



**TWENTY-FIFTH
ANNUAL REPORT**

2002/03

ANNUAL REPORT 2002/03
OF
GIRRAWEE ATHLETICS CLUB

Presented at the 25th Annual General Meeting
Held at
Kings Langley Public School, Kings Langley
On
Tuesday 5 August 2003

Page No.	Contents
1	Club Competition Champions
2	Membership
3	Winter Club Competition Results
4 - 9	Detailed Winter Results
10	Summer Club Competition Results
11 - 12	Detailed Summer Results
13 - 26	Press Plaudits
27	Club Committee
28	Service Award – Bob Sewell
29 - 31	Committee Reports
32	Income & Expenditure
33	Club Equipment
34 - 40	Ground Records
41 - 43	Other Records

CLUB COMPETITION CHAMPIONS**FEMALE****SEASON****MALE****WINTER COMPETITION**

#	2002	#
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

Brenda Micallef (U12)	2002/03	* Bradley Milosevic (U15)
* 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/s

Scoring system changed –champions no longer awarded

MEMBERSHIP 2002/ 03**MEN: 54****WOMEN: 30****TOTAL: 84****GOLDEN OLDIES****(Men 60+, Women 55+)**

Phil	Bowden
Joe	Butler
Bob	Sewell
Ram	Swami

MASTERS**(Men 40+, Women 35+)**

Vincent	Adams
Leanne	Bourke
Kevin	Casey
Robert	Eager
Michael	Evans
Bill	Flanagan
Jennifer	Frost
Robert	Giesler
Bill	Goodin
Stephen	Halverson
David	Hardyman
Bruce	Harrison
Andrea	Hendley
Meredith	Jeff
Eddie	Makki
Vivian	Manwaring
Keith	Mayhew
Gary	Micallef
Suresh	Raju
Tanya	Rochfort
Graham	Sheargold
Steven	Williams

SENIORS (20+)

Ian	Clark
Jessica	Clark
Steve	Clark
Michael	Free
Richard	Frost
Matthew	Graham
Stephen	Hinwood
Gary	Howard
Wayne	Jeff
Michael	Kammerer
Ernest	Leseberg
Heather	McPherson
Tim	Molesworth
Catherine	Nilon
Doug	Perrott
Vikki	Savage
Michael	Sewell
Paul	Sewell
Lynette	Smith
Ray	Yorke

U19 / U20

Chelsea	Austin
Christopher	Flower
Amanda	Giesler
Peter	Kimpton
Matthew	Ward

U18 / U19

Marcus	Bakes
Steven	Creswick
Lisa	Grant
Susan	Ireland
Tristan	Manwaring

U17 / U18

Jemma	Austin
Ivan	Craddy
Timothy	Evans
Katrina	Grieve
Scott	Mortimer
Roshini	Sivalingam
Jessica	Ward
Leigh	Wilson

U16 / U17

Brendon	Correy-Yorke
Ben	Walker
Brendan	Weyland

U15 / U16

Carly	Eager
Brendan	Evans
Kathryn	Graham
Julie	Grant
Ashley	Micallef
Troy	Weyland

U14 / U15

Liam	Correy-Yorke
Kelly	Frost
Bradley	Milosevic
Lyndsay	Wilson

U13 / U14

Stacey	Argent
Kelly	Micallef
Nathan	Paull

U12 / U13

Laura	Flanagan
Danielle	Goodin
Brenda	Micallef

U20 / SENIORS

Irwin	Burbidge
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CLUB COMPETITION RESULTS – WINTER 2002

Conducted at various venues by the West Metropolitan Zone Cross Country & Road Racing Committee and Athletics NSW (Championships).

2km	Age	Points	Competed	4km - Female	Age	Points	Competed
Ashley Micallef	U/15	228	15	Susan Ireland	U/18	251	17
Leigh Wilson	U/17	201	13	Stacey Argent	U/13	243	15
Lyndsay Wilson	U/14	192	14	Carly Eager	U/15	240	22
Laura Flanagan	U/12	187	11	Lynette Smith	Senior	239	17
Danielle Goodin	U/12	140	9	Julie Grant	U/15	33	2
Heather McPherson	Senior	50	3	Leanne Bourke	Master	19	1

8km	Age	Points	Competed	4km - Male	Age	Points	Competed
Richard Frost	Senior	243	20	Bill Flanagan	Master	249	17
Steven Williams	Master	222	22	Brad Milosevic	U/14	245	20
Graham Sheargold	Master	218	15	Tristan Manwaring	U/18	203	16
Wayne Jeff	Senior	202	21	Viv Manwaring	Master	200	21
Matthew Graham	Senior	196	13	Vince Adams	Master	179	19
Stephen Halverson	Master	192	22	Robert Eager	Master	169	21
Keith Mayhew	Master	166	12	Michael Kammerer	Senior	168	11
Tim Molesworth	Senior	165	11	Bill Goodin	Master	147	13
Joe Butler	Golden O	158	16	Bob Sewell	Golden O	129	19
Eddie Makki	Master	151	12	David Hardyman	Master	104	7
Phil Bowden	Golden O	133	13	Nathan Paull	U/14	95	6
Kevin Casey	Master	131	11	Michael Sewell	Senior	79	7
Suresh Raju	Master	100	12	Peter Kimpton	U/19	17	2
Michael Free	Senior	95	7				
Lisa Grant	U/18	39	2				

EXPLANATION OF WINTER CLUB COMPETITION POINT SCORE

Based on participation in the various West Metropolitan Zone and State Championship events. All athletes are included, however, to be eligible for an award they must compete in at least 13 of the 22 events on offer. Males and Females have separate competitions.

West Metropolitan Zone races:

Short Distance – limited to juniors and beginners, **Medium Distance** – open to all, **Long Distance** – open to all

Runners are included in the medium or long distance category based on whichever distance they compete in most regularly over the season.

Points are awarded from the fastest finisher to the slowest, ie : 1st finisher gains 20 pts, 2nd – 19 pts, 3rd – 18 pts etc. If a runner does not compete in their favoured distance one week but does compete in another race, they receive half points based on their placing. Eg if 3rd fastest time – normally 18 pts – reduced to 9pts.

Championship Events

If the same distance is run by everyone (eg 4k Cross Country Relays), all ages are scored together.

If various distances are held for different age categories, each category is scored separately.

Fun runners are awarded points for competing - this figure must be less than any points awarded to runners in actual championship races. (This year it was 10 points).

Calculating Total Points

To allow those who miss the occasional run to still be competitive in the point score, not all races are included in the final tally of points, the lowest point scoring weeks are eliminated to leave:

10 from 15 West Metropolitan Zone runs

1 from 3 Road / Cross Country Championship Events

1 from 2 Relay Championships

1 from 2 Special Events (Novice or Trevor Lonard Handicap)

DETAILED WINTER RESULTS

WEST METROPOLITAN ZONE - SHORT DISTANCE

Name	30/03/02	06/04/02	13/04/02	20/04/02	04/05/02	18/05/02	25/05/02	01/06/02	08/06/02	22/06/02	06/07/02	20/07/02	27/07/02	10/08/02	17/08/02	24/08/02	31/08/02
	Richard Marden Heberfield	Cowells Lane Emmington	Rosford St Smithfield	Gipps Road Greystanes	Cabarita Park Cabarita	Paramatta River Emmington	Upjohn Park Dundas	Macquarie Hoop North Ryde	Queen Elizabeth Concord	Cross Country Paramatta Park	Crestwood Baulkham Hills	Road Paramatta Park	Quarantine Abbotsford	Athletic Field Auburn	M'bank Park Meadowbank	Hardicap Cabarita Park	Dock River Auburn
	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2.5k	2k	2k	2k
Laura Flanagan	9.03	9.53	9.21			9.37	9.36		10.40		9.45			12.11	9.16		
Richard Frost			10.27	9.36													
Danielle Goodin			9.00	9.12	8.18				8.30		9.29	8.46				8.20	
Matthew Graham	8.52									8.59							
Eddie Mabb			7.55														
Heather McPherson	11.30	12.26	12.28														
Ashley Micallef	10.13	11.31	10.50	11.33	10.15	10.36	10.15	9.59		11.12			10.19		10.03	9.20	9.59
Gary Micallef												11.11	10.56		10.11	9.10	
Suresh Raju	8.58	9.29	8.43	8.31	8.50	8.34		8.52		9.27		8.14				8.18	8.23
Bob Sewell			14.51								12.47	12.41	14.05	16.27			
Michael Sewell			8.50				9.04										
Steve Williams	8.53	9.06	8.42	8.26	7.47	7.37		8.14	8.21	10.13	8.25	7.41	7.30		7.39	7.16	8.05
Leigh Wilson	10.14	12.14	12.02	12.48	12.27	11.05				11.03	11.22		10.44		11.51	10.41	13.43
Lyndsay Wilson	13.05	15.40	14.50	13.53	12.50	12.25				13.15	13.34	12.31	13.11		11.54	12.08	11.47

WEST METROPOLITAN ZONE - MEDIUM DISTANCE

Name	30/03/02	06/04/02	13/04/02	20/04/02	04/05/02	18/05/02	25/05/02	01/06/02	08/06/02	22/06/02	06/07/02	20/07/02	27/07/02	10/08/02	17/08/02	24/08/02	31/08/02
Richard Murden	Richard Murden	Cowells Lane	Rosford St	Gipps Road	Cabarita Park	Paramatta River	Upjohn Park	Macquarie Hosp	Queen Elizabeth	Cross Country	Crestwood	Road	Quarantine	Athletic Field	Mbank Park	Handicap	Duck River
Haberfield	Haberfield	Ermington	Smithfield	Greystanes	Cabarita	Ermington	Dundas	North Ryde	Concord	Paramatta Park	Baulham Hills	Paramatta Park	Abbotsford	Auburn	Meadowbank	Cabarita Park	Auburn
3k	3k	3k	5k	3k	4k	5k	4k	4k	4k	4k	4k	5k	4k	5k	4k	4k	4k
Vince Adams	14.01	15.02	26.36	15.03	18.15	23.10	18.21	18.48	18.50	18.41	19.04	23.36			18.35	17.46	18.53
Stacey Argent		13.22	25.27		18.15	22.06	18.08	18.04		17.29	17.28	20.53	18.07	22.35		16.32	18.09
Kevin Casey		12.01		12.11													
Carly Eager	15.33	16.39	32.18	16.54	21.35	27.38	22.54	22.15	22.11	22.40	22.22	26.55	21.55	28.45	20.55	20.17	21.37
Robert Eager	14.15	14.57	28.48	14.51	19.02	25.35		19.34	20.22	20.30	19.59	24.17	19.21	25.54	19.00	17.53	18.24
Bill Flanagan	11.56	12.43	20.43		15.00	19.00	14.57	15.14	15.11	15.18	15.12	17.52	14.16	18.49	14.27		
Richard Frost	14.11																
Bill Goodin		15.30	27.10	15.00	19.05	24.39		20.12	21.03		20.38	25.08	20.27	27.24		19.50	20.33
Matthew Graham		10.42	17.36														
Julie Grant	15.31																
David Hardyman																	
Susan Ireland	11.16	12.17			15.49	19.59		14.51				20.16	15.42	20.38	15.13		
Wayne Jeff	14.16	12.41						16.08	16.31	17.30	16.59	20.32		21.40	15.45	15.29	16.34
Michael Kammerer	9.38	10.28	18.14			17.18						20.02	16.26				
Eddie Makki				18.27								16.52					
Tristan Manwaring	11.47		22.10	13.21	16.24	21.06											
Viv Manwaring	11.58	12.44	21.46	12.41	16.26	21.08	16.37	17.11	17.17	17.33	17.27	21.17	16.51		16.44	15.58	16.57
Keith Mayhew				13.19											16.46	16.25	16.57
Brad Milosevic	11.52	12.12	21.03	12.24	15.39	19.48	15.50		16.16	17.02	16.22	19.48	15.18	21.40	15.12	14.57	15.19
Tim Molesworth				10.31													
Nathan Paul		12.58	22.54		16.10	22.06		16.49		17.27							
Vicki Savage				13.20													
Bob Sewell		19.59		17.47	25.03	27.19	26.50	24.09	23.36								
Michael Sewell				14.28			19.14	17.26		18.31	19.09				23.45	21.02	29.22
Lynette Smith				12.04		19.49		15.46	16.22	16.29	16.42	19.17	15.46			15.01	16.12

WEST METROPOLITAN ZONE - LONG DISTANCE

Name	30/03/02 Richard Munden Haberfield 7.5k	06/04/02 Cowell's Lane Ermington 9k	13/04/02 Rosford St Smithfield 10k	20/04/02 Gipps Road Greystanes 9k	04/05/02 Cabarita Park Cabarita 8k	18/05/02 Paramatta River Ermington 10k	25/05/02 Uppjohn Park Dundas 8k	01/06/02 Macquarie Hosp North Ryde 9k	08/06/02 Queen Elizabeth Concord 8k	22/06/02 Cross Country Paramatta Park 8k	06/07/02 Crestwood Baultham Hills 8k	20/07/02 Road Paramatta Park 8k	27/07/02 Quarantine Abbotsford 8k	17/08/02 Mbank Park Meadowbank 8k	24/08/02 Hardicap Cabarita Park 8k	31/08/02 Duck River Auburn 8k
Phil Bowden	43.47	55.07	59.46	53.06	45.26	54.45		47.45	44.17	45.59	47.40				45.14	49.24
Joe Butler			65.21	55.12			43.15	50.02	45.50	46.01	44.19	42.24	43.05	41.51	41.05	42.11
Kevin Casey					32.49			37.42		35.55		39.18	33.52		32.31	
Bill Flanagan													31.55			
Michael Free			48.22	41.41	35.12			40.01	38.33							
Richard Frost	30.53	38.03	42.04	37.43	31.05			34.25	32.52	33.18	32.38	39.18		32.03	32.28	33.29
Matthew Graham	28.35				28.53	38.07				30.48	30.04			29.58	28.26	28.48
Lisa Grant	34.03															
Steve Halverson	38.36	46.35	57.28	45.55	38.36	46.45	34.16	40.02	37.50	38.42	38.49	37.01	38.26	36.49	35.43	37.06
David Hardyman	30.06	36.57		36.00												
Wayne Jeff	35.34		47.50	42.14	36.24	44.39		39.38	37.20	37.19	36.25	37.18	37.31	36.43	34.19	35.24
Michael Kammerer														28.00		
Eddie Makki				44.42	34.20			39.28	35.35	36.03	37.18	33.55	35.46			
Keith Mayhew					33.00	40.43		35.48	32.52	33.46				35.33		34.52
Tim Molnarworth					28.58						30.50	29.18			28.28	28.37
Suresh Raju	36.32	45.19		44.30	38.24			40.46				38.05			39.03	
Michael Sewell					38.45											
Graham Sheargold		41.55	47.55	40.28	33.01	41.51		36.29	34.45	34.51	34.58		34.20			
Lynette Smith				43.16	33.43											
Steve Williams	36.24	44.14	54.18	41.34	34.06	41.47		38.20	35.28	35.44	34.11	32.27	33.10	33.52	33.26	34.38

Name	27/04/02 Novice Cross Country Scarborough Park Rangate F 4k, M 10k + fun	11/05/02 Road Race Holsworthy Army Base Holsworthy 2k, 3k, 4k, 10k + fun	26/05/02 Road Race Sydney Morning Herald Half Marathon 21k	15/06/02 Cross Country (Long) Willandra Nowra 3k, 4k, 8k, 12k + fun	29/06/02 Cross Country Relay Kingsway Miranda 4km	13/07/02 Cross Country (Short) University of Western Sydney Campbelltown 1.7k, 2.5k, 3.5k, 7k + 3.5k fun	03/08/02 Road Relay Endeavour Drive Wollongong 4k	01/09/02 Long Distance Road Relay Sydney Olympic Park Homebush Total Distance 100km
Vince Adams		3k fun 13:30 (30)		4k fun 20:37 (8)	19:17		18:31	5k 23:57
Stacey Argent		3k 14:09 (33)		3k 13:28 (24)	17:25			
Leanne Bourke							16:39	
Joe Butler					22:07	7k 41:37 (200) [2nd in age]	20:14	
Kevin Casey					16:24		15:43	
Carly Eager	4k fun 21:53 (99)	4k 21:41 (26)		4k 24:34 (16)	24:04	2.5k 15:42 (21)	22:01	
Robert Eager	4k fun 19:35 (76)	3k fun 14:05 (34)		4k fun 22:22 (19)	20:07	3.5k fun 18:18 (15)	18:55	
Bill Flanagan	10k fun 43:14 (33)	10k 40:57 (109)			15:26	7k 28:53 (97)	14:18	
Laura Flanagan	2k fun 9:42 (89)	2k 9:121 (23)				1.7k 8:45 (18)		
Michael Free	10k 44:11 (81)	10k 46:07 (161)						
Richard Frost	10k 40:22 (60)	10k 38:45 (86)	88:14 (295)	12k 54:37 (79)	16:07	7k 30:24 (118)	15:21	10k 41:20
Bill Goodin	4k fun 19:48 (80)							
Danielle Goodin	2k fun 9:13 (67)							
Matthew Graham			85:16 (190)		14:39		13:51	15k 58:19
Julie Grant					25:07			
Lisa Grant					16:51			
Steve Halverson		10k 48:15 (176)		12k 65:39 (122)	19:06	7k 35:13 (174)	17:39	10k 49:01
Susan Ireland	4k 16:42 (40)	4k 16:05 (5)		4k 18:09 (5)	17:04	3.5k 15:45 (7)		
Wayne Jeff	10k 43:40 (76)		106:36 (1657)	12k 62:40 (113)	17:45	7k 33:34 (158)	16:03	
Michael Kammerer	10k 37:27 (40)	10k 36:37 (84)			14:13	7k 27:09 (72)	13:26	15k 58:15
Peter Kimpton					15:00		14:20	10k 38:40
Eddie Makki	10k 46:11 (87)	10k 44:08 (142)	106:56 (1688)		17:29			
Tristan Manwaring		5k fun 22:46 (6)			17:18			
Viv Manwaring	10k 46:05 (86)	5k fun 22:23 (5)			17:34		16:41	5k 21:31
Keith Mayhew	10k 44:09 (80)	10k 42:47 (126)	93:48 (584)	8k 37:03 (10)	19:36			
Ashley McCallaf					23:13			
Brad Milosevic	4k fun 16:15 (36)	3k 11:42 (11)		3k 11:59 (16)	15:58	2.5k 11:19 (19)		5k 19:24
Tim Molesworth	10k 37:07 (39)	10k 37:17 (67)	83:58 (147)		14:47			15k 56:37
Suresh Raju			111:32 (2094)		18:32			
Vikki Savage	4k fun 18:14 (61)							
Bob Sewell	4k fun 23:44 (108)	2k fun 14:00 (43)		4k fun 26:45 (35)		3.5k fun 22:26 (27)	22:51	
Graham Sheargold	10k 43:39 (75)	10k 42:27 (124)	95:16 (668)	12k 58:34 (99)	16:52	7k 31:53 (138)		
Lynette Smith	4k 15:39 (17)	10k 42:02 (21)	93:20 (551)	8k 39:54 (32)	16:19		15:41, 15:29	
Steve Williams	10k 44:01 (79)	10k 42:48 (127)	97:32 (852)	12k 61:02 (109)	16:45	7k 31:50 (137)	15:35, 15:46	10k 44:48

STATE CHAMPIONSHIPS – TEAM PERFORMANCES

10km Novice Cross Country – Scarborough Park

Girraween A	11 th	Tim Molesworth, Michael Kammerer, Richard Frost, Graham Sheargold
Girraween B	15 th	Wayne Jeff, Steve Williams, Keith Mayhew, Michael Free

10km road Race - Holesworthy

Open B Grade	2 nd	Tim Molesworth, Michael Kammerer, Richard Frost, Bill Flanagan
Male 45+	5 th	Graham Sheargold, Keith Mayhew, Steve Williams, Eddie Makki

Sydney Morning Herald Half Marathon

SMH Mixed Club	2 nd	Matt Graham, Lynette Smith, Wayne Jeff
ANSW Snr B Grade	3 rd	Tim Molesworth, Matt Graham, Richard Frost, Lynette Smith

12km Cross Country - Nowra

Male 35+	8 th	Graham Sheargold, Steve Williams, Wayne Jeff, Steve Halverson
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4km Cross Country Relays

Female U/16	9 th	Ashley Micallef, Carly Eager, Julie Grant
Female U/18	2 nd	Susan Ireland, Stacey Argent, Lisa Grant
Open	7 th	Tim Molesworth, Matt Graham, Peter Kimpton, Michael Kammerer
Open	14 th	Lynette Smith, Richard Frost, Brad Milosevic, Tristan Manwaring
Male 35+	12 th	Bill Flanagan, Wayne Jeff, Suresh Raju, Robert Eager
Male 45+	7 th	Keith Mayhew, Graham Sheargold, Kevin Casey, Steve Williams
Male 45+	11 th	Steve Halverson, Viv Manwaring, Eddie Makki, Vince Adams

7km Cross Country - Campbelltown

Open B Grade	5 th	Michael Kammerer, Richard Frost, Steve Halverson, Joe Butler
Male 35+	8 th	Bill Flanagan, Steve Williams, Graham Sheargold, Wayne Jeff

4km Road Relay - Wollongong

Open	13 th	Michael Kammerer, Matt Graham, Peter Kimpton, Bill Flanagan
Open	19 th	Richard Frost, Wayne Jeff, Lynette Smith, Steve Williams
Open - Female	15 th	Lynette Smith, Leanne Bourke, Carly Eager
Male 45+	8 th	Steve Williams, Kevin Casey, Viv Manwaring, Steve Halverson
Male 45+	17 th	Vince Adams, Robert Eager, Joe Butler, Bob Sewell

100km Long Distance Relay - Homebush

Open	7 th	Steve Halverson, Matt Graham, Steve Williams Michael Kammerer, Brad Milosevic, Richard Frost Tim Molesworth, Peter Kimpton, Viv Manwaring
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Winter Club Trophy 2002 – Final Results

Girraween	13 th	out of 28 teams
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WEST METROPOLITAN TROPHY WINNERS

2km	40+	Steve Williams	1 st	2km	U/16	Ashley Micallef	1 st
		Suresh Raju	3 rd			Leigh Wilson	3 rd
4km	U/20	Tristan Manwaring	1 st	4km	U/14	Stacey Argent	1 st
4km	60+	Bob Sewell	1 st	4km	U/20	Susan Ireland	1 st
4km	50+	Viv Manwaring	2 nd	4km	Senior	Lynette Smith	1 st
4km	40+	Bill Flanagan	2 nd				
		Vince Adams	3 rd				
8km	Senior	Richard Frost	2 nd				
8km	Pre Vet	Wayne Jeff	2 nd				
8km	50+	Steve Halverson	2 nd				
8km	40+	Graham Sheargold	2 nd				

RACE WALKING CHAMPIONSHIPS

NSW 20km Walks – 4 May 2002 – Ourimbah

Open 20km	Catherine Nilon	2:24:30	3 rd
U/18 8km	Lisa Grant	42:03	1 st
U/14 3km	Jarryd O'Connell	17:51	2 nd

NSW 10km Team Walks – 22 June 2002 – Chipping Norton

Open Women Team	Catherine Nilon, Lisa Grant, Chelsea Austin		3 rd
Open 10km	Chelsea Austin	58:44	8 th
Open 10km	Catherine Nilon	66:37	16 th
U/20 10km	Lisa Grant	52:15	3 rd
11yrs 2km	Brenda Micallef	14:15	5 th

NSW Long Walks - 20 July 2002 – Ermington

U/20 15km	Lisa Grant	83:18	1 st
U/16 5km	Julie Grant	32:36	4 th

NSW School Walks – 3 August 2002 – Blacktown

Open 5km	Peter Kimpton	27:03	2 nd
Open 5km	Lisa Grant	26:01	2 nd
Open 5km	Chelsea Austin	29:36	3 rd
Open 5km	Julie Grant	35:49	9 th
Open Team	Lisa Grant, Chelsea Austin, Julie Grant		1 st
U/15 2km	Kelly Micallef	15:56	11 th
U/13 2km	Jarryd O'Connell	11:08	3 rd
U/12 1.5km	Brenda Micallef	10:20	6 th
Inv 5km	Catherine Nilon	34:16	3 rd

Australian Open & Junior Road Walking Championship – 18 August 2002 - Nowra

U/18 8km	Lisa Grant	41:14	1 st
U/16 5km	Julie Grant	33:01	10 th
Team Result	NSW - Julie Grant, Fiona Aldis, Katrina Biteznik		1 st

Distance Walker of the Year 2002 – Final Results

Catherine Nilon	4 th
Lisa Grant	11 th
Chelsea Austin	15 th

CLUB COMPETITION RESULTS – SUMMER 2002/03

Conducted over eighteen weeks at CV Kelly Park, Girraween

<u>MEN</u>				<u>WOMEN</u>			
Pos	Name	Points	Competed	Pos	Name	Points	Competed
1	Brad Milosevic	91.5	17	1	Brenda Micallef	85	16
2=	Gary Micallef	89	17	2	Ashley Micallef	84	18
2=	Robert Giesler	89	16	3	Jemma Austin	83.5	17
4	Steve Halverson	85.5	16	4	Chelsea Austin	82	15
5=	Ian Clark	80.5	16	5=	Carly Eager	79	16
5=	Matthew Graham	80.5	15	5=	Kelly Micallef	79	16
7	Michael Evans	79	14	7	Julie Grant	75.5	14
8	Scott Mortimer	77.5	18	8	Lisa Grant	72.5	13
9	Bill Goodin	75	15	9	Lynette Smith	71	14
10	Steven Creswick	74	14	10=	Kathryn Graham	68	12
11	Brendan Evans	70	18	10=	Andrea Hendley	68	11
12	Peter Kimpton	64	12	12	Jessica Ward	54	15
13	Vincent Adams	61.5	12	13	Vikki Savage	50.5	9
14	Wayne Jeff	60	16	14	Stacey Argent	40	7
15	Robert Eager	55	13	15	Susan Ireland	30	9
16	Steven Clark	49.5	10	16	Jessica Clark	25.5	6
17	Joe Butler	42	14	17	Danielle Goodin	25	5
18	Steve Williams	39	10	18	Catherine Nilon	19	5
19	Richard Frost	34	13	19	Meredith Jeff	13	9
20	Brendan Weyland	33.5	11	20	Katrina Grieve	10	3
21	Ben Walker	32.5	9	21	Tanya Rochfort	7	3
22	Gary Howard	32	8	22	Laura Flanagan	2	1
23	Troy Weyland	31	8	23=	Jennifer Frost	0	0
24=	Tim Molesworth	30	6	23=	Amanda Giesler	0	0
24=	Bill Flanagan	30	9	23=	Roshini Sivalingam	0	0
26	Tim Evans	29	11	23=	Kelly Frost	0	0
27=	Ivan Craddy	28	7	23=	Lyndsay Wilson	0	0
27=	Bob Sewell	28	18				
27=	Viv Manwaring	28	9				
30	Brendon Correy-Yorke	26	6				
31	Marcus Bakes	25	13				
32	Ray Yorke	19	3				
33=	Christopher Flower	18	4				
33=	Bruce Harrison	18	9				
35	Suresh Raju	17	8				
36	Keith Mayhew	15	13				
37	Kevin Casey	14	10				
38	Ernie Leseberg (Jnr)	13	8				
39	Irwin Burbage	7	2				
40=	Liam Correy-Yorke	6	3				
40=	Michael Kammerer	6	4				
42	Graham Sheargold	3	3				
43	David Hardyman	1	1				
44=	Tristan Manwaring	0	0				
44=	Matthew Ward	0	0				
44=	Paul Sewell	0	0				
44=	Phil Bowden	0	0				
44=	Eddie Makki	0	0				
44=	Nathan Paull	0	0				
44=	Doug Perrott	0	0				

DETAILED SUMMER RESULTS**CLUB COMPETITION – NEW RECORDS**

Name	Age Group	Event	Time / Distance
Adam Rutter (Syd - Pac)	Open	1500 W	6:07.0
Adam Rutter (Syd - Pac)	Open	3000 W	12:49.2
Andrew Scully (Blacktown)	Open	400	51.59
Bill Flanagan	Masters	Mile	5:19.8
Peter Kimpton	U/19	1500W	8:15.2
Timothy Evans	U/17	Triple Jump	12-53
Liam Correy-Yorke	U/14	Long Jump	5-59
Lisa Grant	Open & U/18	1500W	6:49.6
Andrea Hendley	Masters	100	15.3
Andrea Hendley	Masters	200	32.8
Andrea Hendley	Masters	Long Jump	3-55
Andrea Hendley	Masters	Triple Jump	7-74
Andrea Hendley	Masters	High Jump	1-30
Andrea Hendley	Masters	Shot Put	8-54
Andrea Hendley	Masters	Discus	25-99
Andrea Hendley	Masters	Javelin	22-63
Chelsea Austin	U/20	3000 W	16:51.7
Susan Ireland	U/18	1500	5:36.2
Lisa Grant	U/18	3000 W	14:51.2
Ashley Micallef	U/15	Shot Put	6-88

MODIFIED PROGRAM – NEW RECORDS

Name	Age Group	Event	Time / Distance
Ernest Leseberg	Open & Senior	60	7.00
Andrew Scully	Open	300	37.00
Michael Kammerer	Open & Senior	2000	6:18.2
Marcus Bakes, Timothy Evans, Gary Howard, Ernest Leseberg	Open	4x100 Relay	46.64
Joe Butler	Golden Oldie	300	65.10
Joe Butler	Golden Oldie	1000	4:36.0
Joe Butler	Golden Oldie	Standing LJ	1-58
Bill Flanagan	Masters	2000	6:54.8
Robert Giesler	Masters	Standing LJ	2-51
Peter Kimpton	U/20	Standing LJ	2-79
Peter Kimpton	U19	Standing LJ	2-78
Timothy Evans	U/18	Scissors HJ	1-61
Timothy Evans	U/17	Scissors HJ	1-65
Bradley Milosevic	U/15	1000	3:36.1
Bradley Milosevic	U/15	2000	8:22.3
Bradley Milosevic	U/14	1000	3:28.8
Bradley Milosevic	U/14	2000	7:21.1
Andrea Hendley	Masters	1000	4:25.6
Andrea Hendley	Masters	2000	10:24.2
Andrea Hendley	Masters	300	54.2
Andrea Hendley	Masters	60	9.2
Meredith Jeff	Masters	Shot Put 'Throw'	11-37
Andrea Hendley	Masters	Standing LJ	1-88
Chelsea Austin	U/20	60	9.20
Chelsea Austin	U/20	Scissors HJ	1-20
Chelsea Austin	U/20	Standing LJ	2-03
Lisa Grant	U/19	1000	3:47.7
Stacey Argent	U/13	300	52.2
Stacey Argent	U/13	1000	3:43.9
Stacey Argent	U/13	2000	7:48.9

NSW 10km Walk State Championships – 5 November 2002 – Bankstown

Open 10km walk	Lisa Grant	52:14.9	2 nd
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Australian All Schools Championships – 6-8 December 2002 – Hobart, Tasmania

U/20 5km walk	Lisa Grant	23:57.56	2 nd
U/18 3km walk	Lisa Grant	13:47.85	1 st

NSW State Relay Championships – 14-15 December 2002 – Homebush

Open 4x1500m walk	Lisa Grant, Julie Grant Catherine Nilon, Chelsea Austin		3 rd
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Olympic Youth Festival – 10-11 January 2003 – Homebush

5km walk	Lisa Grant	24:27.36	2 nd
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NSW Multi Event Championships – 1-2 February 2003 – Homebush

30-34 Pentathlon	Lynette Smith	2592 pts	1 st
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NSW Youth Championships – 8-9 February 2003 – Homebush

Open 5km walk	Catherine Nilon	32:45.16	7 th
U/20 5km walk	Lisa Grant	25:39.50	3 rd

NSW Masters 5km and Throwing Championships – 8-9 February 2003 – Homebush

40-44 5km	Bill Flanagan	18:02.11	4 th
30-34 Discus	Lynette Smith	32-97	1 st
30-34 Javelin	Lynette Smith	36.32	1 st

Telstra A Series – 15 February 2003 – Campbelltown

Masters 200m	Lynette Smith	27.76	4 th
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NSW Open, U/20, Masters Championship – 8-9 March 2003 – Homebush

Open 200m	Gary Howard	23.42	19 th
Open Javelin	Lynette Smith	37-11	5 th
45-49 100m	Vince Adams	13.85	7 th
40-44 1500m	Bill Flanagan	4:43.95	4 th
30-34 400m	Lynette Smith	62.80	3 rd
30-34 800m	Lynette Smith	2:26.26	1 st

Club Premiership – 26 October 2002 – 1 March 2003- Various Venues

Girraween placed 21st out of 84 teams in the 6 round competition

	Competed	Points Gained
Vince Adams	3	50
Chelsea Austin	1	52
Kevin Casey	1	6
Steven Creswick	1	4
Bill Flanagan	1	8
Steve Halverson	1	-
Gary Howard	1	7
Wayne Jeff	2	35
Peter Kimpton	1	29
Viv Manwaring	1	27
Brad Milosevic	1	9
Catherine Nilon	1	4
Lynette Smith	6	211
Steve Williams	1	-

11/5/02

GIRRAWEE, at Holsworthy: MEN: 10km: T Molesworth 37m13s M Kammerer R Frost. O-35: B Flanagan 40m57s M Free. O-45: G Sheargold 42m27s S Williams. O-50: K Mayhew 42m47s E Makki S Halverson. 5km: V Manwaring 22m23s T Manwaring. 3km: B Milosevic 11m42s. 2km: B Sewell 14m. WOMEN: 10km: L Smith 42m42s. 4km: S Ireland 16m05s C Eager. 3km: S Argent 14m09s. 2km: L Flanagan 9m12s. **Girrawee Walkers at Oatley:** MEN: 8km: P Kimpton 43m15s. 3km: J O'Connell 17m29s. WOMEN: L Grant 51m05s C Nilon. 8km: C Austin 42m59s. 4km: J Grant 25m11s. 15yrs 3km: R Casey 19m11s K Micallef.

8/6/02

GIRRAWEE, at Concord: Cross Country: MEN 8km: R Frost 32m52s W Jeff M Free. O-40: G Sheargold 34m45s S Williams. O-50: K Mayhew 32m52s W Makki S Halverson. O-60: P Bowden 44m17s J Butler. 4km: B Flanagan 15m11s T Manwaring R Eager. O-50: V Manwaring 17m17s V Adams B Goodin. U-17: B Milosevic 16m16s G Sheargold. 2km: S Williams 8m21s. WOMEN 4km: L Smith 16m22s S Ireland C Eager. 2km: D Goodin 8m30s L Flanagan E McPherson.

1/6/02

GIRRAWEE, at North Ryde: Cross Country: MEN 8.5km: F Blenheim 33m2s R Frost W Jeff. O-35: M Free 40m1s S Raju. O-45: G Sheargold 36m29s K Casey S Williams. O-50: K Mayhew 35m48s E Makki S Halverson. O-60: P Bowden 47m45s J Butler. 4km: D Hardyman 14m51s B Flanagan M Sewell. O-40: V Adams 18m48s R Eager. O-50: V Manwaring 17m11s B Goodin. O-60: T Diaz 20m16s B Sewell. U-18: N Paul 16m49s T Manwaring R Diaz. 2km: S Williams 8m14s S Raju J Mann. WOMEN 4km: L Smith 15m46s S Ireland K Paul. U-14: S Argent 18m4s C Eager. 2km: A Micallef 9m59s. **Girrawee Walkers at Leichhardt:** Men 3km: J O'Connell 17m34s. Women 10km: L Grant 54m29s C Nilon. 4km: J Grant 26m54s. 3km: K Casey 22m38s. 1.5km: B Micallef 10m5s R Casey.

WEST METROPOLITAN: Cross Country at North Ryde: MEN: 8.5km: 60/O: A Blonner (Hills) 34m15s L Cadogan (UTS Norths) C Fallon (Hills). 50/O: K Mayhew (Girrawee) 35m48s F Makki (Girrawee) S Halverson (Girrawee). 40/O: J Sauer (Hills) 31m21s. P Byrne (Hills) G Sheargold (Girrawee). 30/O: S Williams (RBH) 27m20s G Cox (ASW) W Jeff (Girrawee). 20/O: C Fowler (ASW) 26m48s L Taylor (ASW) J Webb (RBH). U-20: P Shoemark (Hills) 32m48s F Blenheim. 4km: 60/O: G Francis (UTS Norths) 16m10s T Diaz (Girrawee) F Daniels (Vets). 50/O: D Hardyman (Girrawee) 14m51s L Gillies (UTS Norths) J Bogenhuber (Hills). 40/O: D Lewis (ASW) 14m29s B Flanagan (Girrawee) J Vandenberg (UTS Norths). 30/O: S Whelan (Hills) 15m32s P Henry P Starr (Hills). 20/O: D Austin 13m35s M Blanco (UTS Norths) M Sewell (Girrawee). U-20: A Rutter (Sydney Pacific) 13m39s T Manwaring (Girrawee). U-16: N Walker (UTS Norths) 13m28s A Martin (Springwood) S Geoghegan (Hills). U-14: A Pollard (ASW) 14m50s S Radzki (ASW) B Bodiczky (Hills). U-12: D Ricketts (Glenbrook) 15m28s A Blunden (Greystanes) K Moussa. 2km: 50/O: D Archbold (UTS Norths) 8m32s F Daniels (Vets). 40/O: S Williams (Girrawee) 8m14s P Ricketts (Glenbrook) S Raju (Girrawee). 30/O: P Kennedy (Winston Hills) 8m34s T Wearne (ASW) D Di Sipo (Tiger West). 20/O: W Devjak (Ryde) 5m58s G Clarkin (Winston Hills). U-12 Boys: M Todd (Ryde) 7m26s J Ralph (Hills) J Crandell (ASW). WOMEN: 8.5km 35/O: L Mirrer (AEA) 29m55s R Roediger (Hills) L McNulty (Woodstock) 20/O: C King (RBH) 33m38s J Miles (UTS Northern Subs) C Roediger (Knox). U-20: K Mills (Hills) 35m2s A Roediger (Hills). 4km: 35/O: S Rilen (Hills) 19m46s S O'Reilly-Moussa D Kass (UTS Norths). 20/O: L Smith (Girrawee) 15m46s M Kiraly (UTS Norths) N Frykberg (Hills). 20/U: M Vernon (Glenbrook) 15m42s K Archbold (Hills) S Bogenhuber (Springwood). U-16: A Graves (Hills) 15m58s J Mill E Junor (ASW). U-14: S Argent (Girrawee) 18m4s S Baker (Greystanes). U-12: E Burrell-Jones (Ryde) 17m59s L Jordan (Greystanes) E Helfensdorfer (Hills). 2km 35/O: S Quitzau (Sydney Uni) 7m9s D Kass (UTS Norths) L Wooden (ASW). U-20: R Junor (ASW) 7m42s J Vassiliou (ASW) T Radzki (ASW). U-16: D Rifken (Tiger Wests) 8m36s L Radzki (ASW) M Bonello (ASW). U-14: A McKillop (RBH) 7m43s E South (Winston Hills) L McKillop (RBH). U-12: E Powell (RBH) 7m28s E Farrington (ASW) R Hackett (Canterbury).

18/5/02

GIRRAWEE at Ermington: Men 10km: M Graham 38m5s S Williams W Jeff. O-45: K Mayhew 40m43s G Sheargold S Halverson. O-60: P Bowden 54m42. 5km: M Kammerer 17m18s B Flanagan T Manwaring. O-45: V Adams 23m18s R Eager. O-50: V Manwaring 21m8s B Goodin. O-60: J Smith 26m66s B Sewell. U-14: B Milosevic 13m48s N Paul K Paul. 2km: S Williams 7m37s S Raju B Homan. Women 5km: L Smith 19m49s S Ireland K Paul. U-15: S Argent 22m6s C Eager. 2km: K Paul 8m30s L Flanagan L Wilson. U-15: L Wilson 12m25s. **Girrawee Walkers at Tempe:** Men 10km: P Kimpton 55m7s. 15yrs 2km: J O'Connell 10m43s. Women 12km: L Grant 23m38s C Nilon. 10km: C Austin 54m36s. 5km: J Grant 31m54s. 15yrs 2km: K Micallef 15m53s. 11yrs 1km: B Micallef 6m11s.

WEST METROPOLITAN at Rydalmere: MEN: 10km: 60yrs/o: O Blonner (Hills) 39m67s P Bowden (Gir) J Butler. 50yrs/o: J Burroughs (ASW) 40m23s K Mayhew (Gir) B Hutchins (Hills). 40yrs/o: S Sauer (Hills) 35m14s J Byrne (Hills) P Fisher (Hills). 30yrs/o: G Cox (ASW) 36m57s J Murray (ASW) W Jeff (Gir). 20yrs/o: A McNamara (Ryde) 42m50s D Austin. U-20: F Blenheim 36m41s M Graham (Gir) E O'Brien (Springwood). 5km: 60yrs/o: F Daniels (Vets) 25m58s J Smith (Gir) B Sewell (Gir). 50yrs/o: J Bogenhuber (Springwood) 19m15s V Manwaring (Gir) D Archbold (UTS Norths). 40yrs/o: B Flanagan (Gir) 19m P Sampson (Ryde) W Helfensdorfer (Hills). 30yrs/o: M Kammerer (Gir) 17m18s P Henry S Whelan (Hills). 20yrs/o: D Austin 16m48s M Haines (ASW) P Birch. U-20: A Rutter (Sydney Pac) 17m15s A Carmichael (Katoomba) T Manwaring (Gir). U-16: A Martin (Springwood) 17m26s S Geoghegan (Hills) G Bodiczky (Hills). U-14: A Pollard (ASW) 18m37s A Pincham (ASW) S Radzki (ASW). U-12: P Ricketts (Glenbrook) 18m34s J Crandell (ASW) A Blunden (Greystanes). 2km: 60yrs/o: F Daniels (Vets) 9m9s F Scurr (UTS Norths) H Huston (Winston Hills). 40yrs/o: S Williams (Gir) 7m37s P Thompson P Ricketts (Glenbrook). 30yrs/o: L Williams (Hills) 7m49s T Wearne (TW) P Kennedy (Winston H). U-14: H Bonello (ASW) 8m58s J Coyne (Hills). U-12: C Wearne (ASW) 7m54s J Ralph (NRC) N Govers (TW). WOMEN: 10km: 35-yrs/o: R Roediger (Hills) 39m45s L McNulty (Woodstock) G Satter (Hills). U-20: A Roediger (Hills) 47m51s. 5km: 35yrs/o: N Lloyd (UTS Norths) 28m25s D Kass (UTS Norths). 20yrs/o: L Smith (Gir) 19m49s C Roediger (Knox) K Paul (Gir). U-20: M Vernon (Glenbrook) 17m6s K Archbold (Hills) K Mill (Hills). U-16: A Graves (Hills) 20m7s N Terranova (Hills) E Junor (ASW). U-14: S Argent (Gir) 22m6s S Baker (Greystanes). U-12: E Burrell-Jones (Ryde) 22m46s E Helfensdorfer (Hills). 2km: 35yrs/o: D Kass (UTS Norths) 10m15s D Hanlon (TW) N Lloyd (UTS Norths). U-20: R Junor (ASW) 7m23s T Radzki (ASW) L Kass (UTS Norths). U-16: B Gregson (Hills) 7m16s J Mill M Bonello (ASW). U-14: N Gregson (Hills) 6m57s N Ralph (NRC) E South (Winston Hills). U-12: E Farrington (ASW) 7m18s R Hackett (Canterbury) C Wilson (Nepean).

15/6/02

GIRRAWEE, at Cambewarra: MEN 12km: R Frost 54m36s W Jeff. O-45: G Sheargold 58m34s S Williams S Halverson. 8km: K Mayhew 37m33s. 4km: V Adams 20m37s R Eager B Sewell. 3km: B Milosevic 11m59s. WOMEN 8km: L Smith 39m54s. 4km: S Ireland 18m08s C Eager. 3km: S Argent 13m28s.

22/6/02

NSW ROAD-WALKING, at Chipping Norton: 10km: T Sundstrom (IVS) 43m40s L Fitzgerald (NEP) R Osborne (NEP). Team: Nepean (Osborne) G Sellen L Fitzgerald. U-20: A Rutter (SP) 46m22s A Mellor (BS) L Fitzgerald (NEP). 4km: B Plummer (KIR) B Keys (DS) J Pisani (BS). 2km hcp: F Hinds (PEN) R Keys (GIR) K Griffiths (GIR). Fastest: S Ninjo. Women: 10km: S Walkley (GOS) 47m25s M French (NEP) L Johnson (ASW). Team: Nepean (V Lee S Knapton M French) Girrawee (C Nylon L Grant C Austin) Sydney Pacific (C Allids F Allids J Rutter). U-20: S Walkley (GOS) 47m25s S Knapton (NEP) L Grant (GIR). 2km hcp: S Jennings.

25/5/02

GIRRAWEE at Dundas: Cross Country: Men 7.5km: F Blenheim 27m54s S Halverson J Butler. 4km: B Flanagan 14m57s B Milosevic M Sewell. O-45 4km: V Manwaring 16m37s V Adams B Sewell. Women 4km: S Argent 18m08s C Eager. 2km: L Flanagan 9m36s A Micallef. Walkers at Chipping Norton: Men 6km: P Kimpton 33m25s. Women 8km: L Grant 43m37s C Nilon. 6km: C Austin 32m46s. 2km: J Grant 12m46s R Casey K Micallef. 1km: B Micallef 6m14s R Casey.

WEST METROPOLITAN at Upjohn Park: MEN: 7.5km: Open: C Fowler (UTSN) 23m16s A Matthews (UTSN) F Blenheim (Gir). 60 yrs/o: A Blonner (Hil) 29m51s L Cadogan (UTSN) J Butler (Gir). 50 yrs/o: G Burroughs (ASW) 31m4s G Allomes (SP) S Halverson (Gir). 30 yrs/o: M Collins (ASW) 27m03s G Cox (ASW) J Murray (ASW). 4km: 60 yrs/o: F Daniels (Vets) 21m39s B Sewell (Gir) C Fallon (Hil). 50 yrs/o: J Bogenhuber (Hil) 15m05s L Gillies (UTSN) V Manwaring (Gir). 40 yrs/o: D Lewis (ASW) 14m25s B Flanagan (Gir) V Adams (Gir). 30 yrs/o: P Henry 15m36s S Whelan (Hil) P Starr (Hil). 20 yrs/o: D Austin 13m38s M Haines (ASW) M Sewell (Gir). U-20: N Bromley (UTSN) 12m44s A Baldacchino (Springw) K Hodgson (UTSN). U-16: A Martin (Springw) 14m28s S Geoghegan (Hil) B Milosevic (Gir). 2km: Open: N Fowler (AEA) 6m41s P Ricketts (Glenb) M Sewell (Gir). U-14: P Baldacchino (Springw) 6m39s S Mitchell. U-12: K Gregson (Hil) 7m29s C Wearne (ASW). WOMEN: 7.5km: Open: G Satter (Hil) 35m23s M Cadogan (UTSN). 4km: Open: E Morris (Banks Sp) 13m45s M Kratt (UTSN) L Payne (ASW). U-20: V Molan (Hil) 14m32s K Archbold (Hil) S Bromfield (Springw). U-16: A Graves (Hil) 15m35s N Terranova (Hil) C Eager (Gir). U-14: S Argent (Gir) 18m08s P Burdett (ASW). 2km: Open: J Vassiliou (ASW) 7m57s S Smith (ASW) L Wooden (ASW). U-16: N Hodgson (UTSN) 8m31s A Micallef (Gir) J Lequesne (Hil). U-12: E Farrington (ASW) 7m34s L Flanagan (Gir) K Kennedy (Winston Hills).

22/6/02

GIRRAWEE, at Parramatta Park: Cross Country: Men: 8km Open: M Graham 30m48s R Frost W Jeff. O-45: G Sheargold 34m51s S Williams K Casey. O-50: K Mayhew 33m46s M Makki S Halverson. O-60: P Bowden 45m59s J Butler. 4km Open: P Flanagan 15m18s T Manwaring M Sewell. O-40: S Raju 19m55s R Eager. O-45: S Williams 16m45s V Manwaring V Adam. U-15: B Milosevic 17m02s. N Paul. 2km: M Graham 8m59s S Raju S Williams. Women: 4km: L Smith 16m29s S Argent S Ireland. U-15: C Eager 22m40s. 2km: Leigh Wilson 11m03s A Micallef L Wilson.

WEST METROPOLITAN: Cross Country at Parramatta Park: Men: 8km O-60: A Blonner (Hills) 33m1s C Fallon (Hills) P Bowden (Gir). O-50: C Dwyer (Hills) 29m24s K Mayhew (GIR) J Burroughs (ASW). O-40: P Byrne (Hills) 31m59s G Sheargold (GIR) S Williams (GIR). O-30: J Murray (ASW) 30m5s W Jeff (GIR) F Hogan. O-20: M Webster (Hills) 27m33s M Doggett (ASW) U Clarson (UTS Norths). U-20: P Shoemark (Hills) 31m24s E O'Brien (Spring) E O'Brien (Spring). 4km O-60: F Daniels (Vets) 21m31s G Taylor (ASW). O-50: J Bogenhuber (Hills) 16m5s L Vaughan (Hills) V Manwaring (GIR). O-40: M Todd (ASW) 13m44s D Lewis (ASW) V Flanagan (GIR). O-30: A Young 15m8s P Henry S Whelan (Hills). O-20: W Devjak (Ryde) 13m34s M Haines (ASW) M Sewell (GIR). U-20: A Carmichael (Katoomba) 14m25s S Strong T Manwaring (GIR). U-16: S Geoghegan (Hills) 14m21s A Biggs (Sydney P) S Radzki (ASW). U-14: A Pollard (ASW) 15m30s J Harrison (Parramatta) A Pincham (ASW). U-12: D Ricketts (Glenmore) 15m58s D Carrigan (Canterbury) A Blunden (Greystanes). 2km: O-50: D Archbold (UTS Norths) 8m54s F Daniels (Vets) G Clarren (Winston H). O-40: P Ricketts (Glenbrook) 8m39s P Thompson R Coyne (Hills). O-30: T Wearne (Tiger W) 8m35s P Kennedy (Winston H) S Raju (GIR). U-14: M Radzki (ASW) 8m15s N Govers (Tiger W) G Harrison (Parramatta). U-12: M Todd (Ryde) 7m42s K Gregson (Hills) C Milgate (Parramatta). WOMEN: 8km Open: C Roediger (Knox) 36m31s N Robertson (Hills) L Balinski (Hills). U-20: K Mill (Hills) 33m52s. 4km O-35: A Forbes (Hills) 15m47s K Pettley (Katoomba) S Rilen (Hills). O-20: L Smith (GIR) 16m29s N Frykeerg (Hills) M Sloffier (UTS Norths). U-20: K Archbold (Hills) 15m14s S Ireland (GIR) A Harris (Parr). U-16: H Pobite (Hills) 15m38s E Junor (ASW) C Eager (GIR). U-14: F Argent (GIR) 17m29s S Baker (Greystanes) L Jordan (Greystanes). U-12: E Farrington (ASW) 16m31s K Furniss (ASW) N Seargent (Grey). 2km O-35: S Smith (ASW) 11m31s N Lloyd (UTS Norths) L Wooden (ASW). U-20: R Junor (ASW) 8m15s J Vassiliou (ASW) T Radzki (ASW). U-16: N Huston (Win) 10m31s M Bonello (ASW) A Micallef (GIR). U-14: T Meindertsma (Col SJ) 9m20s E South (Winston H) S Crandell (ASW). U-12: C Wilson (Nepean) 8m6s R Hackett (Canterbury) N Treadwell.

Age no barrier for pacy Stacey

ATHLETICS

AFTER 10 years of trying, the Girraween Athletics Club has won its first state cross country relay medal – with a little help from the youngest competitor in the under-18 girls event.

Relay teammates Susan Ireland and Lisa Grant are both 17 but Stacey Argent has just turned 12.

But despite the age gap, the girls pulled through to finish with a silver medal at the championships at Miranda Park on June 29.

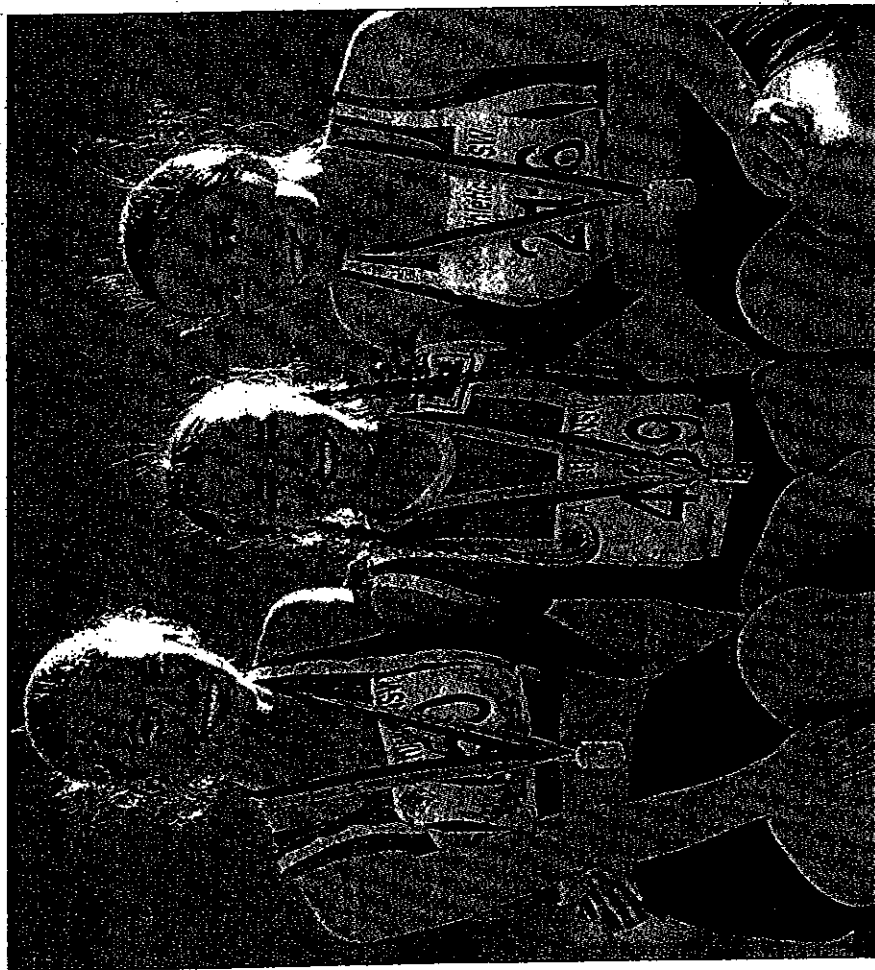
Coach Bob Sewell said it was a very testing course and the team had to wait more than an hour for the result.

"Rumours started filtering around that we had finished second," Sewell said. "When they finally announced the result every Girraween member jumped up and down and Stacey sprinted up on to the stage she was so excited."

Hills District Athletics Club took the gold medal.

"Our girls have been training really hard and they went out just wanting to do their best with no intention of getting a medal," Sewell said.

Ireland will now represent Girraween High School and Grant will compete for Greystanes High School in the state schools cross country titles later this month.



Silver service . . . Lisa Grant, Stacey Argent and Susan Ireland teamed up for a cross country relay medal at the state championships
Photo: DANIEL GRIFFITHS

29/6/02

GIRRAWEEEN at Miranda: Cross Country
MEN 4km: M. Graham 14m39s T. Melesworth R.
Frost 0-30: M. Kammerer 14m13s W. Jeff 0-40:
B. Flanagan 15m20s S. Raju R. Eager 0-45: K. Casey
16m24s S. Williams V. Adams 0-50: E. Makki
17m29s V. Manwaring S. Halverson 0-55: K.
Maynew 19m34s J. Butler U-18: P. Kimpton
15m00s B. Milosovich T. Manwaring WOMEN:
4km: L. Smith 16m19s U-18: L. Grant 16m50s S.
Ireland S. Argent Walkers at Tempe: WOMEN
5km: V. Grant 23m12s U-15: R. Casey 12m17s C.
Casey A. McCallie.

6/7/02

GIRRAWEEEN, at Baulkham Hills: Cross country: MEN 8km: M Graham 30m4s T Molesworth T Perich. O-25: R Frost 32m38s W Jeff. O-40: S Williams 34m11s G Sheargold S Halverson. O-50: E Makki 37m18s J Butler P Bowden. 4km: B Flanagan 15m12s T Manwaring M Sewell. O-40: V Adams 19m4s R Eager. O-50: V Manwaring 17m27s B Goodin. U-14: B Milosevic 16m22s. 2km: S Williams 8m25s B Sewell. WOMEN 4km: L Smith 16m42s S Ireland S Argent. U-14: C Eager 22m22s. 2km: D Goodin 9m29s L Flanagan L Wilson. U-14: L Wilson 13m34s.

WEST METROPOLITAN, at Baulkham Hills: Cross Country: 8km: 60yrs/o: A Blenner (Hills) 32m56s C Fallon (Hills) J Butler (Gir). 50yrs/o: J Burroughs (ASW) 32m50s J Bogenhuber (Hills) J Waden (Hills). 40yrs/o: M Collins (ASW) 30m21s P Byrne (Hills) S Williams (Gir). 30yrs/o: G Cox (ASW) 30m10s J Murray (ASW) W Jeff (Gir). 20yrs/o: R Whitley (SW) 26m41s M Doggett (ASW) M Graham (Gir). U-20: N Bromley (UTS-Nth) 26m11s T Decanto (Hills) R Baldacchino (Spr). U-16: A Biggs (Syd-Pac) 34m14s H Lewis (ASW). 4km: 50yrs/o: L Gillies (UTS-Nth) 15m23s J Bogenhuber V Manwaring (Gir). 40yrs/o: M Todd (ASW) 13m26s D Lewis (ASW) P Sampson (Ryd). 20yrs/o: W Devjak (Ryd) 13m23s G Stojanovic (CRH) S Whelan (Hills). U-20: S Jeoghegan (Hills) 14m32s R Price T Manwaring (Gir). U-14: A Pollard (ASW) 15m7s A Pincham (ASW) E Milosevic (Gir). U-12: A Blunden (Greys) 17m15s D Carragan (Cant) G Lewis (ASW). 2km: 50yrs/o: D Williams 8m34s D Archbold (UTS-Nth) B Sewell (Gir). 30yrs/o: S Williams (Gir) 8m25s L Williams (Hills) T Wearne (TW). U-14: M Radzki (ASW) 7m51s T Lowden (Parr) M Farrington (TW). U-12: M Todd (Ryd) 7m37s D Baldacchino (Spr) J Crandell (ASW). Women: 8km: 35yrs/o: R Roediger (Hills) 33m10s J Godbold (UTS-Nth) G Salter (Hills). 20yrs/o: E Morris (Bank S) 29m38s C Roediger (Knox). 4km: 35yrs/o: A Forbes (Hills) 15m49s S Rilen (Hills) N Lloyd (UTS-Nth). 20yrs/o: L Smith (Gir) 16m42s N Fryberg (Hills). U-20: N Vernon (Glen) 14m31s K Archbold (Hills) K Mill (Hills). U-14: S Argent (Gir) 17m28s S Baker (Grey) L Jordan (Grey). 2km: 25yrs/o: D Kass (UTS-Nth) 10m59s N Lloyd (UTS-Nth) M Crandell (ASW). U-20: R Junor (ASW) 7m46s S Bogenhuber (Spr) S Vernon (Glen). U-14: E South (Win H) 9m10s T Meindersma (Col-St) L Whittaker (ASW). U-12: E Farrington (ASW) 7m40s N Seargent (Grey) D Goodin (Gir).

27/7/02

GIRRAWEEEN at Abbotsford: Road Race: Men: 8km: B Flanagan 31m55s W Jeff E Makki. O-40: S Williams 33m10s K Casey G Sheargold. O-50: S Halverson 38m26s J Butler. 4km: B Flanagan 14m16s W Jeff R Eager. O-50: V Manwaring 16m51s D Hardyman B Goodin. U-16: B Milosevic 15m18s. 2km: S Williams 7m30s G Micallef B Sewell. Women: 4km: L Smith 15m46s S Argent C Eager. 2km: A Micallef 10m19s Leigh Wilson L Wilson. Walkers: Men: 10km: P Kimpton 59m5s. U-15 2km: J O'Connell 12m15s. Women: 12km: L Grant 67m45s C Nilon. 10km: C Austin 62m13s. 5km: J Grant 37m20s. 15yrs 2km: R Casey 12m33s K Casey K Micallef.

WEST METROPOLITAN: Road race at Abbotsford: MEN: 8km 60yrs/o: C Fallon (Hills) 38m47s J Butler (Gir). 50yrs/o: J Sneeden 33m18s E Makki (Gir) B Harrison. 40yrs/o: J Sauer (Hills) 29m4s P Byrne (Hills) B Flanagan (Gir). 30yrs/o: A Young (Hills) 28m40s G Cox (ASW) J Murray (ASW). 20yrs/o: M Doggett (ASW) 27m16s. U-20: P Shoemark (Hills) 30m19s E O'Brien (Spring) E O'Brien (Spring). 4km 60yrs/o: F Daniels (Vets) 20m43s E McLean (Woodstock) G Taylor (ASW). 50yrs/o: J Bogenhuber (Hills) 15m24s S Flick (CRH) D Hardyman (Gir). 40yrs/o: D Lewis (ASW) 14m2s B Flanagan (Gir) P Sampson (Ryd). 30yrs/o: P Henry 15m39s P Starr (Hills) W Jeff (Gir). 20yrs/o: M Haines (ASW) 13m45s. U-20: A Carmichael (Hills) 14m16s. U-16: S Georgehegan (Hills) 14m25s. U-14: A Pollard (ASW) 14m31s B Milosevic (Gir) S Radzki (ASW). U-12: G Lewis (ASW) 17m59s C Wearne (ASW). 2km 60yrs/o: F Daniels (Vets) 9m42s B Sewell (Gir). 50yrs/o: D Archbold (UTS-Nth) 8m29s. 40yrs/o: S Williams (Gir) 7m30s P Ricketts (Glenbrook) R Coyne (Hills). 30yrs/o: T Wearne (TW) 9m16s D Disipio (TW). U-14: M Radzki (ASW) 8m3s. U-12: J Crandell (ASW) 7m37s J Ralph (Hills) C Millgate (Parramatta). WOMEN: 8km 30yrs/o: G Salter (Hills) 36m33s. 20yrs/o: K Jackson (Sydney Uni) 31m57s G Smith (Sydney Pacific) C Roediger (Knox). U-20: S Bogenhuber (Spring) 34m45s. 4km 35yrs/o: A Forbes (Hills) 15m28s F McGregor S Rilen (Hills). 20yrs/o: L Smith (Gir) 15m46s. U-20: K Mill (Hills) 16m7s T Radzki (ASW) K Archbold (Hills). U-16: D Kilian (ASW) 17m29s N Terranova (Hills) E Junor (ASW). U-14: S Argent (Gir) 18m7s S Baker (Grey) E Heffensdorfer (Hills). 2km 35yrs/o: D Kass (UTS-Nth) 10m15s S Smith (ASW) N Lloyd (UTS-Nth). U-20: J Vassiliou (ASW) 8m5s. U-16: L Radzki (ASW) 8m37s S Vernon (Glenbrook) A Micallef (Gir). U-14: P Burdekin (WS) 8m21s L Whittaker (ASW) S Crandell (ASW). U-12: C Wilson (Nepean) 7m41s R Hackett (Canterbury) S Seargent (Grey).

13/7/02

GIRRAWEEEN, at Campbelltown: Cross country: Men 7km: M Kammerer 27m08s R Frost W Jeff. O-40: B Flanagan 28m53s S Williams G Sheargold. O-50: S Halverson 35m13s J Butler. 3.5km: R Eager 18m18s B Sewell. 2.5km: B Milosevic 11m19s. Women 3.5km: S Ireland 15m45s. 2.5km: C Eager 15m42s. 1.7km: L Flanagan 8m45s.

NSW SHORT-COURSE CROSS COUNTRY C'SHIP at UWS Campbelltown: 7km: D Byrnes (ASW) 21m50s R Dessai (Hills) C Roberts (RBH). Team: RBH. ASW, SGD. O-65: A Thomas (SGD) J Butler (Gir). 60-64: G Francis (UTN) K McBreary (RBH) S Cadogan (UTN). 55-59: F Scagell (SGD) J Graves (SUT) T Hernandey (KEJ). Team: BAN, UTS, KEJ. 50-54: D Webb (KEJ) W Karjuszki (TUG) T Norris (RBH). 45-49: W Montflore (KEJ) B Willis (TUG) S Patterson (UTN). Team: SGD A, KEJ A, SUT A. 40-44: G Ritchie (ASW) P Park (KEJ) R Mariana (KEJ). 35-39: J Edwards (AEA) 23m43s M Todd (ASW) J Blake (ILL). Team: RBH, KEJ, AEA. U-20: J Roff (RBH) 23m17s N Brown (CBT) N Bromley (UTS). Team: RBH, ILL. U-18 5km: T Prigg (CBT) 16m33s S Brown (KEJ) T Simpson (SUT). Team: KEJ, CBT, BAN. U-16 3.5km: J Matthews (ILL) 12m35s S Delaney (SGD) D Byrnes (CBT). Team: ILL, SUT. U-14 2.5km: P Baldacchino (ASW) 9m34s S Meurer (WAL) M Ray (HUM). Team: ASW, ILL, KEJ. U-12 1.7km: K Gregson (HIL) 6m17s M Todd (ASW) D Ricketts (GLE). Team: ASW, ILL, SUT. Women: 5km: L Miller (AEA) 17m38s E Morris (BAN) M Vernon (GLE). Team: RBH, SUT A, UTS. 60-64: M Cadogan (UTN) 25m10s. 55-59: C Tawlor (UTN) 28m59s K Ray (SUT) C Margotson (KEJ). Team: UTS. 50-54: C Poppet (SUT) 23m46s R Mein (KEJ) L Jones (NOW). 45-49: A Forbes (HIL) R Roediger (HIL) M From (CBT). Team: HIL, NOW, SUT. 40-44: B Kajan (RBH) 22m32s D Nicholson (ILL) S Toth (KEJ). 35-39: N Karl (RBH) 19m06s K Ryan (KEJ) J Wright (AEA). Team: KEJ, ILL, RBH. U-20 3.5km: L Corrigan (ASW) 13m23s N Nolan (HIL) K Mill (HIL). Team: HIL, ASW, SUT. U-18: M Vernon (GLE) 12m46s V Orkin (SUT) K Archbold (HIL). U-16 2.5km: B Simpson (SUT) 9m30s H Pobjie (HIL) E Wood (ASW). Team: ASW, SUT, HIL. U-14: J Girmore (SUT) 9m50s J Cooder (SUT) K Cooder (SUT). Team: SUT, ILL, KEJ. U-12 1.7km: C Doyle (SGD) 6m35s S Kajan (RBH) A Yardley (KEJ). Team: SGD, KEJ, ILL.

3/8/02

NSW SCHOOLS ROAD WALKING C'SHIP, at Blacktown: BOYS: 5km Open: M Smith (St Stanislaus) 25m58s P Kingston (Girrawee). U-17: A Rutter (Pennant Hills) 24m06s A Colquhoun (MacKillop ACT). U-15 3km: L Fitzgerald (St Dominics) 14m18s G Sellen (Rooty Hill) B Reading (Belconnen ACT). U-13 2km: B Keys (Michael) 10m37s J Fitzgerald (Blackrock) J O'Connell (Patrician). U-11 1.5km: K Maruta (Claregate) 8m21s N Henshaw (Hebersham) J Walters (Bargo). GIRLS: 5km Open: L Johnson (St Pauls) 24m35s L Grant (Girrawee) C Austin (Girrawee). Team: Girrawee. U-17: S Knapton (Erskine Pk) 25m02s B Lee (Rooty Hill) J Heazlewood. U-15 3km: F Aldis (Abbotsleigh) 16m28s N Agius (Emmaus) L Petersen (Caroline Chisholm). Team: Caroline Chisholm. U-13 2km: B Morabito (OLR St Marys) 10m41s K Tillman (Elderslie) A Downey (Wide View). Team: OLR St Marys, Holy Family. U-11 1.5km: S Jennings (OLR St Marys) 7m55s A Perry (William Dean) J Elcelf (OLR St Marys). Team: OLR St Marys.

3/8/02

GIRRAWEEEN, at Wollongong: Road Race: Men 4km: M Kammerer 13m26s M Graham P Kimpton. O-25: R Frost 15m21s W Jeff. O-35: B Flanagan 14m18s R Eager. O-45: S Williams 15m25s K Casey V Adams. O-50: V Manwaring 16m41s S Halverson. O-60: J Butler 19m51s B Sewell. Women 4km: L Smith 15m14s L Bourke C Eager.

20/7/02

NSW LONG WALK C'SHIPS at Ermington: MEN U-16 5km: L Fitzgerald (NEP) 24m45s G Sellen (NEP) B Plummer (ASW). U-12 1.5km: J Waters (IBS) 9m34s R Knight (NEP). WOMEN Open 5km: C Webb (ASW) 23m36s M French (NEP) L Newall (RBH). U-20 15km: L Grant (GIR) 83m13s B Heazlewood (SP) J Heazlewood (SP). U-16 5km: S Nampton (NEP) 26m42s F Aldis (SP) N Agius (NEP). U-12 1.5km: S Jennings (NEP) 7m52s Courtney Danyl (IBS) Caitlin Danyl (IBS). INVIT 10km: S Khalav 82m41s. 3km: A Rutter (SP) 14m47s J Rutter (GP) D De Wit.

GIRRAWEEEN: 8km: T Molesworth 29m18s T Perich R Frost. O-35: S Jeff 37m18s. O-40: S Williams 32m27s S Raju K Casey. O-50: E Makki 32m55s S Halverson J Butler. 5km: M Kammerer 16m52s W Jeff T Manwaring. O-40: B Flanagan 17m52s V Adams R Eager. O-50: D Hardyman 20m16s V Manwaring B Goodin. U-15: B Milosevic 19m48s. 2km: S Williams 7m41s S Raju B Sewell. Women: 5km: L Smith 19m17s S Ireland S Argent. U-15: C Eager 26m55s. 2km: D Goodin 8m46s L Flanagan L Wilson. U-12: K Micallef 12m40s. Girraweeen walkers at Ermington: U-20 15km: L Grant 83m13s. 5km: Open: C Nilon 31m58s. U-16: J Grant 32m36s.

WEST METROPOLITAN, at Parramatta Park: Road: MEN 8km: U-20: A Matthews (UTS-Nth) 27.49s P Shoemark (Hills) E O'Brien (Spr) 20/over: M Doggett (ASW) 26m33s T Molesworth (Gir) P Hemmings. 30yrs/o: A Young (Hills) 27m54s G Cox (ASW) R Benvenuti (Woodstock). 40yrs/o: M Todd (ASW) 26m40s J Sauer (Hills) M Collins (ASW). 50yrs/o: B Bogenhuber (Hills) 31m11s J Burroughs (ASW) V Michiewicz (Spr). 60yrs/o: C Fallon (Hills) 36m45s J Butler (Gir). 5km U-12: D Ricketts (Glen) 18m57s A Blunden (Grey) G Lewis (ASW). U-14: P Baldacchino (ASW) 17m29s A Pollard (ASW) A Pincham (ASW). U-16: M Harrison (Parramatta) 17m28s S Georgehegan (Hills) G Bodiczi (Hills). U-20: T Bocanto (Hills) 16m26s R Price T Manwaring (Gir). 20yrs/o: W Devjak (Ryd) 16m12s M Haines (ASW). 30yrs/o: M Kammerer (Gir) 16m52s P Henry W Jeff (Gir). 40yrs/o: D Lewis (ASW) 17m31s B Flanagan (Gir) P Sampson (Ryd). 50yrs/o: C Dwyer (Hills) 17m45s D Hardyman (Gir) L Vaughan (Hills). 60yrs/o: E McLean (Woodstock) 33m20s G Taylor (ASW). 2km: U-12: M Todd (Ryd) 6m58s K Gregson (Hills) J Crandell (ASW). U-14: M Radzki (ASW) 17m42s H Lewis (ASW) M Farrington (TW). 30yrs/o: L Williams (Hills) 7m49s T Wearne (TW) R Coyne (Hills). 40yrs/o: S Williams (Gir) 7m41s S Raju (Gir) P Ricketts (Glen). 50yrs/o: D Archbold (UTS-Nth) 8m8s B Sewell (Gir). WOMEN: 8km: U-20: S Bogenhuber (Spr) 33m32s. 35yrs/o: R Roediger (Hills) 30m33s A Forbes (Hills) G Salter (Hills). 5km: U-12: K Furniss (ASW) 21m66s L Jordan (Grey). U-14: H Gregson (Hills) 18m59s S Argent (Gir) S Baker (Grey). U-16: H Pobjie (Hills) 18m53s N Terranova (Hills) A Thompson (ASW). U-20: M Vernon (Glen) 17m24s K Archbold (Hills) N King (ASW). 35yrs/o: S Rilen (Hills) 24m17s F McGregor N Lloyd (UTS-Nth). 2km: U-12: E Farrington (ASW) 7m7s R Hackett (Cant) E Treadwell. U-14: S Crandell (ASW) 9m13s K Kennedy (Winston H) K Johns (Grey). U-16: D Rifkin (ASW) 8m11s L Radzki (ASW) R Hallett (ASW). U-20: T Radzki (ASW) 7m50s S Vernon (Glen) A Micallef (Gir). 35yrs/o: C Barton (Grey) 8m45s D Kass (UTS-Nth) N Lloyd (UTS-Nth).

10/8/02

GIRRAWEEEN, at Auburn: Cross country: 5km: B Flanagan 18m49s D Hardyman B Milosevic. O-40: R Eager 25m54s B Goodin. 2.5km: B Sewell 16m27s. Women 5km: S Ireland 21m40s S Argent C Eager. 2.5km: L Flanagan 12m11s. Walkers at Chipping Norton: 8km: P Kimpton 46m18s. Women 10km: L Grant 54m29s C Nilon. 8km: C Austin 51m30s. 4km: J Grant 27m55s. 15yrs 3km: R Casey 20m32s C Casey K Micallef. 12yrs 1.5km: B Micallef 10m26s R Casey.

WEST METROPOLITAN, at Auburn: Cross Country 7.5km: E O'Brien (Spr) 31m27s E O'Brien (Spr) S Whelan (Hills). 5km: O-40: B Flanagan (Gir) 18m49s P Sampson (Ryd) C Smith. O-50: J Bogenhuber (Hills) 19m49s D Hardyman (Gir) N Terranova (Hills). 2.5km: W Devjak (Ryd) 7m58s J Milburn (ASW). O-40: D Archbold (UTS-Nth) 11m07s R Coyne (Hills) T Wearne (TW). U-12: J Crandell (ASW) 9m50s C Millgate (Parr) C Wearne (ASW). Women 7.5km: L Balfanis (Hills) 45m04s. 5km O-35: D Kass (UTS-Nth) 29m35s D Sampson (Ryd). U-20: S Bogenhuber (Spr) 20m55s S Ireland (Gir) L Kass (UTS-Nth). U-16: H Pobjie (Hills) 19m40s N Terranova (Hills) C Eager (Gir). 2.5km O-35: S Smith (ASW) 14m29s P Thompson (ASW) L Woodden (ASW). U-12: K Furniss (ASW) 10m22s M Farrington (TW) L Flanagan (Gir).

17/8/02

17

31/8/02

AUSTRALIAN TELSTRA AND IGA JUNIOR ROADWALKING, in Nowra: Open Men 30km: D Bown (SA) 2h15m59s F Bertel (Vic) 2h32m50s R Osborne (NSW) 3h16m55s. U-20 20km: J Tallent (Vic) 1h53m03s. U-18 8km: A Rutter (NSW) 37m40s S Archer (ACT) 38m24s B Perske (Qld) 39m25s. U-16 5km: L Fitzgerald (NSW) 24m26s F Fawkes (Vic) 24m37s B Elgeton (NSW) 26m45s. U-14 3km: G Wolczczak (SA) 15m15s K Bryant (Vic) 15m26s D Coleman (Tas) 15m29s. Team: NSW. Women: Open 10km: C Woods (SA) 48m13s K Foan (Canada) 49m08s W Muldoon (Vic) 50m55s. Team: Victoria, NSW. U-20 10km: L Johnson (NSW) 52m46s B Headlewood (NSW) 58m25s S Birch (NSW) 59m08s. U-18 8km: L Grant (NSW) 41m14s P Gough (Qld) 42m42s B Lee (NSW) 44m18s. U-16 5km: T Holiday (SA) 25m45s F Aldis (NSW) 26m07s L Bannister (Tas) 27m12s. Team: NSW. U-14 3km: N Agius (NSW) 15m15s N Fagan (NSW) 15m39s S Alexander (Vic). Team: NSW, Victoria.

GIRRAWEEEN at Meadowbank: Cross Country: Men 8km: T Molesworth 29m1s M Graham R Frost. O-30: M Kammerer 28m S Williams W Jeff. O-50: K Mayhew 35m33s S Halverson J Butler. 4km: B Flanagan 14m27s D Hardyman T Manwaring. O-40: V Adams 18m35s R Eager. O-50: V Manwaring 16m46s P Bowden B Sewell. U-15: B Milosevic 15m12s. 2km: S Williams 7m39s G Micallef. Women 4km: S Ireland 15m45s C Eager. 2km: L Flanagan 9m16s A Micallef Leigh Wilson. U-14: L Wilson 11m54s.

WEST METROPOLITAN, at Meadowbank Park: MEN: 8km: 60yrs/o: J Butler (Gir) 41m51s C Fallon (Hills). 50yrs/o: J Burroughs (ASW) 31m08s J Mayhew (Gir) S Halverson (Gir). 40yrs/o: B Woods 30m1s P Byrne (Hills) S Williams (Gir). 30yrs/o: M Kammerer (Gir) 28m J Murray (ASW) W Jeff (Gir). 20yrs/o: M Doggett (ASW) 26m40s T Molesworth (Gir) M Graham (Gir). U-20: P Shoemark (Hills) 30m24s E O'Brien (Springwood) E T O'Brien (Springwood). 4km: E Daniels (Vet) 20m18s P Bowden (Gir) B Sewell (Gir). 50yrs/o: D Hardyman (Gir) 15m13s L Vaughan (Hills) P Manwaring (Gir). 40yrs/o: P Sampson (Ryde) 14m7s B Flanagan (Gir) T Hager. 30yrs/o: G Cox (ASW) 13m50s P Starr (Hills) S Whelan (Hills). 20yrs/o: W Devjak (Ryde) 13m55s M Haines (ASW) C Smith (ASW). U-20: A Martin (Springwood) 13m12s S Geoghegan (Hills) T Manwaring (Gir). U-14: D Ricketts (Glenb) 14m58s B Milosevic (Gir) G Lewis (ASW). 2km: 40yrs/o: S Williams (Gir) 7m39s A Tanti (ASW) D Ricketts (Glenb). 30yrs/o: T Wearne (TW) 8m36s D Archbold (UTSN) D Disipio (TW). U-12: C Wearne (ASW) 7m26s J Ralph (Hills) C Millgate (Parra). WOMEN: 8km: E Stevenson (UTSN) 31m57s C Roediger (Knox) G Salter (Hills). 4km 35yrs/o: F McGregor 18m53s S Rilen (Hills) N Lloyd (UTS NS). U-20: E Rilen (Hills) 15m42s S Ireland (Gir). U-16: A Graves (Hills) 16m23s S Baker (Greys) C Eager (Gir). U-12: R Hackett (Cant) 18m11s K Furniss (ASW) L Jordan (Grey). 2km 35yrs/o: D Kass (UTSN) 9m50s N Lloyd (UTSN) S Smith (ASW). U-20: B Hager (ASW) 7m46s J Vassiliou (ASW) L Kass (UTS NS). U-16: M Bonello (ASW) 8m2s A Thompson (ASW) R Hallett (TW). U-14: S Crandell (ASW) 9m25s T Meindersma (Coly-St C). M Thompson (ASW). U-12: R Hackett (Cant) 7m26s C Wilson (Nap) N Seargent (Grey).

24/8/02

GIRRAWEEEN at Cabarita Road: Men 8km: M Graham 28m26s T Molesworth R Frost. O-35: W Jeff 34m19s. O-40: K Casey 32m11s S Williams S Raju. O-50: S Halverson 35m43s J Butler P Bowden. 4km: B Milosevic 14m57s T Manwaring V Manwaring. O-40: V Adams 17m46s R Eager. O-50: B Goodin 19m50s B Sewell. 2km: S Williams 7m16s S Raju G Micallef. Women 4km: L Smith 15m1s S Ireland S Argent. U-15: C Eager 20m17s. 2km: D Goodin 8m20s A Micallef Leigh Wilson. U-15: L Wilson.

WEST METROPOLITAN: Road Racing, at Cabarita: MEN: 8km: 60yrs: J Butler (Gir) 41m55s P Bowden (Gir) P Waters (ASW). 50yrs: M Burroughs (ASW) 31m45s B Harrison S Halverson (Gir). 40yrs: J Cowley (Qld) 28m32s P Byrne (Hills) K Casey (Gir). 30yrs: D Barlow (ASW) 26m20s J Murray (ASW) G Cox (ASW). 20yrs: M Doggett (ASW) 25m40s M Graham (Gir) T Molesworth (Gir). U-20: P Shoemark (Hills) 29m32s E O'Brien (Spr) G Bodiczky (Hills). 4km: 50yrs: L Vaughan (Hills) 16m V Manwaring (Gir) B Goodin (Gir). 40yrs: P Sampson (Ryd) 14m25s N Terranova (Hills) V Adams (Gir). 20yrs: M Haines (ASW) 13m34s P Henry. U-20: A Martin (Spr) 12m58s S Geoghegan (Hills) T Manwaring (Gir). U-14: J Sherson (WS) 14m43s B Milosevic (Gir) B Bodiczky (Hills). U-12: J Crandell (ASW) 15m50s D Carrigan (Cant) G Lewis (Ryd). 2km: 40yrs: S Williams (Gir) 7m16s A Tanti (TW) S Raju (Gir). 20yrs: W Devjak (Ryd) 5m45s I Colaco (ASW) D Disipio (TW). U-16: M Radzki (ASW) 8m15s H Bonello (TW) J Clews (Win H). U-12: D Ricketts (Glen) 6m45s C Millgate (Parra) J Ralph (Hills). WOMEN: 8km: 35yrs: R Roediger (Hills) 31m21s G Salter (Hills) L Balinski (Hills). 20yrs: C Roediger (Knox) 32m25s. 4km: 35yrs: S Rilen (Hills) 18m39s D Kass (UTSN) N Lloyd (UTSN). 20yrs: L Smith (Gir) 15m1s. U-20: S Ireland (Gir) 15m29s E Rilen (Hills) L Kass (UTSN). U-16: N Terranova (Hills) 15m12s A Graves (Hills) C Eager (Gir). U-14: S Argent (Gir) 16m32s S Baker (Grey). U-12: K Furniss (ASW) 17m J Jordan (Gra). 2km: 35yrs: S Smith (ASW) 10m39s P Thompson (TW) L Wooden (ASW). U-16: M Bonello (ASW) 7m33s A Thompson (ASW) N Huston (Win H). U-13: S Crandell (ASW) 8m46s E South (Win H) L Huston (West). U-12: E Farrington (TW) 7m50s N Seargent (Grey) D Goodin (Gir).

1/9/02

GIRRAWEEEN at Homebush: Road run: MEN 15km: T Molesworth 56m36s M Kammerer M Graham. 10km: P Kingston 38m40s R Frost S Williams. O-50: S Halverson 49m5s. 5km: B Milosevic 19m24s V Manwaring V Adams.

GIRRAWEEEN at Auburn West: MEN: 8km: T Molesworth 28m37s M Graham R Frost. O-30: S Williams 34m38s W Jeff. O-50: K Mayhew 34m52s S Halverson. O-60: J Butler 42m11s P Bowden. 4km: B Milosevic 15m19s V Manwaring T Manwaring. O-40: R Eager 18m24s V Adams. O-50: B Goodin 20m33s B Sewell. 2km: S Williams 8m05s S Raju. WOMEN: 4km: L Smith 16m12s S Ireland S Argent. 2km: A Micallef 9m59s Lyndsey Wilson Leigh Wilson.

WEST METROPOLITAN at West Auburn: MEN 8km 60yrs/u: J Butler (Gir) 42m11s C Fallon (Hills) J Bowden (Gir). 50yrs/o: J Burroughs (ASW) 32m14s R Lovel (Sydney Striders) K Mayhew (Gir). 40yrs/o: P Byrne (Hills) 29m58s B Woods J Sauer (Hills). 30yrs/o: J Murray (ASW) 28m55s G Cox (ASW) W Jeff (Gir). 20yrs/o: M Doggett (ASW) 26m47s T Molesworth (Gir) M Graham (Gir). U-20: E O'Brien (Springwood) 30m58s E T O'Brien (Springwood) G Bodiczky (Hills). 4km 60yrs/o: B Sewell (Gir) 29m22s G Taylor (ASW) W Crandell (ASW). 50yrs/o: J Bogenhuber (Hills) 15m31s L Vaughan (Hills) V Manwaring (Gir). 40yrs/o: P Sampson (Ryde) 14m11s C Smith (ASW) R Eager (Gir). 30yrs/o: P Henry 15m39s C Whelan (Hills) V Adams (Gir). U-20: A Carmichael (Hills) 15m57s T Manwaring (Gir). U-16: S Geoghegan (Hills) 13m30s B Milosevic (Gir). U-14: A Pollard (ASW) 14m15s A Pincham (ASW) S Radzki (ASW). U-12: A Blonden (Greystanes) 17m47s G Lewis (Ryd). 2km: 50yrs/o: M Fowler (AEA) 7m25s F Daniels (Vets) S Lloyd (UTS Northern Subs). 40yrs/o: S Williams (Gir) 8m5s P Ricketts (Glenbrook) S Raju (Gir). 30yrs/o: T Wearne (TW) 8m44s P Kennedy (Winston Hills) D Disipio (ASW). U-20: J Millburn (ASW) 7m9s C Millgate (Parra) J Meindersma (Colyton St Clair). U-14: M Radzki (Hills). U-12: D Ricketts (Glenbrook) 6m49s C Wearne (ASW) J Crandell (ASW). WOMEN 8km 45yrs/o: R Roediger (Hills) 31m36s G Salter (Hills) L Balinski (Hills). 20yrs/o: C Roediger (Knox) 33m6s. 4km: 35yrs/o: S Rilen (Hills) 20m18s N Lloyd (UTS Norths) D Kass (UTS Norths). 20yrs/o: L Smith (Gir) 16m12s S Ireland (Gir) L Kass (UTS Norths). U-20: M Vernon (Glenbrook) 13m11s K Archbold (Hills) E Rilen (Hills). U-16: N Terranova (Hills) 15m37s A Graves (Hills) E Junior (ASW). U-14: S Argent (Gir) 18m9s S Baker (Greystanes). U-12: K Furniss (ASW) 16m44s L Jordan (Greystanes). 2km 35yrs/o: D Kass (UTS Norths) 9m51s S Smith (ASW) N Lloyd (UTS Norths). U-20: D Hager (ASW) 9m30s R Junior (ASW) L Kass (UTS Norths). U-16: S Vernon (Glenbrook) 9m3s R Hallett (ASW) A Micallef (Gir). U-14: E South (Winston Hills) 8m11s S Crandell (ASW) T Meindersma (Colyton St Clair). U-12: C Wilson (Nepean) 7m35s R Hackett (Canterbury) E Farrington (ASW).

Parramatta Sun, Wednesday, September 11, 2002

Girraween's zone triumph

GIRRAWEEEN Athletics Club enjoyed a stellar West Metropolitan Athletic cross country and road racing series.

The local club collected 17 trophies at the completion of the 15 events.

The winners were: Tristan Manwaring (under 20, 4km), Bob Sewell (over 60, 4km), Steven Williams (over 40, 4km), Stacey Argent (under 14, 4km), Susan Ireland (under 20, 4km), Lynette Smith (senior, 4km) and Ashley Micallef (under 16, 2km).

Second placegetters were: Richard Frost (senior, 8km), Wayne Jeff (over 30, 8km), Graham Sheargold (over 40, 8km), Stephen Halverson (over 50, 8km), Bill Flanagan (over 40, 4km) and Viv Manwaring (over 50, 4km).

Third placegetters were: Vince Adams (over 40, 4km), Suresh Raju (over 40, 2km) and Leigh Wilson (under 16, 2km).

Girraween Athletics has started its summer season of track and field events.

Friendly competition is conducted at CV Kelly Park, Oramzi Road, Girraween each Saturday between 1.30pm and 5.30pm. Athletes aged 12 to 60 of every standard are welcome.

PARRAMATTA ADVERTISER

Wednesday, September 4, 2002

Strong effort from runners

ATHLETICS

GIRRAWEEEN Athletics Club runners took home a total of 17 trophies in the west metropolitan zone's 15-race series of cross-country and road racing events.

Among them were winners Tristan Manwaring (u-20 4km), Bob Sewell (60+ 4km), Steven Williams (40+ 2km), Stacey Argent (u-14 4km), Susan Ireland (u-20 4km), Lynette Smith (senior 4km) and Ashley Micallef (u-16 2km).

The presentations were made after racing finished last Saturday. The inter-club events attracted a record number of runners this year.

The Girraween club has begun its summer track and field season at C.V. Kelly Park, Oramzi Rd, Girraween, on Saturdays from 1.30pm to 5.30pm.

Athletes aged from under-12 to 60 and over - of any standard - are invited to attend.

PARRAMATTA ADVERTISER
Wednesday, August 7, 2002

Striding to glory

ATHLETICS

MEMBERS of Girraween Athletics Club are a walking success story after winning a bunch of medals at several recent competitions.

At the NSW Schools Road Walking Championships held in Blacktown, Chelsea Austin joined Lisa and Julie Grant to win the open women's 5km team event.

Peter Kimpton came second in the open men's 5km race while Jarryd O'Connell finished third in the under-13 2km race.

Lisa Grant also finished second in the open women's 5km while Chelsea Austin came third in the same race.

Grant won the under-18 15km event at the Long Walk Championships held in Ermington last month.

Fellow Girraween club member Ashley Micallef finished third in the Little Athletics state championships in Leeton.

PARRAMATTA ADVERTISER

Wednesday, September 18, 2002

Lisa a step ahead

WALKING

GIRRAWEE Senior Athletics Club walker Lisa Grant has continued on her winning ways.

Grant won the 3000m walk in the NSW Combined High Schools championships at Homebush Bay.

Clubmate Peter Kimpton collected bronze in his 3000m walk. Both attend Girraween High School.

Earlier, Grant won the Australian Walking Federation's under-18 3km title.

She also finished second in the open 10km event but won a gold medal as a member of the NSW team with clubmate Catherine Nilon and another girl.

Jarryd O'Connell also won a team gold in the under-15 boys 3km walk.

Little Athlete Brenda Micallef came second in the under-10 girls 1km walk.

The Girraween club's walkers are trained by Deanna Rahill.

Paramatta Sun, Wednesday, September 18, 2002

Taking gold was just walk in the park for this athlete

THERE really is no such thing as a leisurely stroll for Lisa Grant.

The 17-year-old simply can't put on her walking shoes without breaking into a frantic pace.

She streeted the field at the recent Combined High Schools Championships to win the 17 and over 3000m walk at Homebush Bay. Girraween Athletics Club teammate Peter Kimpton placed third in the men's 3000m walk at the same meet.

Earlier this month Lisa powered to victory in the under-18, 3km event at the Australian Walking Federation championships in Ballarat.

She also claimed silver in the open 10km event and collected a second gold in the teams event with Catherine Nilon and Nicole Mitchell.

Fellow Girraween member Jarryd O'Connell helped the NSW team to first place in the under-15 boys 3km walk.

Girraween Little Athletics club mem-

ber Brenda Micallef finished second in the under-10 1km walk.

Julie Grant (senior club) and Kelly Micallef (Little Athletics centre) also performed well.

All of the local walkers are trained by Deanna Rahill and participate in weekly competition on Saturday afternoons at CV Kelly Park, Oranqui Road, Girraween, from 1.30pm.

Athletes of all ages and abilities are welcome to attend and join the fun.

BLACKTOWN CITY GUARDIAN, September 13, 2002.

Coming of age

by Nick Melaisis

When you think race walking, visions of the 2000 Sydney Olympics probably spring to mind. Where a distraught Jane Saville was disqualified, after three warnings, one kilometre from winning the race and claiming a gold medal.

But one girl who is making all the right moves at the moment is 17 year old Lisa Grant. Grant has won five of her last six races, finishing second in the other.

Grant's flurry of victories began last month when she travelled to Cambewarra, near Nowra, to compete in the U18 Australian Long Walk Championships on August 18, winning the 8km event in 41minutes, 14seconds. From there Grant, who attends Girraween High School went to the Combined High Schools (CHS) Regional Championships at Homebush where she qualified for the CHS State Championships, which were held last weekend, by winning the U17 3km walk in 14minutes, 42 seconds.

Grant said, "I have been training hard for the past five years, hoping it would pay off and I am happy to have done as well as I have."

On September 1, Grant took the journey to Ballarat, Victoria, winning the U18 Australian Walking Federation 3km Championship in 25minutes, 19seconds, placing second in the Open 10km event and grabbing a gold medal in the team event, with Girraween Athletics Club clubmates Catherine Nilon and Nicole Mitchell.

At the CHS State Championships last weekend, Grant again conquered 3km walk by finishing first in the U17 race in a time of 14minutes, 13seconds.

"I was really happy with the way I walked last weekend, because I recorded my second fastest time in a 3km event," said Grant

With the winter season now over Grant hopes to carry her great form into the summer season and achieve some personal best goals, when she competes at the State NSW All Schools Championships at Homebush in October and then the National All Schools Championships at Hobart in December.



Walk on through: Lisa Grant stretches out before going through the motions.
Photo by: Nick Melaisis

Parramatta, Sun, Wednesday, August 28, 2002.

Keeping track at presentation

GIRRAWEE Athletics Club held its 24th annual presentation night at Kings Langley Public School on August 20.

Presentations were made by club officials Lynette Smith, Stephen Halverson, Tony Ward and Steven Williams.

Summer trophy winners were: First - Peter Kimpton, Brad Milosevic and Chelsea Austin. Second - Jessica Ward. Third - Robert Giesler and Kate Stockings. Track - Peter Kimpton and Chelsea Austin. Field - Brad Milosevic and Ashley Micallef. First veteran - Steven Williams and Maureen Mulcahy. Second veteran - Viv Manwaring. Third veteran - Bill Goodin. First senior - Tim Molesworth and Lynette Smith. Second senior - Matthew Graham. Third senior - Gary Micallef. First under 20 - Michael Jones. Second under 20 - Chris Fowler. First under 18 - Scott Mortimer and Jemma Austin. Second under 18 - Tristan Manwaring and Jane Stockings. Third under 18 - Tim Evans and

Lisa Grant. First under 16 - Carly Eager. Second under 16 - Ashley Micallef. Third under 16 - Julie Grant. First track - Peter Kimpton and Chelsea Austin. First field - Brad Milosevic and Ashley Micallef. First visitor - Kelly Micallef (Girrawee Little Athletics). Second visitor - Brenda Micallef (Girrawee Little Athletics).

Winter trophy winners were: First - Brad Milosevic and Ashley Micallef. Second - Tristan Manwaring and Lynette Smith. Third - Keith Mayhew and Stacey Argent. Under 14 - Carly Eager. Club president Bob Sewell thanked prize winners for supporting the summer and winter programs.

State medallists during the 2001-2 season were: Stacey Argent (gold), Richard Frost (gold) Lisa Grant (gold), Lynette Smith (gold), Chelsea Austin (silver), Keith Mayhew (silver) and Gary Wordsworth (bronze).

Registrations for the new season will be held at CV Kelly Park, Oranui Road, on Saturday, September 7 at 1.30pm.

NATIONAL YOUTH SCIENCE FORUM

by Katrina Moutia

Three young Einstein's

Three Young Einstein's from Girraween High School will travel to Canberra in January to attend a National Youth Science Forum.

The three Year 11 students, Meagan Vella, Reg Leones and Susan Ireland, were identified as top science students by Science Head Teacher Ms Asli Harman. With a talent and interest in the subject, the three were put through a selection process involving interviews with their local Rotary Club.

Overall, six students from Girraween High School applied, although only these three were selected. "To have three students be involved in the forum is a great effort and is unusual. I don't know of



science. There are so many different areas to get involved in," Ms Harman said.

"That is why this Forum will be so beneficial for the students. They will have hands-on experience in the different fields and they can make an informed decision about their careers."

These three Girraween students already have an idea of the fields they wish to

them to make a final decision. "Science is an area that is always changing and every day their is something new to explore, that's why I'm interested in it," Reg said.

"When we go to Canberra we'll be able to bounce ideas off other students and people in the field and they can help us to choose."

Megan, Reg and Susan will leave for Canberra in the first week of January.

7/9/02

GIRRAWEEEN at C V Kelly Park: Men 100m Ht 1:1 Burbage 12.2s. Ht 2: P Kington 13.2s. Ht 3: W Jeff 13.7s. Ht 4: V Manwaring 14.6s. Ht 5: R Yorke 15.1s. Ht 6: B Milesevich 16.6s. 400m: M Liddle 58.9s I Burbage J Burns. 1500m: M Liddle 4m46.4s M Graham P Kington. Long jump: I Burbage 5.52m P Kington M Graham. Shot 7.2kg: P Sewell 8.25m W Jeff R Yorke. 6kg: I Burbage 8.72m P Kington. 5kg: S Creswick 10.99m B Evans B Walker. 3kg: B Milesevich 4.95m. Women 100m Ht 1: A Giesler 14.8s. Ht 2: S Ireland 15.2s. Ht 3: D Goodin 15.4s. Ht 4: K Graham 17.1s. Ht 5: A Burns 17.2s. 400m: L Smith 69.2s I Grant S Ireland. 1500m: L Smith 5m39.2s S Ireland L Grant. Long jump: C Austin 3.90m K Frost J Brown. Shot 4kg: J Ward 8.98m L Smith A Hendley. 3kg: A Micallef 6.88m K Graham J Grant. 2kg: K Micallef 6.32m B Micallef A Giesler.

21/9/02

GIRRAWEEEN at C V Kelly Park: MEN 100m: M Bakes 11.8s B Correy-Yorke I Clark. 400m: M Liddle 56s P Kington B Correy-Yorke. 1500m: M Liddle 4m40.3s P Kington K Casey. 1500m walk: P Kington 7m44.4s J O'Connell. Long jump: B Correy-Yorke 5.45m P Kington B Weyland. Shot 7.26kg: I Clark 8.89m S Clark W Jeff. 6kg: P Kington 8.17m. 5kg: I Craddy 8.89m S Mortimer B Walker. 4kg: B Evans 8.33m. 3kg: B Milesevich 4.85m. WOMEN 100m: L Grant 14.8s C Austin. 400m: L Grant 70.2s S Ireland C Austin. 1500m: L Smith 5m33.3s S Ireland L Grant. 1500m walk: L Grant 6m58.2s C Austin B Micallef. Long jump: C Austin 3.86m J Brown P Owens. Discus 1kg: L Smith 33.79m M Jeff J Ward. 750g: K Micallef 13.95m B Micallef.

28/9/02

GIRRAWEEEN at C V Kelly Park: MEN: 200m: B Leseberg 25.2s M Bakes B Correy-Yorke. 800m: P Kington 2m18.8s A Rutter M Graham. 3000m: B Flanagan 11m10.6s B Milesevich R Frost. 3000m walk: A Rutter 12m49.3s P Kington. High jump: G Murray 1.66m S Mortimer B Correy-Yorke. Discus: 2kg: W Jeff 24.57m R Yorke I Clark. 1.75kg: G Murray 23.33m. 1.5kg: S Creswick 31.44m M Bakes I Craddy. 1kg: B Milesevich 10.51m. 750g: J O'Connell 13.14m. WOMEN: 200m: L Smith 30.1s C Austin L Grant. 800m: L Smith 2m40.9s L Grant C Austin. 3000m: S Ireland 12m27.5s L Grant C Austin. 3000m walk: L Grant 15m18.3s J Rutter C Nilon. Long jump: L Grant 3.86m J Austin A Micallef. Shot: 4kg: C Flanagan 10.03m L Smith A Hendley. 3kg: A Micallef 7.96m K Graham J Grant. 2kg: E Hendley 6.86m K Micallef B Micallef.

Parramatta Sun, Wednesday, October 23, 2002

Master of her destiny

LYNETTE Smith embodies the Olympic motto of citius, altius, fortius.

Well, at least the citius, fortius part.

Smith has proven how fast and strong she is but hasn't shown it at the Olympics.

The World Masters Games in Melbourne has been her stage. Smith showed her

mettle in the 30-34 years section and now has lots of metal to display.

She exceeded her best to win gold in the javelin with a throw of 38.69m, hurled the discus 38.69m to win again and took silver and bronze in the 1500m and 800m respectively.

Bronze in the 4x100 and

4x400m relays completed her haul and a busy time.

Smith is Girraween Athletics Club's first gold medalist. Lisa Grant has joined her as a winner for the club by taking the NSW all-schools 3000m walk.

The 17-year-old Girraween High School student won in 14.25.06.

5/10/02

GIRRAWEEEN at C V Kelly Park: MEN: 100m: G Howard 11.2s E Leseberg M Bakes. 400m: G Howard 54.3s M Liddle C Flower. 1500m: A Rutter 4m36.7s P Kington M Liddle. Long jump: P Kington 5.64m L Correy-Yorke C Flower. Shot 7.26kg: G Harland 8.95m I Clark S Clark. 6kg: C Flower 8.24m P Kington. 5kg: M Bakes 11.41m I Craddy S Mortimer. 4kg: B Walker 7.92m B Evans. 3kg: B Milesevich 4.97m. WOMEN: 100m: C Austin J Austin 13.4s dh1 L Rutter. 400m: L Grant 74.8s C Austin J Grant. 1500m: S Ireland 5m36.3s L Grant C Austin. 1500m walk: L Grant 6m49.7s F Aldis C Austin. Long jump: C Austin 4.05m. Discus 1kg: J Ward 22.46m A Micallef A Hendley. 750g: K Micallef 13.84m B Micallef.

12/10/02

GIRRAWEEEN at C V Kelly Park: MEN: 200m: G Howard 24.4s E Leseberg P Kington. 800m: P Kington 2m16.2s T Molesworth G Howard. 5000m: M Graham 17m43.4s T Molesworth P Kington. High jump: T Evans 1.72m P Kington S Mortimer. Discus 2kg: S Clark 24.16m W Jeff I Clark. 1.75kg: C Flower 23.73m P Kington. 1.5kg: S Creswick 32.12m M Bakes T Evans. 1kg: B Evans 24.13m T Weyland A Willard. WOMEN: 200m: C Austin 32.4s Austin L Grant. 800m: L Grant 2m45.6s C Austin V Savage. 5000m: S Ireland 20m56.8s L Grant C Austin. 3000m walk: L Grant 15m49.4s C Austin B Micallef. Long jump: J Austin 3.95m D Goodin L Grant. Shot 4kg: J Ward 9.20m A Hendley V Savage. 3kg: A Micallef 7.81m K Graham C Eager. 2kg: K Micallef 7.41m E Hendley K Mano. MT PRITCHARD RUNNERS at Chipping Norton Lake: 10km hcp: C Tang 59m14s E Rogers 43m54s dh1 B Pezzuto.

26/10/02

GIRRAWEEEN at C V Kelly Park: 200m: B Correy-Yorke 26.7s C Flower I Clark. 800m: B Flanagan 2m27.7s C Flower I Clark. 3000m: B Flanagan 11m9.2s R Frost B Milesevich. High jump: S Mortimer 1.53m C Flower I Clark. Discus: 2kg: Veteranam G Clarkin 25.03m R Giesler B Goodin. Snr: P Kennedy 21.60m M Evans D Lyons. 1.75kg: C Flower 22.15m. 1.5kg: B Correy-Yorke 32m S Mortimer I Craddy. 1kg: B Evans 25.81m A Willard T Bonanno. 750g: C Bonanno 13.20m. Women: 200m: L Grant 34.3s J Austin A Hendley. 800m: L Grant 2m45.3s V Savage C Flanagan. 3000m: L Grant 13m14.6s V Savage C Flanagan. 3000m walk: L Grant 15m18.9s B Micallef C Eager. 1500m walk: E Hendley 10m16.9s N Hendley. Long jump: J Austin 3.77m A Hendley L Grant. Shot 4kg: C Flanagan 10.17m J Ward A Hendley. 3kg: A Micallef 7.63m J Grant J Randle. 2kg: E Hendley 7.15m K Kennedy K Micallef.

2/11/02

GIRRAWEEEN at C V Kelly Park: Men: 100m: M Bakes 11.5s B Correy-Yorke I Clark. 400m: P Kington 59.1s M Graham I Clark. 1500m: M Graham 4m45.1s P Kington K Casey. Long jump: P Kington 5.36m B Correy-Yorke I Clark. Shot: Veteran 7.26kg: S Halverson 7.03m R Giesler B Goodin. Snr: G Harland 9.89m I Clark M Graham. 6kg: P Kington 8.04m. 5kg: M Bakes 11.92m S Creswick S Mortimer. 4kg: B Evans 8.92m B Correy-Yorke B Walker. 3kg: T Bonanno 8.65m. Women: 100m: C Austin 14.7s J Austin L Grant. 400m: L Smith 5m06.7s L Grant C Austin. 1500m: L Smith 5m27.4s F Aldis S Argent. 1500m walk: L Grant 6m43.4s J Headwood F Aldis. Long jump: C Austin 3.94m. Discus: 1kg: L Smith 33.99m A Hendley J Ward. 750g: K Micallef 14.91m S Argent B Micallef.

9/11/02

GIRRAWEEEN at C V Kelly Park: MEN: 200m: T Evans 25.3s S Clark I Clark. 800m: M Liddle 2m13.3s M Graham I Clark. 5000m: M Graham 18m03s M Cammerer M Liddle. High jump: M Liddle 1.60m M Graham T Clark. Discus: Vet 2kg: R Giesler 20.02m S Halverson B Goodin. Snr 2kg: S Clark 28.23m I Clark M Graham. 1kg: B Walker 24.27m B Evans B Milesevich. WOMEN: 200m: L Grant 33.9s A Hendley A Micallef. 800m: L Grant 2m45.2s A Hendley C Eager. 3000m walk: L Grant 15m28.8s C Nilon C Eager. Shot 4kg: J Ward 8.89m A Hendley C Nilon. 3kg: A Micallef 7.89m K Graham J Grant. 2kg: N Hendley 4.11m.

16/11/02

GIRRAWEEEN at C V Kelly Park: MEN: 100m: T Evans 11.8s I Clark B Correy-Yorke. 400m: T Molesworth 58.8s M Graham I Clark. 1500m: A Rutter 4m42.8s M Graham T Molesworth. 1500m walk: A Rutter 5m54.7s. Long jump: P Kennedy 5.20m T Evans B Correy-Yorke. Shot: Vet 7.26kg: H Huston 8.72m V Adams R Giesler. Snr 7.26kg: P Kennedy 8.44m W Jeff T Molesworth. 5kg: S Creswick 10.53m S Mortimer. WOMEN: 100m: C Austin 14.3s J Austin L Grant. 400m: L Smith 64.8s L Grant C Austin. 1500m: L Smith 5m21.2s S Ireland L Grant. 1500m walk: L Grant 6m53.6s C Austin J Rutter. Long jump: C Austin 4.02m. Discus 1kg: L Smith 31.76m M Jeff J Ward. 750g: K Kennedy 13.94m R Houston.

23/11/02

GIRRAWEEEN at C V Kelly Park: Men 200m: T Evans 25.8s I Clark P Kington. 800m: M Graham 2m21.8s B Flanagan P Kington. 3000m: M Cammerer 9m54.9s B Flanagan P Byrne. High jump: S Mortimer 1.70m P Kington I Burbage. Discus veteran 2kg: G Clarkin 23.27m R Yorke B Flanagan. Snr 2kg: I Clark 23.68m W Jeff S Clark. 1.75kg: P Kington 22.12m. 1.5kg: S Creswick 34.18m. 1kg: H Huston 22.58m B Milesevich. Women 200m: J Elliott 31.7s C Austin J Austin. 800m: L Grant 2m42.4s C Austin S Argent. 3000m: S Ireland 12m5.6s L Grant S Argent. 3000m walk: L Grant 14m51.3s K Stockings C Nilon. Long jump: J Austin 3.98m K Stockings A Hendley. Shot 4kg: J Ward 9.09m A Hendley C Nilon. 3kg: A Micallef 7.69m N Huston J Grant. 2kg: E Hendley 7.15m K Micallef B Micallef.

30/11/02

GIRRAWEEEN, at C V Kelly Park: Men 100m: E Leseberg 11.2s M Bakes T Evans. 400m: M Graham 59.9s I Clark S Mortimer. 1500m: M Cammerer 4m38.9s B Flanagan P Byrne. Long jump: T Evans 5.46m I Burbage S Creswick. Shot 7.26kg vet: R Giesler 7.89m V Adams S Halverson. 7.26kg snr: M Graham 6.18m. 5kg: S Creswick 11.49m. 4kg: B Evans 9.25m. 3kg: B Milesevich 5.33m. Women 100m: J Austin 14.3s L Grant D Goodin. 400m: L Grant 71.5s V Savage A Hendley. 1500m walk: L Grant 7m4.4s K Stockings B Micallef. Discus 1kg: J Ward 24.62m A Hendley A Micallef. 750g: K Micallef 14.85m J Grant B Micallef.

14/12/02

NSW RELAY C'SHIPS at State Sports Centre, Homebush: MEN: 4x100m: Sydney Pacific 41.04s Sydney Uni, Sydney Pacific. 4x400m: Sydney Uni 3m18.24s Multilink Hills, Sutherland. 4x1500m: Sydney Uni 16m18.15s St George, Sydney Uni. 4x1500m walk: Parramatta 30m22.0s Bankstown Sports. Pole vault: Campbelltown Collegians 17.25m Walsend, Multilink Hills. Shot: Bankstown Sports 48.3m Campbelltown Collegians, Sth Coast Region. Discus: Bankstown Sports 1.66m Sth Coast Region, Westfields. Hammer: South Coast 151.23m Westfields, UTS Norths. WOMEN: 4x200m: Sydney Pacific 3m39.58s Athletics Wollongong, Multilink Hills. 4x800m: Asics West 9m04.63s Sydney Uni, UTS North. 4x1500m walk: Nepean 29m23.49s Sydney Pacific, Girraween. Medley: Asics West 4m04.98s Sydney Pacific, Multilink Hills. Pole vault: Walsend 9.40m Campbelltown Collegians, Multilink Hills. Long jump: Multilink Hills 20.62m Sutherland, Athletics Wollongong. High jump: Sydney Pacific 6.00m Campbelltown Collegians, Multilink Hills.

Parramatta Sun, Wednesday, November 13, 2002



Group gets duke's gold

LONG-distance runner, Chelsea Austin (above) was one of seven young locals to receive the Duke of Edinburgh gold award at state government house on Saturday.

The others were Jenny Cooke, Kristy Daniels, Ben Vining (Carlingford), Belinda Crowley (Merrylands), Kellie Mattock (Westmead) and Amy Shoemark (Northmead).

In the last three years, the group undertook expeditions, community service activities, sport and skills to earn the award.

Chelsea, of Wentworthville, said that after attending Camp Yarramundi for the residential part of the award, she decided to be a group leader at the camp and has gone back.

Kristy Daniels, now studying business at UTS Ku-ring-gai, encourages anyone interested in the award to do it.

"You meet heaps of people and it's a good thing to have because it shows you have commitment and that you can pursue something out of your own will," she said.

14/12/02

GIRRAWEEEN, at CV Kelly Park: MEN: 60m: E Leseberg 7.3s M Bakes T Evans. 300m: G Howard 38.6s S Clark S Mortimer. 1000m: M Graham 2m55.2s I Nimac G Howard. 2000m: M Kannerer 6m18.2s G Howard B Milosevic. WOMEN: 60m: J Austin 8.9s J Elliott A Hendley. 300m: L Smith 47.1s K Stockings S Argent. 1000m: L Smith 3m35.2s S Argent V Savage. 2000m: L Smith 7m48.7s S Argent N Hendley.

14/1/03

GIRRAWEEEN at CV Kelly Park: Men: 60m: E Leseberg 7.5s M Bakes I Clark. 300m: I Clark 44.1s S Mortimer W Jeff. 1000m: M Kannerer 3m05.8s I Clark B Milosevic. Mile: M Kannerer 5m40.6s B Milosevic K Casey. Women: 60m: D Goodin 9.2s A Hendley E Hendley. 300m: L Smith 48.7s A Hendley D Goodin. 1000m: L Smith 3m38.2s N Hendley. Mile: N Hendley 8m00.4s A Hendley.

Parramatta Sun, Wednesday, December 11, 2002



18/1/03

GIRRAWEEEN at CV Kelly Park: MEN 200m: S Mortimer 26.9s I Clark M Graham. 800m: M Liddle 2m26.9s M Graham B Keys. 3000m: N Terranova 11m58.1s R Frost B Milosevic. 1500m walk: B Keys 8m49.4s R Knight. High Jump: S Mortimer 1.65m M Liddle S Creswick. Discus vet 21kg: S Halverson 19.35m B Goodin G Micallef. Shot 2kg: S Howwood 23.25m W Jeff W Boyd. 1.5kg: S Creswick 34.26m M Bakes S Mortimer. 1kg: B Evans 22.65m B Milosevic. 750g: R Knight 13.52m N Hershaw. WOMEN 200m: C Austin 32.4s T Chandler J Austin. 800m: L Smith 2m47.9s V Savage C Austin. 3000m: N Terranova 14m32.2s. Long jump: K Stockings 3.62m T Chandler J Stockings. Shot 4kg: L Smith 8.44m V Savage J Ward. 3kg: K Micallef 5.95m. 2kg: D Goodin 6.27m B Micallef.

WALKING THE WALK... Lisa Grant.

Photo: LUKE GLOSSOP

Sporty Grant pays off

GIRRAWEEEN senior athletics club star Lisa Grant was an outstanding performer at last week's Australian All Schools Championships in Hobart.

Grant blitzed the field in the under-18 3000m walk.

The 17-year-old, aided by cool conditions, crossed the line in a personal best time of 13mins 47.9secs.

She also collected silver in the under-20 5000m walk, stopping the clock in 23mins 57.2secs.

Clubmate Richard Frost, competing in the cerebral palsy category, savoured success at the recent NSW Disabled Athletics Championships at Homebush.

Frost, 29, was victorious in the 800m, 1500m and 5000m.

Parramatta Sun
Wednesday, January 22, 2003

Young winners

FIFTEEN people have been nominated for the 2003 Young Ambassadors/Faces of Holroyd award to be presented on Australia Day at 9.45am at The Pavilion, Merrylands.

Judging will be in six categories including arts and education.

The nominees are:

Melissa Ceh, 17, Merrylands;
Dominish, 17, Merrylands;
Wazefadost, 16, Holroyd High School;
Hayley Spence, 17, Greystanes;
Rachel Love, 18, Greystanes;
Bianca Coluccio, 18, Merrylands;
Ashleigh Rudder, 18, Guildford;
Josette Barbara, 17, Greystanes;
Sylvia Abagi, 18, Cerdon College;
Corinne Younan, 18, Greystanes;
Lisa Grant, 17, Wentworthville;
Allison Flood, 19, Guildford;
Mitchell Liddle, 21, Merrylands;
Jeannette Hallab, 17, Merrylands; and
Adrian Roberts, 18, Guildford.

ATHLETICS, at Sydney Athletics Centre:
MEN: 200m: J. Geth (Aus 1) 21.45; 400m: J. Mansfield (Aus 4) 21.76; 800m: T. Williamson (Aus 3) 21.51; 1500m: W. Bosh (Aus 3) 15:27; 5000m: R. Biddewell (Aus 4) 15:56; 10000m: A. Ross (Aus 6) 15:45; 4000m: Hurdles: 11:40 (Aus 2) 54.44; R. Vetrovaz (Aus 4) 53.48; N. McLeod (Aus 5) 52.74; Pole Vault: T. Pollard (Aus 1) 4.40m; 2. Anthony Simons (Aus 4) 3.80m; 3. R. P. (Aus 2) 3.80m; Shot: R. Laurins (Aus 4) 12.10m; C. (Aus 2) 12.26m; R. Edwards (Aus 6) 16.84m; 3000m: J. Russ (Aus 3) 8:45.86; A. White (Aus 6) 8:48.42; 1000m: J. (Aus 1) 8:50.51; 5000m: walk: A. Brown (Aus 1) 22:20.55; S. Archer (Aus 6) 23:12.64; M. McCann (Aus 2) 23:31.80; 4000m: Hurdles: J. Webb (Aus 2) 52.44; R. Vetrovaz (Aus 4) 53.68; N. McLeod (Aus 5) 52.74; 4x400m: relay: Australia 3:32.23; 4x100m: relay: 3:18.44; New Zealand 3:18.56; Pole Vault: T. Pollard (Aus 1) 4.40m; A. Simons (Aus 4) 3.80m; B. Pollard (Aus 3) 3.80m; Long Jump: A. Easton (Aus 3) 7.07m; C. (Aus 4) 7.01m; P. Coleman (Aus 2) 6.97m; Shot: R. Laurins (Aus 4) 13.10m; C. Hanley (Aus 2) 13.20m; R. Edwards (Aus 6) 16.84m; Discus: R. Laurins (Aus 4) 57.43m; G. Kraemer (Aus 5) 53.43m; J. Maninca (Nz) 50.46m; WOMEN: 200m: K. Bent (Aus 1) 24.54; K. Windley (Aus 3) 24.90; J. Davies (Aus 4) 24.99; 800m: K. Gozzard (Aus 1) 2:12.21; Z. Buckman (Aus 6) 2:12.55; E. Johnson (Aus 4) 2:12.87; 400m: Hurdles: T. Millgate (Aus 3) 62.85; E. Gates (Aus 6) 63.21; C. McCann (Aus 1) 63.37; Long Jump: A. Turner (Aus 3) 5.70m; E. Knight (Aus 2) 5.69m; H. McEwan (Nz) 5.68m; Hammer: A. Brown (Aus 5) 48.49m; E. Petrovic (Aus 2) 46.90m; M. Schleicher (Aus 4) 41.63m; 3000m: H. Tomlinson (Aus 2) 10:21.14; C. Wishaw (Aus 5) 10:21.74; P. Ross (Nz) 10:24.25; 5000m: walk: S. Knepton (Aus 1) 24:31.88; I. Grant (Aus 5) 24:27.36; T. Holliday (Aus 3) 24:28.25; 4x400m: relay: Australia 3:34:50; 4x100m: relay: 3:50.28; Australia 6:35:32; High Jump: E. Peat (Aus 2) 1.78m; B. Dola (Aus 4) 1.70m; S. Beggs (Aus 1) 1.70m; Discus: S. Moduli (Aus 4) 44.28m; B. Forsyth (Aus 2) 44.57m; J. Bennell (Aus 3) 44.16m.

11/1/03

Games

AUSTRALIAN YOUTH
OLYMPIC FESTIVAL

In Sydney

Day 4

Finals

PARRAMATTA ADVERTISER, Wednesday, January 15, 2003

Golden girl scores winning double

TOONGABBIE swimmer Belinda Wilson won two gold medals at the Australian Youth Olympic Festival last week.

The 18-year-old, who finished school at Our Lady of Mercy College, Parramatta last year, won the 400m and 800m freestyle events. She also took bronze in the 1500m.

Wilson set personal-best times in the 800m (8min 40.32sec) and 400m (4:14.18). Both were records for the Youth Olympics.

Toongabbie clubmate Henry Lee, 17, made the finals of the 100m and 200m butterfly events. Other local medallists included:

Greystanes resident Rachel Love, 18, was a member of the victorious Australia Green football team, beating New Zealand in the final. The under-19s are preparing for the Junior

Women's World Championship in China in September.

□ Granville's taekwondo twins Charbel and Bshara Fram, 16, both took bronze in their divisions - Charbel in 63-73kg and Bshara in 73kg and over.

□ In athletics, Lisa Grant, of Wentworthville, took silver in the 5000m walk and Dani Samuels, of Merrylands, bronze in shot put.

□ In her first year in the sport, 15-year-old Parramatta Cycling Club member Skye-Lee Armstrong took bronze in the criterium.

The men's and women's criteriums were the festival's only road events, held on a circuit outside the Dunc Gray Velodrome, Bass Hill.

PARRAMATTA ADVERTISER

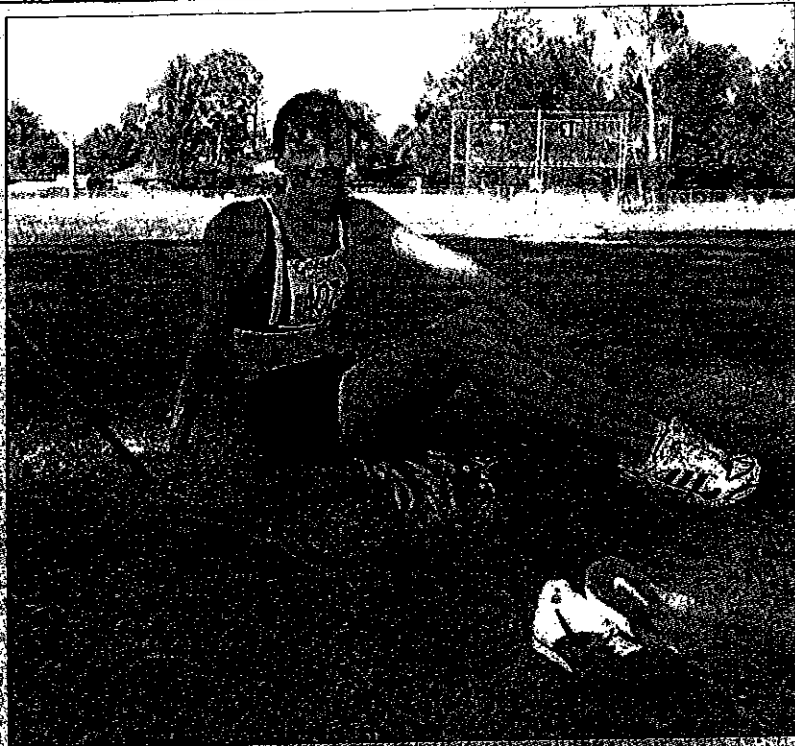
Wednesday, February 19, 2003

Senior's a master athlete

GIRRAWEE Senior Athletics Club's Lynette Smith continued on her winning way by taking out the state masters pentathlon championship earlier this month.

Competing in the 30-34 years age group, Smith's five events were discus, javelin, long jump, 200m and 800m. A week later at the state masters championships, she won gold in discus and javelin.

Meanwhile, the Girrawee club will hold friendly cross-country races at C.V. Kelly Park, Girrawee, on Saturdays, March 8, 15 and 22 (from 3pm). Runners of any age and standard are welcome.



MASTERS SPORTSWOMAN It seems that veteran athlete Lynette Smith just keeps getting better with age.

Age does not weary champion

THE older Lynette Smith gets, the better she is.

Smith doesn't need to reflect on the glory of her youth.

The Girraween Senior Athletics Club member prefers to focus on her current achievements.

She took out the recent NSW masters pentathlon championship at the Sydney International Athletic Centre.

Smith dominated the 30-34 years division, blitzing rivals in the long jump (4.10m), javelin (34.89m), 200m (29.55secs), discus (32.79m)

and 800m (2mins-33.92secs).

She returned to Homebush a week later to claim gold in the discus (32.97m) and javelin (36.32m) at the NSW masters championships.

Meanwhile the Girraween Senior Athletics Club is planning friendly cross-country races at CV Kelly Park, Oramzi Road, Girraween for Saturday March 8, 15 and 22.

The races will begin at 3pm and runners of any age and standard are welcome.

Paramatta Sun, Wednesday, February 19, 2003

Lynette bags yet another

GIRRAWEE Senior Athletics Club's Lynette Smith rocketed to prominence at the recent NSW Masters Championships.

Smith added another gold to her ever-expanding medal collection with victory in the 30/34-years 800m event.

She crossed the line in 2mins 26.3secs, 10m ahead of her nearest rival.

The veteran of the track also picked up a third in the 400m (1min 2.8secs) and fifth in the 20-and-over javelin with a throw of 37.11m.

Other Girraween club athletes who achieved good results were Gary Howard (eighth - open 200m head in 23secs), Bill Flannagan (4th - 40/44-years 1500m in 4mins 44.3secs) and Vince Adams (eighth - 45/49-years 100m final in 13.85secs).

Lisa Grant, 17, and Wayne Jeff, 38, were the only competitors to record three wins in their age groups.



MASTER ATHLETE... Lynette Smith turned in another gold medal performance at the recent NSW Masters Championships.

The club is gearing up for a solid winter, according to president Bob Sewell.

"The return of Paul Weymark, Leanne Bourke and Katie French should lift the standard," he said.

"The addition of promising junior

Reece Diaz will have a similar effect.

"We have transferred our winter training to Winston Hills and cater for both senior and little athletes."

The club is seeking new members. Further information is available from Bob Sewell on 9636 1145.

PARRAMATTA ADVERTISER
Wednesday, April 2, 2003

Lynette adds a gold

GIRRAWEE Senior Athletics Club's Lynette Smith added another gold medal to her collection when she won the 30-34 years 800m at the state masters championships recently.

Smith recorded 2min 26.3sec to win by about 10m. She also came third in the 30-34 400m and fifth in the 20-and-over javelin.

The results of other Girraween athletes were: Gary Howard, eighth, open 200m heat; Bill Flannagan, fourth, 40-44 1500m; Vince Adams, eighth, 100m final.

Meanwhile, the club attracted between 40 and 50 people to its three-week race series at C.V. Kelly Park. Lisa Grant, 17, and Wayne Jeff, 38, were the only runners to score three wins in their age groups.

Girraween president Bob Sewell has welcomed the return of Paul Weymark, Leanne Bourke and Katie French, saying they would lift the club's standard this winter, as will the addition of promising junior Reece Diaz.

Winter training with Sewell has switched to Winston Hills and caters for senior and little athletes.

New members are welcome and for details phone Bob Sewell on 9636 1145.

Parramatta Sun, Wednesday, May 7, 2003

Racewalker scores silver

ATHLETICS

WENTWORTHVILLE racewalker Lisa Grant has added another silver medal to her collection.

In the under-20 10,000m track walking championship in Brisbane, the Girraween Senior Athletics Club member finished second to Penrith's World Junior Championship representative Laura Johnson.

While she will continue with walking, Grant, 17, intends spending more time this

winter representing Girraween in state cross-country and road racing championships.

In other Girraween news, Brenda Micallef, 10, has become the youngest summer pointscore winner in the club's 25-year history.

Based on self improvement, she beat her sister Ashley, 15, and Jemma Austin, 17.

The Micallef family was also successful in the men's division with father Gary, 41,

finishing equal second with Robert Giesler, 44. The male winner was Bradley Milosevic, 14.

The Girraween club is still seeking new members for winter cross-country and road racing events, including zone competition, state championships, state relay championships and state teams championships.

Runners of any age and standard are required, especially girls aged 12-17 and boys 12-15. For details phone club coach Bob Sewell on 9636 1145.

PARRAMATTA ADVERTISER, Wednesday, April 30, 2003

Grant walks away with a silver

LISA Grant picked up a silver medal in the under-20s, 10,000-metre walk at the recent Australian Athletics Championships in Brisbane.

The Girraween Senior Athletics Club member clocked a personal best time of 51mins 4.5secs to finish second behind world junior championship representative Laura Johnson.

Grant will now temporarily suspend her walking pursuits for the winter.

The 17-year-old will focus on representing Girraween in the state cross country and road championships instead.

In other news, 10-year-old Brenda Micallef has become the youngest winner of the club's summer point score in its 25-year history.

She accumulated 85 points to shade her sister Ashley, aged 15, on 84 points and 17-year-old Jemma Austin with 83.5.

The Micallef family also featured in the men's division.

Father Gary, 41, finished equal second with Robert Giesler, 44, on 89 points.

The male and overall champion was 14-year-old Bradley Milosevic with 91.5 points.

The Girraween club is still seeking new members to contest its winter program.

Runners of any age and standard are welcome, especially girls aged 12-17 and boys aged 12-15.

Information is available from club coach Bob Sewell, phone 9636 1145.

4/4/03

ATHLETICS

AUSTRALIAN CHAMPIONSHIPS

At ANZ Stadium, Brisbane

WOMEN: High Jump: Final: Kyle Wheeler (WAIS) 1.77m 1, Peta Mason (QLD) 1.74m 2, Danielle Senior (NSW) 1.71m 3, 1.00m: Final: off: Sharon Cripps (QAS) 11.70 1, Gloria Kemmure (NSW) 11.73 2, Melanie Kieberg (QAS) 11.80 3, Amy Harris (QLD) 11.96 4, Bronwyn Thompson (QAS) 11.92 5, Rachael Jackson (NSW) 11.97 6, Mandy Stomka (NSW) 11.98 7, Melissa Kay (TAS) 11.98 8, Caro Hunt (QLD) 11.94 9, Gemma Bright (QLD) 12.28 12, Katrina Steward (VIC) 12.10 13, Fiona O'Brien (QLD) 12.16 14, Jacqueline Munro (NSW) 12.10 15, Liliana Wapnig (FLA) 12.27, 400m hurdles: Final: off: Jara Pittman (VIC) 57.59 1, Rebecca Wardell (NZL) 58.03 2, Mikero Alver (EST) 60.73 3, Sonia Rowe (NZL) 61.24 4, Kristy Watson (SA) 64.11 5, Debbie Watson (NSW) 65.26 6, Hayley Shrow (QLD) 65.01 7, Jane Hewitt (NSW) 65.06 8, 800m: Final: off: Susan Andrews (WAIS) 2:00.94 (WCB) 1, Libby Allen (VIC) 2:06.62 2, Tamsyn Lewis (VIC) 2:07.24 3, Adrienne McIvor (QLD) 2:07.18 4, Alicia Tye-Smith (VIC) 2:08.17 5, Debbie Savage (NSW) 2:08.37 6, Melia Flett (NSW) 2:07.55 7, Brooke Simpson (NSW) 2:08.12 8, Discus throw: Final: Beatrix Faumina (NZL) 63.36m WCB 1, Debbie Pickersgill (QAS) 58.92m 2, Monique Nacca (QLD) 53.70m 3, Hammer throw: Final: off: Bronwyn Eagles (NSW) 67.40m WCB 1, Brooke Krueger (SAS) 61.15m 2, Deborah Scamero (NSW) 60.07m 3, Gabrielle Neighbour (VIC) 59.30m 4, Sharyn Annie Tennent (QLD) 55.45m 5, Debbie McCaw (NZL) 51.40m 6, Branne Clement (NSW) 50.36m 7, Erin Petrovic (NSW) 49.01m 8, Sanka Marsters (QAS) 45.07m 9, Anni Hansen (VIC) 43.91m 10, U-20: 200m: Final: off: Sally McLellan (QAS) 24.12 1, April Brough (NZL) 24.27 2, Kate Leitch (QLD) 25.37 3, Michelle Oatmore (QLD) 24.45 4, Monique Williams (NZL) 24.80 5, Louise Jones (NZL) 25.40 4, Kyle Beal (WAIS) 24.89 7, Bianca Williams (NSW) 25.22 8, 400m: Final: off: Morgan Whaley (TAS) 55.74 1, Pip Kahoe (QAS) 57.06 2, Lucy Kenny (VIC) 56.83 3, Monique Williams (NZL) 57.14 4, Jacqueline Davies (QLD) 56.94 5, Tara Milgate (NSW) 57.44 6, Emma Jeans (VIC) 57.11 7, Piramee Steinert (SA) 57.46 8, 10000m walk: Final: Laura Johnson (NSW) 49:37.18 1, Lisa Grant (NSW) 51:04.42 2, Beki Lee (NSW) 56:29.59 3, 400m hurdles: Final: Annie Cahill (NSW) 61.22 1, Emily Allen (VIC) 61.58 2, Tara Milgate (NSW) 62.28 3, 200m: Final: April Brough (NZL) 23.95 1, Sally McLellan (QAS) 24.08 2, Kyle Beal (WAIS) 24.60 3.

GIRRAWEE ATHLETICS CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 2002/03

President:	Bob Sewell	Elected AGM 20 August 2002 Resigned 24 May 2003
Secretary:	Lynette Smith	Elected AGM 20 August 2002
Treasurer:	Stephen Halverson	Elected AGM 20 August 2002
Registrar:	Lynette Smith	Elected AGM 20 August 2002
Fund Raising:		Vacant
Winter Competition:	Vivian Manwaring	Elected AGM 20 August 2002
Summer Competition:	Steven Williams	Elected AGM 20 August 2002
Club Records:	Steven Williams	Elected AGM 20 August 2002
Coaching:	Bob Sewell	Elected AGM 20 August 2002 Resigned 24 May 2003
Publicity:	Bob Sewell	Elected AGM 20 August 2002 Resigned 24 May 2003
Canteen Manager:	George Milosevic	Elected AGM 20 August 2002
ANSW delegate:	Lynette Smith	Elected AGM 20 August 2002
Blair Zone delegate:	Wayne Jeff	Elected AGM 20 August 2002
Park Trust delegate:	Viv Manwaring	Elected AGM 20 August 2002

LIFE MEMBERS

John Wheeler – 1986 (died 1997)

Bob Sewell - 1988

Vivian Manwaring - 1997

20-YEAR MEDALLISTS

Bob Sewell – 1998/99

10-YEAR MEDALLISTS

Jackie Wheeler - 1988

Bob Sewell – 1988

Paul Sewell – 1991

Vivian Manwaring - 1997

Michael Kammerer - 2003

Tracey Wheeler - 1988

John Doolan - 1989

Robert Kropman – 1993

Lynette Smith - 2000

Graham Sheargold – 2003

Deborah Mulhall - 1988

Peter Kropman – 1989

Catherine Kropman – 1993

Stephen Halverson – 2003

HON. AUDITOR

Tony Ward

MERITORIOUS SERVICE AWARD

Presented to

Bob Sewell

for outstanding dedicated
service to
Girraween Athletics Club



Member for 25 years 1978-2003

President for 14 years 1988-1997
1998-2003

Coach for 20 years 1982-1985
1986-2003



Registrar for 5 years 1980-1985

Publicity Officer for 22 years 1980-1985
1986-2003

Winter Competition Officer for 14 years 1987-2001

Canteen Manager for 5 years 1991-1993
1996-1997
2000-2002

Granted Life Membership 1988



25 YEARS
1978-2003

Committee & Members
August 2003

COMMITTEE REPORTS

SECRETARY

It has been an outstanding year for the club with the highest membership ever, team and individual successes at Australian, State and Club level and enjoyable competition throughout.

As is mentioned in later reports, membership reached new heights this season with record winter and overall figures. The 43 winter registrations would have been unimaginable only 3 seasons ago when the club celebrated having 16 members! Thanks must particularly go to Bob Sewell and Steve Williams for their efforts in publicising the club and competitions through posters and program cards. Hopefully the upward trend will continue in the years to come.

There were many good performances by athletes during the season. Details of these are listed earlier in the report, but I would like to make special mention of Lisa Grant, who once again performed outstandingly, winning medals at Australian and State level. A remarkable effort considering her long time walk coach retired during the year, resulting in a disrupted training program.

Traditionally the winter season has seen many club members competing in State Championships, which continued this year. However, it was good to see an increased number of competitors in the summer championships, where some medals were won and PB's set. It is proposed to enter teams in the State relay championships in the coming summer season. It would be great to carry over a little of the winter team spirit into the summer season, so I hope that you all support this idea.

There was early support for the summer Club Premiership competition in which Girraween finished 21st out of 84 teams, which is a fantastic result for our small club and the 14 members who competed should be congratulated. This was a new competition conducted by ANSW and there were a few teething problems, however, with a revision of the format and venues these will hopefully be sorted out next season. Maybe with a few more competitors we could better our position next year.

There were several projects carried out by council at CV Kelly park during the season, such as replacing the throwing circles and changes to the toilet block. The Park Trust proposed to replace the last two wooden light poles with a 50% grant from the Dept of Sport & Recreation. However, owing to a funds shortfall this has been deferred to 2004.

A club now has a sign on the equipment shed to advertise that Senior athletics is available at the ground. Thanks to Steve Halverson for arranging and erecting this sign.

Thanks also to Kathy Austin, Cheryl Argent, Jo Micallef and Tony Ward for their help during the summer season in recording, timekeeping and event set up.

Lynette Smith

REGISTRAR

The club had record membership this year, reaching a total of 84. Registrations were spread fairly evenly over the winter and summer seasons, with 43 people joining in winter and 41 additional registrations in summer. Of the 43 winter members, all but 6 continued competing for the full year.

Associate membership was the preferred registration option for summer competitors, with 34 people joining under this category.

Lynette Smith

WINTER COMPETITION

What a fantastic winter season of racing 2002 was. A record total of 43 athletes competed in West Metropolitan Zone, NSW Walkers Club, and Championship events, with many individual and team successes achieved.

Our walkers once again did themselves and the club proud at Australian & State level, with Lisa Grant, Chelsea Austin, Catherine Nilon, Peter Kimpton and Jarryd O'Connell all winning individual medals and Julie Grant joining the girls for success in team events.

In road racing and cross country competitions, Susan Ireland, Stacey Argent and Lisa Grant combined to win the clubs first state cross country medal, gaining silver in the 4km team event at Miranda. There were also many trophy winners from the West Metropolitan road running and cross country series.

Congratulations to the above for their successes this year and all the other club members who competed and had their own personal victories along the way.

Lynette Smith

SUMMER COMPETITION

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2002 / 2003 season saw a record number of members competing at CV Kelly Park. In total, 163 athletes took part in the Summer Competition. This number was an incredible increase of 42% on the number of competitors who competed in 2001/2002.

A comprehensive point scoring competition was used to determine the 2002 / 2003 Summer Competition Champion and place getters. 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 system, which has been used for many years, is fair in that it allows for enthusiastic competition in the track and field.

The system and categories for age divisions was changed for this, and future seasons. The change was necessary to encourage and to provide awards for a better cross section of our club members. The new categories are **Under 20**, **Senior** (20 to 39 years for men, 20 to 34 years for women) and **Masters** (40 years + for men and 35 years + for women). 1st, 2nd and 3rd places have been awarded within each category, catering for men and women. From these placings, 1st, 2nd and 3rd awards have been presented to the top three men and women. The highest award, Club Champion, is presented to the male or female who has scored the highest total of points for the season.

As with 2002/2003, this year's competition was decided during the last weeks of the season. **Brad Milosevic** was this season's **Club Champion**. Brad has been displaying a great deal of potential since becoming a member of Girraween Athletics Club, particularly in the middle distance events. However, he does enjoy all aspects of track and field and his consistent efforts, in all areas, have come to fruition, gaining him a grand total of 91.5 points. Congratulations, **Brad**.

Another indication of this year's close competition was the tie for **Second Place**. **Gary Micallef** and **Robert Giesler** were contenders for the Championship title. With their total of 89 points, they kept Brad on his toes right until the last day of competition.

The women's competition was very close with only 1 1/2 points separating the first three places. This competition was won by **Brenda Micallef** who scored 85 points. Brenda is a dual member of Girraween Little Athletics and Girraween Athletics Club. She has competed with us ever since she was little. Her great determination and huge efforts are a credit to her. Congratulations, on your **First Place** in the women's category, Brenda.

Ashley Micallef scored 84 points and gained Second Place in the women's category. Ashley produced wonderful results throughout the season and is a very deserving recipient of this award. Jemma Austin, who often gained season best times or distances was placed third and only half a point behind Ashley. Jemma scored 83 1/2 points.

The following table displays the age category winners:

	1 st	Pts	2nd	Pts	3rd	Pts
Under 20 Male	Brad Milosevic	91.5	Scott Mortimer	77.5	Steven Creswick	74
Under 20 Female	Brenda Micallef	85	Ashley Micallef	84	Jemma Austin	83.5
Senior Male	Ian Clark	86.5	Matthew Graham	83.5	Wayne Jeff	64
Senior Female	Lynette Smith	71	Vikki Savage	50.5		
Masters Male	Gary Micallef Robert Giesler	89			Steve Halverson	85.5
Masters Female	Andrea Hendley	68	Meredith Jeff	13		

With Girraween being one of the only clubs competing in track and field on Saturdays, many visitors compete in our competition. Visitors are defined as members from another club or younger athletes who don't qualify for dual membership. Congratulations to **Fred Daniels** who gained first place as **Champion Visitor**. Fred attended more than 55% of the possible competition days and gained a total of 25 points.

Congratulations to all members for your enthusiasm and dedication to athletics during the 2002 / 2003 Summer Competition.

Steve Williams

CANTEEN

In the past year the canteen made a successful profit of \$448.15 for the club, which was a slight increase from last year's profit. Considering in some weeks of Club Premiership meets ground attendances were down, this is a good result.

Our prices have remained the same for the past few seasons in that the canteen is to administer a service and benefit to its club members, friends and visitors rather than to capitalise for profit.

Generally in summer on very hot competition days the sales were highest due to cold drink sales, but the sale of hot beverages (tea & coffee) was insignificant throughout the season.

Finally I would like to thank all the generous persons who assisted in the canteen.

George Milosevic

FUNDRAISING

The committee position of fundraising officer was not filled at the last AGM, which meant that the success of the past few years was not matched. However, despite there being no official organiser, a chocolate drive and Christmas hamper raffle were still held (details of funds raised are shown in the treasurers report). The chocolate drive was held during winter this year and thanks go to all those members who sold, bought and ate chocolates. Thanks also to the summer members who donated items and sold and bought tickets for the Christmas hamper raffle.

Fundraising is a very important aspect to the success of the club as it ensures we have sufficient funds to meet our ground use expenses, purchase new equipment, present some financial assistance to representative athletes, and provide free sausage sizzles to members, as well as the many other things that crop up during the year.

Hopefully the coming year will see the position of fundraising co-ordinator filled (by one or more people) and some successful activities organised.

Lynette Smith

TREASURER

The year began with \$3,731.01 in the bank and finished with \$4211.79 and no outstanding liabilities. Several items of equipment were purchased this year, consisting of a stopwatch, relay batons, shot puts, discus and a portable gazebo. We also purchased a club banner and sign for the clubhouse and new ground keys.

The club's main sources of income were from the Fundraising Activities like the Chocolate drive with \$931.09 profit and the Christmas Hamper with raised \$284.00, thank you to Lyn Smith and Bob Sewell for their efforts in this department.

This year our canteen manager, George Milosevic, has organised and been running a BBQ at the winter X-Country venues, which has been very popular and had raised a \$457.25 profit at the time of closing the books for our financial year, well done George.

We also received profits from Registration Fees of \$1108.00, Athletes Ground Fees \$875.50 and the Canteen \$448.15. Please note that the canteen float and the cost to purchase the food for our two free summer sausage sizzles are shown as expenses.

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

Girraween Athletics Club

INCOME and EXPENDITURE 2003

12/07/01 Through 20/06/03 (in \$s)

St. George Bank Account 111-528-203

Category Description	12/07/01- 26/06/02	27/06/02- 20/06/03
INCOME		
Bank Interest	1.42	2.06
Canteen Income	534.65	640.05
Cash for Cans	0.00	30.00
Chocolate Drive	2,383.00	1,771.00
Clothing sale	396.00	352.00
donation	45.00	0.00
Ground Fees	625.30	875.50
Registration	3,799.00	4,518.00
Winter BBQ	0.00	457.25
Xmas Hamper	220.00	284.00
TOTAL INCOME	8,004.37	8,929.86
EXPENSES		
Bank Cheque	51.40	45.50
Business Expens	33.50	413.92
Canteen expense	171.35	191.90
Choc Drive Exp	1,269.90	839.91
Clothing	192.00	320.00
Equipment	568.55	513.70
Insurance	230.00	592.00
Park Trust Fees	913.00	1,050.00
Rego ANSW	2,895.00	3,410.00
Representative	50.00	150.00
Trophies	305.55	356.65
Water Rates	1,323.31	565.50
TOTAL EXPENSES	8,003.56	8,449.08
TOTAL INCOME - EXPE...	0.81	480.78
Balance Carried Forward	<u>3,730.20</u>	<u>3,731.01</u>
Account Balance	3,731.01	4,211.79

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:

57 Singlets (unsold) \$1254.00
Bank Account \$4,211.79
Liabilities NIL
NETT ASSETS \$ 5,465.79

Accountant



ANTHONY WARD 20/7/2003.

EQUIPMENTStored at C V Kelly Park

60 competition standard hurdles
 Hurdle transporter
 Hurdle marker
 Senior relay batons x 6

Steeplechase transporter

Javelins: 3 x 800g
 1 x 700g
 2 x 600g

Discus: 2 x 2kg metal ring
 1 x 1.75kg metal ring
 3 x 1.5kg metal ring
 3 x 1kg metal ring
 1 x 750g rubber

Shot puts: 2 x 7.260kg (16 lb)
 1 x 6kg
 1 x 5kg
 3 x 4kg
 1 x 3kg
 1 x 2kg
 1 x 2.724kg (6 lb) for fun day

Tapes: 1 x 30m
 1 x 50m
 1 x 100m

Stop watches: 4 multi

Starter gun: 2
 Starter caps: 12 boxes

Ear protectors: 1 set

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

Notes: 2 x 5.449kg (12 lb) shot puts archived 23/06/02
 2 x 4.535kg (10 lb) shot puts archived 23/06/02
 2 x 3.632kg (8 lb) shot puts archived 23/06/02

GIRRAWEE ATHLETICS CLUB**C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2003****MEN****OPEN**

S Mallard (NEP)	10.7	100
Jeff Micallef	23.7	200
Andrew Scully (BLK)	51.59	400
Craig Downie	2:01.9	800
R Hamill (RH)	4:11.1	1500
Bruce Hogg	4:35.8	1 Mile
Craig Downie	9:04.2	3000
Bruce Hogg	6:17.4	5000
Kevin Junor (PAR)	2:19.0	800s/c
Adam Rutter (SYP)	6:07.0	1500W
Adam Rutter (SYP)	12:49.2	3000W
Robert Kropman	16.2	110H
Robert Kropman	28.1	200H
David Tarbotton (CTC)	59.2	400H
Nathan Manwaring	6-50	LJ
Craig Willetts	14-17	TJ
Craig Willetts	1-91	HJ
Robert Kropman (7.26kg)	13-95	SP
Robert Kropman (2kg)	42-08	DIS
Robert Kropman (800g)	56-72	JAV

WOMEN**OPEN**

Rebecca Deane	12.7
Leanne Saliba	
Heidi Novosell (G)	26.9
Lynette Smith	1:01.8
Susannah Hartgers (TW)	2:24.0
Katie-Ellen French	4:59.5
Kim Pitzing	5:53.0
Katie-Ellen French	10:56.9
Katie-Ellen French	18:55.4
Yvette Jaeger	2:53.6
Lisa Grant	6:49.6
Lisa Grant	14:44.4
Lynette Smith	17.6
Catherine Downer	33.3
Tracey Wheeler	1:14.6
Nicole Page	5-13
Natalie Deegan	10-65
Vera Abramas (SG)	1-66
Natalie Avellino (4kg)	10-32
Sue Read (NC) (1kg)	39-66
Tracey Wheeler (600g)	37-40

BLK: Blacktown CTC: Campbelltown City G: Greystanes NEP: Nepean NC: North Canberra
 PAR: Parramatta RH: Ryde-Hornsby SG: St George SYP: Sydney Pacific TW: Tiger Wests

GOLDEN OLDIES (60+)

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

GOLDEN OLDIES (55+)

MASTERS (40+)

Viv Manwaring	12.4	100
Viv Manwaring	27.0	200
Viv Manwaring	58.9	400
Viv Manwaring	2:20.7	800
Bruce Harrison	4:47.4	1500
Bill Flanagan	5:19.8	1 Mile
Bruce Harrison	10:24.8	3000
Bruce Harrison	18:08.7	5000
Bob Sewell	3:17.7	800s/c
John Dwyer	10:15.0	1500W
		3000W
Steven Williams	24.6	110H
Viv Manwaring	31.8	200H
		400H
Viv Manwaring	5-25	LJ
Viv Manwaring	10-83	TJ
Stephen Halverson	1-55	HJ
Hans Kropman (7.26kg)	8-57	SP
Viv Manwaring (2kg)	24-46	DIS
Viv Manwaring (800g)	32-78	JAV

MASTERS (35+)

Andrea Hendley	15.3
Andrea Hendley	32.8
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
Andrea Hendley	3-55
Andrea Hendley	7-74
Andrea Hendley	1-30
Andrea Hendley (4kg)	8-54
Andrea Hendley (1kg)	25-99
Andrea Hendley (600g)	22-63

SENIOR

Peter Murray	11.0	100
Jeff Micallef	23.7	200
Michael Finucane	53.4	400
Jeff Micallef		
Craig Downie	2:01.9	800
Michael Finucane	4:18.7	1500
Craig Downie	4:46.7	1 Mile
Craig Downie	9:04.2	3000
Craig Downie	16:25.7	5000
John Doolan	2:52.5	800s/c
Robert McGaughey	7:51.5	1500W
		3000W
Robert Kropman	16.2	110H
Robert Kropman	28.1	200H
Bob Broadhurst	1:09.9	400H
Jeff Micallef	6-26	LJ
Peter Murray		
Peter Kropman	13-23	TJ
Craig Willetts	1-91	HJ
Robert Kropman (7.26kg)	13-95	SP
Robert Kropman (2kg)	42-08	DIS
Robert Kropman (800g)	56-72	JAV

SENIOR

Lynette Smith	13.5
Lynette Smith	28.9
Lynette Smith	1:01.8
Lynette Smith	2:27.5
Lynette Smith	5:11.7
Lynette Smith	5:58.7
Lynette Smith	11:11.2
Lynette Smith	19:37.3
Jackie Wheeler	3:21.0
Catherine Nilon	7:58.4
Catherine Nilon	17:17.6
Lynette Smith	17.6
Lynette Smith	35.6
Tracey Wheeler	1:16.1
Lynette Smith	4-83
Lynette Smith	10-28
Lynette Smith	1-60
Lynette Smith (4kg)	10-20
Lynette Smith (1kg)	35-60
Lynette Smith (600g)	35-92

U/20

Damien Beckhouse	11.6	100
Jason Willetts	23.9	200
Jeff Micallef	53.4	400
Garry Moran	2:10.9	800
Bruce Hogg	4:31.7	1500
Bruce Hogg	4:35.8	1 Mile
Matthew Graham	10:13.9	3000
Bruce Hogg	17:29.0	5000
Peter Kropman	3:21.0	800s/c
		1500W
		3000W
Peter Kropman	16.9	110H
Ralph Downer	30.5	200H
Garry Moran	1:04.4	400H
Jeff Micallef	6-48	LJ
Craig Willetts	14-17	TJ
Damien Beckhouse	1-81	HJ
Robert Kropman (7.26kg)	12-26	SP
Robert Kropman (2kg)	35-50	DIS
Robert Kropman (800g)	46-40	JAV

U/20

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
Chelsea Austin	16:51.7
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

U/19

Jeff Micallef	11.6	100
Craig Willetts		
Paul Manton	23.9	200
Jeff Micallef	53.0	400
Bruce Hogg	2:08.2	800
Matthew Graham	4:30.2	1500
Bruce Hogg	4:54.2	1 Mile
Bruce Hogg	9:21.9	3000
Matthew Graham	16:56.6	5000
Peter Kropman	2:30.9	800s/c
Peter Kimpton	8:15.2	1500W
Michael Jones	24:50.1	3000W
Peter Kropman	16.2	110H
Peter Kropman	28.2	200H
Peter Kropman	1:01.2	400H
Peter Kropman	6-46	LJ
Craig Willetts	13-20	TJ
Peter Kropman	1-82	HJ
Matthew Graham (6kg)	6-73	SP
Matthew Graham (1.75kg)	18-43	DIS
Andrew Grace (800g)	49-34	JAV

U/19

Jackie Wheeler	13.8
Nicole Page	28.5
Jackie Wheeler	1:04.6
Jackie Wheeler	2:42.2
Jackie Wheeler	5:46.0
Jackie Wheeler	6:23.0
Jackie Wheeler	13:03.0
Jackie Wheeler	24:12.0
Jackie Wheeler	3:24.0
Chelsea Austin	7:58.7
Chelsea Austin	16:30.0
Tracey Wheeler	18.7
Tracey Wheeler	35.9
Tracey Wheeler	1:15.6
Nicole Page	5-04
Nicole Page	10-64
Tracey Wheeler	1-52
Tracey Wheeler (4kg)	9-92
Tracey Wheeler (1kg)	35-04
Tracey Wheeler (600g)	37-06

U/18

Phillip Fenech	11.6	100
Nathan Manwaring		
Phillip Fenech	24.6	200
Nathan Manwaring	55.1	400
Bruce Hogg	2:07.4	800
Ron Irving	4:29.9	1500
Bruce Hogg	4:47.6	1 Mile
Bruce Hogg	9:16.5	3000
Bruce Hogg	16:17.4	5000
Mark Irving	2:32.1	800s/c
Peter Kimpton	8:27.9	1500W
Peter Kimpton	17:50.1	3000W
Peter Kropman	16.0	110H
Peter Kropman	29.1	200H
Peter Kropman	1:03.6	400H
Nathan Manwaring	6-50	LJ
Craig Willetts	12-97	TJ
Shane Hanlon	1-89	HJ
Christopher Flower (5kg)	8-79	SP
Greg Howard (1.5kg)	38-78	DIS
Andrew Grace (700g)	45-28	JAV

U/18

Nicole Page	13.2
Jackie Wheeler	28.3
Jackie Wheeler	1:03.4
Jackie Wheeler	2:41.1
Susan Ireland	5:36.2
Kate Stockings	6:26.3
Jackie Wheeler	13:09.0
Jackie Wheeler	22:46.0
Tracey Connors	3:15.6
Lisa Grant	6:49.6
Lisa Grant	14:51.2
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

U/17

Kurt Quinlivan	11.5	100
Phillip Fenech	24.1	200
Phillip Fenech	53.8	400
Jon Hetherington	2:08.9	800
Bruce Hogg	4:31.4	1500
Ron Irving	4:56.4	1 Mile
Bruce Hogg	9:33.1	3000
Bruce Hogg	16:49.0	5000
Mark Irving	2:28.0	800s/c
Matthew Graham	9:35.2	1500W
Matthew Jenkin	19:40.0	3000W
Kurt Quinlivan	16.2	110H / 100H
Phillip Fenech	28.8	200H
Peter Kropman	1:02.9	400H
Phillip Fenech	6-37	LJ
Timothy Evans	12-53	TJ
Shane Hanlon	1-83	HJ
Tristan Manwaring (5kg)	10-78	SP
Greg Howard (1.5kg)	39-72	DIS
Robert Kropman (700g)	53-76	JAV

U/17

Nicole Page	13.4
Jackie Wheeler	
Tracey Connors	28.4
Jackie Wheeler	1:06.0
Jackie Wheeler	2:35.0
Kim Pitzing	5:12.0
Kim Pitzing	11:50.0
Jackie Wheeler	23:06.0
Tracey Wheeler	3:19.9
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

U/16

Shaun Wearne	11.6	100
Phillip Fenech	24.3	200
Phillip Fenech	53.6	400
Andrew Baraniak	2:11.0	800
Andrew Baraniak	4:32.3	1500
Paul Sewell	5:01.1	1 Mile
Andrew Baraniak	9:37.9	3000
Paul Sewell	18:12.0	5000
Peter Kropman	2:41.9	800s/c
Paul Sewell	9:54.0	1500W
		3000W
David Gallo	14.9	110H / 100H
Phillip Fenech	29.1	200H
Phillip Fenech	1:05.1	400H
Chris Saliba	6-11	LJ
Irwin Burbage	12-19	TJ
Peter Kropman	1-73	HJ
Tristan Manwaring (4kg)	12-47	SP
Greg Howard (1kg)	44-30	DIS
Jon Hetherington (700g)	44-14	JAV

U/16

Linda Hatherly	13.4
Jackie Wheeler	28.9
Jackie Wheeler	1:05.1
Jackie Wheeler	2:36.0
Jackie Wheeler	5:35.0
Katrina Ward	6:14.0
Katie-Ellen French	11:11.6
Kim Pitzing	20:12.0
Tracey Wheeler	4:10.0
Lisa Grant	7:20.4
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

U/15

Michael McHugh	12.0	100
Ilia Gill	24.7	200
Phillip Fenech	57.2	400
Andrew Baraniak	2:08.1	800
Andrew Baraniak	4:24.0	1500
Andrew Baraniak	4:44.3	1 Mile
Andrew Baraniak	9:34.7	3000
Andrew Baraniak	16:50.0	5000
Shane Ferguson	2:43.7	800s/c
Brent Balinski	8:00.5	1500W
		3000W
Nicholas Potten	15.8	100H / 90H
Michael McHugh	31.2	200H
Michael Wheeler	1:07.8	400H
Franky Wong	5-78	LJ
Michael McHugh	11-61	TJ
Ilia Gill	1-81	HJ
Brendan Weyland (4kg)	7-43	SP
Andrew McIlwaine (1kg)	48-50	DIS
Andrew McIlwaine (600g)	52-84	JAV

U/15

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
Ashley Micallef (3kg)	6-88
Natalie Avellino (1kg)	34-38
Tracey Wheeler (600g)	30-00

U/14

Ilia Gill	12.1	100
Ilia Gill	25.6	200
Andrew Scully	58.4	400
Stephen Muir	2:25.5	800
Nathan Schmid	4:52.0	1500
Stephen Muir	5:30.7	1 Mile
Stephen Muir	10:42.0	3000
Brent Balinski	18:33.6	5000
Warren Dempsey	2:56.0	800s/c
Brent Balinski	8:00.0	1500W
		3000W
Michael Jamieson	15.1	100H / 90H
Phillip Fenech	34.0	200H
Nicholas Potten	1:10.4	400H
Liam Correy-Yorke	5-59	LJ
Barry Prasetya	10-67	TJ
Ilia Gill	1-76	HJ
Brendan Weyland (4kg)	7-43	SP
Andrew McIlwaine (1kg)	48-50	DIS
Andrew McIlwaine (600g)	52-84	JAV

U/14

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

U/13

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

U/13

Melissa Briggs	13.8
Tammy Gilchrist	
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

U/12

Ilia Gill	13.3	100
Ilia Gill	29.0	200
Michael Wheeler	1:07.2	400
Nathan Schmid	2:33.0	800
Nathan Schmid	4:59.6	1500
Gerard Mahony	5:37.0	1 Mile
Peter Balinski	11:05.9	3000
Peter Balinski	19:43.5	5000
Dale Berryman	3:21.0	800s/c
		1500W
		3000W
Matthew Beattie	15.3	90H / 80H
Jeff Micallef	36.9	200H
Michael Wheeler	1:22.0	400H
Ilia Gill	4-46	LJ
Jeff Micallef	8-87	TJ
Ilia Gill	1-55	HJ
	(3kg)	SP
Andrew McIlwaine (1kg)	31-08	DIS
Andrew McIlwaine (600g)	24-56	JAV

U/12

Melissa Briggs	14.4
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)

ARCHIVED RECORDS

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

MODIFIED PROGRAM RECORDS**60M SPRINT**

Ernie Leseberg	7.0	OPEN:	Nicole Page (N)	8.1
Ram Swami	10.2	GOLDEN O:		
Steven Williams	7.8	MASTER:	Andrea Hendley	9.2
Ernie Leseberg	7.0	SENIOR:	Samantha Marshall	8.4
Nathan Manwaring	7.5	U20:	Chelsea Austin	9.2
Nathan Manwaring	7.6	U19:	Nicole Page	8.2
Nathan Manwaring	7.4	U18:	Nicole Page	8.2
David Beattie				
David Beattie	7.5	U17:	Linda Hatherly	8.5
Peter Hogan	7.7	U16:	Natalie Deegan	8.8
			Sandra Narezzi	
Matthew Dux	7.9	U15:	Sandra Narezzi	8.6
Andrew Scully	7.8	U14:	Sandra Narezzi	9.0
Damien Murray	8.8	U13:	Melissa Briggs	9.0
			Jessica Fisher	
Matthew Beattie	9.7	U12:	Shindhu Raju	9.7

300M UNLANED

Andrew Scully (BLK)	37.0	OPEN:	Lynette Smith	44.7
Joe Butler	65.1	GOLDEN O:		
Steven Williams	42.2	MASTER:	Andrea Hendley	54.2
David Beattie	39.0	SENIOR:	Lynette Smith	44.7
Paul Weymark	40.0	U20:		
Paul Weymark	41.8	U19:	Nicole Page	52.9
Matthew Graham				
David Beattie	40.4	U18:	Lisa Grant	49.8
David Beattie	39.9	U17:	Kate Stockings	50.0
Peter Hogan	42.6	U16:	Amanda Giesler	49.8
Matthew Dux	43.9	U15:	Vikki Savage	51.5
Andrew Scully	42.0	U14:	Helen Sestic	48.5
Matthew Beattie	50.6	U13:	Stacey Argent	52.2
Stephen Muir	56.8	U12:	Natalia Sestic	58.0
			Shindhu Raju	

1000M

Matthew Graham	2:53.3	OPEN:	Katie-Ellen French	3:11.2
Joe Butler	4:36.0	GOLDEN O:		
Keith Mayhew	3:10.4	MASTER:	Andrea Hendley	4:25.6
Paul Weymark	2:55.0	SENIOR:	Lynette Smith	3:20.4
		U20:	Vikki Savage	3:44.6
Matthew Graham	2:53.3	U19:	Lisa Grant	3:47.7
Matthew Graham	2:57.4	U18:	Lisa Grant	3:40.0
Matthew Graham	3:09.6	U17:	Kate Stockings	3:47.0
Brad Tudman	3:19.3	U16:	Kate Stockings	3:35.5
Bradley Milosevic	3:36.1	U15:	Katie-Ellen French	3:11.2
Bradley Milosevic	3:28.8	U14:	Helen Sestic	3:35.5
Brent Balinski	3:32.6	U13:	Stacey Argent	3:43.9
Peter Balinski	3:48.0	U12:	Natalia Sestic	4:08.0

2000M

Michael Kammerer 6:18.2
 Bob Sewell 9:46.9
 Bill Flanagan 6:54.8
 Michael Kammerer 6:18.2

Matthew Graham 6:44.2
 Matthew Graham 6:37.7
 Steven Rooke 7:46.5
 Bradley Milosevic 8:22.3
 Bradley Milosevic 7:21.1
 Danny Martins 8:44.5

OPEN: Katie-Ellen French 7:04.0
 GOLDEN O:
 MASTER: Andrea Hendley 10:24.2
 SENIOR: Leanne Bourke 7:48.0
 U20:
 U19:
 U18:
 U17: Kate Stockings 9:22.9
 U16: Lisa Grant 8:53.4
 U15: Katie-Ellen French 7:04.0
 U14: Zulay Sastre 8:07.5
 U13: Stacey Argent 7:48.9
 U12: Shindhu Raju 9:34.8

4x100M RELAY

OPEN MEN: 46.64

Marcus Bakes (U18)
 Gary Howard (Sen)

Timothy Evans (U17)
 Ernest Leseberg (Sen)

35+ MEN: 54.2

Kevin Fisher
 Suresh Raju

Stephen Halverson
 Steven Williams

OPEN WOMEN: 55.0

Nicole Page (U18)
 Sandra Narezzi (U15)

Linda Hatherly (U17)
 Melissa Briggs (U13)

8x100M RELAY

OPEN MEN: 1:39.7

Michael Finucane (Sen)
 Craig Willetts (U18)
 Nathan Manwaring (U17)

Wayne Jeff (Sen)
 Garry Dempsey (U17)
 Andrew Baraniak (U16)

Bruce Hogg (U18)
 Shane Hanlon (U17)

OPEN WOMEN: 1:50.5

Jackie Wheeler (U19)
 Michelle Cauchi (U15)
 Jackie Neil (U14)

Tracey Connors (U17)
 Natalie Avellino (U14)
 Tracy Scorer (U14)

Tracey Wheeler (U17)
 Catherine Kropman (U14)

OPEN MIXED: 1:46.2
 (minimum 3 women)

John Dwyer (Vet)
 Lynette Smith (Sen)
 Adrian Grogan (U18)

Stephen Halverson (Vet)
 Paul Weymark (U20)
 Sandra Narezzi (U16)

Garry Dempsey (Sen)
 Nicole Page (U19)

STANDING LJ

Robert Kropman	2-84	OPEN:	Catherine Kropman Lynette Smith Nicole Page (N)	2-30
Joe Butler	1-58	GOLDEN O:		
Robert Giesler	2-51	MASTER:	Andrea Hendley	1-88
Robert Kropman	2-84	SENIOR:	Catherine Kropman Lynette Smith	2-30
Peter Kimpton	2-79	U20:	Chelsea Austin	2-03
Peter Kimpton	2-78	U19:	Nicole Page	2-16
Nathan Manwaring	2-71	U18:	Nicole Page	2-13
David Beattie	2-52	U17:	Nicole Page	2-25
Christopher Flower	2-66	U16:	Sandra Narezzi	2-22
Stephen Hinwood	2-44	U15:	Sandra Narezzi	2-21
Andrew Scully	2-28	U14:	Sandra Narezzi	2-08
Damien Murray	2-05	U13:	Melissa Briggs	2-17
Matthew Beattie	1-85	U12:	Shindhu Raju	1-78

SCISSORS HJ

David Beattie	1-61	OPEN:	Lynette Smith	1-45
Ram Swami	1-10	GOLDEN O:		
Stephen Halverson	1-42	MASTER:		
David Beattie	1-61	SENIOR:	Lynette Smith	1-45
Nathan Manwaring	1-60	U20:	Chelsea Austin	1-20
Peter Kimpton	1-55	U19:	Nicole Page	1-25
Timothy Evans	1-61	U18:	Nicole Page	1-35
Timothy Evans	1-65	U17:	Linda Hatherly Lee Westwood	1-26
Timothy Evans	1-56	U16:	Natalie Deegan	1-30
David Hatherly	1-45	U15:	Sandra Narezzi	1-20
Stephen Muir	1-25	U14:	Lisa Grant	1-20
Matthew Beattie	1-35	U13:	Jessica Fisher	1-35
Stephen Muir	1-05	U12:	Natalia Sestic	1-05

2.724kg SHOT PUT "THROW"

Robert Kropman	31-66	OPEN:	Lynette Smith	16-92
Ram Swami	11-36	GOLDEN O:		
Steven Williams	20-61	MASTER:	Meredith Jeff	11-37
Robert Kropman	31-66	SENIOR:	Lynette Smith	16-92
Nathan Manwaring	20-55	U20:	Tracey Wheeler	14-54
Jeff Micallef	24-60	U19:	Tracey Wheeler	16-29
Peter Kropman	23-86	U18:	Veronica Sestic	12-78
Robert Kropman	27-24	U17:	Tracey Wheeler	14-66
Robert Kropman	26-99	U16:	Natalie Avellino	13-53
Robert Kropman	18-80	U15:	Dianne Kidd	12-91
Andrew McIlwaine	21-34	U14:	Jessica Ward	9-84
Jason Irvine	13-16	U13:	Melissa Briggs	9-19
Wayne Mulhall	7-83	U12:	Natalia Sestic	5-72
Hans Kropman	21-09	OFFICIAL:		