recently when she won the Sydney West Secondary Schools 17 years 3,000 metres race at Homebush.

The Girraween High School student was representing the Blacktown Zone.

In a tactical battle, the 16 year-old cruised along in third place for half the race, then moved into second place, staying there for several laps before surging away with 300 metres to go.

Her time of 11 minutes, 23.3 seconds was a personal best by 36 seconds, indicating that Lisa has the potential to eventually walk much faster.

Four days earlier, Lisa won the regional 3,000 metres walk in 14 minutes, 22.4 seconds.

Not one to be out of action for long, Lisa also took part in the Sun Herald City to Surf last weekend, completing 14km in 67 minutes.

Asked why she remained so active, Lisa said she always pursued fresh challenges.

"It feels strange if I don't train," she said. "And there are always new things to achieve."

Lisa said her next big goal was to make it to the world juniors and would be trying out for them next year.

Lisa trains for over an hour five or six days a week, sometimes in the Blacktown Showground or Parramatta Park.



*Always seeking a challenge... Race walking champion Lisa Grant*

"As long as I can keep it up I'll be happy," she said.

The Girraween club will hold its first registration and competition day at CV Kelly Park, Oramzi Road, Girraween, on Saturday September 15 between 1.30 and 5.30pm.

18/8/01

**GIRRAWEEEN at Baulkham Hills: Cross Country:**  
Men 8km: J Sauer 30m7s G Sheargold W Jeff. O-50: K Mayhew 31m40s S Halverson B Sewell. 4km: W Jeff 17m45s S Raju G Micallef. O-50: V Manwaring 18m22s J Smith B Goodin. U-16: G Wordsworth 15m54s T Manwaring. 2km: S Williams 8m15s M Forrester R Eager. Women 4km: L Smith 16m39s S Argent A Micallef. 2km U-14: C Eager 11m25s B Micallef K Micallef.

**ASSOCIATED WEST METRO at Crestwood: 8km**  
O-60: A Blonner (Hills) 32m03s B Sewell (Gir) C Fallon (Hills). O-50: K Mayhew (Gir) 31m40s J Burroughs (ASW) G Allomes (SP). O-40: G Sauer (Gir) 30m07s D Lewis (ASW) M Collins (ASW). O-30: M Todd (ASW) 27m56s P Fisher (Hills) A Stewart (UTS North). O-20: K Laws (Ryde) 27m53s M Doggett (ASW) M Haines (ASW). U-16: M Sastre (Banks Sp) 33m21s. Woman: R Roediger (Hills) 34m05s C Zorzi (Hills) L Balinski (Hills). 4km: J Smith (Gir) 18m38s F Scurr (UTS North). O-50: J Sneddon 17m33s L Vaughan (Hills) V Manwaring (Gir). O-40: B Mayo (ASW) 14m20s N Terranova (Hills) N Fowler (East). O-30: W Jeff (Gir) 17m45s S Whelan (Hills) P Starr (Hills). O-20: M Haines (ASW) 14m43s. U-20: B Luddy (Hills) 13m05s. U-16: A Rutter (SP) 14m23s A Smith (Hills) P Shoemark (Greyst). Woman: O-35: A Forbes 15m35s N Stock N Lloyd (UTS North). O-20: L Smith (Gir) 16m39s J Matthews (USYD). U-16: M Vernon (Glen) 15m03s K Archbold (Hills) A Graves (Hills). U-13: H Gregson (Hills) 16m34s S Argent (Gir) S King (ASW). 2km O-40: S Williams (Gir) 8m15s M Forrester D Archbold (UTS North). U-20: W Devjak (Ryde) 6m20s D Smith (Hills) R Price. U-13: A Pincham (Col-St) 7m55s H Lewis (Ryde) H Benello (TW). U-12: D Ricketts (Glen) 7m15s K Gregson (Hills) A Blunden (Grey). Woman: O-35: V Ellis 10m00s D Cass (UTS North) S Rilen. U-13: H Pobjie (Hills) 7m30s N Terranova (Hills) S Baker (Grey). U-12: E Farrington (TW) 8m00s K Furniss (TW) N Seargent (Grey).

25/8/01

**GIRRAWEEEN, at Cabarita: Men 8km:** J Sauer 28m23s T Molesworth S Williams. O-40: S Halverson 38m53s B Sewell. 4km: W Jeff 15m28s S Raju G Micallef. O-50: V Manwaring 16m54s J Smith B Goodin. U-16: G Wordsworth 13m42s. B Milosevic. 2km: M Forrester 8m11s R Eager M Ingram. O-45: S Williams 7m12s. W 8km: R Evans 56m30s. 4km: L Smith 15m18s S Argent A Micallef. U-14 2km: E Forrester 8m41s C Eager K Micallef. U-13: A Evans 14m9s. U-12: L Gately 8m49s D Goodin B Micallef.

**ASSOCIATED WEST METROPOLITAN, at Cabarita: 8km road hcp:** P Starr (Hills) J Butler C Fallon (Hills). Fastest: M Todd (ASW) 26m55s. W: R Roediger (Hills) 32m39s. Veteran: J Sauer (Gir) 28m23s. U-20: C Roediger (Hills) 34m13s. 4km: F Scurr (UTS-Nth) M Riley (ASW) W Jeff (Gir). Fastest: B Mayo (ASW) 13m29s. W: L Smith (Gir) 15m18s. U-16: A Rutter (Syd Pac) 13m21s. W: R Archbold (Hills) 14m29s. 2km: A Evans R Eager (Gir) M Farrington (Con W). Fastest: W Devjak (Ryd) 5m40s. W: M Bonello (ASW) 7m24s. U-13: D Ricketts (Glen) 6m52s. W: N Terranova (Hills) 7m.

1/9/01

**GIRRAWEEEN, at Auburn West: MEN: 8km: Open:** T Molesworth 30m9s R Frost W Jeff. O-40: J Sauer 29m15s S Williams G Sheargold. O-50: K Mayhew 31m44s S Halverson B Sewell. 4km: Open: M Cammerer 14m17s W Jeff N Manwaring. O-35: G Micallef 19m20s. O-50: J Smith 17m45s V Manwaring B Goodin. U-17: B Milosevic 16m33s T Manwaring. 2km: Open: S Williams 7m33s R Eager. Women: 4km: Open: L Smith 15m47s S Argent A Micallef. 2km: Open: E Forrester 8m59s C Eager K Micallef. U-12: L Gately 9m23s B Micallef.

**ASSOC WEST METROPOLITAN at West Auburn:**  
8km: 60y plus: A Blonner (Hills) 30m42s C Fallon (Hills) B Sewell (Gir). 50y plus: J Burroughs (AW) 31m11s K Mayhew (Gir) G Allomes (Syd Pac). 40y plus: J Sauer (Gir) 25m15s B Mayo (AW) S Finigan (Hills). 30y plus: M Todd (AW) 26m05s A Jackson (CRH) P Fisher (Hills). 20y plus: M Doggett (AW) 28m47s T Molesworth (Gir) R Frost (Gir). 4km: 60y plus: J Smith (Gir) 17m45s. 50y plus: J Sneddon 16m L Vaughan (Hills) D Archbold (UTSNS). 40y plus: B Mayo (AW) 13m45s D Hardiman (AE) N Terranova (Hills). 30y plus: M Cammerer (Gir) 14m17s S Whelan (Hills) P Starr (Hills). 20y plus: M Haines (AW) 13m53s N Manwaring (Gir) A McNamara (Ryde). U-16: A Rutter (Syd Pac) 13m37s A Smith (Hills) A Carmichael (Kat). U-13: S Geoghegan (Hills) 14m13s M Macri C Milgate (Parra). 2km: 40y plus: S Williams (Gir) 7m33s D Archbold (UTSNS) R Eager (Gir). 30y plus: D Jordan (Greys) 8m20s T Wearne (TW). U-20: D Smith (Hills) 6m43s. U-13: A Pincham (ColStC) 7m44s P Cianci (Hills) D Kelleher (TW). U-13: D Ricketts (Glen) 7m25 J Crandell (TW) K Gregson (Hills). WOMEN: 8km: C Roediger (Hills) 33m35s J Pattison (Hills) A Roediger. 4km: 35y plus: A Forbes 15m16s L Balinski (Hills) J Quinn. 20y plus: L Smith (Gir) 15m47s J Matthews (SydU) K McHugh. U-16: M Vernon (Glen) 14m20s K Archbold (Hills) J Vassiliou (AW). U-13: E Farrington (CW) 17m S Argent (Gir) A Micallef (Gir). 35y plus: J Quinn 7m38s D Kass (UTSNS) S Rilen. U-20: M Ryan (Ryde) 7m53s. U-16: R Hallert (TW) 7m49s. M Bonello (TW) E Forrester (Gir). U-13: H Gregson (Hills) 7m55s N Terranova (Hills) D Rifkin (TW). U-12: A Furniss (TW) 7m55s L Jordan (Grey) N Seargent (Greys).

# Negativity takes a hike

IT'S hard to know whether there is some unwritten code among race walkers that demands humility, grace and sportsmanship.

But if there is such a Jane Saville-inspired doctrine, Girraween's Lisa Grant is its most devout student.

Grant heads to the Australian Road Walking Championships in Hobart this weekend, where she will uphold the principle of fair competition.

"Walking has had a lot of negative publicity since the Sydney Games," Grant said.

"A lot of athletes blame the judges when they are disqualified. But they are qualified people who watch very closely and don't make a decision lightly."

Grant is clearly more focused on her personal results than the controversy that continues to plague the sport.

The 16-year-old recently took out the under-20 women's 10km state championship at Chipping Norton in 53min 8sec.

She is hoping for a similar performance in the under-18 8km in Hobart.

"There were quite a few older athletes and I was a little worried that I mightn't be able to stay with the leaders at state," Grant said.

"But I managed to sprint home. I haven't raced over eight kilometres too many times, so I want to do a good time at nationals and maybe get a medal."

"I'm hoping to qualify for the World Junior Athletic Championships in Jamaica next year and with more experience I'm confident I can do it."

Grant recorded her best result when she claimed the 17-years 3000m at the recent Sydney west area championships at Homebush Bay.

She cruised along in third for half the race then moved into second for several laps before surging away with 300m to go in an superb display of tactical racing.

Her time of 11min 23.3sec was a personal best by 36sec and indicates she has the potential to run much faster.

It won't compromise her walking career though.

"I'm normally very safe," she said.

"I don't have any problems with technique, but I work hard on it."

**LISA GRANT** ... Hoping to perform strongly in this weekend's Australian Road Walking Championships in Hobart.

Photo: LUKE GLOSSOP



## CROSS COUNTRY

# Commitment pays off

by Nick Melaisis

**K**ings Park resident Brad Milosevic recently received a second place trophy for his age group in the West Metropolitan Zone's cross country and road racing series.

Running for Girraween Athletics Club in the 17 race series, the 13 year old accumulated 85 points and his best position was third.

"I ran pretty good, but I didn't expect to do so well in my first year," said Brad.

Playing soccer in previous years, he decided to take up cross country running this year after being encouraged by a teacher at school.

He carved up for his school William Clark College, coming second in the Hills Zone Cross Country and ninth at the Regional Cross Country, where he just missed out on going on to the State finals.

Despite Brad's enthusiasm, playing two different sports on the same day took its toll.

"It was hard for him playing soccer on Saturday mornings and then backing up in the afternoon to run four kilometres," said Bob Sewell of Girraween Athletics Club.

"He was running so much faster when he finished the soccer season; you could see the improvement."

Although Brad has been playing soccer for the last four years, after helping Kings Langley come third this season, he confesses that he now enjoys cross country running better.

*"I didn't expect to do so well," cross country runner Brad Milosevic who came second in the West Metropolitan Zone series. Photo By: Zoe Duck.*



PARRAMATTA ADVERTISER, Wednesday, October 10, 2001

## World title not many walks away

IF recent results are anything to go by Lisa Grant could be walking her way into the World Junior Championships early next year.

The 16-year-old Girraween Athletics Club member is already ahead of the competition by taking out titles in her own age group and the next step up.

Last month Grant from Wentworthville, finished first in the Australian long walks 8km race in Hobart. She completed the under-18 event in 41min 56sec.

Grant's next competition was the Combined High Schools event where she finished first in the 3km event in the 17 years and over age group.

Bob Sewell from Girraween Athletics said Grant had a good lead from the outset and finished in 14:24.5.

She is currently taking a break from training while on exchange in Japan but is hoping to make the Australian All Schools competition to be held in Melbourne in December.

Her ultimate is to qualify for the World Juniors Championships in Brisbane next April.



**Up-and-coming walker**  
Lisa Grant

### ATHLETICS 2/9/01

**AUSTRALIAN ROAD WALKING C'SHIPS** in Hobart:  
**Finals: MEN:** Open 30,000m: Troy Sundstrom (NSW) 2h17m17s 1, Duane Cousins (Vic) 2h25m15s 2, Richard Everson (SA) 2h26m56s 3, Frank Bertel (Vic) 2h30m41s 4, Ronald Foster (Tas) 3h18m57s 5, Robert Osborne (NSW) 3h25m53s 6, Douglas Connolly (NSW) dnf. **U-18 8000m:** Jared Tallent (Vic) 41m34s 1, Shaun Archer (ACT) 41m49s 2, Matthew Lowe (Tas) 44m14s 3. **U-16 5000m:** Jamie Barnes (Vic) 25m30s 1, Aaron Humphrey (Tas) 27m29s 2, Brody Crane (Tas) 28m41s 3. **U-14 3000m:** Greg Woloszczak (SA) 16m26s 1, Kyle Bryant (Vic) 16m26s 2, Daniel Lineen (Vic) 16m47s 3. **WOMEN: Open 10,000m:** Lynette Ventris (WA) 48m11s 1, Tracy Rosegrave (Vic) 49m38s 2, Wendy Muldoon (Vic) 51m36s 3, Justiana Tonti-Filippini (Vic) 58m44s 4, Roisin Gleich (Vic) 1h01m37s 5, Elizabeth Leitch (Tas) 1h02m27s 6, Jean Albury (Tas) 1h06m50s 7, Cheryl Webb (NSW) dq. **U-20 10,000m:** Erin Adamcewicz (Vic) 53m03s 1, Claire Bock (Qld) 53m18s 2, Lauren McGrath (WA) 58m09s 3. **U-18 8000m:** Lisa Grant (NSW) 41m56s 1, Yvette Becker (SA) 45m12s 2, Jaclyn Bryant (Vic) 46m20s 3. **U-16 5000m:** Bridgitte Burns (Vic) 25m38s 1, Peta Gough (NSW) 25m56s 2, Chantelle Pettit (Qld) 27m25s 3. **U-14 3000m:** Aleisha Roddy (WA) 15m55s 1, Fiona Allis (NSW) 16m42s 2, Melanie Daniels (Tas) 16m50s 3. **MXD: U-12 1250m:** Stacy McDonald (Tas) 7m43s 1, Madelyn McDonald (Tas) 7m44s 2, Cameron Sansom (Tas) 7m46s 3. **U-10 1000m:** Ayesha Welch (Tas) 6m37s 1, Nerika Pelham (Tas) 6m39s 2, Haley Sanson (Tas) 6m57s 3.

8/9/01

NSW ROAD RELAY C'SHIP, at Cordeaux Dam:  
**GIRRAWEE**, at Picton: **MEN** 5km: T Molesworth  
 15m52s M Kammerer R Frost 0-40: J Sauer 17m43s  
 3 Williams G Shearoid 0-50: K Mayhew 19m21s V  
 Manwaring S Halverson 0-60: B Sewell 26m26s.  
 U-20: M Graham 18m24s T Manwaring. **WOMEN**: L  
 Grant 21m36s L Smith S Argent.

# Coaching is the key



Julie and Lisa Grant with Bob Sewell

Photo: DANIEL GRIFFITHS

THE nominators for our latest Citizen of the Week described the winner as a man who cares passionately about sport and its ability to get kids off the streets.

Lisa and Julie Grant are coached by Bob Sewell who they said displays amazing Parramattitude.

The 63-year-old has been involved with Girraween little and senior athletics for 22 years. He is president of the senior club and life member of both.

Not only does he dedicate time to the athletes but regularly maintains the training ground by mowing, painting lines and working on equipment — all as a volunteer.

“We nominate him for his time and effort to help the young and not so young,” the Grant girls wrote.

Mr Sewell himself confesses to being a couch potato before discovering Little Athletics.

“I’ve been coaching and competing ever since,” he said.

“Well, actually I don’t know if you’d call it competing at my age.”

Until recently, Mr Sewell also coached his first love, boxing, at Blacktown Police Citizens Youth Club.

Once a fine boxer who made the Olympic trials, Mr Sewell now devotes his time to athletes.

“I never went as far as I could have because no one taught me,” Mr Sewell said.

“That’s why I teach the kids to tell them they need to put in the effort to get results.

“It is enjoyable to help them achieve their goals.”

15/9/01

**GIRRAWEE** at C V Kelly Park: **100m**: T Evans 12.1s C Flower S Clark. **400m**: C Flower 56.8s P Molesworth N Manwaring. **1500m**: M Graham 4m56.1s T Molesworth K Mayhew. **Long jump**: N Manwaring 5.9m P Kimpton C Flower. **Shot**: **Veteran 7.26kg**: S Halverson 6.91m V Manwaring R Giesler. **Snr**: S Clark 8.25m W Jeff T Molesworth. **U-20 6kg**: M Graham 6.54m. **U-18 5kg**: T Manwaring 11.19m P Kimpton C Flower. **U-16 4kg**: S Mortimer 9.46m. **U-14 3kg**: T Weyland 7.84m B Milosevic. **Women: 100m**: J Austin 14.5s L Smith M Drobac. **400m**: L Smith 68.9s C Austin J Culbert. **1500m**: L Smith 5m32.9s C Austin T McKay. **Discus**: L Smith 34.74m A Micallef J Ward.

22/9/01

**GIRRAWEE** at C V Kelly Park: **Men: 200m**: D Beattie 25.2s C Flower N Manwaring. **800m**: C Flower 2m16.8s I Richards N Fowler. **3000m**: M Kammerer 10m25.8s M Graham T Molesworth. **High jump**: D Beattie 1.70m P Kimpton S Mortimer. **Women: 200m**: J Austin 32.2s L Grant C Austin. **800m**: L Grant 2m40.3s C Austin C Nilon. **3000m walk**: L Grant 14m44.4s C Austin C Nilon. **Shot 4kg**: J Ward 8.03m L Grant J Austin. **3kg**: A Micallef 6.49m J Grant M Mulcahy. **2kg**: B Micallef 4.67m.

29/9/01

**GIRRAWEE** at C V Kelly Park: **MEN: 100m**: S Wearne 11.7s C Flower F Antwi. **400m**: S Wearne 55.4s C Flower D Beattie. **1500m**: T Richards 4m52.4s N Fowler C Flower. **1500m walk**: P Kimpton 8m42.1s W Levett C Flower. **Long jump**: N Manwaring 5.76m D Beattie T Manwaring. **Shot**: **Veteran 7.26kg**: R Giesler 7.12m V Manwaring S Halverson. **Snr**: W Jeff 8.10m N Manwaring D Beattie. **6kg**: W Levett 8.58m. **5kg**: T Manwaring 10.28m C Flower B Kimpton. **4kg**: S Mortimer 9.35m I Craddy. **WOMEN: 100m**: L Smith 14.5s J Murphy V Sestic. **400m**: L Smith 1m05.9s L Grant H Sestic. **1500m**: N King 5m08.6s L Smith L Grant. **Long jump**: J Murphy 4.25m J Shroo H Sestic. **Discus** 1kg: L Smith 33.60m H Sestic V Sestic. **750g**: K Micallef 13.77m B Micallef D Goodin.

6/10/01

**GIRRAWEE** at C V Kelly Park: **MEN: 200m**: D Beattie 25.6s C Flower T Molesworth. **800m**: C Flower 2m13.8s I Nimac P Kimpton. **3000m**: M Graham 10m28.5s T Molesworth B Crisp. **High jump**: D Beattie 1.71m I Nimac P Kimpton. **Discus Veteran 2kg**: R Wilesmith 25.24m V Manwaring S Williams. **Snr 2kg**: W Jeff 22.75m N Manwaring D Beattie. **U-20 1.75kg**: W Levett 2.75m M Graham. **U-18 1.5kg**: T Manwaring 24.52m C Flower P Kimpton. **U-16 1kg**: I Nimac 35.55m I Craddy B Milosevic. **WOMEN: 200m**: L Smith 30.3s J Murphy K Stockings. **800m**: L Smith 2m40.7s H Sestic N Sestic. **3000m**: L Smith 11m56.3s. **Long jump**: K Stockings 3.96m H Sestic J Grant. **Shot 4kg**: L Smith 8.79m J Ward H Sestic. **3kg**: A Micallef 6.51m. **2kg**: K Micallef 6.16m B Micallef.

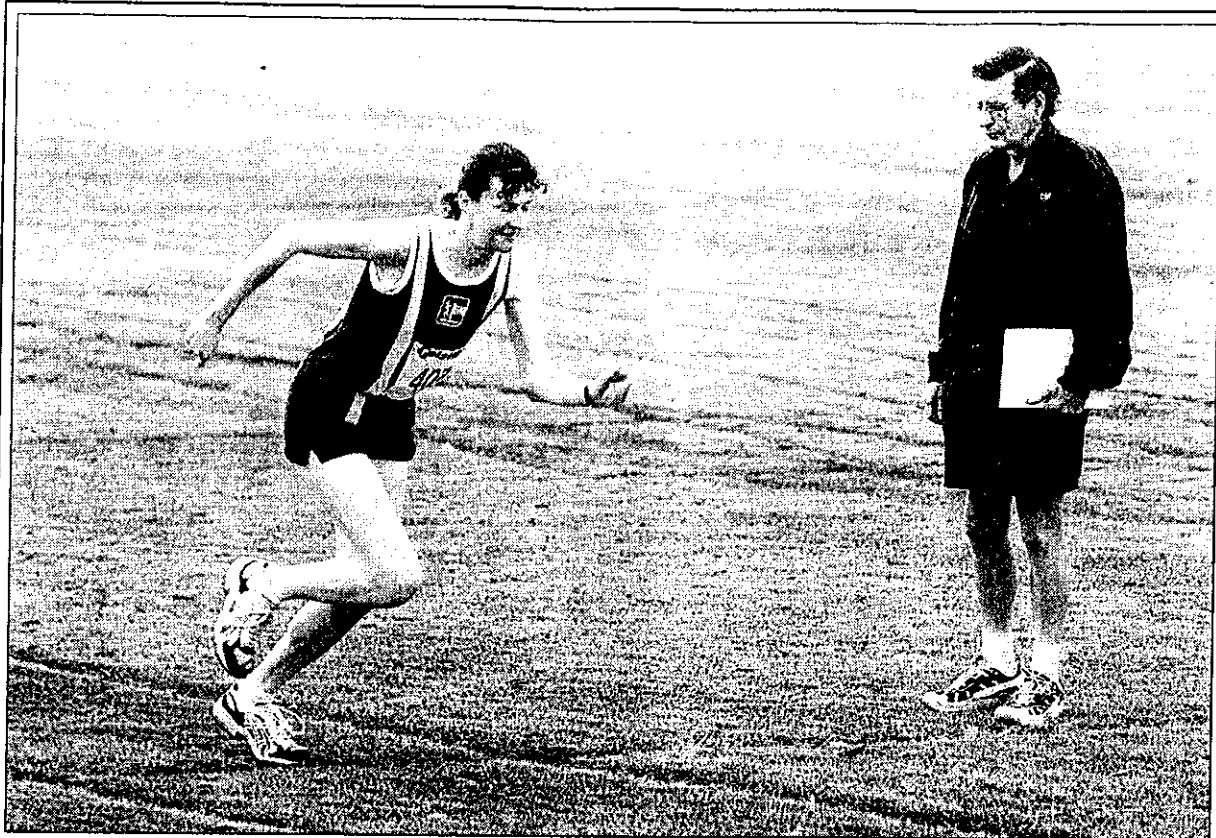
13/10/01

**GIRRAWEE** at C V Kelly Park: **Men: 100m**: G Howard 11.9s T Evans C Flower. **400m**: C Flower 56.8s P Starr N Manwaring. **1500m**: M Graham 4m53.6s T Molesworth K Mayhew. **Long Jump**: N Manwaring 5.81m P Kimpton T Evans. **Shot Veteran 7.26kg**: V Manwaring 6.99m S Williams V Goodin. **Snr 7.26kg**: W Jeff 7.93m D Beattie G Howard. **U-20 6km**: M Graham 6.73m. **U-18 5kg**: C Flower 8.31m. **U-16 4kg**: I Craddy 9.83m S Mortimer P Kimpton. **Women: 100m**: L Smith 14.3s D Goodin S Argent. **400m**: L Smith 1m05.5s K Stockings S Argent. **1500m**: L Smith 5m24.9s K Stockings S Argent. **Discus 1kg**: L Smith 34.28m A Micallef J Ward. **750g**: K Micallef 14.96m B Micallef S Argent.

20/10/01

**GIRRAWEE** at C V Kelly Park: **200m**: G Howard 25.6s C Flower T Molesworth. **800m**: C Flower 2m16.2s I Richards T Molesworth. **5000m**: M Kammerer 18m44.3s P Byrne T Molesworth. **High jump**: S Mortimer 1.62m P Kimpton T Evans. **Women: 200m**: J Austin 33.5s C Austin H Sestic. **800m**: L Grant 2m45.9s C Austin H Sestic. **5000m**: C Austin 26m51.8s. **Shot 4kg**: J Ward 8.43m L Smith H Sestic. **U-15 3kg**: A Micallef 7.17m. **U-12 2kg**: K Micallef 6.58m B Micallef S Argent.





Lynette Smith with her coach Bob Sewell

Photo: ANN MORAN

# Athletics just for the pleasure of it

by APRIL HERSEY

GIRRAWEE Senior Athletics is a sports club with a difference.

Athletic ability is not the yardstick for the members whose ages range from below 12 to over 60.

Bob Sewell, who has been president of the club for 12 years, said that the purpose of the club is to promote athletics for the joy of it.

"We promote fun athletics for residents of Girraween and the surrounding districts. Most of our members just love athletics and may not be suitable for elite competitions," he said.

"We provide a service for athletes who can't run all that fast or jump all that far."

Sewell said that most clubs concentrate on elite athletes only.

"In our club our athletes may never be champions although we have oc-

asionally produced gold medallists," he said.

"The top clubs tend to look down on us and think our standard is pathetic but we don't think so. If someone can only jump two metres what's wrong with that?"

Sewell's own athletic career began with boxing and at one time he was runner up to the state champion.

"But I got sick of being hit in the head and turned to athletics. Like a lot of other people I love athletics. Many people are held back from enjoying athletics because they don't think they are good enough," he said.

"At Girraween they are good enough. In a way we are catering for the also rans but we consider they need a place too. No matter how slow you are we will be happy to accept you at Girraween Senior Athletics Club."

The club has 64 members who train twice a week and compete against each

other at C.V. Kelly Park, Girraween every Saturday afternoon. All types of athletics are on offer.

All the Olympic-type athletics with the exception of the hammer throw and the pole vault are part of the club's competition work.

Among the gold medal winners is Lynette Smith of Toongabbie who having turned 30 was eligible to compete in the Australian Veterans Championships this year, taking all before her with five gold medals and one silver for track and field.

Smith started athletics at the age of seven and still loves to run.

"In the Girraween Club we all enjoy doing athletics. We cheer each other on and we often compete in all the events on Saturday afternoons just for the fun of it. Even if we've never done something before, like shot put, we'll give it a go," Sewell said.

PARRAMATTA ADVERTISER, Wednesday, October 31, 2001

# Unique program

**Below: Bill Goodin, 52, of Wentworthville, in action at Girraween's Saturday afternoon competition**

**Right: Bob Sewell with two of the club's up-and-coming athletes, teenage sisters Julie (left) and Lisa Grant**



by APRIL HERSEY

GIRRAWEE Senior Athletics is a sports club with a difference.

Athletic ability is not the yardstick for the members whose ages range from below 12 to over 60.

Bob Sewell, who has been president for 12 years, said the purpose of the club was to promote athletics for the joy of it.

"We promote fun athletics for residents of Girraween and the surrounding districts," Sewell said.

"Most of our members just love athletics and may not be suitable for elite competitions.

"We provide a service for athletes who can't run all that fast or jump all that far."

Sewell said most clubs concentrated on elite athletes only.

"In our club our athletes may never be champions, although we have occasionally produced gold medallists," he said.

"The top clubs tend to look down on us and think our standard is pathetic but we don't think so. If someone can only jump two metres what's wrong with that?"

Sewell's own athletic career began with boxing and at one time he was runner-up to the state champion.

## Enjoyable athletics is the key

"But I got sick of being hit in the head and turned to athletics," he said.

"Like a lot of other people, I love athletics. Many people are held back from enjoying athletics because they don't think they are good enough.

"At Girraween they are good enough. In a way we are catering for the also-rans but we consider they need a place too.

"No matter how slow you are we will be happy to accept you at Girraween Senior Athletics Club."

The club has 64 members who train twice a week and compete against each other at C.V. Kelly Park, Girraween every Saturday afternoon. All events except hammer throw and pole vault are on offer.

27/10/01

**GIRRAWEEEN at CV Kelly Park: 100m:** G Howard 11.5s C Flower 1A Moschione. **400m:** C Flower 56.4s N Grech N Manwaring. **1500m:** M Graham 4m55.6s C Flower K Mayhew. **Long jump:** N Manwaring 5.68m M Jones P Kimpton. **Shot veteran 7.26kg:** S Williams 7.38m R Giesler V Manwaring. **Snr 7.26kg:** W Jeff 7.72m B Goodin Micallef. **U-20 6kg:** M Graham 6.45m. **U-16 5kg:** I Craddy 10.56m S Mortimer. **U-14 3kg:** B Milosevic 6.50m. **Javelin:** M Jones 42.13m T Manwaring S Williams. **Women: 100m:** J Murphy 14.6s C Austin J Austin. **400m:** L Smith 67.5s L Grant K Stockings. **1500m:** L Smith 5m26.7s S Argent K Stockings. **Long jump:** J Murphy 4.23m K Stockings C Austin. **Triple jump:** C Austin 9.08m J Murphy L Grant. **Discus 1kg:** L Smith 34.21m A Micallef J Ward. **750g:** K Micallef 14.57m B Micallef S Argent. **Javelin:** L Smith 31.83m C Austin A Micallef.

3/11/01

**GIRRAWEEEN at CV Kelly Park: MEN: 200m:** G Howard 24.6s D Beattie C Flower. **800m:** C Flower 2m14.9s I Richards P Kimpton. **3000m:** M Graham 10m13.4s I Richards P Kimpton. **High jump:** M Jones 1.70m D Beattie S Mortimer. **Discuss 2kg Veteran:** S Williams 18.97m B Flanagan V Manwaring. **U-20 1.75kg:** M Graham 19.35m. **U-16 1.5kg:** M Jones 28.32m T Manwaring I Craddy. **Women: 200m:** L Smith 30.1s K Stockings J Austin. **800m:** L Smith 2m30.5s L Grant K Stockings. **3000m:** L Smith 11m36.2s S Argent L Bourke. **3000m walk:** L Grant 15m27.4s C Austin J Grant. **Shot 4kg:** J Ward 8.65m L Smith C Austin. **U-14 3kg:** A Micallef 7.69m K Graham J Grant.

10/11/01

**GIRRAWEEEN at CV Kelly Park: MEN: 100m:** G Howard 11.6s T Evans N Manwaring. **400m:** N Manwaring 57.8s T Molesworth P Kimpton. **1500m:** T Molesworth 4m52.3s M Graham P Kimpton. **Long jump:** N Manwaring 5.86m M Jones I Burbage. **Shot Veteran 7.26kg:** S Williams 7.22m R Giesler B Flanagan. **Snr 7.26kg:** W Jeff 8.27m G Howard T Molesworth. **U-18 5kg:** M Jones 10.47m I Burbage M Moschione. **U-16 4kg:** I Craddy 10.61m. **U-14 3kg:** B Milosevic 4.47m. **Women: 100m:** V Sestic 14.8s J Austin C Austin. **400m:** K Stockings 68.6s H Sestic C Austin. **1500m:** L Grant 5m52.8s K Stockings C Austin. **1500m walk:** L Grant 7m13.3s C Austin C Nilon. **Long jump:** K Stockings 4.11m C Austin J Jones. **Discus 1kg:** V Sestic 27.49m H Sestic A Micallef. **U-14 750g:** K Micallef 14.38m B Micallef B Goolmeze.

17/11/01

**GIRRAWEEEN at C V Kelly Park: MEN: 200m:** G Howard 24.5s M Jones N Manwaring. **800m:** P Kimpton 2m17.8s T Molesworth T Mackie. **5000m:** M Kammerer 19m12.1s P Molesworth R Frost. **Discuss Vet 2kg:** V Manwaring 20m S Williams R Giesler. **Snr 2kg:** N Manwaring 24.84m I Richards T Molesworth. **U-18 1.5kg:** T Manwaring 29.91m P Kimpton M Jones. **U-16 1kg:** T Evans 29.48m S Mortimer B Evans. **Women: 200m:** K Stockings 31.3s C Austin H Sestic. **800m:** K Stockings 2m49.3s H Sestic C Austin. **5000m:** K Stockings 25m28.5s C Austin. **3000m walk:** L Grant 16m35.6s C Austin. **1500m walk:** K Stockings 9m33.8s J Stockings C Eager. **Shot 4kg:** M Hinwood 8.65m L Hatherley H Sestic. **U-14 3kg:** A Micallef 7.27m C Eager.

24/11/01

**GIRRAWEEEN at C V Kelly Park: MEN 100m:** D Beattie 12.3s M Moschione M Jones. **400m:** M Jones 58.2s D Beattie T Molesworth. **1500m:** I Richards 4m45.2s M Graham T Molesworth. **Long jump:** M Jones 5.63m D Beattie T Molesworth. **Shot veteran 7.2kg:** R Giesler 7.30m V Adams V Manwaring. **Snr 7.2kg:** W Jeff 8.52m D Beattie I Richards. **U-20 6kg:** M Graham 6.48m. **U-16 4kg:** M Jones 10.01m M Moschione S Mortimer. **U-14 4kg:** L Burbage 8.36m. **U-14 3kg:** B Milosevic 4.54m. **Women 100m:** J Austin 14.7s C Austin M Hinwood. **400m:** K Stockings 71.5s C Austin L Grant. **Long jump:** K Stockings 4.10m C Austin J Jones. **1500m walk:** C Austin 7m38.2s C Nilon J Grant. **Discus open 1kg:** A Micallef 24.04m C Nilon M Hinwood. **U-13 750g:** K Micallef 13.02m B Micallef.

8/12/01

**GIRRAWEEEN, at C V Kelly Park: Men 100m:** N Manwaring 11.9s T Manwaring P Kimpton. **400m:** M Manwaring 57.8s T Manwaring S Williams. **1500m:** P Kimpton 5m06s K Mayhew S Williams. **Long Jump:** M Manwaring 5.96s P Kimpton T Manwaring. **Shot Veteran 7.26kg:** V Manwaring 6.85m V Adams E Makki. **Snr 7.26kg:** W Jeff 9.38m Micallef. **U-18 5kg:** T Manwaring 10.43m P Kimpton. **U-16 4kg:** L Burbage 7.13m. **U-14 3kg:** B Milosevic 5.02m. **W: 100m:** L Smith 14.2s C Austin and J Austin dh. **400m:** L Smith 68.3s C Austin J Stockings. **1500m:** L Smith 5m30.2s C Austin M Mulcahy. **1500m walk:** C Austin 7m29.6s J Stockings B Micallef. **Discus open 1kg:** L Smith 33.36m J Ward A Micallef. **U-12 750g:** K Micallef 14.84m B Micallef.

PARRAMATTA ADVERTISER, Wednesday, November 28, 2001

## Team lines up

THE Australian All Schools athletics championships will be held at Melbourne's Olympic Park from December 6-9. Students from local schools include:

- Damien Bowles, St Patrick's Dundas, under-16 1500m walk.
- Gareth Care, Carlingford HS, under-20 shot put.
- Breanne Clement, Cerdon College, under-20 hammer throw.
- Bianca Doja, Tara Anglican School, under-16 high jump.
- Charlene Ebejer, Catherine McAuley Westmead, under-16 1500m walk, under-18 steeplechase.
- Vanessa Ebejer, Catherine McAuley Westmead, under-18 3km walk, steeplechase, under-20 5km walk.
- David Gane, The King's School, under-20 400m, 800m.
- Lisa Grant, Girraween HS, under-18 3km walk, under-20 5km walk.
- Heidi Gregson, Christ the King North Rocks, under-14 800m;

- Andrew Howell, The King's School, under-18 400m hurdles.
- Amanda Jenkins, Tara Anglican School, under-18 400m, 800m, under-20 800m.
- Lauren Jones, Tara Anglican School, under-18 100m, 100m hurdles.
- Kathryn Lee, Greystanes HS, under-14 discus, shot put.
- Tara Millgate, OLMC Parramatta, under-18 400m.
- Theodora Spathis, Cumberland HS, under-20 heptathlon, high jump.
- Alyssa Vella, Northmead HS, under-18 hammer throw.
- Laura Verlinden, OLMC Parramatta, under-14 100m;
- Alex Walker, The King's School, under-18 shot put, discus, under-20 shot put.
- Shaun Wearne, Greystanes HS, under-18 100m, 200m.
- Joseph Wong, James Ruse AHS, under-16 100m, 200m.

Parramatta Sun, Wednesday, December 12, 2001

## Fielding success on the track at championships

GIRRAWEEEN High School's Lisa Grant registered a silver double at the Australian All Schools Track and Field Championships in Melbourne on the weekend.

The 16 year old posted a personal best of 14mins 7secs to finish second in the under-18, 3000m walk. Grant improved on her personal best by a staggering 24 seconds and was just behind Australia's top rated junior walker, Lauren Johnson.

She also placed second in the under-20, 5000m walk, against competitors four years her senior in 24mins 38secs.

The performance has confirmed the Girraween Senior Athletics member as a future national and international star. Grant qualified for the Australian All Schools with a comfortable win in the under-18, 3000m walk at the NSW Track and Field Championships in October.

This Saturday she will team with sister Julie,

Catherine Nilon and Helen Sistic to contest the open 4x1500m event in the State Relay Championships at Homebush Bay.

In Girraween Little Athletics news, the centre won silver in the under-15 boys long jump/high jump at the Junior State Relay Championships on November 25.

Ivan Nimac recorded the highest jump of the day with 1.8m. Brendan Weyland managed 1.45m in the high jump, while Brend Correy-Yorke (5.48m) and Shaun Gilchrist (4.9m) made solid contributions in the long jump. Nimac (under-15s) and Weyland (under-13s) savoured further success at the Mid-West Zone Multi Event at Greystanes, where they both finished first.

In last month's Greater Western Challenge, Girraween Little Athletics Centre won the boys and girls shield defeating Holroyd, Minchinbury and Kings Langley.

15/12/01

**GIRRAWEE: MEN 200m:** T Manwaring 27.57s P Kimpton I Richards. **800m:** I Richards 2m18.6s P Kimpton L Graham. **5km:** M Kammerer 18m24.3s P Byrne P Kimpton. **Discus 2kg:** Veteran: S Williams 20.35m R Giesler V Manwaring. **Snr:** W Jeff 23.40m I Richards G Micallef. **WOMEN: 200m:** L Smith 31.6s J Austin J Grant. **800m:** L Smith 2m40.2s L Grant K Stockings. **5km:** L Smith 20m04.6s K French S Argent. **3km walk:** L Grant 15m09.9s C Nilon K Stockings. **Shot put 4kg:** J Ward 3.63m L Smith C Nilon. **3kg:** A Micallef 7.12m J Grant C Eager. **2kg:** K Micallef 6.15m S Argent B Micallef.

26/1/02

**GIRRAWEE at C V Kelly Park: MEN: 100m:** M Jones 11.9s T Evans P Kimpton. **400m:** M Jones 57.1s P Kimpton S Williams. **1500m:** P Kimpton 5m25.2s G Sheargold G Sheargold Snr. **Long jump:** M Jones 5.71m P Kimpton S Mortimer. **Shot: Veteran 7.26kg:** S Williams 7.08m R Giesler V Manwaring. **Snr 7.26kg:** G Micallef 6.39m. **U-19 5kg:** M Jones 11.12m P Kimpton. **U-16 4kg:** B Weyland 8.00m L Burbage. **U-14 3kg:** T Weyland 8.04m B Milosevic. **Women: 100m:** J Austin 14.4s C Austin L Grant. **400m:** L Grant 1m10.4s C Austin E Forrester. **1500m walk:** L Grant 7m14.5s C Austin C Eager. **Discus: Open 1kg:** J Ward 23.82m A Micallef J Austin. **750g:** K Micallef 14.73m B Micallef.

23/2/02

**GIRRAWEE at C V Kelly Park: MEN 100m:** M Jones 11.8s M Moschione P Kimpton. **400m:** M Jones 58.6s P Kimpton I Richards. **1500m:** I Richards 4m43.3s P Byrne N Rees. **Long jump:** M Jones 5.64m P Kimpton T Evans. **Shot Veteran 7.2kg:** S Williams 7.48m R Giesler S Halverson. **Snr 7.2kg:** W Jeff 8.38m I Richards M Graham. **U-18 5kg:** M Jones 10.15m P Kimpton M Moschione. **U-17 4kg:** T Craddy 10.31m S Mortimer L Burbage. **WOMEN 100m:** D Saunderson 14.3s K Stockings J Austin. **400m:** D Saunderson 1m10.1s L Grant K Stockings. **1500m:** S Argent 5m43.3s C Austin V Savage. **Long jump:** C Austin 4.02m J Saunderson V Savage. **Discus 1kg:** V Savage 26.92m J Ward A Micallef. **750g:** K Micallef 13.49m S Argent B Micallef.

## PARRAMATTA ADVERTISER.

Wednesday, January 16, 2002

# Pentathlete Lyn still top

LYNETTE Smith has won the NSW veteran pentathlon championship for her age group.

The 30-year-old took out the title in the 30-34 years age category, representing Girraween Amateur Athletic Club.

Competing in only her second pentathlon, Smith won four of the five events she contested, with an aggregate score of 2778 points, missing a victory only in the long jump.

The other pentathlon events were javelin, discus, 200m and 800m.

Smith's next main meet is the NSW veteran track and field championships in which she will enter the

## ATHLETICS

200m, 400m, 800m, 1500m, shot put, discus and javelin.

The championships will be held at Homebush Bay February 1-3.

In other Girraween club news, Liam Correy, 12, won a silver medal in the 12 years 100m event at the Australian Catholic primary schools championships.

The Pendle Hill youngster recorded a personal best of 12.56 sec for the sprint, and also won a gold medal as a member of the NSW 4x100m relay.

5/1/02

**GIRRAWEE at C V Kelly Park: MEN 60m:** D Beattie 7.4s M Jones S Williams. **300m:** D Beattie 38.7s G Howard M Jones. **1000m:** M Kammerer 3m10.4s T Molesworth A Watson. **1 mile:** T Molesworth 5m21.3s M Kammerer N Rees. **Scissors high jump:** D Beattie 1.61m P Kimpton M Jones. **Standing long jump:** P Kimpton 2.78m D Beattie S Venesjarvi. **Women 60m:** J Austin 8.9s K Stockings C Austin. **300m:** L Grant 49.8s C Austin K Stockings. **1000m:** L Grant 3m45.1s K Stockings C Austin. **Standing long jump:** L Grant 2m K Stockings C Austin.

2/2/02

**GIRRAWEE at C V Kelly Park: 60m:** G Howard 7.5s M Jones D Beattie. **300m:** G Howard 39.2s D Beattie M Jones. **1000m:** G Howard 3m7.9s M Kammerer D Beattie. **2000m:** M Kammerer 6m38.3s B Milosevic E Maki. **Long jump (stand):** P Kimpton 2.73m D Beattie M Jones. **Scissors high jump:** D Beattie 1.60m P Kimpton T Evans. **Shot:** M Kammerer 22.99m D Beattie W Jeff. **Women: 60m:** B Saunderson 8.9s C Austin J Austin. **300m:** D Saunderson 49.5s K Stockings C Austin. **1000m:** K Stockings 3m46.4s V Savage C Austin. **Long jump (stand):** D Saunderson 2.11m K Stockings C Austin. **Shot:** J Austin 9.26m C Austin J Stockings.

2/3/02

**GIRRAWEE at C V Kelly Park: MEN 200m:** M Jones 25.6s P Kimpton T Molesworth. **800m:** P Kimpton 2m24.1s T Molesworth I Nimac. **5000m:** M Kammerer 17m58.4s M Graham P Kimpton. **High jump:** M Jones 1.78m T Evans S Mortimer. **WOMEN 200m:** L Smith 30.4s C Austin J Murphy. **800m:** L Smith 2m38.7s C Austin S Argent. **5000m:** L Smith 21m19.6s L Grant S Argent. **Long jump:** J Murphy 4.34m J Austin J Grant. **Shot 4kg:** V Savage 7.89m C Austin K Stockings. **3kg:** A Micallef 7.22m J Grant C Eager. **2kg:** K Micallef 7.06m B Micallef M Hayes.

19/1/02

**GIRRAWEE at C V Kelly Park: MEN: 200m:** G Howard 24.6s D Beattie M Jones. **800m:** P Kimpton 2m17.6s T Molesworth I Nimac. **3000m:** M Kammerer 10m20.3s M Graham T Molesworth. **High Jump:** M Jones 1.72m I Nimac P Kimpton. **Discus Vet 2kg:** V Manwaring 21.32m R Giesler S Williams. **Snr 2kg:** W Jeff 24.67m D Beattie I Richards. **U-19 1.5kg:** T Manwaring 25.79m M Jones P Kimpton. **U-16 1kg:** I Nimac 32.90m. **WOMEN: 200m:** L Smith 30.6s J Austin C Austin. **800m:** L Smith 2m43.2s L Grant K Stockings. **3000m:** L Smith 12m4.7s K Stockings V Savage. **3000m walk:** L Grant 15m50.1s C Austin K Stockings. **Shotput open 4kg:** L Smith 8.60m J Ward V Savage. **U-15 3kg:** A Micallef 7.60m J Grant E Goolmeze. **U-12 2kg:** S Martin 5.32m S Argent D Goodin.

9/2/02

**GIRRAWEE at C V Kelly Park: MEN 700m A:** M Graham 1m46.5s T Molesworth P Kimpton. **B:** R Giesler 2m28.4s B Gooden G Micallef. **3000m:** M Kammerer 9m57.6s T Molesworth M Graham. **Long jump:** P Kimpton 5.49m T Molesworth M Graham. **Triple jump:** T Molesworth 10.05m M Graham. **Shot:** M Kammerer 22.99m D Beattie W Jeff. **Women: 700m A:** C Austin 2m5.7s K Stockings S Argent. **B:** C Eager 3m45.5s B Micallef K Micallef. **3000m:** S Argent 12m13.4s K Stockings V Savage. **Long jump:** C Austin 3.93m J Austin V Savage. **Triple jump:** C Austin 9.10m J Austin V Savage. **Shot 4kg:** J Ward 7.53m A Micallef C Austin. **2kg:** K Micallef 6.79m S Argent B Micallef.

## PARRAMATTA ADVERTISER.

Wednesday, February 20, 2002

## Wins for Lyn ATHLETICS

GIRRAWEE Senior Athletics Club member Lynette Smith won three gold medals at the NSW veterans championships at Homebush Bay earlier this month.

Smith won the javelin, discus and 800m in the 30-34 age group. She also came second in the 400m.

In the open titles, clubmate Lisa Grant, 16 came third in the 5km walk.

Meanwhile the Girraween club will hold friendly cross-country races at C.V. Kelly Park, Girraween, on Saturdays, March 9, 16 and 23, starting at 3pm.

## Pentathlon champion

GIRRAWEE'S Lynette Smith dominated the recent Athletics NSW Veteran Pentathlon Championship at Homebush Bay.

Smith won four of the five events in the 30-34 years division.

She finished with a total of 2,779 points, claiming the javelin (34.30m), 200 metres (28.2secs), discus (33.69m) and 800 metres (2mins 33.3secs).

Long jump is the 30 year old's weakest discipline. However, her effort of 4.40m improved her previous personal best by 20cm.

Smith had good reason to be happy with her performances in hot, dry and windy conditions according to Girraween Senior Athletics' Bob Sewell.

"Lynette is usually about seven seconds quicker for the 800m, but her improvement in the long jump compensated for that," Sewell said.

Parramatta Sun.

Wednesday, February 6, 2002

Parramatta Sun, Wednesday, March 6, 2002

## Sun sport

# She's running like a veteran

SHE'S back in the running - what's old is new again for Lynette Smith. Smith has rediscovered her love of athletics and the competitive edge to grace the elite stage.

She won three gold medals at the recent NSW veterans track and field championships at Homebush Bay.

"I'd been involved with athletics for 20 years before having a bit of a break," Smith said.

"I've only just entered the veterans category and I'm really enjoying keeping fit. That's what motivates me to keep training and it is a pretty social environment at our club where everyone is encouraging."

The Girraween Senior Athletics member was without peer in the 30-34 years javelin

(36.74m), the discus (33.13m) and the 800m (2min 27.2sec) at the state championships.

She was also a close second in the 400m (61.7sec).

Club-mate Lisa Grant has been tackling rivals years her senior in the NSW open five-kilometre walk. Grant is just 16, but finished third in 25min 21.3sec.

Girraween Senior Athletics is preparing for the winter season of cross country and road racing.

A friendly cross-country run will be held at CV Kelly Park, Oramzi Road, Girraween, this Saturday at 3pm.

**GOLDEN GIRL** ... Girraween Senior Athletics member Lynette Smith is taking the veterans scene by storm.

Photo: LUKE GLOSSOP





# Walker sets her sights on a win

LISA Grant has set her sights on becoming Australian youth champion in the 3km walk.

But in a sport often marred by controversy the 16-year-old from Wentworthville knows winning the race does not guarantee her the title.

"Sometimes after finishing a race I think, 'oh goodness what if I was disqualified?'" she said.

Grant has not experienced great strife with officials since she took up walking aged 12, but is aware anything is possible.

A Year 11 student at Girraween High School, Grant

## ATHLETICS

by Bruno Da Silva

thoroughly enjoys competing and challenging herself.

"It's something that I'm good at," she said. "I like winning but getting a personal best time feels better."

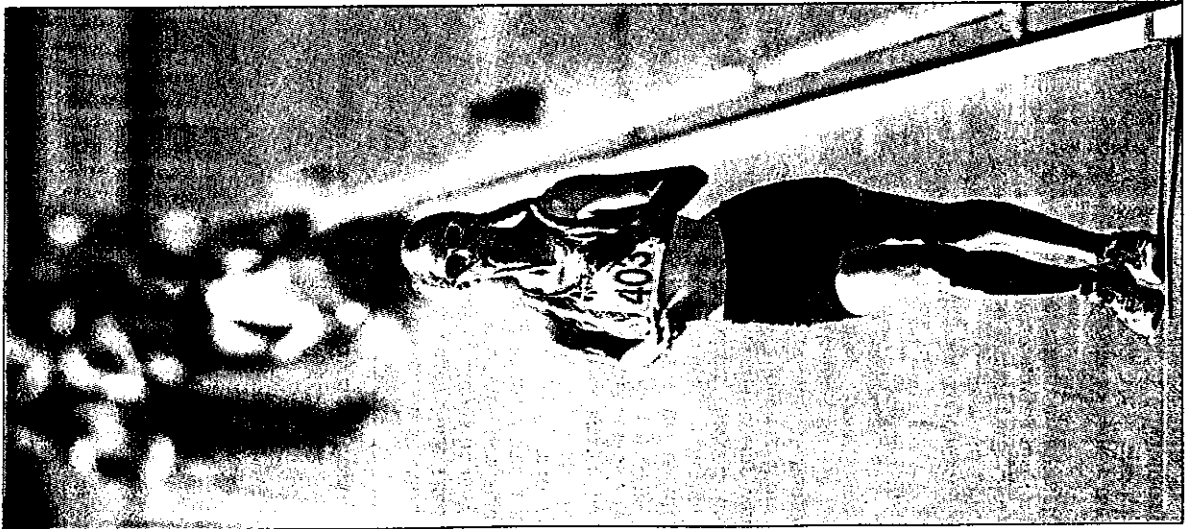
She hopes to beat her personal best of 14min 7sec for the 3km walk in the Adelaide youth championships on March 22-24.

Grant enjoys training for big events, either alone or with Girraween Senior Athletics Club.

"Long distance training can be difficult sometimes but my sister scoots next to me and helps me," she said.

Australian Olympic walker Jane Saville and 400m champion Cathy Freeman are two of Grant's favourite athletes.

"When I hear about girls who I have competed against travelling overseas I think, 'wow, how good would it be to do that?'" she said. "I want to keep competing for as long as I can go, but my mother always says I can't compete forever."



Keeping her feet on the ground ... Lisa Grant led all the way to win the under-18 3000m walk at the state youth championships last Saturday week

PARRAMATTA ADVERTISER, Wednesday, March 13, 2002

Parramatta Sun, Wednesday, March 13, 2002

## Sun sport

### Going for title

LISA Grant (right) trounced senior rivals in the recent under-18 3000m walking championship at Homebush Bay.

The 16-year-old from Wentworthville completed the journey in 14mins 30.2secs.

A Girraween Senior Athletics Club member, Grant will now head to the Australian youth championships in Adelaide March 22-24.

Clubmate Lynette Smith finished second in an 800m race in Newcastle last month.

The Girraween group is preparing for its winter season of cross-country and road racing with trials at CV Kelly Park, Oramzi Road, Girraween, on Saturday, March 16 and 23, 3pm.

■ Five members of the Girraween Little Athletics Centre have qualified for the state Little Athletics championships at Homebush Bay this weekend. They are Katie-Ellen French (under-15 800m, 1500m), Ivan Nimac (under-15 high jump), Troy Weyland (under-13 high jump), Liam Correy Yorke (under-13 100m, long jump) and Adrijana Cirjak (under-10 70m). Natalie Jujic, 8, performed strongly but is too young for state competition.



PARRAMATTA ADVERTISER, Wednesday, March 27, 2002

# Three enjoy medal haul

## ATHLETICS

GIRRAWEE Athletics Club has had an impressive month on the track with three athletes winning medals in their respective age groups.

One of the club's senior athletes, Lisa Grant, 16, finished first in the under-18 3km walk at the weekend's Australian Youth Championships in Adelaide.

The Wentworthville athlete will now compete in the Australian 10km Walk Championships in Brisbane next month.

In Little Athletics, Liam Correy-Yorke from Pendle Hill won bronze

medals in the under-13 100m and long jump at the state competition. Liam will now compete in the Australian team championships in Adelaide next month.

Katie-Ellen French also did well at the State Little Athletics Championships, finishing third in the under-15 800m and 500m.

Girrawee's Little Athletics season starts this weekend with cross country.

Parramatta Sun, Wednesday, April 3, 2002

# No egging on the victorious Grant

EASTER eggs are off limits in the Grant household.

Sixteen-year-old Lisa Grant powered to victory at the Australian Youth Championships in Adelaide a fortnight ago but wouldn't reward herself with a little chocolate indulgence on Easter Sunday.

Grant won the 3km walk in the under-18 division in 14mins 20.2secs.

She is likely to abstain from chocolates ahead of the Australian 10km Championships in Brisbane on April 12. She has become an exciting track prospect under coach Deanna Rahill.

She is confident of confronting athletes four years her senior in the under-20 division.

Girrawee Little Athletics member Liam Correy-Yorke is also looking forward to the national stage. He was selected to compete at the upcoming Australian Team Championships after picking up two bronze medals at the NSW Little Athletics titles.

PARRAMATTA ADVERTISER, Wednesday, April 3, 2002

# Shared role for shooter

## NETBALL

PARRAMATTA Auburn netballer Natalie Avellino has been named co-captain of the Sydney University Sandpipers for the coming Commonwealth Bank Trophy season.

Last year Avellino, of Toongabbie, was vice-captain to Jo Morgan. But under new coach Anita Keelan, the Sandpipers' super shooting duo will now share the role.

Avellino, 31, and Morgan, 27, are the most experienced players in the young Pipers side.

"They have very different personalities and bring different attributes to the team," Keelan said. "In a lot of respects, even though Natalie had been called vice-captain, she was very much a co-captain anyway."



Having a ball . . . Parramatta Auburn juniors with Natalie Avellino at the coaching clinic to launch the Sydney Sandpipers' season

After two years at Penrith, the Sandpipers have returned to the State Sports Centre, Homebush Bay. They will alternate home games with reigning premiers the Swifts, though the Pipers will take two games to Newcastle.

The Swifts begin the season with a home game on April 12 (v Perth Orioles). The Sandpipers' first home game is on April 19 (v Melbourne Phoenix).

□ To launch the season the

Sandpipers held a coaching clinic for junior players at the Anne Clark Centre, Lidcombe – the state netball headquarters – last Saturday week.

Parramatta Auburn's 11-years representative team took part.

Parramatta Sun, Wednesday, May 29, 2002

**Sun sport**

## Smith strikes gold

GIRRAWEE senior athletics club member Lynette Smith (pictured) swept all before her at the recent Australian Masters Track and Field Championships in Adelaide.

Smith claimed six gold medals in the 30-34 years division.

She dominated the 400m (1min 1.1secs), 800m (2mins 25.9secs),

1500m (5mins 0.7secs), javelin (34.94m) and discus (32m).

Smith also scored 2915 points in the pentathlon to break the national record by 47 points. The events in the pentathlon were long jump (4.44m), javelin (36.58m), 200m (28.3secs), discus (33.60m) and 800m (2mins 26.5secs).



Lynette Smith

## Six golds for Smith

ATHLETICS

GIRRAWEE Senior Athletics Club member Lynette Smith achieved her greatest success when she won six gold medals in the 30-34 age group at the Australian masters track and field championships in Adelaide over Easter.

Smith, of Girraween, won the 400m, 800m, 1500m, javelin, discus and pentathlon, in which she broke the national record.

She is now preparing for the NSW half marathon championships in Sydney on May 26 as her introduction to the 21.1km distance.

Meanwhile, the Girraween club is competing in cross-country and road racing events and is open to anyone from the age of 10 to veterans.

# GIRRAWEE ATHLETICS CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

## CLUB COMMITTEE 2001/02

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

## HON. AUDITOR

Tony Ward



## COMMITTEE REPORTS

### PRESIDENT

The 2001-2002 season was successful in the areas of membership, attendance and high performance.

Membership of 72 was the second highest in the club's history and missed the record by seven.

Summer attendance was close to 40 each Saturday which is higher than total membership in some years. Winter membership and attendance also increased.

Excellent results were achieved in championships by Lisa Grant (winter and summer race walking), Stacey Argent (cross country and road racing), Lynette Smith (veteran track and field), Keith Mayhew (veteran cross country and road racing), and Richard Frost (disability events). In teams events, Natalie Dawson - Kate Stockings - Carly Eager (U18 4km cross country) and Lisa Grant - Chelsea Austin - Catherine Nilon (senior 10km walks) won gold.

Congratulations to Chelsea Austin who won the club's summer pointscore outright after being runner-up the previous year. Chelsea also completed her Duke of Edinburgh Award program which affected her Saturday attendance over the last three seasons. On top of this, Chelsea has school and a part-time job to contend with as well as training for walking and running, so it is great to see a young lady putting so much effort into her life.

What can I say about Brad Milosevic? In his first season with the club, he won the men's winter pointscore and shared first place in the men's summer pointscore.

Ashley Micallef won the women's winter pointscore and the summer field pointscore. She tries really hard and deserves her reward.

There are 40 trophies to be presented tonight and I am unable to mention every recipient, but I thank them for their support of the club.

All this indicates that there is still a place for the late John Wheeler's original concept of "friendly competition close to home" on which the Girraween club was founded in 1978.

The night of Monday 7 May 2001 was cold and damp and only five brave athletes turned up for winter training. This was the night I realised I was training a future state champion. During the first hill repetition on a handicap basis, I had almost reached the top when I heard a train coming. A train at Winston Hills? No. It was little Stacey Argent, just turned 11, and she passed me as though I was standing still (all right, I know, you could too!) Increasing the handicap on the next three reps, she was still able to catch and pass me. Peter Tamsett, Natalie Dawson and Richard Frost were unable to catch her. On the fifth and last rep, with five minutes' start (joke!), Stacey still caught me and as she stormed past, breathing hard, I said to myself (I have more intelligent conversations that way): "She'll be hard to beat on a hilly course."

Twelve days later, Stacey finished third in the NSW road championship on the hilly course at Kurnell. Six weeks later she won the NSW cross country championship on the hilly course at Bass Hill. She was eighth after 100 metres, fourth going downhill at 400 metres, first at the top of the first hill at about 500 metres, and led for the rest of the race. This win was a dream come true for me and it was the happiest day of my life (that I can remember).

Over the years, people have been telling me "athletics is your life" and I guess this is true if I analyse the amount of time devoted to this sport. There is training on Monday and Wednesday nights with 100% attendance for 23 years, little athletics on Friday nights and senior athletics on Saturdays. Athletics is not even my favourite sport, trailing boxing, motor racing, tennis and swimming, and it is interfering with the amount of time I spend with my granddaughter and my dog and keeps me from my goal of competing in the over 60 state chess championship. The time has come when I must decide in which direction my life should go. Until I am able to make this decision, I will not be accepting any positions on the club's committee.

I have been President of the club for 13 of the last 14 years as well as being publicity officer, coach, Park Trust delegate (some years), and Blair Zone delegate. On top of this I have been grader, starter, walk judge, and buyer of canteen stock (some years). What I am trying to say is there does not appear to be enough hours in a week to fit in all the athletics duties (the Beatles had eight days a week, I have six) and there is no time left for socialising, my granddaughter, my dog, other sports and other interests.

It is time for younger people to consider taking on the duties I have been performing for many years. I have not regarded myself as a great President, but as a publicity officer and a coach I believe I have earned the right to regard myself as a legend in my own mind.

Last season, I coached 29 winter athletes and 33 summer athletes and I hope the successes of Lisa Grant, Lynette Smith, Stacey Argent and Richard Frost were due partly to my efforts. I try to make training sessions interesting, but I know that success can only be achieved by those who put in the effort and sometimes I have to ask the athletes to push through the pain barrier. Some will not do it (you know who you are) but those who do usually find the races become easier and they reach levels they did not think possible.

Unfortunately, many of the athletes I train are under-achievers because their attendance at training sessions is poor. For example, last winter 5 of 29 athletes – Steven Williams, Lynette Smith, Stacey Argent, Eddie Makki, and Jane Stockings – attended more than 50% of the time. Last summer only 2 of 33 athletes – Lynette Smith and Eddie Makki – exceeded 50%.

“Thank you for all your support and assistance in training me. I really appreciate your efforts.” These words were written in a card which I received from a young lady last Easter, and it is rare gestures like this that make me feel that the time I devote to coaching is worthwhile.

Race walking increased in popularity last season with quite a few new faces on the starting line. Maybe our club will provide the successors to Jane Saville and Nathan Deakes.

An important part of the club’s activities is fund raising, and Lynette Smith took this to a new level last season by raising \$1,333.10. Of course, Lynette could not have done this alone and thanks must go to the athletes, parents and supporters who sold chocolates during the summer season. For the first time, Lynette has organised selling chocolates during the current winter season and so far has raised in excess of \$800.

You may be thinking that, with all this money coming in, we are in a really good financial state. However, much of this money needs to be set aside for two projects:

1. The Little Athletics Centre has received a grant which covers half the cost of replacing the shot and discus pads. It has been suggested that we contribute to the cost of the southern shot and discus pads that we share with little athletics.
2. Council has plans to bituminise the car parking area, and clubs hiring the ground may be asked to share the cost.

I suggest we place a sum of money in a term deposit account for the purpose of item 2 and add to this amount each year.

Thank you to:

- the Little Athletics Centre for use of the high jump bags, and arranging track marking.
- Tony Ward (father of Jessica) for setting up the javelin area and other duties on summer Saturdays.
- the Committee members who assisted me during the season.
- the athletes who supported the club’s winter and summer programs.
- the athletes who gave me the pleasure of coaching them, and the parents who drove the young ones to training.
- the athletes, parents and supporters who helped with summer timekeeping, measuring and other jobs.
- Kathy Austin (mother of Chelsea and Jemma) for her recording duties on summer Saturdays.
- Steven “Frankie” Williams for his excellent record certificates which are appreciated (I hope) by the recipients.
- George Milosevic (father of Brad) for serving in the canteen, and arranging a replacement when he could not be there.
- and finally, Viv Manwaring who worked with me for 14 years, firstly to save the club from extinction and secondly to keep it going through some difficult times. Last season was probably the most successful since 1988 when Viv and I took over the reins. I do not think I could have coped without his support over the years.

Recently, Steven Williams demonstrated a way to gain new members and I have used the method successfully since then. At the finish line of a cross country race, Steven found out that a runner he had battled with during the race was not a member of a club and invited him to join our club. The runner joined that day.

Weeks later, I invited Joe Butler to join our club. He did so and not long after, won a medal in the 65+ section of the state cross country championship at Campbelltown. I wrote to Susan Ireland asking if she was ready to make a comeback, and she is now competing in our winter program. I also kept in touch with Leanne Bourke and she competed recently in our road relay team at Wollongong.

So, if everyone follows Steven’s lead and invites someone to join the club, we may end up with a membership that exceeds our wildest dreams.

Because of problems with insurance coverage, it is important that we attempt to control those athletes who compete week after week without joining a senior club or a little athletics centre.

The summer season commences 2pm on Saturday 7 September at C V Kelly Park. Remember that 2pm is the starting time of the first race, not the arrival time at the ground. Year after year, the same people casually stroll from their cars as though they are early. I invite everyone here to attend. Please invite a friend or relative to come along and have a go.

## SECRETARY

The season was exceptional with near-record registrations, increased attendances at winter and summer competitions, and numerous medallists at state and national championships. Have a look at *press plaudits* to see the extent of those performances and the great publicity that Bob achieved for our club.

Bob intends not to stand for committee this coming season after many years at the helm. On behalf of us all I applaud Bob's unstinting efforts in promoting our club and encouraging athletes of all abilities to give of their best. I'm sure Bob will continue to provide advice and assistance when some help is needed.

On a personal (selfish) note, I also intend not to stand for committee. After 14 years as Secretary (and at times Registrar, Treasurer, Club Records Officer), and 13 years on the little athletics committee (including 7 years as President) I want respite to do some things for myself - increase my training, see more of my grandchild, learn Spanish, travel, revisit philately, get back to reading, fix up the house (its nearly falling apart) .... Demands of employment in the city with 2 hours of the working day taken in commuting also doesn't help. If some people begrudge me for wanting a change, then so be it.

For the last couple of years I have mentioned the need for our club to proceed with incorporation. Other than obtaining the model constitution from ANSW, the matter has not progressed because of other priorities. If the new committee agrees, I would like to continue the task of progressing this important matter.

Vivian Manwaring

## REGISTRAR

Registrations for the 2001/02 season were 72 which was an increase of 13 on the previous season. This the second-best in the 24 years of the club. The best was 79 in 1984/85.

The increase may be partly explained by the cheaper 'associate' membership that ANSW introduced for the first time in 2001/02. 29 of our members took up that option.

Robert Giesler

## WINTER COMPETITION

The winter season attracted a record membership of 40, and our attendance in West Met Zone events averaged 25 with a high of 31 and low of 22. Attendance at championships was 18, 14, 11 and 13 and at relays was 21 and 15. To me these are the best events of the season and I always look forward to running in them, but from the figures above a lot of our members are avoiding them. I encourage my training group to have a go, but when I say "championships", athletes duck for cover. Winter championships attract runners of all standards, and the worst that can happen is you will finish last as Carly and I did last season but that didn't affect our lives. There is a problem every year assembling female teams because women aged 16-19 react as though I ordered them to 'walk the plank' if I asked them to be in a team.

An example of this was the state road relay championships where Stacey Argent, just turned 11, ran with Lynette and Lisa in the open event while other ladies stayed home. This team finished 4 seconds behind 4<sup>th</sup> place. A similar thing happened at the state novice championships when Cheryl Argent allowed Stacey (then 10) to run in the open team with Lynette and Vikki. I felt guilty about allowing such a young girl to run against open and veteran women, but she coped well with the task to finish 29<sup>th</sup> in the middle of the field.

Congratulations to our winter medallists Lisa Grant, Chelsea Austin, Stacey Argent, Keith Mayhew, Garry Wordsworth, Catherine Nilon, Natalie Dawson, Kate Stockings and Carly Eager.

For a small "fun running" club, it amazes me how many medals our club wins each season. Here is a little human interest story which proves that my mind does tick over from time to time. At the state cross country championships at Bass Hill, I said to Natalie and Kate: "When Carly arrives, I'll ask her to run with you in the U18 event and we may have a chance of a medal." The reply was: "Carly's on the start line now!" "Go and get her", I said urgently. The girls began jogging the 300m to the start line when I expected they would be sprinting. It took several minutes to persuade Carly to leave the start but finally she did and the girls went on to win the club's first ever running team medal (gold).

The club's winter point score resulted in Brad Milosevic winning from Tristan Manwaring and Keith Mayhew in the men's division, and Ashley Micallef winning the women's division from Lynette Smith and Stacey Argent, so it was a good mix of youth and maturity.

Because of my involvement in winter running, I don't see the walkers compete, but I want them to know I am interested in their efforts. In fact, this 2002 season I have been listing the walking results in the Sunday papers. We have our first male walkers Peter Kimpton and Jarryd O'Connell, who both won medals in the recent NSW Schools Championships.

Thanks to the runners and walkers who supported the winter programs. I am sure they enjoyed what was on offer and developed strength and endurance that will help them in the coming summer season.

Bob Sewell

## SUMMER COMPETITION

Girraween Athletics Club enjoyed a highly successful 2001/2002 season with 114 competitors taking part in the Summer Competition.

A comprehensive point scoring competition was used to determine the 2001/2002 Summer Competition Champions and placegetters. The system is based on an athlete scoring points by competing (1 point), equalling a personal best (1.5 points) or achieving a personal best (2 points). The four best events each week are counted for each competitor and the points accumulated over the season. At the end of the season, the four lowest scoring weeks are subtracted from the total. This is a fair system which also allows for enthusiastic competition in the track and field.

This year's tight competition was once again decided during the last weeks of the season. Chelsea Austin was this season's Club Champion (82.5 points). Chelsea has been in the running for a few years and has shown that persistence can pay off. Congratulations, Chelsea.

Another indication of this year's close competition was the tie for Second Place. Peter Kimpton and Brad Milosevic were contenders for the Championship title and with their total of 80 points, they weren't too far behind Chelsea.

Robert Giesler showed good form throughout the season and gained third place in the men's division. Jessica Ward, an early leader in the Championship, gained second place in the women's division, with Kate Stockings gaining third place in the women's division.

With Girraween being one of the few clubs competing in track and field on Saturdays, many visitors participate in our competition. Visitors are defined as members from another club or younger athletes who don't qualify for dual membership. Congratulations to Kelly Micallef who gained first place as Champion Female Visitor (74 points). The male equivalent was not awarded.

For the second year, we have awarded separate Track and Field categories. The champions in these areas are:

<b><u>Track:</u></b>	Men -	Peter Kimpton	Women -	Chelsea Austin
<b><u>Field:</u></b>	Men -	Brad Milosevic	Women -	Ashley Micallef

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 – one rained out) in order to be eligible for these awards. Major award recipients, i.e. 1st, 2nd and 3rd male and female are not eligible for age awards. Athletes who compete at Interclub on Saturdays, have their attendance noted for the purpose of eligibility for awards. The results for the age group competitions are as follows:

Age Group	Men			Women		
	1st place	2nd place	3rd place	1st place	2nd place	3rd place
<b>Over 60</b>	Bob Sewell					
<b>Veteran</b>	Steven Williams	Viv Manwaring	Bill Goodin	Maureen Mulcahy		
<b>Senior</b>	Tim Molesworth	Matthew Graham	Gary Micallef	Lynette Smith		
<b>U20</b>	Michael Jones	Chris Flower				
<b>U18</b>	Scott Mortimer	Tristan Manwaring	Tim Evans	Jemma Austin	Jane Stockings	Lisa Grant
<b>U16</b>				Carly Eager	Ashley Micallef	Julie Grant
<b>U14</b>				Stacey Argent		
<b>Visitors</b>				Kelly Micallef		

Congratulations to all members for your enthusiasm and keen sportspersonship during the 2001/2002 Summer Competition.

Steven Williams

## CLUB RECORDS

There were 32 ground records equalled, broken or established during the 2001/2002 season. During normal competition 22 records were set (10 of them in the 3000m Walk introduced for the first time the season before), while during modified competition 10 records were set. This was a smaller number compared to the last few seasons, perhaps due to the heavier track for most of the season.

Age groups for the younger athletes (U20 and below) are calendar year – i.e. if you turn 14 in year 2002, you are U15 up to 31 December 2002 and are U16 from 1 January 2003. Older athletes (veterans) continue as age on day of competition.

Steven Williams

### **BLAIR ZONE INTERCLUB**

The summer competition on Wednesday evenings is held at Blair Oval, St Marys which is the Nepean Club's home ground. The Zone Co-ordinator, Ron Keys, advised that the weekly attendance was about 60 (optimistic!), nearly all Nepean athletes.

Michael Kammerer and I competed on a number of occasions. The two little athletics zones that became involved did not provide any athletes. Overall, attendance was very disappointing.

Wayne Jeff

### **ANSW INTERDISTRICT**

The Interdistrict track and field competition at Homebush was attended by Lynette Smith (seven times) and Lisa Grant (six times). Both ladies saved their best performances for the championship events.

Bob Sewell

### **PUBLICITY**

When I look at all the Girraween stories and photographs which appeared in the local papers last season, I find it hard to believe we received so much publicity. I cannot remember a year when we received more, and I am extremely proud of my efforts in this regard.

Of course, we could not obtain this publicity without the sensational performances of Lynette Smith in veteran championships, Lisa Grant in walking championships, and Stacey Argent in road and cross country championships.

Thanks to the Parramatta Sun / Blacktown Sun, Parramatta Advertiser, Blacktown Advocate, Blacktown City Guardian, and the Herald for their co-operation.

Bob Sewell

### **CANTEEN**

The canteen was run well by George Milosevic and made a profit of \$434.65 less an amount of \$71.35 for the Christmas and end-of-season sausage sizzles, leaving \$363.30. This amount included \$98 from the sale of cans at winter events and on training nights. A mild summer reduced the sale of cans of drink, but sports drinks sold quite well.

George wishes to thank the people who assisted him in the canteen at various times during the season.

Bob Sewell

### **FUNDRAISING**

Thank you to all club members who participated in this year's fundraising activities by selling and/or buying chocolates and raffle tickets and contributing to the Christmas hamper. These activities were very successful with a total of \$1,333.10 being raised (\$1,113.10 from chocolates, \$220 from the hamper). This money will be put towards the payment of bills for the use of CV Kelly Park, new equipment and other expenses incurred by the club.

Suggestions are always welcome for alternative fundraising activities, so if anybody has a great idea for something new, please pass it on to a committee member. Or why not nominate for a position as a fundraising officer? It doesn't involve a lot of time and there is always someone to help if needed.

Lynette Smith

### **TREASURER**

The year began with \$3,730.20 in the bank and finished the year with \$3,731.01 and no outstanding liabilities. Several items of equipment were purchased this year, consisting of a stopwatch, javelin, discus, high jump bar, starting gun and caps. Water rates of \$1,323.31 were an unexpected cost this year as the Council had not charged us for water since 1995, and this bill included some back charge cost.

The club's main source of income was from Fundraising activities like the Chocolate Drive with \$1,113.10 profit and the Christmas Hamper which raised \$220.00. Many thanks to Lynette Smith for her efforts in that department.

We also received profits from Registration Fees \$904.00, Ground Fees from athletes \$625.30, and the Canteen \$363.30. Please note that this year I am showing the canteen float and the cost to purchase the food for our two annual free sausage sizzles as expenses instead of subtracting them directly from the canteen income.

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

Stephen Halverson



**INCOME and EXPENDITURE 2002**

2/06/00 Through 26/06/02 (in \$s)

St. George Bank Account 111-528-203

Page 1

Category Description	2/06/'00- 11/07/'01	12/07/'01- 26/06/'02
<b>INCOME</b>		
Account Balance	2,820.54	3,730.20
Bank Interest	4.17	1.42
Canteen Income	461.10	534.65
Cash for Cans	20.50	0.00
Chocolate Drive	2,079.00	2,383.00
Clothing sale	382.00	396.00
donation	0.00	45.00
Ground Fees	577.50	625.30
Registration	4,185.20	3,799.00
Xmas Hamper	205.00	220.00
<b>TOTAL INCOME</b>	<b>10,735.01</b>	<b>11,734.57</b>
<b>EXPENSES</b>		
Bank charges	3.46	0.00
Bank Cheque	50.50	51.40
Business Expens	13.40	33.50
Canteen expense	0.00	171.35
Choc Drive Exp	1,159.89	1,269.90
Clothing	748.50	192.00
Equipment	235.55	568.55
Insurance	310.00	230.00
Park Trust Fees	750.00	913.00
Rego ANSW	3,375.00	2,895.00
Representative	100.00	50.00
Trophies	258.51	305.55
Water Rates	0.00	1,323.31
<b>TOTAL EXPENSES</b>	<b>7,004.81</b>	<b>8,003.56</b>
<b>TOTAL INCOME - EXPE...</b>	<b>3,730.20</b>	<b>3,731.01</b>
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 :**

56 Singlets (unsold ) \$1232.00  
Bank Account \$3,731.01  
Liabilities NIL  
NETT ASSETS \$ 4,963.01

Accountant

ANTHONY WARD 22/7/02

**EQUIPMENT****stored at C V Kelly Park**

60 competition standard hurdles  
 Hurdle transporter  
 Hurdle marker

Steeplechase transporter

Javelins:                2x800g  
                               1x700g  
                               2x600g

Discus:                    2x2kg 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:            4 multi

Starter gun:             2  
 Starter caps:            15 boxes

Ear protectors:          1 set

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

Notes: 3 single stop watches wrtten off  
           2x5.449kg (12 lb) shot puts archived  
           2x4.535kg (10 lb) shot puts archived  
           2x3.632kg ( 8 lb) shot puts archived

# GIRRAWEE ATHLETICS CLUB

## C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2002

		<u>MEN</u>			
<u>OPEN</u>				<u>VETERAN (40+)</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
Peter Kimpton	17:50.1	3000W			
Robert Kropman	16.2	110H		Steven Williams	24.6
Robert Kropman	28.1	200H		Viv Manwaring	31.8
David Tarbotton (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 N: Nepean P: Parramatta RH: Ryde-Hornsby RB: Randwick-Botany

<u>SENIOR</u>				<u>U20</u>	
Peter Murray	11.0	100		Damien Beckhouse	11.6
Jeff Micallef	23.7	200		Jason Willetts	23.9
Michael Finucane	53.4	400		Jeff Micallef	53.4
Jeff Micallef					
Craig Downie	2:01.9	800		Garry Moran	2:10.9
Michael Finucane	4:18.7	1500		Bruce Hogg	4:31.7
Craig Downie	4:46.7	1 Mile		Bruce Hogg	4:35.8
Craig Downie	9:04.2	3000		Matthew Graham	10:13.9
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			
		3000W			
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>				<u>U18</u>	
Jeff Micallef	11.6	100		Phillip Fenech	11.6
Craig Willetts				Nathan Manwaring	
Paul Manton	23.9	200		Phillip Fenech	24.6
Jeff Micallef	53.0	400		Nathan Manwaring	55.1
Bruce Hogg	2:08.2	800		Bruce Hogg	2:07.4
Matthew Graham	4:30.2	1500		Ron Irving	4:29.9
Bruce Hogg	4:54.2	1 Mile		Bruce Hogg	4:47.6
Bruce Hogg	9:21.9	3000		Bruce Hogg	9:16.5
Matthew Graham	16:56.6	5000		Bruce Hogg	16:17.4

<u>U19 (cont'd)</u>			<u>U18 (cont'd)</u>		
Peter Kropman	2:30.9	800s/c	Mark Irving	2:32.1	
		1500W	Peter Kimpton	8:27.9	
Michael Jones	24:50.1	3000W	Peter Kimpton	17:50.1	
Peter Kropman	16.2	110H	Peter Kropman	16.0	
Peter Kropman	28.2	200H	Peter Kropman	29.1	
Peter Kropman	1:01.2	400H	Peter Kropman	1:03.6	
Peter Kropman	6-46	LJ	Nathan Manwaring	6-50	
Craig Willetts	13-20	TJ	Craig Willetts	12-97	
Peter Kropman	1-82	HJ	Shane Hanlon	1-89	
Matthew Graham (6kg)	6-73	SP	Christopher Flower (5kg)	8-79	
Matthew Graham (1.75kg)	18-43	DIS	Greg Howard (1.5kg)	38-78	
Andrew Grace (800g)	49-34	JAV	Andrew Grace (700g)	45-28	
<u>U17</u>			<u>U16</u>		
Kurt Quinlivan	11.5	100	Shaun Wearne	11.6	
Phillip Fenech	24.1	200	Phillip Fenech	24.3	
Phillip Fenech	53.8	400	Phillip Fenech	53.6	
Jon Hetherington	2:08.9	800	Andrew Baraniak	2:11.0	
Bruce Hogg	4:31.4	1500	Andrew Baraniak	4:32.3	
Ron Irving	4:56.4	1 Mile	Paul Sewell	5:01.1	
Bruce Hogg	9:33.1	3000	Andrew Baraniak	9:37.9	
Bruce Hogg	16:49.0	5000	Paul Sewell	18:12.0	
Mark Irving	2:28.0	800s/c	Peter Kropman	2:41.9	
Matthew Graham	9:35.2	1500W	Paul Sewell	9:54.0	
Matthew Jenkin	19:40.0	3000W			
Kurt Quinlivan	16.2	110H / 100H	David Gallo	14.9	
Phillip Fenech	28.8	200H	Phillip Fenech	29.1	
Peter Kropman	1:02.9	400H	Phillip Fenech	1:05.1	
Phillip Fenech	6-37	LJ	Chris Saliba	6-11	
Irwin Burbage	12-19	TJ	Irwin Burbage	12-19	
Shane Hanlon	1-83	HJ	Peter Kropman	1-73	
Tristan Manwaring (5kg)	10-78	SP	Tristan Manwaring (4kg)	12-47	
Greg Howard (1.5kg)	39-72	DIS	Greg Howard (1kg)	44-30	
Robert Kropman (700g)	53-76	JAV	Jon Hetherington (700g)	44-14	
<u>U15</u>			<u>U14</u>		
Michael McHugh	12.0	100	Ilia Gill	12.1	
Ilia Gill	24.7	200	Ilia Gill	25.6	
Phillip Fenech	57.2	400	Andrew Scully	58.4	
Andrew Baraniak	2:08.1	800	Stephen Muir	2:25.5	
Andrew Baraniak	4:24.0	1500	Nathan Schmid	4:52.0	
Andrew Baraniak	4:44.3	1 Mile	Stephen Muir	5:30.7	
Andrew Baraniak	9:34.7	3000	Stephen Muir	10:42.0	
Andrew Baraniak	16:50.0	5000	Brent Balinski	18:33.6	
Shane Ferguson	2:43.7	800s/c	Warren Dempsey	2:56.0	
Brent Balinski	8:00.5	1500W	Brent Balinski	8:00.0	
		3000W			
Nicholas Potten	15.8	100H / 90H	Michael Jamieson	15.1	
Michael McHugh	31.2	200H	Phillip Fenech	34.0	
Michael Wheeler	1:07.8	400H	Nicholas Potten	1:10.4	
Franky Wong	5-78	LJ	Ilia Gill	5-15	
Michael McHugh	11-61	TJ	Barry Prasetya	10-67	
Ilia Gill	1-81	HJ	Ilia Gill	1-76	
Brendan Weyland (4kg)	7-43	SP	Brendan Weyland (3kg)	7-05	
Andrew McIlwaine (1kg)	48-50	DIS	Andrew McIlwaine (1kg)	43-22	
Andrew McIlwaine (600g)	52-84	JAV	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
		3000W
Chris Saliba	14.5	90H / 80H
Chris Saliba	37.9	200H
Warren Dempsey	1:18.1	400H
Rodney Scarr	4-97	LJ
Chris Saliba	9-88	TJ
Ilia Gill	1-66	HJ
	(3kg)	SP
Andrew McIlwaine (1kg)	37-70	DIS
Andrew McIlwaine (600g)	32-50	JAV

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
Matthew Beattie	15.3
Jeff Micallef	36.9
Michael Wheeler	1:22.0
Ilia Gill	4-46
Jeff Micallef	8-87
Ilia Gill	1-55
	(3kg)
Andrew McIlwaine (1kg)	31-08
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

WOMENOPEN

Rebecca Deane	12.7	100
Leanne Saliba		
Heidi Novosell (G)	26.9	200
Lynette Smith	1:01.8	400
Susannah Hartgers (TW)	2:24.0	800
Katie-Ellen French	4:59.5	1500
Kim Pitzing	5:53.0	1 Mile
Katie-Ellen French	10:56.9	3000
Katie-Ellen French	18:55.4	5000
Yvette Jaeger	2:53.6	800s/c
Lisa Grant	6:52.2	1500W
Lisa Grant	14:44.4	3000W
Lynette Smith	17.6	100H
Catherine Downer	33.3	200H
Tracey Wheeler	1:14.6	400H
Nicole Page	5-13	LJ
Natalie Deegan	10-65	TJ
Vera Abramas (SG)	1-66	HJ

VETERAN (35+)

Terri Baraniak	15.8
Terri Baraniak	35.7
Terri Baraniak	1:18.1
Terri Baraniak	2:59.5
Terri Baraniak	6:03.9
Terri Baraniak	6:52.7
Terri Baraniak	13:16.0
Terri Baraniak	22:08.0
Janette Hatherly	3-14
Maureen Mulcahy	
Jackie Williams	6-26
Janette Hatherly	1-08

**OPEN (cont'd)**

Natalie Avellino (4kg)	10-32	SP
Sue Read (NC) (1kg)	39-66	DIS
Tracey Wheeler (600g)	37-40	JAV

**VETERAN (35+) (cont'd)**

Meredith Jeff (4kg)	6-90
Meredith Jeff (1kg)	24-07
Meredith Jeff (600g)	19-31

G: Greystanes NC: North Canberra SG: St George 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
Catherine Nilon	7:58.4	1500W
Catherine Nilon	17:17.6	3000W
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
Chelsea Austin	7:58.7	1500W
Chelsea Austin	16:30.0	3000W
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
Lisa Grant	7:07.4
Lisa Grant	15:50.1
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

**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



**U17 (cont'd)**

Lisa Grant	6:52.2
Lisa Grant	14:44.4
Kylie Walker	18.7
Tracey Connors	33.9
Tracey Wheeler	1:14.6
Nicole Page	5-05
Catherine Kropman	10-16
Tracey Wheeler	1-58
Tracey Wheeler (4kg)	9-66
Tracey Wheeler (1kg)	32-62
Tracey Wheeler (600g)	32-50

**U15**

Rebecca Deane	12.7
Leanne Saliba	
Rebecca Deane	27.5
Tracey Wheeler	1:06.3
Katie-Ellen French	2:26.5
Katie-Ellen French	4:59.5
Kim Pitzing	5:53.0
Katie-Ellen French	10:56.9
Katie-Ellen French	18:55.4
Cherie Madden	3:31.0
Lisa Grant	7:06.0
Carly Eager	25:36.6
Rebecca Deane	14.6
Rebecca Deane	33.4
Tracey Wheeler	1:17.7
Linda Atkins	4-94
Sarah Ferguson	10-28
Tracey Wheeler	1-59
Marianne Drobac (3kg)	5-45
Natalie Avellino (1kg)	34-38
Tracey Wheeler (600g)	30-00

**U13**

Melissa Briggs	13.8
Tania Ringhof	29.1
Tracey Wheeler	1:06.5
Katie-Ellen French	2:41.1
Catherine Kropman	5:37.0
Katie-Ellen French	12:03.7
Kim Pitzing	21:39.0
Catherine Kropman	3:44.0
Lisa Grant	7:35.6
Julie Grant	18:39.0
Sarah Ferguson	14.6
Sandra Narezzi	37.0
Sarah Ferguson	1:22.1
Tracey Wheeler	4-58
Tracey Wheeler	9-68
Tracey Wheeler	1-44
Ashley Micallef (3kg)	7-91
Ashley Micallef (750g)	21-47
Ashley Micallef (400g)	15-76

**U16 (cont'd)**

Lisa Grant	7:20.4
Lisa Grant	16:21.3
Catherine Downer	15.7
Catherine Downer	33.3
Tracey Wheeler	1:16.4
Tracey Wheeler	5-01
Natalie Deegan	10-65
Lynette Smith	1-58
Natalie Avellino (4kg)	10-32
Natalie Avellino (1kg)	33-78
Tracey Wheeler (600g)	30-18

**U14**

Rebecca Deane	13.0
Rebecca Deane	28.3
Rebecca Deane	1:03.8
Katie-Ellen French	2:27.1
Katie-Ellen French	5:17.7
Susan Ireland	6:07.7
Katie-Ellen French	11:01.9
Susan Ireland	19:33.9
Catherine Kropman	3:32.0
Lisa Grant	6:55.6
Julie Grant	18:14.2
Rebecca Deane	13.3
Rebecca Deane	32.5
Catherine Kropman	1:21.9
Linda Atkins	4-73
Catherine Kropman	9-90
Jessica Fisher	1-57
Ashley Micallef (3kg)	7-69
Natalie Avellino (1kg)	34-22
Ashley Micallef (400g)	21-61

**U12**

Melissa Briggs	14.4
Tammy Gilchrist	
Linda Hemmerling	30.3
Linda Hemmerling	1:10.1
Kellie Fenech	2:48.0
Catherine Kropman	5:42.0
Melissa Briggs	6:50.5
Stacey Argent	12:12.2
Stacey Argent	21:42.4
Julie Grant	10:16.2
Melissa Briggs	16.8
Melissa Briggs	40.2
Catherine Kropman	1:35.0
Tracey Wheeler	4-35
Catherine Kropman	8-75
Melissa Briggs	1-42
	(3kg)
	(750g)
	(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	20-61	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	7.8	Maureen Mulcahy	9.8
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	Maureen Mulcahy	58.6
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	Lisa Grant	49.8
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	Lisa Grant	3:40.0
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	2-30
			Lynette Smith	
			Nicole Page (N)	
GOLDEN O:				
VETERAN:	Stephen Halverson	2-41	Maureen Mulcahy	1-78
SENIOR:	Robert Kropman	2-84	Catherine Kropman	2-30
			Lynette Smith	
U20:	Paul Weymark	2-56		
U19:	Nathan Manwaring	2-70	Nicole Page	2-16

**STANDING LJ (cont'd)**

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:	David Beattie	1-61	Lynette Smith	1-45
GOLDEN O:	Ram Swami	1-10		
VETERAN:	Stephen Halverson	1-42		
SENIOR:	David Beattie	1-61	Lynette Smith	1-45
U20:	Nathan Manwaring	1-60		
U19:	Peter Kimpton	1-55	Nicole Page	1-25
U18:	David Beattie	1-60	Nicole Page	1-35
U17:	David Beattie	1-55	Linda Hatherly	1-26
	Tim Evans		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**

U19 SP	Jeff Micallef (5.449kg)	13-49
U19 Discus	Damien Beckhouse (1.5kg)	39-78
U18 SP	Robert Kropman (5.449kg)	13-63
U17 SP	Robert Kropman (4.535kg)	14-20
U16 SP	Robert Kropman (4.535kg)	13-58
U15 SP	Andrew McIlwaine(3.632kg)	16-18
U14 SP	Andrew McIlwaine(3.632kg)	14-88
U13 SP	Andrew McIlwaine(2.724kg)	14-22
U12 SP	Andrew McIlwaine(2.724kg)	12-15

**WOMEN**

U15 SP	Dianne Kidd (2.724kg)	12-28
U14 SP	Natalie Avellino (2.724kg)	12-91
U14 Javelin	Natalie Avellino (600g)	30-44
U13 SP	Natalie Avellino (2.724kg)	12-20
U13 Discus	Natalie Avellino (1kg)	33-04
U13 Javelin	Natalie Avellino (600g)	23-76
U12 SP	Natalie Avellino (2.724kg)	8-51
U12 Discus	Natalie Avellino (1kg)	18-70
U12 Javelin	Tracey Wheeler (600g)	15-06
	Amy Van Trier	