



TWENTY-SIXTH ANNUAL REPORT

2003/04

ANNUAL REPORT 2003/04

OF

GIRRAWEEN ATHLETICS CLUB

Presented at the 26th Annual General Meeting
Held at
Kings Langley Public School, Kings Langley
On
Tuesday 11 May 2004

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MEMBERSHIP 2003/04

MEN: 57

WOMEN: 32

TOTAL: 89

OFFICIALS

Kathy Austin
 George Milosevic

GOLDEN OLDIES

(Men 60+, Women 55+)

Phil Bowden
 Joe Butler
 Tino Diaz
 Keith Mayhew
 Bob Sewell

MASTERS

(Men 40+, Women 35+)

Vincent Adams
 Robert Eager
 Michael Evans
 Bill Flanagan
 Robert Giesler
 Bill Goodin
 Darren Gould
 Stephen Halverson
 David Hardyman
 Bruce Harrison
 Andrea Hendley
 Eddie Makki
 Vivian Manwaring
 Gary Micallef
 Jo Micallef
 Garry Page
 Stephen Parkins
 Doug Perrott
 Suresh Raju
 Ken Scalley
 Graham Sheargold
 Steven Williams

SENIORS (20+)

Felipe Blemeth
 Jean Davis
 Shane Ferguson
 Michael Free
 Richard Frost
 Anthony Judge
 Matthew Graham
 Jacqueline Grosvenor
 Stephen Hinwood
 Gary Howard
 Wayne Jeff
 Michael Kammerer
 Ernest Leseberg
 Ian Liney
 Tim Molesworth
 Catherine Nilon
 Stephen O'Donnell
 Vikki Savage
 Lynette Smith
 Kerry Taylor
 Alex Watson
 Ray Yorke

U20

Chelsea Austin
 Peter Kimpton

U19

Marcus Bakes
 Natalie Dawson
 Lisa Grant
 Susan Ireland
 Terrence Joseph
 Tristan Manwaring
 Timothy Nix
 Kimberley Williams

U18

Jemma Austin
 Ivan Craddy
 Rebecca Donnelly
 Timothy Evans
 Katie French
 Scott Mortimer
 Jessica Ward

U17

Jayne Acton
 Michelle Hinwood
 Brendan Weyland

U16

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

U15

Bradley Milosevic
 Adam Sinclair

U14

Stacey Argent
 Kelly Micallef
 Brianna Parkins

U13

Reece Diaz
 Laura Flanagan
 Sarah Martin

U12

Danielle Goodin
 Brenda Micallef
 Erin Handley

GIRRRAWEEN ATHLETICS CLUB

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

CLUB COMMITTEE 2003/04

President:	Steven Williams	Elected AGM 5 August 2003
Secretary:	Lynette Smith	Elected AGM 5 August 2003
Treasurer:	Stephen Halverson	Elected AGM 5 August 2003
Registrar:	Viv Manwaring	Elected AGM 5 August 2003
Fund Raising:	Cheryl Argent, Robert Eager	
Winter Competition:	Bill Goodin, Wayne Jeff	Elected AGM 5 August 2003
Summer Competition:	Vince Adams (2004)	Elected AGM 5 August 2003
Club Records:	Steven Williams	Elected AGM 5 August 2003
Coaching Co-ordinator:	Steven Williams	Elected AGM 5 August 2003
Publicity:	Vikki Savage	Elected AGM 5 August 2003
Canteen Manager:	Suresh Raju	Elected AGM 5 August 2003
ANSW Delegate:	George Milosevic	Elected AGM 5 August 2003
Blair Zone Delegate:	Lynette Smith	Elected AGM 5 August 2003
Park Trust Delegate:	Michael Kammerer	Elected AGM 5 August 2003
Met West Delegate:	Viv Manwaring	Elected AGM 5 August 2003
	Bruce Harrison	Elected AGM 5 August 2003

LIFE MEMBERS

John Wheeler – 1986 (died 1997)
 Bob Sewell - 1988
 Vivian Manwaring – 1997
 Stephen Halverson - 2003

20-YEAR MEDALLISTS

Bob Sewell – 1998/99

10-YEAR MEDALLISTS

Jackie Wheeler - 1988	Tracey Wheeler - 1988	Deborah Mulhall - 1988
Bob Sewell - 1988	John Doolan - 1989	Peter Kropman - 1989
Paul Sewell - 1991	Robert Kropman - 1993	Catherine Kropman - 1993
Vivian Manwaring - 1997	Lynette Smith - 2000	Stephen Halverson - 2003
Michael Kammerer - 2003	Graham Sheargold - 2003	Phil Bowden - 2004

HON. AUDITOR

Tony Ward

COMMITTEE REPORTS

PRESIDENT

Dear Member,

As President of Girraween Athletics Club, I am pleased to present the Club's Annual Report for the Athletics season ending 31st March 2004.

Our Club has enjoyed a wonderful 2003 winter season and an equally heart-warming 2003/2004 summer season. We have benefited from record levels of membership and our members became more involved in the running of the Club. In addition, members have suggested a range of initiatives and have taken on new roles, all of which have added to a revitalised community spirit within Girraween Athletics Club.

We have had an incredible representation on the 2003/2004 committee with fourteen members taking an active role in the organisation of our Club.

The committee's first achievement was the successful organisation of Girraween Athletic Club's 25th Anniversary celebrations. Members past and present enjoyed the picnic day, which had everything from sack races to George's famous sausage sizzle. One of the highlights of the day was the visit from Joan Wheeler, wife of the late John Wheeler. John was the founding member of our Club and led the Club as President for ten years. Besides being an active club member, John Wheeler was also meticulous with his paperwork and organisation of records. The committee was able to spend many hours searching the archives so that a suitable record of our history could be put on display for our guests, as well as forming an organised display, that can be kept for the future generations of our Club. I was impressed with the fact that John Wheeler had kept the hand-written minutes of the 1978 meeting which decided to form Girraween Amateur Athletics Club. Amongst the other interesting artefacts was the original hand drawn design for "the stick man", our logo. This was another input from the Wheeler family as Tracey Wheeler, John's daughter, had designed it.

Our summer competition was once again well attended. In addition, our 2003 winter competition was also well supported as well as being very successful. In fact, Girraween Athletics Club has become quite prominent during winter and we have been able to support large numbers of teams in the State Relays.

There are many members who need to be thanked for their valuable contribution to the organisation and well being of our growing Club. However, I feel that it is necessary to mention personally the following members:

Lynette Smith, our secretary and a "Ten-Year" medallist, has been a devoted club member for many years. During the last two seasons, Lynette has been painstakingly thorough in her role as Club Secretary as well as being involved in many activities that have attributed to the higher profile and smooth running of our Club. In addition, Lynette has been a wonderful ambassador for Girraween Athletics Club with her involvement in Masters Athletics from local to National level. As well as being a champion athlete, Lynette is well respected and has won the hearts of fellow athletes, officials and even her rivals.

Lynette achieved an ambition with our Club's successful re-introduction to State Track and Field Relays last year. Through Lynette's organisation, and our members' participation in the State Relays, Girraween is "back on the map". This fact has been commented on from many levels of athletics, and in particular Athletics NSW. To add to our excitement, we also won medals in the men's High Jump (Tim Evans, Peter Kimpton, Troy Weyland, Alex Willard) and women's 4 x 1500m Walk (Chelsea Austin, Carly Eager, Lisa Grant, Brenda Micallef) and celebrated the many personal bests and good performances achieved by individuals in our other relay teams.

Viv Manwaring has been extremely busy carrying out his role as Registrar. With record membership, Viv's paperwork and visits to Athletics NSW have increased dramatically. I would also like to thank Viv for his dedication towards the incorporation of Girraween Athletics Club. The formation of a new constitution, which you will be asked to vote on later this year, has taken considerable time and planning. Viv has also been active in his role as our delegate on the CV Kelly Park Trust committee. This role involves regular meetings and co-ordinating activities between the clubs that use the grounds.

Steve Halverson certainly hasn't rested on his laurels after his induction of Life Membership last year. Being competitive by nature, and even though he has been plagued by injury, Steve has continued to lead by example both on and off the track. His expertise and advice in monetary matters has helped keep us financially "on track". Steve's pursuit of a Club chequebook, rather than using bank cheques, has meant that we have spent 85% less in bank fees.

This is an appropriate point to thank our team on the Fund Raising committee. Cheryl Argent, Robert Eager, Bill Goodin, Wayne Jeff and Kathy Austin have made an amazing contribution through their organisation of our fund raising ventures. Through the Chocolate Drive, Krispy Kreme Donuts, The 100 Club and the assistance of club members, this committee has helped us to raise in excess of \$1700. Well done, everyone!

Vikki Savage took on the role as Coaching Co-ordinator for the first time last year. Vikki needs to be thanked for her commitment and dedication in this area. Members look forward to the training sessions, which have been designed to cater for beginners as well as more experienced athletes. Although sessions are tough, Vikki has encouraged camaraderie within her large training group. Vikki's dedication towards coaching is also evidenced in her application for the Level 1 Coaching courses, which are being held this year.

I would like to also thank Gary Micallef for his involvement in our training program. With Gary's experienced background in coaching, he has been able to assist in the formation of our training program. In addition, Gary has been able to advise Vikki regarding session content and the implementation of the program.

Suresh Raju, our Publicity Officer, is generally shy and reserved. This isn't so when it comes time to "put pen to paper" and publicise Girraween Athletics Club. Due to work commitments, Suresh wasn't able to compete as often as he would have liked during the summer season. However, he came down after work to collect names, times and distances so that our results would be ready for the Sunday papers. Congratulations, Suresh! Through your dedication and hard work we could see our results as well as the Girraween name, up in lights every weekend.

Thank you to the members who arrived early on Saturday afternoons to assist in the setting up of the equipment for the summer track and field competition. I would like to make particular mention of Vince Adams, Robert Giesler and Adam Sinclair for their regular assistance in this area.

The assistance provided by a large number of athletes during the afternoon is also appreciated. Whether it was checking the safety of the track or field, timekeeping, raking the sand or even chasing a discus, your involvement is essential to the smooth running of our Club. Often athletes have juggled between warming up for an event and at the same time assisting with a field event. This is a feature of our Club, which we may seem to take for granted. However, visitors to CV Kelly do notice this facet and have commented about the good nature of our athletes. To quote one visitor, "I am impressed! Your members are keen to compete, yet they are eager to give up their time to assist fellow club members."

I would like to make special mention of Kathy Austin. Kathy was in attendance every week last summer. Kathy doesn't compete as an athlete, although she does attend as an interested parent. In addition, Kathy has taken on the role of Recorder. During the Summer Season, we experienced every weather condition from heat waves to cold, windy and stormy weather. Nevertheless, Kathy was always under the tent or hanging on to an umbrella, braving the elements and recording the results of our events. Thank you and congratulations Kathy!

Joe and Therese Ayoub were our most regular visitors during last season (even when Joe had broken a bone in his leg!) Being visitors didn't deter Joe and Therese from assisting wherever they felt necessary (particularly when Joe had a broken bone in his leg!) In addition, they made themselves comfortable and mixed well with the other athletes competing during the afternoon. Thank you for your contributions, Joe and Therese.

Tony Ward is to be complimented on his regular setting up of the Javelin sector. This activity involves a great deal of time, as accuracy for detail and safety is very important. Tony also acted as the main communication between the Little A's and the "Seniors" during the Little A's Regional Carnival. Thanks to Tony's efforts, the day ran very smoothly, providing good publicity for both Little A's and the "Seniors".

There were several occasions during the summer when volunteers were required for early morning "working bees". Thank you to Lynette Smith, Gary Micallef, Viv Manwaring, Vince Adams and Steve Halverson for your attendance and efforts on these days.

Our delegates to West Metropolitan and Blair Zone, Bruce Harrison and Michael Kammerer have maintained the important link between these competitions and Girraween Athletics Club. Communication is the key to success both within a club as well as between organisations. Thank you to Bruce and Michael.

This is a special year for Phil Bowden. Phil won't mind me saying that he is our oldest member, although at times, our most energetic member. We enjoy Phil's company during competition and even when he comes to the park just for a visit. Phil has achieved the status of being a "Ten Year Medallist", an accomplishment of only fourteen other members during our Club's twenty-five year history. Congratulations and well done on a fine achievement, Phil.

What can be said about Girraween's own Jamie Oliver, George Milosevic? Besides the fact that he has a booming, encouraging voice which can be heard from any point on a cross country course, George has used great initiative to raise extra funds for our Club while at the same time providing gourmet sausage sizzles for our members, and providing a great service for the West Metropolitan competition. Since George has been Canteen Officer, there has been a 100% increase in profits from the summer canteen and the winter barbecue has added \$1000 to our income during the last two years. Well done on a fine effort, George!

I feel that it is important to acknowledge the achievements of members who have strived to promote Girraween Athletics Club at individual representative level. Thank you to the following members for your desire to achieve at higher levels and also for your continued dedication towards our Club: Vince Adams, Reece Diaz, Bill Flanagan, Katie French, Lisa Grant, Gary Howard, Wayne Jeff, Ernie Leseberg, Keith Mayhew, Brad Milosevic, Adam Sinclair, Lynette Smith and Kerry Taylor. The achievements of these athletes will be mentioned in articles later in this report.

I would like to congratulate Girraween Little A's for celebrating their 30th Anniversary this year. Several members from our senior Club accepted the invitation to the Little A's special dinner, which was held at Wonderland earlier this year. We enjoy a good working relationship with the Little A's and our association with them has continued to strengthen during the last twelve months. I have enjoyed working with Trevor Hinwood and his team as we strive for the common goal of providing a fun, competitive and safe environment for our members.

To our new members, you hold the key to our Club's future. I welcome you and your new ideas. At Girraween Athletics Club you are encouraged to participate at a level which your family and work commitments allow. Our members are friendly and are always willing to provide advice or assistance to other athletes.

To all members, thank you for your continued support. Whether your involvement is at participation level, assisting with various duties during summer or winter, or being involved at committee level, your commitment is greatly appreciated. The good performance of our Club in 2003/2004 is a credit to the management and organisation of the activities that occur within our club.

In closing I would like to thank my fellow committee members for their efforts. Our Club continues to undergo change whilst maintaining respect for the traditions formed by our predecessors. The dedication and support of the committee has been greatly appreciated and is instrumental in the success of our Club. It has been an honour and a privilege for me to be President of Girraween Athletics Club during 2003/2004.

Steven Williams

SECRETARY

After such a comprehensive report from our President, there is really not much more that I can add about the 2003/04 season.

Except, my congratulations to Steve for doing such a wonderful job as President of the club. Girraween has gone from strength to strength over the season and this has much to do with the tireless efforts of Steve. His enthusiasm in promoting the club, as well as keeping our members informed through regular emails, the website, pocket program cards, and flyers and his ever friendly and welcoming nature are invaluable to the club and I'm sure, appreciated by all. So, well done Steve, and thank you from us all.

Lynette Smith

REGISTRAR

89 registrations was a new record, up 5 on last season. [Actually 91 registered but 2 transferred out during the season, resulting in the official number of 89.]

48 joined during the winter of which 4 were 'winter only', and an additional 41 joined during the summer. 23 athletes (26%) opted for associate membership and 2 registered as officials.

Congratulations to Phil Bowden who achieved membership for ten years in 2003/04.

Viv Manwaring

WINTER COMPETITION

A new record of 48 athletes competed in West Metropolitan road and cross-country running series, NSW Walkers Club series, and Championships.

Of the 42 who competed in the West Metropolitan series, 19 (45%) won trophies.

In running, top performances came from Katie French (silver in the 17 years NSW All Schools Cross-country Championship at Eastern Creek), Lisa Grant (bronze in the NSW U20 Road Championship at Abbotsbury), Erin Handley (bronze in the NSW U12 Cross-country Championship at Campbelltown), and Tim Molesworth (193rd in the City to Surf in 52:01). Teams also did well, with silver in Open B Grade at the NSW Half Marathon Championship (Tim M, Michael K, Keith M, Richard F), silver in the U20W Cross-country Championship at Campbelltown (Stacey A, Susan I, Carly E), and bronze in the Open B Grade at the same meet (Michael K, Tim M, Graham S, Wayne J).

In race walking, Lisa Grant performed up to her usual elite standard with bronze in the NSW U20 10km Championship at Silverwater, silver in the NSW U20 15km Championship at Chipping Norton, and gold in the Australian U20 10km Championship in Melbourne. Lisa's dedication and hard work over the years has paid off, being selected in the Australian teams for the 21st IAAF World Race Walking Cup in Naumburg (Germany) on 1 May 2004 – achieving 8th in the Junior 10km in a new pb of 49:25 – and for the 10th IAAF Word Junior Championships in Grosseto (Italy) in July 2004.

Viv Manwaring

SUMMER COMPETITION

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2003 / 2004 season saw a record number of members competing at CV Kelly Park. In total, 132 athletes took part in the Summer Competition. Although this total was down on the previous season, registered members' attendance improved in comparison to previous years.

A comprehensive point scoring competition is used to determine the Summer Competition Champion and place getters. The system is based on athletes 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 has been devised to encourage and to provide opportunity for awards for the wide cross section of our club members. The 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 in recent years, this season's competition had a number of athletes who were in contention for the Club Championship right until the end of the competition. The season ended in a thriller, with the championship being decided on the last day of competition. We would like to congratulate Andrea Hendley for winning this season's **Club Champion** Award. Andrea had a fantastic season setting seven new records and four "Modified" records in her Masters' age group. Andrea went from strength to strength throughout the season, gaining a grand total of 90 points. We should also congratulate Andrea for being the first masters female to win this Club award. Well done, Andrea!

Another indication of this year's close competition was the scoring for the other placings. 2nd Place in the females was won by Ashley Micallef (79 points) and 3rd Place being a three-way tie with Kelly Micallef, Brenda Micallef and Jemma Austin (74 points).

The male competition was very close with only 1 point separating the first three places. Steven Williams who scored 86 points won this competition. Gary Micallef was only half a point behind in 2nd Place (85.5 points) and last year's Club Champion, Brad Milosevic was placed third (85 points).

As well as Andrea's fine performances, we would also like to congratulate Keith Mayhew. After "achieving" the status of "Golden Oldie", Keith competed each week with a new lease of energy and was able to set six new

records in normal competition and seven new records in the "modified" program. As with Andrea, this is an amazing achievement and a lot can be learnt from watching these fine athletes.

The following table displays the age category winners:

	1 st	Pts	2 nd	Pts	3 rd	Pts
Under 20 Male	Brad Milosevic	85	Scott Mortimer	82.5	Adam Sinclair	77.5
Under 20 Female	Ashley Micallef	79	Brenda Micallef Kelly Micallef Jemma Austin	74		
Senior Male	Stephen O'Donnell	76	Ray Yorke	63	Tim Molesworth	48
Senior Female	Jean Davis	68	Vikki Savage	51	Lynette Smith	21
Masters Male	Steven Williams	86	Gary Micallef	85.5	Robert Giesler	82.5
Masters Female	Andrea Hendley	90	Jo Micallef	29		

With Girraween being one of the only clubs competing in track and field on Saturdays, many athletes from visiting clubs compete in our competition. Visitors are defined as members from another club or younger registered Little Athletes who don't qualify for dual membership. In previous years, we have presented an award to the first placed visitor. However, the situation arose this year with a male visitor and a female visitor being very close in their point scores for most of the season. We thought it was therefore appropriate to extend this award to Champion Male Visitor and Champion Female Visitor. Congratulations to Joe Ayoub and Therese Ayoub who gained first place as our Champion Visitors for 2003/2004.

Congratulations to all members for your enthusiasm and dedication to athletics during the 2003 / 2004 Summer Competition.

Steven Williams

CANTEEN

Considering the late start in June for the book keeping and closing the books end of March, making it only a nine (9) month year, I am very pleased to report that the past year was very successful in raising income for the club. A total of \$1,249.33.

The winter cross-country BBQ raised a profit of \$510.25 in selling sausages on rolls, cans of coke and hot cuppas. The summer canteen independently raised a record profit of \$739.08.

This figure excludes the income from a borrowed float of \$100.00 and LA Zone contribution of \$100.00. Also excluded are the expenses for the 25th Birthday celebration feast of \$226.54 and the two sausage sizzles of \$100.43. In the latter, it's pleasing to see that the club is able to return to its members, benefits in which they contributed to and I hope this will continue for the years ahead.

Generally the prices last year remained the same as in previous seasons, and this low pricing will continue for the current year as a service and favour to our club members, friends and visitors. Remember "*Don't bring it, Buy it!*"

None of these results would be possible without the help of many gracious people who assisted, and I would like to thank them all, including:-

Suresh Raju for the supply of cool drinks to sell in the winter season.

Lynette Smith for collecting and restocking the canteen in my absence.

Cheryl Argent for assisting and donating 2 boxes of frogs.

Jude Milosevic managing/serving during the 25th celebrations and the sausage sizzles.

Michael Evans who cooked a great BBQ at the last sausage sizzle.

Kathy Austin, Jo Micallef, Sue Law and Tony Ward always willing to assist in the canteen.

George Milosevic

COACHING

Trials and Tribulations have been the result of 8 months in the position of Coaching Co-ordinator. I have had the opportunity to lead a group of dedicated and aspiring athletes to better themselves and reap the rewards of their hard work and their commitment.

Summer season showed plenty of talent with new competition and faster times had by all. Steve Williams and Fireman Steve enjoyed the duals on Saturdays and how impressive did Vince's sprinting times become over the course of the summer months. I must say that the job of coaching co-ordinator has been made an easy one when all the athletes are so well behaved and come along with the right attitude. A big thanks to everyone!

With the winter fast approaching and the training getting longer in the cold, it is still exciting to have a big number of people rock up to Monday and Wednesday sessions, either on the road or up big hills somewhere. I would like to thank those that make the training achievable by your co-operation and understanding. It's good to see all Girraween distance runners leaning on each other, because this gives us the best and most effective training advantage that works. I have proof!

Thanks everyone and I hope we continue the way we have. Loving it!!

Vikki Savage

FUNDRAISING

This year we had three fundraising activities, with were all supported very well.

We had two major fundraisers, the most successful being the chocolate drive, which raised \$2,208.00.

This season the fundraising committee decided to try a 'Krispy Kreme Doughnut' drive, which was supported greatly, raising \$554.00.

Thankyou to Robert Eager for running the two '100 Club' raffles, which raised \$100.00.

The overall total for fundraising this season was \$2,862.00.

The fundraising committee would especially like to thank 'you' the competitors and supporters of Girraween Athletics Club, as we raised more this year than ever before.

Congratulations.

Fundraising Committee

TREASURER

The year began with \$4,211.79 in the bank and finished with \$5,301.49 and no outstanding liabilities. Items of equipment purchased this year consisted of two stopwatches and training reflectors. We also contributed to the cost of the shot and discuss pad upgrades organised by Little A's and celebrated the Clubs 25th Anniversary.

The Club's main source of income came from Fundraising Activities like the Chocolate Drive, with \$1,128.10 profit, 100 Club, \$100.00 and the Krispy Kreme Doughnuts, which raised \$554.00, thank you to Cheryl Argent, Robert Eager and Cathy Austin for organising these.

Our canteen manager, George Milosevic organised and ran a BBQ at the winter X-Country venues, and raised \$510.25 profit for the last 3 months of the winter season last year, well done George.

We also received profits from Registration fees of \$553.00, Athletes Ground Fees \$867.35 and the Canteen \$738.64 profit. Please note that the canteen float and the cost to purchase the food for our two free summer sausage sizzles are shown as expenses.

We are now closing the books for our financial year at the end of March in preparation for Incorporation, this means that this financial year was only nine months long.

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 2004

27/06/02 Through 31/03/04 (in \$s)

St. George Bank Account 111-528-203	Category Description	27/06/02- 20/06/03	21/06/03- 31/03/04
INCOME			
100 Club	0.00	100.00	
ANSW Promotion	0.00	25.00	
Bank Interest	2.06	0.75	
Canteen Income	640.05	940.16	
Cash for Cans	30.00	0.00	
Chocolate Drive	1,771.00	2,208.00	
Clothing sale	352.00	264.00	
Ground Fees	875.50	867.35	
Krispy Kremes	0.00	554.00	
Registration	4,518.00	2,238.00	
Winter BBQ	457.25	510.25	
Xmas Hamper	284.00	0.00	
TOTAL INCOME	8,929.86	7,707.51	
EXPENSES			
Anniversary	0.00	541.34	
Bank Cheque	45.50	6.50	
Business Expens	413.92	114.05	
Canteen expense	191.90	201.52	
Choc Drive Exp	839.91	1,079.90	
Clothing	320.00	38.00	
Equipment	513.70	702.80	
Insurance	592.00	0.00	
Park Trust Fees	1,050.00	979.00	
Rego ANSW	3,410.00	1,705.00	
Relay Fees	0.00	30.00	
Representative	150.00	0.00	
Statement Fee	0.00	2.00	
Trophies	356.65	1,217.70	
Water Rates	565.50	0.00	
TOTAL EXPENSES	8,449.08	6,617.81	
TOTAL INCOME - EXPEN...	480.78	1,089.70	
Balance Carried Forward	<u>3,731.01</u>	<u>4,211.79</u>	
Account Balance	4,211.79	5,301.49	

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

ASSETS :

64 Singlets (unsold)	\$1408.00
Bank Account	\$5,301.49
Liabilities	NIL
NETT ASSETS	\$ 6,709.49

Accountant

ANTHONY WARD 2/5/04.

EQUIPMENT**Stored 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
 2 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: 5 multi
 2 singles

Starter gun: 2
 Starter caps: 9 boxes

Ear protectors: 1 set

Miscellaneous: 1 cabana
 1 club banner
 1 metal stationery cupboard
 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

Items Written Off 26/4/04: 1 x 1.5kg discus
 2 x metal clothes cupboards

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

As of 2002 Overall Champions no longer awarded

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

* Andrea Hendley (Masters)	2003/04	Steven Williams (Masters)
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

WEST METROPOLITAN - SHORT DISTANCE

SURNAME	FIRST NAME	WM1 29/3/2003 Richard Murden Res Haberfield 2km	WM2 5/4/2003 Queen Elizabeth Park Concord 2km	WM3 12/4/2003 Rosford Street Reserve Smithfield 2km	WM4 19/4/2003 River Rd Reserve Emu Plains 2km	WM5 3/5/2003 Meadowbank Park Emu Plains 2km	WM6 17/5/2003 Quarantine Reserve Abbotsford 2km	WM7 24/5/2003 Upjohn Park Dundas 2km	WM8 31/5/2003 Macquarie Hospital Nth Ryde 2km	WM9 7/6/2003 Penrith R nith bank Rydalmere 2km	WM10 21/6/2003 Crestwood Reserve Baulkham Hills 2km	WM11 5/7/2003 Macquarie Hospital Nth Ryde 2km	WM12 12/7/2003 Janion Park Penrith 2.5km	WM13 26/7/2003 Cowells Lane Reserve Ermington 2km	WM14 23/8/2003 Gipps Rd Sports Complex Greystanes 2km	WM15 30/8/2003 H Cap Cabarita 2km	WM16 6/9/2003 Prospect Reservoir 2km	
DONNELLY	REBECCA																	
EVANS	BRENDA	9:29			9:19		*	*	10:32	10:07	9:41		13:26	10:28				
EVANS	MICHAEL	9:38	10:16	10:03	10:12	10:01	*	12:23	10:44	9:51	10:17		13:42		8:40	8:01		
EVANS	TIMOTHY	9:27	9:27	8:36	8:41	7:59	*	10:48	8:04	8:00	9:39		15:31		10:20	9:37		
FERGUSON	SHANE																	
FLANAGAN	BILL																	
FLANAGAN	LAWRA																	
FREE	MICHAEL							10:00										
FROST	RICHARD										7:52							
HANDLEY	ERIN																	
HARRISON	BRUCE																	
MASKI	EDDIE																	
MICALLEF	ASHLEY	9:55	10:24	9:47	10:25	9:48	*	10:51	10:53	10:02	10:24		12:04	9:41	7:42			
RAJU	SURESH	7:54						8:35		9:31				10:59		9:23		
SEWELL	BOB													12:03	9:37	8:40		
SMITH	LYNETTE	7:02			7:28						8:00					13:06		
WILLIAMS	STEVEN	7:21	8:02		10:08	8:21					8:25					10:12		
											8:56					8:31	10:10	8:00
																	8:30	
																	7:59	

* participated but times not recorded

WEST METROPOLITAN - MEDIUM DISTANCE

WEST METROPOLITAN - LONG DISTANCE

SURNAME	FIRST NAME	WM1	WM2	WM3	WM4	WM5	WM6	WM7	WM8	WM9	WM10	WM11	WM12	WM13	WM14	WM15	WM16
ADAMS	VINCENT	29/6/2003 Richard Marten Res Haberfield 7.5m.	5/4/2003 Queen Elizabeth Park Concord 8km	12/4/2003 Rosford Street Reserve Smithfield 10km	19/4/2003 River Rd Meadowbank Reserve Emu Plains 10km	3/5/2003 Meadowbank Park Meadowbank 8km	17/5/2003 Quarantine Reserve Abbotsford 8km	24/5/2003 Upjohn Park Dundas 8km	31/5/2003 Macquarie Hospital Nth Ryde 8.5km	7/6/2003 P'matta R nith bank Rydalmere 8km	21/6/2003 Crestwood Reserve Baulkham Hills 8km	5/7/2003 Macquarie Hospital Nth Ryde 8.5km	12/7/2003 Jamison Park Pearlth 7.5km	26/7/2003 Cowells Lane Reserve Ermington 9km	23/8/2003 Gipps Rd Sports Complex Greystanes 8km	30/8/2003 Trevor Lenard H'cap Cabarita 8km	6/9/2003 Prospect Reservoir 10km
BOWDEN	PHIL	38:30	44:52	55:34	52:25	39:34	38:32	42:42	42:38	38:19	42:31			37:07			
BUTLER	JOE	35:30	43:27		57:48			54:29	49:49		47:01		43:27	57:06	49:47	44:01	57:50
FLANAGAN	BILL							46:11	46:33	46:34	45:39	49:51			43:56	43:18	55:39
FREE	MICHAEL	36:50		49:15				36:09	37:16	39:15	30:53		38:08	32:02	37:26	32:51	44:42
FROST	RICHARD	30:37	33:01	41:55	42:43	31:30	33:36			34:35		32:18	37:57	34:29	32:56	43:35	
HALVORSON	STEPHEN	35:53	37:55	49:39	49:26	37:18	38:16	38:57	40:12	36:42	38:33					39:30	45:13
JEFF	WAYNE	35:39	40:25									45:59		40:42	41:06	52:33	
KAMMERER	MICHAEL	26:54				28:21				37:41		35:03	41:42				
MACKI	EDDIE									28:13		32:56					
MATHEW	KEITH	31:20	35:54	45:01	42:49	32:52	33:45	38:03	42:09		39:23	35:41	43:44				
MLOSEVIC	BRADLEY									36:11	32:44	34:15		32:55	37:50	33:32	39:57
MOLESWORTH	TIM	28:25		41:08			30:42			28:22	28:43	31:28	27:03	32:10	29:11	29:00	35:57
RAJU	SURESH									40:11							
SAVAGE	VICKI											34:54					
SCALLY	KEN	37:53	42:00		52:18	37:49	38:11	41:35	45:25		39:04	43:40	36:14	44:28	38:32	36:31	
SEWELL	BOB	48:56	52:29	68:55	66:31		60:06	60:44		66:36	51:45		46:22				
SHEARGOLD	GRAHAM	33:35	36:15	47:18		34:29	37:08	37:03	39:01	34:20	35:56		34:29	41:16	35:39		
SMITH	LYNETTE							34:27									
WILLIAMS	STEVEN	33:36	36:50		46:39	34:03	33:53	36:52	39:00	33:13		31:50	39:35	33:58	33:38	42:19	

ANSW STATE CHAMPIONSHIPS ETC

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SURNAME	FIRST NAME	26/4/2003 Novice Cross Country Scarborough Park Ramsgate M 10km, W 4km (+ fun)	10/5/2003 Road races, Western Regional Park Abbotsbury 2-10km on ages/sex	25/5/2003 Road race Sydney Half Marathon 21km	15/6/2003 Road relays The Crest Bankstown 2-4km on ages/sex	28/6/2003 Cross Country (long) Willandra Camberarra 2-12km on ages/sex	19/7/2003 Cross Country (short) Uni of Western Sydney Campbelltown 1.7-7km on ages/sex	2/8/2003 Cross Country Relays Miranda Park Miranda 4km	10/8/2003 Sun-Herald City to Surf 14km	31/8/2003 Long Distance Relays Sydney Olympic Park Homebush Total 100km (M), 50km (W)
ADAMS	VINCENT	10km 57:30 (166)	3km 13:26 (U14W 11)	4km 17:37 2km 8:00	12km 68:40 (104) 3km 12:58 (U14W 15)	7km 37:17 (174) 3.5km 16:22 (U20W 5)	18:12 19:53	72:20 (5657)		
ARGENT	STACEY	4km 19:09 (67)								
AUSTIN	CHELSEA	4km 19:27 (71)								
BUTLER	JOE									
DAZ	REECE	3km 13:03 (U14M 16)		4km 16:29				85:30 (14034)		
DAZ	TINO			4km 18:33				16:15	71:25 (5152)	
EAGER	CARLY	4km 20:49 (74)	4km 21:54 (U16W 30)	4km 20:48	4km 22:54 (U16W 24)	3.5km 20:28 (U20W 8)	22:13	19:11	74:16 (6794)	
EAGER	ROBERT	10km 47:50 (67)	10km 55:07 (158)	4km 17:00	12km 64:59 (100)	7km 36:05 (166)	18:03			5km 26:13
FERGUSON	SHANE	10km 47:09 (111)		4km 16:14				14:49		
FLANAGAN	BILL			4km 14:20		7km 31:11 (115)	15:24			
FLANAGAN	LAURA			2km 8:52						
FREE	MICHAEL	10km 46:59 (63)	10km 49:52 (131)	4km 15:41		7km 31:39 (122)		64:23 (2134)		
FROST	RICHARD	10km 41:37 (49)	10km 43:38 (82)	97:00 (89)						10km 41:20
GOODIN	BILL			4km 20:03				21:12		
GRANT	LISA	4km 15:52 (25)	6km 26:31 (U20W 3)	4km 15:25						10km 46:16
HALVORSON	STEPHEN	10km 47:39 (68)	10km 52:21 (146)	4km 17:28						
HANDLEY	ERIN	4km fun 20:15 (74)		2km 8:41		1.7km 7:34 (U12W 3)	18:21			
HARDYMAN	DAVID			4km 14:37		7km 30:17 (104)		59:20 (933)		
IRELAND	SUSAN	6km 29:53 (U20W 6)		4km 17:17		3.5km 16:37 (U20W 6)				5km 23:10
JEFF	WAyne	4km fun 17:41 (45)	10km 50:23 (135)	4km 16:22	12km 59:16 (83)	7km 34:25 (148)		63:17 (1812)		
KAMMERER	MICHAEL	10km 36:52 (27)	10km 38:53 (48)	82:16 (39)	4km 13:19	7km 27:07 (54)	14:56			15km 62:03
KIMPTON	PETER									5km 19:13
MAKKI	EDDIE			113:52 (115)	4km 17:09			17:56	73:29 (6324)	
MANWARING	TRISTAN							17:11		
MANWARING	VIVIAN			4km 17:34				18:41		
MAYHEW	KEITH	10km fun 42:02 (34)	10km 48:20 (119)	94:51 (83)	4km 15:43	8km 38:13 (M55+ 12)		16:13	61:40 (1414)	
MICALLEF	ASHLEY								92:05 (17871)	
MICALLEF	BRENDA								92:04 (17860)	
MICALLEF	GARY	4km fun 18:57 (61)		4km 18:25		7km 37:05 (172)	18:54		80:50 (10954)	
MLOSEVIC	BRADLEY	10km 42:11 (50)	4km 15:30 (U16M 14)	4km 14:03	4km 17:13 (U16M 21)	3.5km 13:44 (U16M 19)	14:44			5km 18:17
MOLESWORTH	TIM	10km 37:34 (31)	10km 39:07 (51)	81:12 (36)	12km 46:09 (22)	7km 27:34 (62)	13:31		52:01 (193)	15km 58:09
RAJU	SURESH			4km 17:37				17:35	69:49 (4349)	
SAVAGE	VIKKI				5km 24:15 (44)		16:53	65:36 (2550)		15km 73:18
SCALLEY	KEN	10km 55:32 (161)		4km 17:26						
SEWELL	BOB	10km 84:50 (178)								
SHEAROLD	GRAHAM	10km 44:11 (58)	10km 47:27 (112)	4km 16:24	12km 60:08 (87)	7km 33:55 (142)	17:56			10km 44:05
SMITH	LYNETTE	10km 47:08 (26)				5km 22:42 (35)				10km 44:07
WILLIAMS	STEVEN	10km 44:38 (60)	10km 47:47 (114)	4km 15:09	12km 58:47 (81)	7km 32:48 (131)	16:26	61:14 (1306)		10km 42:50

STATE CHAMPIONSHIPS – TEAM PERFORMANCES**Novice Cross Country Championship – 26 April 2003 – Scarborough Park, Ramsgate**

Men 10km, Team A	8 th	Michael Kammerer, Tim Molesworth, Richard Frost, Brad Milosevic
Men 10km, Team B	11 th	Graham Sheargold, Steve Williams, Michael Free, Robert Eager
Women 4km	17 th	Lisa Grant, Stacey Argent, Chelsea Austin

10km Road Championship – 10 May 2003 – Western Regional Park, Abbotsbury

Open B Grade	4 th	Michael Kammerer, Tim Molesworth, Richard Frost, Michael Free
Open 45+, Team A	5 th	Shane Ferguson, Graham Sheargold, Steve Williams, Keith Mayhew
Open 45+, Team B	7 th	Steve Halverson, Robert Eager, Ken Scalley, Vince Adams

Half Marathon Championship – 26 May 2003

Open B Grade	2 nd	Tim Molesworth, Michael Kammerer, Keith Mayhew, Richard Frost
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Road Relay Championships – 15 June 2003 – The Crest, Bankstown

U14W, 3x2km	8 th	Stacey Argent, Erin Handley, Laura Flanagan
U20W, 3x4km	4 th	Lisa Grant, Susan Ireland, Carly Eager
Open B Grade, 4x4km	7 th	Tim Molesworth, Michael Kammerer, Brad Milosevic, Bill Flanagan
Men 35+, 4x4km	13 th	David Hardyman, Shane Ferguson, Wayne Jeff, Reece Diaz
Men 45+, 4x4km	13 th	Michael Free, Robert Eager, Viv Manwaring, Gary Micallef
	8 th	Steve Williams, Keith Mayhew, Graham Sheargold, Steve Halverson
	14 th	Eddie Makki, Ken Scalley, Vince Adams, Tino Diaz

Cross Country Championships – 28 June 2003 - Cambewarra

Open 45+ 12km	5 th	Steve Williams, Graham Sheargold, Robert Eager, Vince Adams
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Cross Country Championships – 19 July 2003 – UWS, Campbelltown

U20W 3.5km	2 nd	Stacey Argent, Susan Ireland, Carly Eager
Open B Grade 7km	3 rd	Michael Kammerer, Tim Molesworth, Graham Sheargold, Wayne Jeff
Open 35+ 7km	5 th	David Hardyman, Bill Flanagan, Michael Free, Steve Williams

Cross Country Relay Championships – 2 August 2003 – Miranda Park, Miranda

Open Women, 3x4km	19 th	Vikki Savage, Chelsea Austin, Carly Eager
Open B Grade, 4x4km	7 th	Tim Molesworth, Brad Milosevic, Michael Kammerer, Bill Flanagan
	12 th	Shane Ferguson, Reece Diaz, Tristan Manwaring, Erin Handley
Men 35+, 4x4km	13 th	Suresh Raju, Vince Adams, Gary Micallef, Bill Goodin
Men 45+, 4x4km	11 th	Steve Williams, Graham Sheargold, Robert Eager, Steve Halverson
Men 55+, 4x4km	5 th	Keith Mayhew, Eddie Makki, Viv Manwaring, Tino Diaz

Long Distance Relay Championships – 31 August 2003 – Homebush

Women 50km	6 th	Susan Ireland, Lynette Smith, Chelsea Austin
Men 100km	8 th	Vikki Savage, Carly Eager, Lisa Grant (3-58:45)
		Steve Williams, Tim Molesworth, Wayne Jeff, Michael Kammerer
		Brad Milosevic, Graham Sheargold, Peter Kimpton, Bill Flanagan
		Shane Ferguson, Michael Free (6-49:50)

Winter Club Trophy 2003 – Final results

Girraween 11th place out of 46 clubs

Winter Club Premiership 2003

Male B Grade	3 rd out of 14 teams	Female A Grade	11 th out of 18 teams
Male 35+	11 th out of 14 teams	Female U/14	10 th out of 10 teams
Male 45+	8 th out of 12 teams	Female U20	3 rd out of 6 teams
Male 55+	7 th out of 8 teams		

OTHER RESULTSNSW All Schools Secondary Cross Country Championships – 25 July 2003 – Eastern Creek

18+ Years Girls 6km	6 th	Lisa Grant	25:21
17 Years Girls 4km	2 nd	Katie French	13:55

School Sport Australia Cross Country Championships – 23/26 August 2003 – Sunshine Coast Qld

18-19 Years Girls 6km	12 th	Lisa Grant	25:04
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RACE WALKING CHAMPIONSHIPSNSW Short Walks Championships – 3 May 2003 – Wilson Park, Silverwater

U20 Women 10km	3 rd	Lisa Grant	54:18
U16 Women 3km	7 th	Julie Grant	20:01

NSW Long Walks Championships – 21 June 2003 – Angle Park, Chipping Norton

U20 Women 15km	2 nd	Lisa Grant	78:51
U16 Women 5km	7 th	Julie Grant	31:55

NSW Teams Championships – 26 July 2003 – Chipping Norton

Open Women 10km	4 th	Lisa Grant	53:09
	15 th	Catherine Nilon	66:59

Federation Carnival (annual event) – 3 August 2003 – Chipping Norton

Open Women 10km	14 th	Catherine Nilon	68:22
U17 Women 5km	8 th	Julie Grant	33:50

Australian Road Walking Championships – 17 August 2003 – Albert Park, Melbourne

U20 Women 10km	1 st	Lisa Grant	51:39
U16 Women 5km	22 nd	Julie Grant	32:13

Distance Walker of the Year 2003 – Final results

Lisa Grant	8 th
Catherine Nilon	16 th

CLUB COMPETITION RESULTS – SUMMER 2003/04

Conducted over eighteen weeks at CV Kelly Park, Girraween

MEN

Pos	Name	Points	Competed
1	Steven Williams	86.0	18
2	Gary Micallef	85.5	15
3	Brad Milosevic	85.0	15
4	Scott Mortimer	82.5	16
5	Robert Giesler	82.5	14
6	Adam Sinclair	77.5	14
7	Stephen O'Donnell	76.0	12
8	Stephen Parkins	76.0	12
9	Brendan Evans	73.5	18
10	Stephen Halverson	70.0	16
11	Reece Diaz	69.0	11
12	Vincent Adams	66.0	13
13	Bill Goodin	63.5	13
14	Ray Yorke	63.0	11
15	Ivan Craddy	57.0	17
16	Michael Evans	53.0	9
17	Peter Kimpton	51.0	10
18	Tim Molesworth	48.0	11
19=	Tim Evans	44.0	15
19=	Darren Gould	44.0	7
21	Brendan Correy-Yorke	41.5	8
22	Wayne Jeff	39.0	12
23	Keith Mayhew	38.5	15
24=	Robert Eager	28.0	11
24=	Gary Howard	28.0	8
26	Marcus Bakes	25.0	8
27=	Suresh Raju	25.0	6
28=	Matthew Graham	25.0	9
29	Terrence Joseph	23.0	5
30	Filipe Bleith	22.0	7
31	Alex Watson	21.0	5
32	Troy Weyland	20.0	6
33	Stephen Hinwood	19.0	5
34=	George Milosevic	18.0	10
34=	Alex Willard	18.0	6
34=	Tino Diaz	18.0	6
37	Richard Frost	17.0	12
38	Joe Butler	16.0	11
38=	Brendan Weyland	16.0	5
40=	Christopher O'Donnell	15.0	7
40=	Megan O'Donnell	15.0	6
41	Bruce Harrison	13.0	8
42=	Ernie Leseberg	12.0	6
42=	Timothy Nix	12.0	3
44	Viv Manwaring	10.0	5
45	Liam Correy-Yorke	9.0	4
46	Michael Kammerer	5.0	3
47=	Bill Flanagan	2.0	2
47=	Graham Sheargold	2.0	2
49=	Doug Perrott,	1.0	1
49=	Garry Page	1.0	1
51=	Phil Bowden	0.0	0
51=	Eddie Makki	0.0	0

WOMEN

Pos	Name	Points	Competed
1	Andrea Hendley	90.0	14
2	Ashley Micallef	79.0	16
3=	Brenda Micallef	74.0	16
3=	Kelly Micallef	74.0	16
6	Jemma Austin	74.0	18
7	Chelsea Austin	70.5	14
8	Jean Davis	68.0	12
9	Vikki Savage	51.0	10
10=	Kathryn Graham	48.5	10
10=	Jessica Ward	47.0	16
12	Carly Eager	47.0	10
13	Danielle Goodin	45.5	7
14	Susan Ireland	42.0	9
15	Lisa Grant	36.0	7
16	Stacey Argent	32.0	6
17	Jo Micallef	29.0	14
18	Michelle Hinwood	27.5	14
19	Lynette Smith	21.0	5
20	Jackie Grosvenor	13.0	4
21	Kimberley Williams	8.0	2
22=	Kerry Taylor	6.0	4
22=	Jayne Acton	5.0	1
22=	Catherine Niloni	3.0	1
25	Natalie Dawson	3.0	1
26	Brianna Parkins	2.0	1
	Julie Grant	0.0	0

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

Name	Age Group	Event	Date Set	Time /Distance
Keith Mayhew	Golden Oldies	800m	21/2/04	2:36.8
Keith Mayhew	Golden Oldies	1500m	7/2/04	5:15.3
Keith Mayhew	Golden Oldies	1 Mile	28/2/04	5:46.9
Keith Mayhew	Golden Oldies	3000m	31/1/04	11:42.1
Keith Mayhew	Golden Oldies	5000m	17/1/04	21:09.3
Keith Mayhew	Golden Oldies	Long Jump	17/1/04	3-20
Keith Mayhew	Golden Oldies	Triple Jump	21/2/04	6-19
Marcus Bakes	U19	100m	15/11/03	11.4
Tim Nix	U19	Shot Put	18/10/03	10-58
Marcus Bakes	U19	Discus	8/11/03	28-61
Tim Evans	U18	100m	1/11/03	11.4
Tim Evans	U18	400m	1/11/03	54.9
Tim Evans	U18	Triple Jump	1/11/03	13-36
Ivan Craddy	U18	Shot Put	1/11/03	10-89
Brendan Evans	U17	Shot Put	6/3/04	10-95
Reece Diaz	U13	800m	13/12/03	2:30.6
Reece Diaz	U13	1500m	20/12/03	5:09.3
Lynette Smith	Open & Senior	Javelin	18/11/03	38-60
Andrea Hendley	Masters	100m	24/1/04	14.9
Andrea Hendley	Masters	400m	6/3/04	1:16.3
Andrea Hendley	Masters	Long Jump	8/11/03	3-73
Andrea Hendley	Masters	High Jump	7/2/04	1-32
Andrea Hendley	Masters	Shot Put	11/10/03	8-61
Andrea Hendley	Masters	Discus	7/2/04	26-58
Lisa Grant	U20	1 Mile	10/1/04	7:05.4
Lisa Grant	U19	1500m	4/10/03	5:42.0
Susan Ireland	U19	3000m	8/11/03	12:24.2
Susan Ireland	U19	5000m	22/11/03	22:36.1
Lisa Grant	U19	1500m (W)	15/11/03	7:03.4
Lisa Grant	U19	3000m (W)	22/11/03	14:55.0
Jessica Ward	U18	Shot Put	13/12/03	10-00
Carly Eager	U17	1 Mile	10/1/04	8:15.1
Kelly Micallef	U14	Shot Put	22/11/03	7-91
Danielle Goodin	U12	100m	6/12/03	14.3
Brenda Micallef	U12	1500W	4/10/03	10:01.2
Brenda Micallef	U12	3000W	20/9/03	22:25.1
Danielle Goodin	U12	Shot Put	13/12/03	7-27
Danielle Goodin	U12	Discus	20/9/03	18-33
Brenda Micallef	U12	Javelin	15/11/03	13-37
Danielle Goodin	U12	Javelin	6/12/03	13-37

MODIFIED PROGRAM - NEW RECORDS

Name	Age Group	Event	Date Set	Time/Distance
Tim Evans	Open	Scissors HJ	28/2/04	1-65
Keith Mayhew	Golden Oldies	300m	10/1/04	52.5
Keith Mayhew	Golden Oldies	1000m	10/1/04	3:24.6
Keith Mayhew	Golden Oldies	2000m	14/2/04	7:29.3
Keith Mayhew	Golden Oldies	Standing LJ	14/2/04	1-71
Keith Mayhew	Golden Oldies	Scissors HJ	10/1/04	1-15
Keith Mayhew	Golden Oldies	Shot Put Throw	14/2/04	12-74
Robert Giesler, Stephen Parkins, Darren Gould, Steven Williams	Over 35	4 x 100m Relay	14/2/04	53.8
Gary Howard	Senior	300m	28/2/04	37.6
Gary Howard	Senior	1000m	10/1/04	2:50.8
Marcus Bakes, Tim Evans, Brendan Evans, Scott Mortimer	U20	4 x 100m Relay	28/2/04	49.2
Tim Evans	U19	60m	10/1/04	7.5
Tim Evans	U19	300m	14/2/04	40.2
Tim Evans	U19	Scissors HJ	28/2/04	1-65
Adam Sinclair	U16	1000m	10/1/04	3:13.7
Brad Milosevic	U16	2000m	14/2/04	6:52.9
Reece Diaz	U14	1000m	14/2/04	3:19.0
Andrea Hendley	Masters	60m	14/2/04	9.2
Andrea Hendley	Masters	300m	10/1/04	54
Andrea Hendley	Masters	Standing LJ	10/1/04	2-03
Andrea Hendley	Masters	Scissors HJ	10/1/04	1-20
Lisa Grant	U20	300m	10/1/04	54.3
Lisa Grant	U20	2000m	14/2/04	8:34.4

NATIONAL & STATE CHAMPIONSHIP EVENTSANSW Club Premiership – 27 September, 25 October, 22 November, 20 December - Various Venues

Girraween placed 19th out of 47 teams in the 4 round competition

Club Representatives: Vince Adams, Bill Flanagan, Katie French, Lynette Smith

NSW State Relays – 29-30 November 2003 – Homebush

U/16 1500m	5 th	Reece Diaz, Brendan Evans, Adam Sinclair, Brad Milosevic	20:24.98
U/16 800m	10 th	Adam Sinclair, Brad Milosevic, Brendan Evans, Reece Diaz	10:05.26
Open High Jump	2 nd	Tim Evans, Peter Kimpton, Troy Weyland, Alex Willard	6-70m
Open Shot Put	4 th	Robert Giesler, Wayne Jeff, Gary Micallef, Steve Williams	28-25m
Open Discus	5 th	Michael Evans, Robert Giesler, Wayne Jeff, Steve Williams	76-92m
Open 1600m Medley	9 th	Ernie Leseberg, Robert Giesler, Tim Nix, Tim Molesworth	4:05.29
Open 1500m	11 th	Tim Molesworth, Keith Mayhew, Peter Kimpton, Gary Howard	19:35.13
Open 100m	14 th	Marcus Bakes, Troy Weyland, Tim Nix, Ernie Leseberg	48.40
Open Women 1500m walk	2 nd	Chelsea Austin, Brenda Micallef, Carly Eager, Lisa Grant	5:21.66
Open Women Discus	5 th	Ashley Micallef, Vikki Savage, Lynette Smith, Jessica Ward	107-60m
Open Women Shot	6 th	Kathryn Graham, Vikki Savage, Lynette Smith, Jessica Ward	34-52m
Open Women 800m	7 th	Katie French, Vikki Savage, Lisa Grant, Lynette Smith	10:04.98
160+ 100m	7 th	Steve Williams, Lynette Smith, Steve Halverson, Robert Giesler	53.35

NSW/ACT Combined Events Championships – 3-4 January 2004 – Homebush

30-34 Weight Pentathlon	1 st	Lynette Smith	2591 pts
30-34 Pentathlon	1 st	Lynette Smith	2986 pts (Aust Record)

Telstra A Series – 30-31 January 2004 – Canberra

Open 1500m	10 th	Katie French	4:37.74
Open 800m	7 th	Katie French	2:15.27
Open 10km Walk	1 st	Lisa Grant	49:29.00

NSW State Open, U20 & Masters Throws Championships – 7-8 February 2004 – Homebush

U/20 1500m Walk	1 st	Lisa Grant	25:23.84
U/20 800m	1 st	Katie French	2:11.98
Open 800m	10 th	Katie French	2:13.78
Open Javelin	5 th	Lynette Smith	38-48m
Open High Jump	8 th	Lynette Smith	1-55m
30-34 Javelin	1 st	Lynette Smith	35-44m
30-34 Discus	1 st	Lynette Smith	34-76m
30-34 Hammer	2 nd	Lynette Smith	24-66m
30-34 Weight	2 nd	Lynette Smith	9-63m
30-34 Shot	2 nd	Lynette Smith	9-67m
30-34 Shot	3 rd	Kerry Taylor	6-75m

National Championships – 26-29 February 2004 – Homebush

U/20 10k Walk	1 st	Lisa Grant	48:58.83 (World Junior Qualifier)
U/20 800m	5 th	Katie French	2:12.24
U/20 1500m	7 th	Katie French	4:38.24

NSW State Youth & Masters Track & Jumps Championships – 13-14 March 2004 – Homebush

U/14 800m	5 th	Reece Diaz	2:23.94
U/14 1500m	6 th	Reece Diaz	5:15.70
U/16 800m	8 th	Adam Sinclair	2:21.44
U/16 3000m	6 th	Adam Sinclair	10:27.59
U/16 2k Steeplechase	4 th	Adam Sinclair	7:24.92
U/16 3000m	5 th	Brad Milosevic	10:20.36
30-34 100m	3 rd	Gary Howard	11.81
30-34 200m	1 st	Gary Howard	22.99
30-34 400m	1 st	Gary Howard	51.16
30-34 1500m	4 th	Gary Howard	4:29.48
30-34 100m	4 th	Ernie Leseberg	11.84
30-34 200m	2 nd	Ernie Leseberg	23.10
30-34 100m	3 rd	Kerrie Taylor	15.54
30-34 200m	3 rd	Lynette Smith	27.87
30-34 400m	1 st	Lynette Smith	63.01
30-34 800m	2 nd	Lynette Smith	2:35.39
30-34 High Jump	1 st	Lynette Smith	1-55m
35-39 400m	6 th	Wayne Jeff	61.03
35-39 1500m	3 rd	Wayne Jeff	4:52.39
35-39 5000m	2 nd	Wayne Jeff	19:02.52
40-44 1500m	4 th	Bill Flanagan	4:35.39
40-44 5000m	4 th	Bill Flanagan	17:49.43
40-44 3k Steeplechase	2 nd	Bill Flanagan	11:41.87
45-49 100m	5 th	Vince Adams	13.60
45-49 200m	8 th	Vince Adams	27.79
60-64 1500m	1 st	Keith Mayhew	5:07.12
60-64 5000m	1 st	Keith Mayhew	19:25.74

Masters National Championships – 9-12 April 2004 – Olympic Park, Melbourne

30-34 800m	1 st	Lynette Smith	2:32.15
30-34 Javelin	1 st	Lynette Smith	34-80m
30-34 Discus	1 st	Lynette Smith	36-97m
30-34 High Jump	1 st	Lynette Smith	1-64m (Aust Record)
30-34 Weight Pentathlon	1 st	Lynette Smith	2560 pts
30-34 Pentathlon	1 st	Lynette Smith	2870 pts

OTHER RESULTS**NSW Secondary All Schools Championships (Senior) – 11-12 October 2003 – Homebush**

19yrs 5000m walk	1 st	Lisa Grant	25:37.17
17yrs 800m	1 st	Katie French	2:14.85
17yrs 1500m	1 st	Katie French	4:39.77
17yrs Shot Put	8 th	Jessica Ward	9-42m
17yrs Long Jump	6 th	Timothy Evans	5-84m

NSW Secondary All Schools Championships (Senior) – 11-12 October 2003 – Homebush

14yrs 3000m	10 th	Brad Milosevic	10:24.07
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26

GIRRAWEEN, at Meadowbank: 8km: O-20: M Cammerer 28m21s R Frost G Spranger. O-40: S Williams 34m03s G Sheargold V Adams. O-50: K Mayhew 32m52s S Halverson K Scalley. O-60: P Bowden 47m23s. 4km: U-18: B Milosevic 15m59s G Sheargold Jnr T Manwaring. O-30: S Ferguson 15m37s W Jeff G Micallef. O-40: B Flanagan 14m34s R Eager S Raju. O-50: D Hardiman 14m41s Y Manwaring B Goodin. 2km: T Evans 7m59s S Raju M Evans. O-40: S Williams 8m21s. WOMEN: 4km: V Savage 17m08s S Ireland C Eager. U-12: S Argent 17m44s. 2km: U-16km: A Micallef 9m48s U-14: E Hardiman 8m38s B Micallef V Micallef. Race walking at Silverwater: WOMEN: 10km: L Grant 54m18s. 3km: J Grant 20m01s.

WEST METROPOLITAN, at Meadowbank Park Road 8km: MEN: O-50yrs: S Ball (UTN) 31m46s K Mayhew (Gir) J Bogenhuber (Hills). O-40: A Young (Hills) 28m08s P Byrne (Hills) R Osborne (Nep). O-30: M Kammerer (Gir) 28m21s J Murray (ASW) S Williams (Gir). O-20: R Frost (Gir) 31m30s G Spranger (Gir) D Bannink. U-16: G Lewis (ASW) 37m7s T Stevens (Black). 4km: O-60: R Dorey (UTN) 20m1s F Daniels (Vets). O-50: D Hardiman (Gir) 14m41s J Bogenhuber (Hills) R Eager (Gir). O-40: B Mayo (ASW) 13m8s P Sampson (Ryd) B Flanagan (Gir). O-30: S Ferguson (Gir) 15m37s W Jeff (Gir) P Starr (Hills). O-20: W Devjak (Ryde) 12m46s M Haines (Gir) O Bannink. U-20: P Shoemark (Hills) 13m59s G Sheargold (Gir) T Manwaring (Gir). U-16: A Martin (Spring) 12m25s G Geoghegan (Hills) A Ellis (Hills). U-14: D Ricketts (Glenb) 14m20s A Pollard (ASW) D Brady (Glenb). U-12: A Blundell (Greys) 12m25s J Ralph (Hills) C Harrison (Parra). 2km: O-50: P Ricketts (Glenb) 8m21s D Archbold (UTN) R Dorey (UTN). O-40: S Williams (Gir) 8m20s S Raju (Gir) J Dennehy (East Subs). U-16: C Ennis (Greys) 7m45s M Munro (Parra) T Stevens (Black). U-14: P Cianci (Hills) 7m26s J Crandell (ASW) R Whitaker (ASW). U-12: D Daaboul (Cant) 8m J Williams (Hills) D Terranova (Hills). WOMEN: 8km: O-35: R Roediger (Hills) 31m33s G Salter (Hills). O-20: E Coxon (Glenb) 31m32s A Williams (Hills) C Roediger (Knox). U-20: M Vernon (Glenb) 28m28s R Junor (Syd Uni) E Junor (ASW). 4km: O-35: M Holland (Hills) 16m29s L Ross (Glenb) S Rilen (Hills). U-20: V Savage (Gir) 17m8s A White (Syd Uni) J Leach (Hills). U-20: K Archbold (Hills) 17m27s L Polkinghorne (Ryde) T Millgate (Ryde). U-16: H Gregson (Hills) 14m55s M Terranova (Hills) M Tumminello (Ryde). U-14: E Farrington (TW) 16m27s K Furniss (TW) S Argent (Gir). U-12: C Wilson (Nep) 16m1s R Hackett (Cant) M Johansson (W Subs). 2km: O-35: F McGregor 8m55s C Vernon (Glenb) C Barton (Grey). O-20: A White (Syd Uni) 8m42s A Osborne (Nep). U-16: D Riffkin (ASW) 9m A Micallef (Gir) Z Clarkin (Winst H). U-14: E Farrington (TW) 7m22s P Burdekin (TW) L Whittaker (ASW). U-12: E Barton (Grey) 8m39s H Edstelin (W Subs) R Houston (Winst H).

1715103

GIRRAWEEN, at Abbotsford: MEN: 8km: T Molesworth 30m42s R Frost M Free. O-45: S Williams 33m53s G Sheargold V Adams. O-50: E Makki 38m03s K Scalley (Hills). O-55: K Mayhew 33m45s J Butler B Sewell. 4km: B Flanagan 14m52s W Jeff S Ferguson. O-40: R Eager 18m08s G Micallef S Raju. O-50: D Hardiman 14m53s Y Manwaring. U-16: B Milosevic 14m55s. 2km: S Williams 8m1s T Evans B Evans. O-30: S Raju 8m47s M Evans. U-12: J Flanagan 11m38s. WOMEN: 8km: L Smith 17m26s V Savage. U-18: N Dawson C Eager. U-12: E Hardiman. Race Walking at Tempe: WOMEN: 12km: L Grant 63m26s C Nilson. 5km: U-16: J Grant 32m27s. 2km: U-14: B Micallef 14m05s K Micallef.

2415103

GIRRAWEEN at Dundas: Cross Country: MEN: 8km: O/30: M Free 37m16s. O/40: S Williams 36m52s G Sheargold V Adams. O/50: S Halverson 38m57s K Scalley. O/60: J Butler 46m33s P Bowden B Sewell. 4km: O/30: B Flanagan 15m36s S Ferguson W Jeff. O/40: R Eager 17m58s Y Manwaring G Micallef. O/60: T Diaz 20m30s. U-18: B Milosevic 15m28s R Diaz T Manwaring. 2km: O/30: S Williams 8m25s S Raju M Evans. U-18: T Evans 10m48s B Evans. WOMEN: 4km: O/20: S Smith 17m26s V Savage. U-18: S Ireland 17m53s S Argent C Eager. 2km: U-16: L Flanagan 10m0s E Hardiman A Micallef. Race Walking at Tempe: WOMEN: 12km: L Grant 63m26s C Nilson. 5km: U-16: J Grant 32m27s. 2km: U-14: B Micallef 14m05s K Micallef.

WEST METROPOLITAN at Dundas: Men: 8km: D Eggleton (Hills) 30m22s E T O'Brien (Spr) Ed O'Brien (Spr) 20yrs/o: S Burke (Macquarie Uni) 28m46s R Kulik M Ali (Hills). 40yrs/o: S Patterson (UTSN) 30m1s R Osborne (Nep) S Williams (Gir). 50yrs/o: S Halverson (Gir) 38m57s L Vaughan (Hills) K Scalley (Gir). 60yrs/o: J Butler (Gir) 46m33s P Bowden (Gir) C Fallon (Hills). 4km: U-12: J Raju 17m04s A Blunden C Harrison (Parra). U-14: P Ricketts (Glen) 14m21s A Pollard (AW) J Harrison (Parra). U-16: A Martin (Spr) 14m06s A Ellis (Hills) S Geoghegan (Hills). U-20: P Shomark (Hills) 14m27s Y Manwaring (Gir). 20yrs/o: A Cooper (Glen) 15m26s W Helfensdorfer (Hills) C Smith (West). 30yrs/o: S Ferguson (Gir) 17m54s W Jeff (Gir) P Stars (Hills). 40yrs/o: B Flanagan (Gir) 15m36s D Lewis (ASW) S Whelan (Hills). 50yrs/o: R Eager (Gir) 17m58s Y Manwaring (Gir) D Archbold (UTS-North). 60yrs/o: T Diaz 20m30s F Daniels (Vets) B Sewell (Gir). 2km: U-12: M Todd (Ryd) 7m08s K Gregson (Hills) D Daaboul (Burly). U-14: C Millgate (Parra) 7m46s P Cianci (Hills) P Woodden (TW). U-16: C Ennis (Wifields) 7m32s M Thompson (Blacktown) B Evans (Gir). 30yrs/o: L Williams (Hills) 7m59s Z Kalemuski (Glen) P Kennedy (Winston Hill). 40yrs/o: S Williams (Gir) 8m25s E Penrose (Ryd) P Barton (Grey). 50yrs/o: L Gillies (UTSN) 7m44s P Ricketts (Glen) D Archbold (UTSN). WOMEN: 8km: 20yrs/o: K Schultz (AW) 32m32s E Coxon (Glen) S Tulloch. U-12: M Vernon (Glen) 30m02s. 4km: U-12: C Wilson (AW) 16m38s R Hackett (Burly) C Boultton (Nep). U-14: K Furniss (AW) 17m22s J O'Brien (ND) S Argent (Gir). U-16: H Pobjie (Hills) 15m20s H Gregson (Hills) N Terranova (Hills). U-20: K Archbold (Hills) 15m38s S Ireland (Gir) M Orr (Cumberland Ryde Hornsby). 20yrs/o: S Rile (Hills) 15m57s A Kalemuski (Glen) S Smith (Gir). 35yrs/o: N Stock (Hills) 19m02s L Ross (Glen) D Kass (UTSN). 2km: U-12: E Barton (Grey) 8m56s N Sergeant (Grey) L Flanagan (Gir). U-14: C Hopkins (AW) 7m55s E Farrington (TW) T Burdekin (TW). U-16: L Whittaker (AW) 10m37s A Micallef (Gir) R Osborne (Nep). 20yrs/o: J Woodruff 12m02s L Wooden (AW) A Osborne (Nep). 35yrs/o: M McGregor 9m39s C Barton (Grey) S Smith (AW).

10|5|03

NSW ROAD RUNNING C'SHIPS, at Western Sydney Regional Park: Men 10km: R Dessak-Chin (SVU) 32m14s B Martin (SGD) J Barker (ACT). Team: Sutherland, Sydney, Randwick Botany Harriers. Veteran: 35-39: P Arthur (Tug) 34m29s S Williams (RHY) J Young (SSP). Team: Tuggerah, Randwick Botany Harriers, Hills. 40-44: J Craig 36.04s (Syd) P Parle (Kem) G Bruce (Sut). 45-49: B Wills (Tug) 37.25s M Donnelly (UTS) K Delaney (SGD). Team: Bankstown, Randwick Botany Harriers, St George Dist. 50-54: W Montefiore (Kem) 41m28s R Schwebiel (Syd) T Norris (RHY). 55-59: I Graves (Sur) 39.43s F Scorzelli (SGD) K Ostromski (BKS). Team: Bankstown Sports, St George Dist, Kembla. 60-65: R Hillsdon (BKS) 46.30s R Francis (Kem) 8 Webber (BKS). 65 plus: D Jolliffe (SGD) 55.92s M Powditch (Sur) B Sewell (Gin). U-20 8km: N Brown (CBT) 27.22s M Urkin (Sur) 3 Poppett (Kem). U-18 8km: S Delaney (SGD) 16.55s J Grealish (Kem) A Rutter (Sur). Team: Kembla, Hills. U-16 4km: B Guest (Gos) 13.27s J Tigha (A) Martin (Sur) 14.06s Team: Kembla, Hills. U-14 3km: D Ricketts (GLE) 10.46s C Page (Gos) A Pollard (ASW). Team: KEM. U-12 2km: S Cowlie (Kem) 7.19s Z Rea (RHY) J Hall (RHY). Team: RBH, SUT, LIL. Women 10km: J Truscott (RHY) 40.01s J Miles (UTN) S Mycroft (Kem). Team: RBH, UTN, Hills. 35-39: N Newton (RHY) 42.14s N Karl (RHY) T Rae (Tug). Team: Tuggeragh, Kembla, RHY. 40-44: S O'Brien (Kem) 45.10s E Stevenson (UTN) D Gibson (Sur). 45-49: J Cowan (UTN) 41.07s M Beardsley (Tug) R Roediger (Hills). Team: KEM. 50-54: R Mein (Kem) 53.19s J Foskett (Sur) A Kirby (RHY). 55-59: D Stepanoff (BKS) 57.02s D Hillsdon (BKS) K Marceland (Kem). 60 plus: K Viebro (BKS) 61.46s P Green (BKS). U-20 6km: B Wilsher (SUT) 24.44s S Wilshier (Sur) L Grant (Gin). Team: SUT. U-18 4km: M Heiner 15.10s K Archbold (Hills) J Boys (Hun). Team: Hills, ASW, Kembla. U-16: J Conder (Sur) 14.52s L Glimour (Sur) H Puje (Hills). Team: Kembla A, Kembla B, St George Dist. U-14 3km: C Tigha (CBT) 11.23s K Patterson (Kem) A Yardley (Kem). Team: Kembla, RHY, Sutherland. U-12 2km: C Wilson (ASW) 7.42s K Furniss (ASW) M Johansson (ASW). Team: ASW, Kembla A, Kembla B.

PARRAMATTA ADVERTISER, Wednesday, May 21, 2003

Walker runs third

LISA Grant, the Girraween Senior Athletics Club racewalker, has added a running medal to her collection.

The 17-year-old took bronze in the under-20 division of the state road running championships at Abbotsbury last Saturday week.

It followed Grant's third placing in the under-20 state short-course walking championship at Silverwater a week earlier.

Also at Abbotsbury, Girraween club coach Bob Sewell came third in the 65-and-over division.

Meanwhile, in school cross-country competitions, Stacey Argent, 13, scored an easy win in the Prospect zone and the club's youngest member, Erin Handley, 10, qualified for her first state championship by coming third in the eastern division of the Parramatta Catholic diocese.

NSW RACE WALKING, at Leichhardt: 8km: M Smith K Smith N Challinor. Fastest: A Miller 41m21s. W: S Walkley 43m21s. 6km: K Dodds J Brown J Purcell. Fastest: B Plummer 34m05s. W: K Dodds 36m36s. 3000m Div 1: A Tilman J Grant Jason Pisani. Fastest: Jason Pisani 18m40s. W: N Agius 16m27s. Div 2: R Leabeater James Pisania J Bennett. Fastest: K Maloney 16m9s. W: E Lingley 17m52s. 1500m: B Leabeater S Jennings K Chapple. Fastest: S Dib 9m7s. W: S Jennings 7m54s.

31|5|03

GIRRAWEEN: Cross Country at Nth Ryde: MEN: 8.5km: O-30: M Free 39m15s. O-40: K Mayhew 36m24s S Williams and G Sheargold dh. O-50: S Halverson 41m33s E Makki K Scalley. O-60: J Butler 49m49s P Bowden B Sewell. 4km: O-30: W Jeff 18m7s S Raju G Micallef. O-50: V Manwaring 19m30s B Goodin. U-16: B Milosevic 16m48s. 2km: T Evans 8m4s S Williams M Evans. WOMEN: 4km: V Savage 18m12s S Argent S Ireland. U-16: C Eager 21m42s. 2km: L Smith 8m4s R Donnelly A Micallef. U-12: D Goodin 9m47s E Handley. RACE WALKERS at Chipping Norton: Women 8km: L Grant 42m30s. 3km: J Grant 20m1s. 16yrs 2km: B Micallef 14m22s K Micallef.

WEST METROPOLITAN at North Ryde: Cross Country: MEN: 8.5km 60yrs-o: J Butler 46m34s P Bowden (GIR) B Sewell (GIR). 50yrs-o: S Ball (UTN) 35m59s K Mayhew (GIR) R Lovell (Sydney Strider). 40yrs-o: M Donnelly (UTN) 30m58s A Young (Hills). 30yrs-o: S Williams (RHY) 28m44s T Urlich (Sydney Pat) M Free (GIR). 20yrs-o: L Taylor (ASW) 28m1s A Knox (RHY) A McNamara (RHY). U-20: D Overman (Sydney Uni) 29m27s T Docanto (Hills) A Matthews (Sydney Uni). 50yrs-o: L Gillies (UTN) 16m41s V Manwaring (GIR) D Archbold (HILL). 40yrs-o: S Mayo (ASW) 13m56s D Lewis (ASW) S Whelan (Hills). 20yrs-o: M Bromley (Sydney Uni) 13m36s V Schalrov (UTN) W Jeff (GIR). U-20: A Rutter (Sydney Pac) 14m15s J Greenwell (RHY) T Manwaring (GIR). U-16: A Martin (Spring) 14m33s A Ellis (Hills) J Langford (Ryde). U-14: J Harrison (Parramatta) 15m28s D Ricketts (Glenbrook) A Ognjenevski (RHY). U-12: J Ralph (Hills) 16m15s B Ablunden (Greys) M McCall (WS). 2km: 50yrs-o: D Archbold (UTN) 9m20s B Matthews. 40yrs-o: S Williams (GIR) 8m56s M Evans (GIR) G Clarkin (Winston Hills). 30yrs-o: P Kennedy (Winston Hills) 10m15s B Daaboul (Canterbury). U-14: D Zentner (Ryde) 7m21s C Millgate (Parramatta) K Moussa. U-12: M Todd (Ryde) 7m7s K Gregson (Hills) Z Rea (RHY). WOMEN: 8.5km 35yrs-o: N Newsome-Hall (RHY) 36m5s R Roediger (Hills) G Salter (Hills). 20yrs-o: J Howard (RHY) 33m51s C King-Williams (RHY) A Williams (Hills). 4km 35yrs-o: L Ross (Glenbrook) 20m15s S Rile (Hills) D Kass (UTN). 20yrs-o: O Rile (Hills). 15m59s A Kalemuski (Glenbrook) M Kirato (Sydney Pac). U-20: M Vernon (Glenbrook) 14m36s K Archbold (Hills) L Polkinghorne (Ryde). U-16: H Gregson (Hills) 15m36s L Walsh (ASW) A McKillop (RHY). U-14: A Rutherford (RHY) 16m19s K Furniss (ASW) S Kajan (RHY). U-12: C Wilson (ASW) 16m33s R Hackett (Canterbury) M Johansson (ASW). 2km 35yrs-o: P McGregor 9m22s S O'Reilly-Moussa L Woodin (ASW). 20yrs-o: L Smith (GIR) 8m4 J Woodruff A Osborne (Nepean). U-20: M Tumminello (Ryde) 9m10s R Donnelly A Micallef (GIR). U-14: P Burdekin (TW) 8m55s S Crandell (ASW) F Newman (Ryde). U-12: D Goodin (GIR) 9m47s E Handley (GIR) K Kennedy (Winston Hills).

BLACKTOWN CITY GUARDIAN 25/7/03

So close



Bronze medal... Erin Handley of the Girraween Senior Athletics Club relaxes at home after the Short Course Championships last weekend.

The Girraween Senior Athletics Club have another little champion in the making. Erin Handley became only the third club member ever to win a state medal in the Senior Winter Competition last Sunday.

Finishing with a bronze medal around her neck at the NSW Short Course Cross Country Championships at Campbelltown, the 10 year old had to compete above her age group in the U12 1500m event.

After getting off to a slow start on the undulating course, Handley ran a good race keeping up with the main pack early on. She then pushed past 15 runners on the first long hill, before endeavouring for second position only to be pipped on the line, finishing one second behind in third place.

"I was happy and surprised to finish third. It was a sprint to the finish and I was trying to catch her, but couldn't get there," Handley said.

The result was no surprise to Handley's coach of nine months, Bob Sewell. "Erin's improvement has been gradual over the past nine months, but I was expecting her to do well at Campbelltown because of her excellent hill climbing ability," Sewell said.

Normally a middle distance runner, Handley only started competing over longer distances this year, with her step-father Shane Ferguson. She has adapted well and has been very competitive whilst competing throughout the 2003 Senior Winter Competition, regularly finishing in first and second positions.

"The races are always close between Erin and the girl who beat her for second place at the Short Course Championships. They've been very competitive against each other," Handley's mother Margaret Ferguson said.

Currently, Handley is gearing up for the 10km Sydney Harbour Bridge Run which will be the longest race she'll have run in.

26/7/03

GIRRAWEEN, at Cowells Lane: 9km: T Molesworth 32m10s M Free W Jeff 0'40: B Flanagan 37m26s S Williams G Sheargold. 0'50: E Makki 43m44s K Scalley S Halverson. 0'55: K Mayhew 37m30s P Bowden. 3km: B Flanagan 11m33 W Jeff G Micallef. U/20: B Milosevic 11m50s R Diaz T Manwarling. 0'45: V Manwarling 13m39s R Eager. 0'50: T Diaz 14m16s B Goodin. 2km: B Flanagan 2m49s S Williams S Raju. 0'30: E Makki 9m41s R Frost. Women: 3km: L Smith 12m39s F Argent C Eager. 2km: E Handley 9m55s R Donnelly D Goodin. U/20: A Micallef 10m59s B Micallef K Micallef.

WEST METROPOLITAN at Ermington: Cross Country: MEN 9km 60yrs/o: A Blommer (Hills) 37m33s N Schaefer P Bowden (Gir). 50yrs/o: A Ball (UTN) 35m54s K Mayhew (Gir) L Vaughan (Hills). 40yrs/o: B Mayo (ASW) 32m20s A Young (Hills) P Day (Hills). 30yrs/o: G Cox (ASW) 36m7s M Free (Gir) W Jeff (Gir). U-30: T Molesworth (Gir) 32m10s G Lewis (ASW). 3km 60yrs/o: T Diaz (Gir) 14m16s R Dorey (UTN) F Daniels (Vets). 50yrs/o: V Manwarling (Gir) 13m39s R Eager (Gir) D Archbold (UTN) 40yrs/o: O Lewis (ASW) 11m33s F Flanagan (Gir) S Whelan (Hills). 20yrs/o: N Blume (ASW) 10m50s A Cooper (Glenb) W Jeff (Gir). U-20: P Shoemark (Hills) 10m 28s T Manwarling (Gir). U-16: A Martin (Springw) 10m13s S Geoghegan (Hills) A Ellis (Hills). U-14: D Ricketts (Glenb) 11m J Harrison (P'matta) R Diaz (Gir). U-12: J Ralph (Hills) 11m43s A Blunden (Grey) D Daaboul (Cant). 2km 50yrs/o: J Bogenhuber (Hills) 7m23s P Ricketts (Glenb) D Archbold (UTN). 40yrs/o: N Terranova (Hills) 7m32s B Flanagan (Gir) S Williams (Gir). 30yrs/o: L Williams (Hills) 8m3s B Daaboul (Cant) R Benvenuti (W'stock). 20yrs/o: M Blume (ASW) 7m55s R Frost (Gir). U-14: J Crandell (ASW) 8m27s P Wooden (TW) S Ball (UTN). U-12: D Daaboul

BLACKTOWN ADVOCATE 30/7/03

So close

CROSS COUNTRY

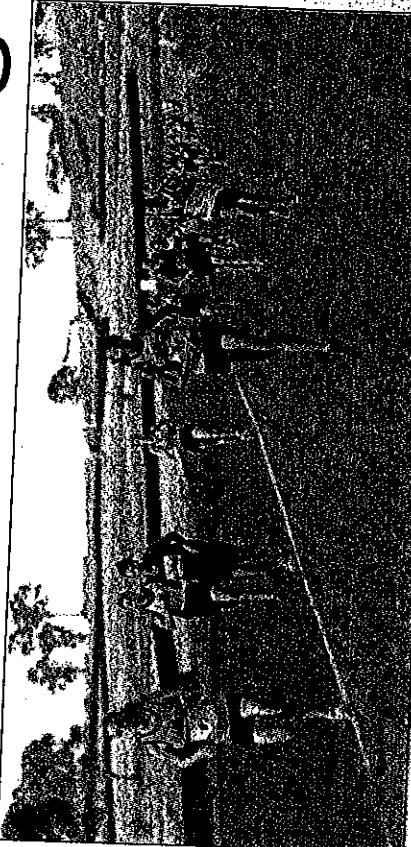
event, just two points behind the winner. The school's girls did not fare as well as the boys, with the best result coming from Karina Andrews who placed 15th in the under-13 event.

The under-13 boys team - Luke Milne, John Robert Bowskill, Nathan Millgate and Brendan Gaston - took gold. The under-12 boys - including Nathan Jones, Jonathan Castano, Aaron Sim and Reece Diaz - came second in the under-

13 event, including Nathan Jones, Jonathan Castano, Aaron Sim and Reece Diaz.

More than 2000 cross country runners competed at Eastern Creek.

Hills boys bring home gold



WOMEN

9km: M Vernon (Glenb) 34m42s A Williams (Hills) R Roediger (Hills). 3km 35yrs/o: L Ross (Glenb) 13m54s S Rien (Hills) A Dorey (UTN). 20yrs/o: A Calemusic (Glenb) 11m36s L Smith (Gir) J Grossener. U-20: K Archbold (Hills) 11m14s L Polkinghorne (Ryde) A Thompson (ASW). U-14: E Farrington (TW) 11m41s K Furniss (ASW) S Argent (Gir). 2km 35yrs/o: T Ayoub (W'stock) 10m30s S Smith (ASW) L Wooden (ASW). 20yrs/o: J Woodruff 11m33s A Osborne (Nep) M Crandell (ASW). U-16: T Macpherson 9m34s L Whittaker (TW) A Micallef (Gir). U-14: E Burnell-Jones (Ryde) 8m24s K Micallef (Gir). U-12: K Cavanna (Hills) 8m39s E Handley (Gir) D Goodin (Gir).

Grant in running for Aussie crown

CROSS-COUNTRY

CHAMPION racewalker Lisa Grant has qualified for her first Australian running championship. The Girraween High School student finished sixth in the 18-and-over age group at the NSW All Schools Cross Country Championships at Eastern Creek recently.

As well, Grant and schoolmates Susan Ireland and Helen Handley - representing the Sydney West region - won the team event.

Hannah was competing at the state championships for the first time. Grant's coach, Bob Sewell, said his performance was the best he had seen.

"I was impressed with her strong finish over the last 100m of the 6km race," he said. "The Australian All Schools Championships will be held on Queensland's Sunshine Coast at the end of October."

Grant is working part-time to raise money for her training expenses but would appreciate any additional assistance. Phone Bob Sewell on 9636 1145.



Girraween High School's champion (front left) Lisa Grant, Susan Ireland and Helen Handley.

National title

AFTER qualifying for her first Australian All Schools cross-country championships, Girraween High School's Lisa Grant, 18, won the national junior road walking title in Melbourne last Sunday week.

Erin Handley, 10, followed on from taking a state cross-country medal recently to score an easy 800m win in the Hills zone Catholic diocese competition with Our Lady of Lourdes School, Baulkham Hills.

The pair trains in running with coach Bob Sewell at Winston Hills.



SPRINT FINISH... Erin Handley.

Erin's silver lining

Erin Handley experienced a breakthrough at the recent NSW short-course cross-country championships at Campbelltown.

The 10-year-old secured her first state medal at the meet.

Erin coped well with an undulating course to finish second in the under 12s 1500 metres.

She had a slow start before powering past 15 runners on the first long hill.

The Girraween Senior Athletics Club member challenged the winner in a sprint home but finished one second short of the gold medal position.

Erin is the club's third member to win a state medal in the senior winter competition.

The other recipients were Stacey Argent (gold, 2001) and Lisa Grant (bronze, 2003).

Coach Bob Sewell was delighted by Erin's performance over one of the toughest courses in the winter program.

Clubmates Stacey Argent, 13, Susan Ireland, 18, and Carly Eager, 14, also collected silver in the under 20s 3.5 kilometre teams' championship.

Song time coming

by Nick Melaisis

Following many years of running thousands of kilometres, Girraween High School student Lisa Grant has finally made it to the top, the Australian All Schools Cross Country Championships.

But for the Year 12 student, her first experience against Australia's best will also be her last, as Grant also strives to complete her HSC this year.

"Even though this is my first, it will also be my last as it is my last year at school, which means I'll have to attack from the start," Grant said.

"I'll have to have a strong start, hold onto the main pack and then finish strongly."

With the Australian Championships being held on Queensland's Sunshine Coast, Grant will have to adapt to the climatic change and to a course she has never run, but only heard rumours about.

"I've never been to that area before, but I've heard it is in the hill country of the Sunshine Coast," Grant said.

Grant booked her place on the NSW team, after running an intense race in a field of over 90 competitors to finish in sixth place at the NSW All Schools Cross Country Championships at Eastern Creek recently.

"It was one of the best races I've done. Tactically it was a great race, after I got off to a good start and felt really strong throughout the race," Grant said.

One of Grant's biggest fans, Coach Bob Sewell said, "Lisa's performance was the best I've seen from her, and I was impressed with her finish over the last 500m."

Grant is hopeful of improving her sixth place



TRIUMPHANT TRIO ... Girraween High School athletes Lisa Grant, Julie Hanna and Susan Ireland.

Team of mates claims reward

Parramatta Sun, Wednesday, August 6, 2003



Girraween High School trio Lisa Grant, Susan Ireland and Julie Hanna, claimed the 18 years team event at the recent NSW Cross Country Championships.

The classmates performed strongly in a field of 90 competitors. Grant, who is a champion race walker, proved her athletic versatility by placing sixth.

The result has seen her qualify for her first national running championship.

And coach Bob Sewell believes her best is yet to come.

"Her performance at the state champion-

"What was really impressive was her strong finish over the last 500 metres.

"Lisa works part-time at the Chemist at Wentworthville to raise money for her travelling expenses but she

Businesses or individuals willing to provide sponsorship should contact Bob Sewell on 9636 1145.

finish, even with such a strong field in the Opens Age category, but says a top ten finish would be amazing. "It's a realistic goal, because I am putting in the training and I intend to try hard in this race," Grant said.

Girraween High School were also victors in the team event, where Grant, Susan Ireland and Julie Hanna won the girls category. Grant will compete at the Australian All Schools Cross Country Championships from August 23 to 26.

High school girl's long walk on the road to race success

Girraween High School's Lisa Grant claimed the recent Australian under 20 road walking championship in Melbourne.

The 18 year old maintained form and composure to complete the 10,000 metre journey ahead of the country's best juniors.

Her victory was the result of

months of hard work under coach Marilyn Pearson.

Training partner Erin Handley has also reaped the benefits of a solid preparation.

The 10 year old cruised to a comfortable win in the 800 metre at the recent Hills Diocesan athletics meet.

She also helped her Our Lady

of Lourdes schoolmates to second in the 4x100m relay.

Both girls are members of the Girraween Athletics Club and superb competitors, according to president Bob Sewell.

"Lisa and Erin deserve their success and are fine ambassadors for their respective schools," Sewell said.

PARRAMATTA ADVERTISER, Wednesday, September 10, 2003

Grant's getting cross

WENTWORTHVILLE athlete Lisa Grant has really picked up the pace as she expands her repertoire from walking to cross-country.

The national under-20 racewalking champion won two gold medals at her first Australian All-Schools cross-country championships on Queensland's Sunshine Coast last month. Competing in the 18-and-over age group, the Girraween High student came 12th but won the team category with NSW. Her second gold came in a team relay event.

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WEST METROPOLITAN at Greystanes: MEN 8km: U-20: Ed O'Brien (Springwood) 32m06s E T O'Brien (Springwood). 20yrs/o: T Molesworth (Girraween) 29m11s M Doggett (ASW) 1m Free (Girraween), 40yrs/o: A Young (Hills) 29m03s P Byrne (Hills) R Osborne (Nepean), 50yrs/o: K Mayhew (Girraween) 33m02s L Vaughan (Hills) K Scalley (Girraween), 60yrs/o: J Butler (Girraween) 43m56s J Smith (Girraween) C Fallon (Hills) and P Bowden (Girraween). 40km: U-12: A Blunden (Greystanes) 16m34s C Harrison (Parramatta) A Jordan (Greystanes), U-14: R Diaz (Girraween) 15m46s J Harrison (Parramatta) D Terranova (Hills), U-16: A Ellis (Hills) 14m03s A Pincham (ASW) S Blum (Glenbrook), 20yrs/o: W Devjak (Ryde) 14m00s S Ferguson (Girraween) G Kavanna (Girraween), 40yrs/o: D Lewis (ASW) 14m32s B Flanagan (Girraween) N Terranova (Hills), 50yrs/o: D Hardiman (Girraween) 15m33s D Archbold (UTN) O Taylor (ASW), 60yrs/o: T Diaz (Girraween) 18m52s R Dorey (UTN) F Daniels (Vets), 2km: U-12: D Terranova (Hills) 8m48s J Williams (Parramatta) I Crysel, U-14: C Millgate (Parramatta) 7m49s D Williams (Hills) M Newman, 20yrs/o: N Blume (ASW) 6m45s J Ayoub (Woodstock) N Spasovski (Woodstock), 40yrs/o: N Terranova (Hills) 8m03s S Williams (Girraween) S Reh (Girraween), 50yrs/o: D Archbold (UTN) 9m17s R Dorey (UTN). WOMEN 8km: A Williams (Hills) 31m15s V Savage (Girraween) L Balinski (Hills), 40km: U-14: K Kurnits (ASW) 17m11s S Argent (Girraween) E Helfensdorfer (Hills), U-16: M Terranova (Hills) 16m52s S Vernon (Glenbrook) C Eager (Girraween), U-20: L Polkinghorne (Ryde) 16m19s S Ireland (Girraween), 35yrs/o: L Ross (Glenbrook) 18m41s S Rien (Hills) C Vernon (Glenbrook), 2km: U-12: E Barton (Greystanes) 8m25s K Kavanna (Hills) E Handley (Girraween), 20yrs/o: A Kalemusic (Glenbrook) 7m19s J Woodruff (UTN) A Osborne (Nepean), 35yrs/o: T Ayoub (UTN) 9m58s R Crysel.

3118103

GIRRAWEEN at Homebush: Road run: MEN 15km: T Molesworth 56m38s M Kammerer M, Graham, 10km P Kimpton 38m40s R Frost, S Williams, O-50: S Halverson 49m0s, 5km: B Milosevic 19m24s V Manwaring V Adams.

3018103

WEST METROPOLITAN ROAD RACES at Cabarita: MEN: 8km: 60yrs/o: J Butler (Gir) 43m18s P Bowden (Gir) G Taylor (ASw), 50yrs/o: B Devlin (Hills) 33m18s L Vaughan (Hills) K Scalley (Gir), 40yrs/o: A Young (Hills) 28m26s P Byrne (Hills) P Day (Hills), 30yrs/o: M Doggett (ASw) 27m49s M Free (Gir) P Cohen (ASw), 20yrs/o: T Molesworth (Gir) 29m R Frost (Gir), U-20: Ed O'Brien (Springw) 31m15s E T O'Brien (Springw), 4km: 60yrs/o: R Dorey (Utn) 18m34s J Diaz (Gir), F Daniels (The Vets), 50yrs/o: D Hardiman (Gir) 15m49s 8 Goodin (Gr) B Sewell, 40yrs/o: B Mayo (ASw) 13m24s P Sampson (Ryde) D Lewis (ASw), 18yrs/o: W Devjak (Ryde) 13m25s P Shoemark (Hills), U-16: A Ellis (Hills) 14m7s A Martin (Springw) B Harry, U-14: D Ricketts (Glen) 14m31s J Harrison (Parra), U-12: A Blunden (Grey) 16m19s C Harrison (Parra) G Jordan (Grey), 2km: 50yrs/o: L Gillies (Utn) 7m E Makki (Gir) D Archbold (Utn), 40yrs/o: T Ayoub (Wood) 9m4s K Wooden (ASw) M Evans (Gir), 16yrs/o: A Blume (ASw) 6m27s T Evans (Gir), U-14: C Millgate (Parra) 7m16s G Lewis (ASw) P Wooden (TW), U-12: D Williams (Hills) 8m22s J Roberts M Newman, WOMEN: 8km: Open: K Roediger (Hills) 32m1s S Tulloch L Balinski (Hills), U-20: Vernon (Glen) 29m39s, 4km: 35yrs/o: L Ross (Glen) 18m57s S Rien (Hills) D Kass (Utn), U-20: K Archbold (Hills) 14m50s S Vernon (Glen) S Eager (Gir), U-14: L Jordan (Grey) 18m33s E Helfensdorfer (Hills) S Baker (Grey), 2km:

35yrs/o: T Ayoub (Wood) 9m4s T Wooden (ASw), 20yrs/o: J Woodruff (Utn) 9m54s A Osborne (Nep), U-20: Polkinghorne (Ryde) 9m49s A Micallef (Gir), U-12: K Cavanna (Hills) 8m5s D Goodin (Gir) F Newman.

619103

WEST METROPOLITAN at Prospect: Road run: MEN: 10km: 60yrs/o: J Butler (Gir) 55m39s P Bowden (Gir) G Taylor (ASw), 50yrs/o: S Ball (UTN) 41m30s K Mayhew (Gir) B Hutchins (Hills), 40yrs/o: A Young (Hills) 36m57s R Osborne (Nep) P Byrne (Hills), 30yrs/o: M Doggett (ASW) 36m45s M Free (Gir) B Flanagan (Gir), 20yrs/o: T Molesworth (Gir) 35m57s R Frost (Gir) C Cecot (Hills), U-14: G Lewis (ASW) 49m35s, 5km: 60yrs/o: T Diaz (Gir) 23m7s R Porey (UTN) F Daniels (Vets), 50yrs/o: D Hardiman (Gir) 19m26s V Maiwaring (Gir) D Archbold (UTN), 40yrs/o: B Mayo (ASW) 16m42s P Sampson (Ryde) D Lewis (ASw), 30yrs/o: S Ferguson (Gir) 19m4s B Cohen (ASW), 20yrs/o: W Devjak (Ryde) 17m5s U-16: A Ellis (Hills) 17m50s G Geoghegan (Hills) B Milosevic (Gir), U-14: J Harrison (Parra) 20m30s, U-12: A Blunden (Greys) 20m12s C Harrison (Parra), 2km: 60yrs/o: R Dorey (UTN) 9m26s B Sewell, 50yrs/o: J Bogendubel (Hills) 7m11s P Ricketts (Glen) D Archbold (UTN), 40yrs/o: N Terranova (Hills) 7m10s S Williams (Gir) J Ayoub (Woodst), 20yrs/o: N Blume (ASW) 6m37s, U-16: M Thompson (Blackt) 7m48s B Evans (Gir), U-14: D Carrigan (Cant) 7m25s J Crandell (ASW) C Millgate (Parra), U-12: D Williams (Hills) 9m11s D Kass (UTN), WOMEN: 10km: K Schultz (ASW) 39m28s S Tulloch L Balinski (Hills), 5km: 35yrs/o: L Ross (Glen) 24m23s S Rien (Hills) D Kass (UTN), 20yrs/o: V Savage (Gir) 23m4s N Lloyd (UTN) A Dorey (UTN), U-16: N Terranova (Hills) 20m54s S Vernon (Glen) C Eager (Gir), U-14: K Furniss (ASW) 21m35s E Helfensdorfer (Hills) L Jordan (Greys), U-12: R Hackett (Cant) 20m22s, 2km: 35yrs/o: T Ayoub (Woodst) 9m33s S Smith (ASW) L Woodruff (ASW), 20yrs/o: J Woodruff (UTN) 10m56s A Osborne (Nep), U-12: C Cavanna (Hills) 8m32s E Handley (Gir) J Vernon (Glenb).



HEAD IN THE CLOUDS . . . Lisa Grant may have high goals but the Wentworthville teenager is also keeping her feet on the ground about her athletic career.

Photo: NATALIE SPITERI

National championship just a walk in the park for athlete

By GERARD SUTTON

Lisa Grant spends countless hours training to be a world class walker.

So when someone suggests running, it's a bit of a novelty.

Breaking into a gallop is something of a release for the national under 20 walking champion.

"I enjoy running, it breaks up my training," Grant said.

"It's beneficial to the cardiovascular system and hopefully I can transfer some of that fitness to walking."

Running may be a different mode of movement, but Grant performs it with the same intensity - flat out.

She returned from the Australian All Schools Cross Country Championship on August 24 with two gold medals.

The Girraween High School student placed 12th in the 18 years and over event.

The race was held in cold and wet

conditions on a course that featured only one steep hill.

It was a solid effort for an athlete who normally focuses on a different discipline.

Grant's run was enough to secure first place for the NSW team which also included Melinda Vernon, Marnie Cartwright, Lucy Hudson, Erica Fowler and Andrew Oracki.

She graced the podium again the following day after completing a strong leg in the 5 x 2000m relay.

"Walking will remain the most important thing, but those results have given me the confidence to keep running for a while yet," Grant said.

"A lot of top walkers integrate running into their programs. It doesn't affect my technique because that's automatic for me now."

Grant's next major walk is at December's Australian All Schools Champion-

ships in Brisbane. Last year she won the under 18s event and finished second in the under 20s.

Training partner Erin Handley has qualified for her first state championship in the catholic school system, after placing third in the 800m at the Parramatta Diocesan meet at Rooty Hill on August 27.

The 10 year old is a student at Our Lady of Lourdes School at Baulkham Hills.

Both girls are members of the Bob Sewell coached Kenyan Klub at Winston Hills.

The squad caters for people of all ages and standards, but runners must be committed to training hard.

"Not everyone can be a champion, but those who do the work will improve substantially," Sewell said.

"You will never know how good you can be until you do the work."

Sewell keeps on running

There are few constants in life. But for 25 years Bob Sewell has been one of them at the Girraween Athletics Club.

As a coach and long-time president, he helped develop successive generations of athletes.

Sewell was president for 14 years, coach for 20, registrar for five, publicity officer for 22, winter competition officer for 14 and canteen manager for five.

His unwavering commitment was recognised at the club's recent presentation night with a meritorious service award.

It will sit proudly alongside the life membership he secured in 1988.

"Bob's impact is seen in the club's growth," publicity officer Suresh Raju said.

At 65, Sewell may have fewer commitments but he still isn't ready for a sedentary existence.

His greatest desire is to re-establish the Kenyan Klub, a group for distance runners committed to training hard and regularly.

Sewell practices what he preaches. The veteran coach maintains his fitness by walking or running every day, climbing aboard an exercise bike and completing two boxing and weight sessions a week.

Bob Sewell can be contacted on 9636 1145.

■ Meanwhile, the Girraween Athletics Club launched its season on Saturday.

Registrations will be accepted over the following weeks with new members welcomed.

Athletes range from 12 years of age to over 70 and sessions cater for both beginners and advanced.

Twenty-fifth anniversary celebrations will be held on November 16 at CV Kelly Park.

Parramatta Sun, Wednesday, September 24, 2003

Athletics Club results

Girraween Athletics Club results from competition at CV Kelly Park on Saturday, October 4:

Mens 100m: M Bakes (11.6secs), T Evans, P Kimpton. Men's 400m: T Evans (58.7secs), F Blemith, P Kimpton. Men's 1500m: G Howard (4mins 54secs), F Blemith, G Warmsley. Men's long jump: T Evans (5.33m), P Kimpton, B Weyland. Men's javelin: S Williams (28.9m), S O'Donnell, B Weyland.

Women's 100m: J Austin (14.7secs), C Austin, D Goodwin. Women's 1500m walk: C Austin (8mins 5secs), C Nylon, B Micallef. Women's 1500m: Grant (5mins 43secs), D Goodwin, J Davis. Women's javelin: J Ward (28.23m), A Micallef, A Handley.

20/10/03

GIRRAWEEN at CV Kelly Park: Men: 100m: E Leseberg 11.1s M Bakes T Evans, 400m: P Kimpton 59.35s D Beattie I Clarke, 1500m: B Flanagan Sm 3.7s F Blemith B Milosevic. Women: 100m: C Austin 15.01s L Grant S Ireland, 400m: L Smith 67.04s C Austin S Argent. 1500m: L Smith 5m42.01s D Goodin S Argent.

15/10/03

Run along

Local runner Lisa Grant will receive \$250 from Holroyd Council to attend the Australian Schools Cross Country Championships under its Grants to Support Talent program.

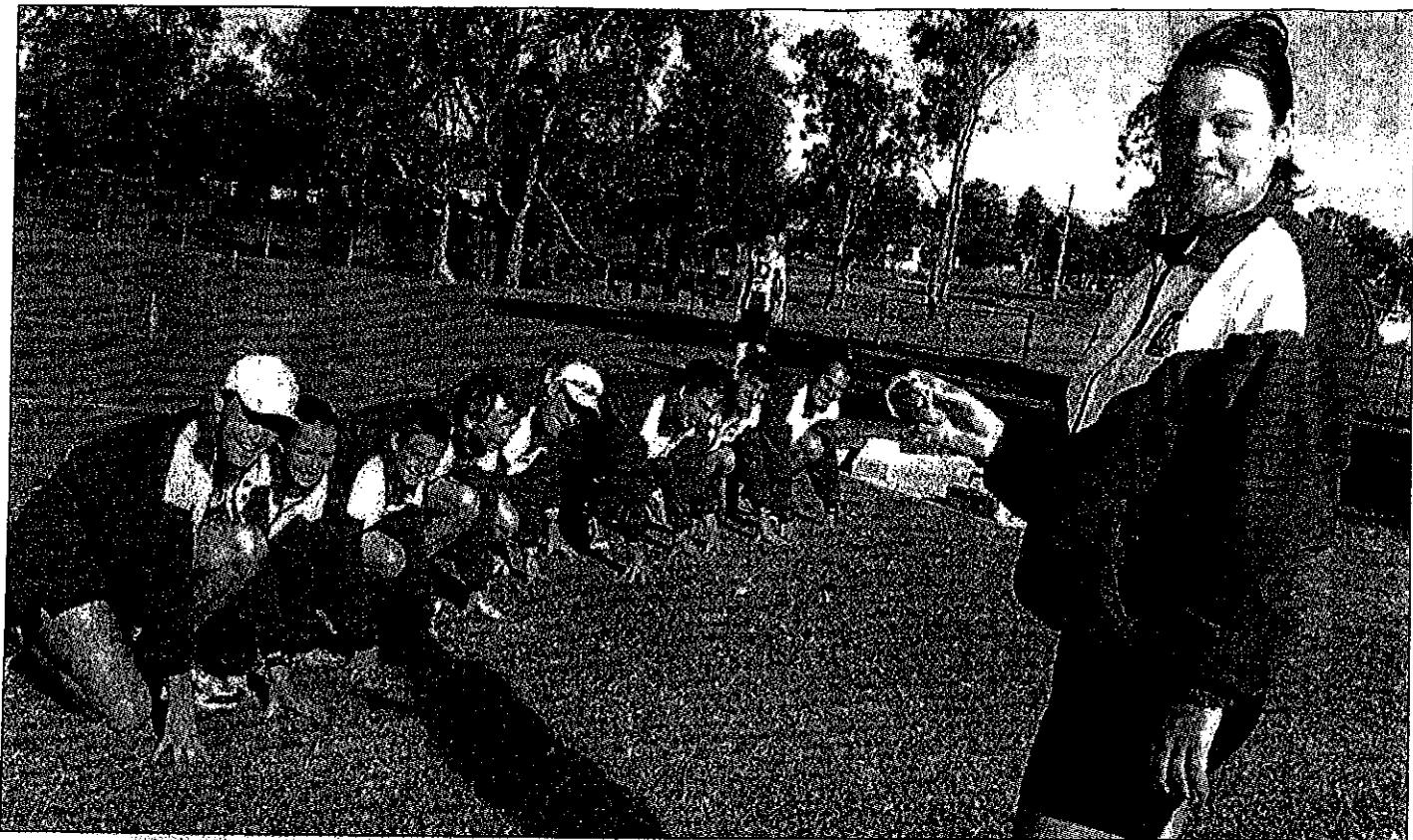
Girraween Athletics competition results

Results from Girraween Athletics competition at CV Kelly Park on Saturday October, 11:

MEN'S - 200m Open: E.Lesberg 24.9s, B. Corey-York, S.Mortimer. Veterans: R. Geisler 28.9s, S.Williams, S.Parkins. High Jump: B. Weyland 1.61m, P.Kimpton, S.Mortimer. Discus: B. Evans 29.15m, M.Bakes, B.Corry-Yorke. 800m Open: F.Blemith 2m19s, P.Kimpton, T.Molesworth. U/20: A.Sinclair 2m39s, B.Milosevic, S.Mortimer. Veterans: N.Terranova 2m37s, S.Williams, K.Mayhew.

3,000m Open: T. Molesworth 10m30s, F.Blemith, M.Graham. U/20: B.Milosevic 11m21s, A.Sinclair, S.Mortimer. Veterans: N.Terranova 11m25s, K.Mayhew, S.Williams.

WOMEN'S - 200m Open: C.Austin 34.6s, A.Hendley, S.Ireland. Long Jump: J.Austin 3.53m, S.Ireland, A.Hendley. Shot Put: J.Ward. 9.72m, A.Hendley, V.Savage. 800m Open: N.Terranova 2m39s, V.Savage, C.Austin. U/20: S Ireland. 3.02s, S.Argent, D.Goodin. 3,000m Open: N.Terranova 12m34s, V.Savage, A.Micallef. U/20: S.Ireland 12m44s, V.Savage, D.Goodin.



ROOKIE COACH... Positive reinforcement is the name of the game for Vikki Savage.

Photo: NATASHA PAES

Playing sport with a passion

Sporting clubs face battles on several fronts these days but one of the biggest is how to engage and retain youngsters.

Vikki Savage has the credentials to lead the fight for the Girraween Athletics Club.

She has a genuine passion for her sport and the club.

But perhaps more importantly she knows what it's like to be a adolescent with options and other priorities.

The University of Western Sydney physical education student, left the track during her early teens.

"I competed at a fairly high level in the under 11s and 12s before giving up," Savage said.

"I came back in the seniors where there was less pressure. So many kids drop out, so I want them all to know that while not everyone can be a world champion there is still motivation to train."

"It's a bit of a different approach. The only expectations are your own and I don't come down on people too hard if they go missing for a week."

Savage has accepted the coaching reins at Girraween Athletics following the retirement of Bob Sewell.

Sewell actually tutored his successor 13 seasons, so his legacy will be enduring.

The rookie coach is enjoying the transition from athlete to mentor.

"I don't really have any long term plans, but I'm certainly enjoying the role at the moment and if things continue to go well I guess I will do it again," she said.

"We've been going about a month now and the attendances have been quite strong."

"I've found it has motivated me with my study. I'm able to apply things that I'm learning about energy cycles, nutrition and other theory work."

"The members seem to appreciate it because it's all new information for them."

Savage has produced a training schedule with the help of Girraween Little Athletics coach Gary Micallef.

The program provides an environment

in which athletes can work effectively, but also benefit from social interaction.

Monday is an endurance session with sprint work receiving the main focus on Wednesday's.

"The workouts at the moment are hard and fast, but there's a lot of recovery," Savage said.

"It's definitely a case of the more the merrier. It would be particularly good to see a few more women coming along."

While the juniors have embraced Savage's fresh approach, her focus is by no means limited to the young.

Athletes at Girraween range from 12 to 76 and she is dedicated to all of them.

People like World Masters discus and Javelin champion Lynette Smith and seventy-two-year-old Phil Bowden are also in the frame.

The club is still accepting registrations for the 2003-04 season and will mark

its 25th anniversary with a celebration at CV Kelly Park on November 16.

Ironman's Savage training regime

Endurance is a way of life for Tim Molesworth. Tolerance is an absolute necessity for his long-suffering girlfriend.

Molesworth rises at 4am every day to run, cycle or swim his way through two hours of solid training.

The physical torture test is applied for another three hours each evening, leaving the budding ironman precious little time to devote to his other love - Vikki Savage.

However, Savage doesn't really have much recourse. The Girraween Athletics coach introduced her beau to running three years ago.

She sparked the obsession that sees him on the cusp of greatness and their relationship compartmentalised between workouts.

"Vikki suggested that I go down to Girraween for a run and it grew from there. She wishes now that she hadn't," Molesworth said.

"I found I liked the longer distance runs so I got into marathons and eventually triathlon."

"Some days Vikki only sees me when I run past her house. "And when I do go over there I usually just feel like crashing and falling asleep."

"But she's very supportive and understands how motivated, or possibly stupid, I am."

Molesworth cycles 350 kilometres, runs 70 kilometres and swims 12 kilometres during a typical week.

The 24-year-old's Herculean workload has produced some outstanding results in 2003.

He was third in March's Australian Longcourse Triathlon Championships and second in June's NSW Duathlon titles.

Only the lack of a sponsor prevented him from representing Australia at July's Longcourse Triathlon World Championships in Ibiza.

The highlights were victories in the 18-24 division at last month's Gold Coast half ironman and the Forster half ironman a fortnight ago.

The wins qualify Molesworth for April's New Zealand Ironman at Lake Taupo and March's Australian Ironman at

Forster-Tuncurry. The ironman format requires competitors to negotiate a 3.8 kilometre swim, 180 kilometre cycle and 42 kilometre run.

But the local athlete is more concerned about the financial demands of contesting such an event.

"It isn't easy to keep getting up early but I get such a buzz from winning a trophy and every extra kilometre I do makes me feel stronger," Molesworth said.

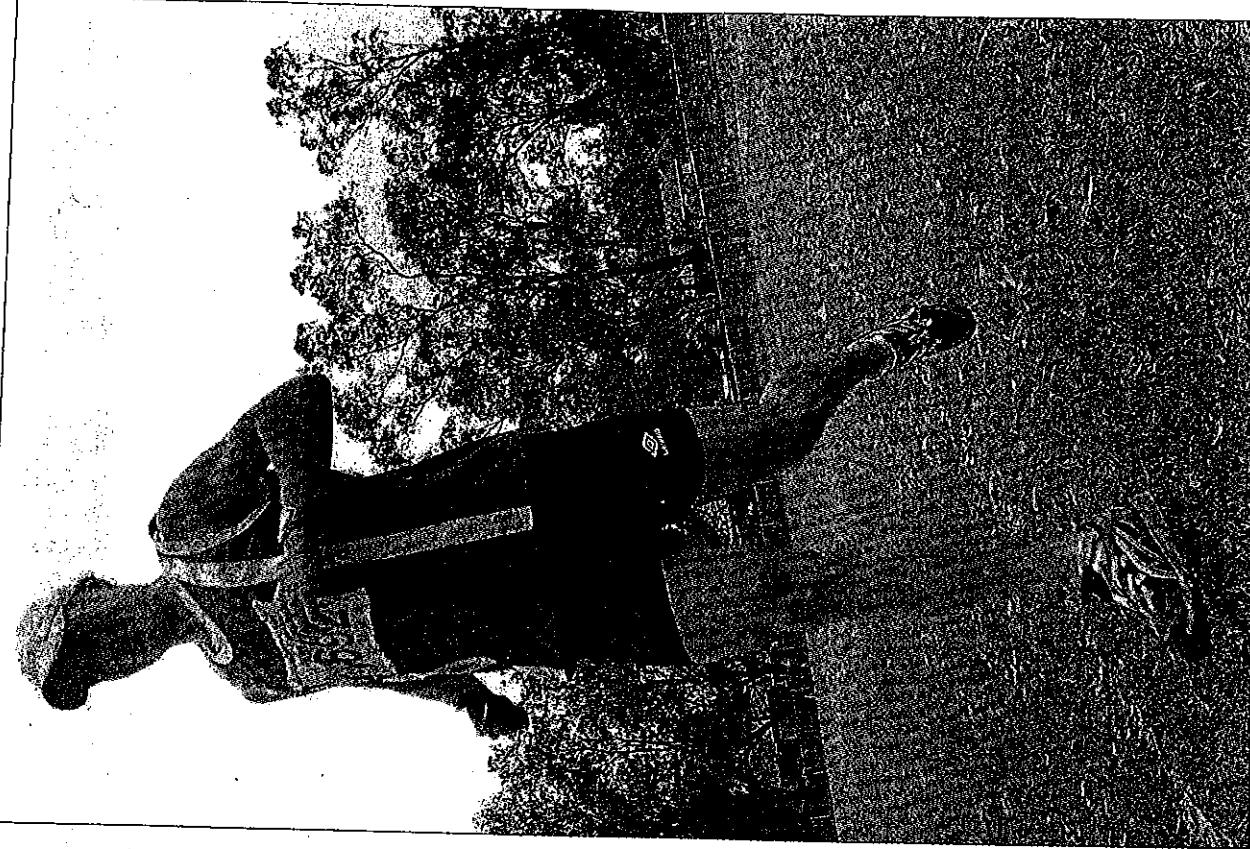
"The hardest thing is not having a single sponsor; I've already missed a world championship because of it and I need to raise money to get to New Zealand.

"I'm not going to make up the numbers, I definitely want to be top three."

Molesworth also plans to feature in the 2008 Olympics.

"The peak age is around 30 and I'm already getting up near the quick guys, so there's plenty of time," he said.

Businesses willing to sponsor the potential champion can contact the Parramatta Sun.



11/11/03

NSW SECONDARY ALL SCHOOLS C'SHIPS at Olympic Park: BOYS: 19YRS: 100m: J Groth 11.23s A Harvey S Fintic. 400m: G Jeffries 49.20s M Bedford A Stone. 1500m: P Simpson 4m02.96s E O'Brien. 2000m Steeplechase: Foster-Greenwood 6m49.63s. 5000m Walk: Ruter 21m53.18s. 110m Hurdles: J Merlin 15.24s P Havea J Thom. 4x100m Relay: St Josephs, Westfields, Turramurra HS. Long Jump: M Chapple 6.10m N Wiles D Boulet. Triple jump: M Howard 15.01m D Boulet. Pole Vault: C Lewis 3.60m. Hammer: T Hobbs 39.8m. 17YRS: 100m: M Lynch 11.29s H Mitchell G Goode. 400m: A Scully 49.91s N Campos G Goode. 1500m: T Prigg 4m03.08s B Woods N Walker. 2000m Steeplechase: T Prigg 6m15.04s A Hobbs P Petalis. 110m Hurdles: S Powis 15.31s D Raper L Bennett. Triple Jump: P O'Donoghue 13.84m L Jacenko. Pole Vault: L Pye 3.75m T Lewis. Shot: S Anapu 17.34m G Kolopoulo T Lane. 16YRS: 100m: T James 11.29s O Martin N Bates. 400m: L Renshaw 49.57s B Zanudio J Cowley. 1500m: J Matthews 4m09.98s D Delaney M Pratt. 2000m Steeplechase: M Pratt 7m05.55s M Harrison D Bowles. 110m Hurdles: A Vandenert 15.30s A Slezak K Mannix. Triple Jump: D Wood 13.43m M Walker A McConnochie. Pole Vault: J Gray 3.10m. Javelin: J Cocks 64.34m N Outzen D Parker. Discus: A West 50.22m B Cranney S Seo. GIRLS: 19YRS: 100m: B Williams 12.72s L Spencer E Lincoln-Smith. 400m: T Millgate 57.94s E Lincoln-Smith R Vandenberg. 1500m: N Vernon 4m45.75s N King S Fennamore. 5000m Walk: L Grant 25m37.71s C Allids K Dodds. 100m Hurdles: L Spamer 11.75s A Sekulowski. 2000m Steeplechase: S Fennamore 8m50.21s. High Jump: P Price 1.92m I Manners. Triple Jump: S Watling 11.02m R Coburn R Nathwani. Shot: B Forsyth 14.17m J Diford. Discuss: B Forsyth 46.89m N Jones J Diford. 4x100m Relay: Gosford HS 50.71s Westfield, OLMC Parramatta. 17YRS: 100m: A Glapa 12.78s N Bligh H Treadaway. 400m: J Hoerberg 55.58s K Windley K Parsons. 1500m: K French 4m39.77s J Boyd L Polkinghorne. 5000m Walk: L Burns-Rees 14m59.82s C Jones. 100m Hurdles: K Wildman 16.02s T Amanakis A Horsnall. 2000m Steeplechase: H Pobjie 7m23.24s L Polkinghorne G Davy. High Jump: N Bligh 1.66m S Zylstra A Horsnall. Triple Jump: A Ciric 11.66m S Boulet S Walker. Shot: R Papadopoulos 12.24m L Craig C Richards. Discuss: L Craig 38.26m R Evans M Kendall. 16YRS: 100m: M Riley 13.02s S Fletcher K Jeffries. 400m: R Pederson 59.24s K Bell Newin. 1500m B Simpson 4m29.91s M Heiner G McNiven. 3000m Walk: S Knaphon 14m34.01s J Hazelwood D Corolini. 100m Hurdles: J Shea 15.10s P McAlester S McLean. High Jump: L Moloney 1.64m K Jones A Bricknell. Triple Jump: K Tapscott 11.55m R Wynn J Shea. Discuss: S Mortulki 44.34m J Perry C Luzzi.

11/11/03

GIRRAWEEN at C V Kelly Park: MEN: 200m: E Lesberg 24.9s B Corey-York S Mortimer. Veteran: R Geisler 28.9s S Williams S Parkins. 800m: S Bleimith 2.19s T Maldsworth. U-20: A Sinclair 2m39s N Milosevic S Mortimer. Veteran: N Terranova 2m37s S Williams K Mayhill. 3km run: T Moleworth 10m30s F Bleimith M Graham. U-20: B Milosevic 11m21s A Sinclair S Mortimer. Veteran: N Terranova 11m25s K Mayhill S Williams. 3km walk: P Kimpton. High Jump: B Wayland 1.61m P Kimpton S Mortimer. Long Jump: R Geisler 4.21m S Parkins G Micallef. Discuss: B Evans 29.15m M Bates B Corey-York. WOMEN: 200m: C Austin 34.6s A Hendley S Ireland. 800m: N Terranova 2m39s V Savage C Austin. U-20: S Ireland 3m02s S Argent D Goodin. 3km run: N Terranova 12m34s V Savage A Micallef. U-20: S Ireland 12m44s S Argent D Goodin. 3km walk: C Austin C Eager. High Jump: C Austin 1.26m M Henwood V Savage. Long Jump: J Austin 3.53m S Ireland A Hendley. Shot: J Ward 9.72m A Hendley V Savage.

11/11/03

GIRRAWEEN, at C V Kelly: 100m: T Evans 11.4s B Corey-York L Corey-York. U-20: M Bakes 11.9s S Mortimer B Evans. Veteran: R Geisler 13.5s V Adams S Halverson. 400m: T Evans 54.8s F Bleimith P Kimpton. U-20: B Corey-York 61.2s S Mortimer B Evans. Veteran: V Adams 68.6s R Geisler S Halverson. 1500m: F Bleimith 4m55s M Graham B Harrison. U-20: P Kimpton 5m02s B Milosevic A Sinclair. Veteran: B Cripps 5m33s N Spasevski R Benvenuti. Long Jump: P Evans 6.17m B Corey-York L Corey-York. U-20: P Kimpton 5.48m S Mortimer B Evans. Veteran: S Halverson 4.20m M Evans S Williams. Triple jump: T Evans 13.36m B Corey-York A Willard. U-20: P Kimpton 11.82m S Mortimer A Sinclair. Shot: I Craddy 10.89m B Evans S Mortimer. Veteran: R Geisler 7.62m S Halverson B Goodin. Women: 100m: U-20: J Austin 15s C Austin. U-18: D Goodin 14.8s J Ward C Graham. 1500m: S Ireland 5m06s D Goodin A Hendley. 1500m walk: C Austin 8m20s C Eager. Long jump: C Austin 3.86m. Triple jump: C Austin 8.9m. Javelin: U-20: J Ward 29.37m A Micallef A Graham. Veteran: A Hendley 20.43m J Micallef.

8/11/03

GIRRAWEEN, at C V Kelly Park: MEN: 200m: B Corey-York 14.5s T Evans S Mortimer. U-20: P Kimpton 25.6s T Wayland B Wayland. Vet: R Geisler 28m1s S Parkins V Adams. 800m: F Bleimith 2m13s T Molsworth A Watson. U-20: P Kimpton 2m22s A Ellis A Sinclair. Vet: B Crisp 2m34s K Mayhew S Raju. 3km: Open: T Molsworth 10m11s F Bleimith N Spasevski. U-20: A Ellis 10m26s B Milosevic. Vet: N Terranova 11m B Crisp K Mayhew. High jump: T Evans 1.68m A Wheeler S Mortimer. U-20: P Kimpton 1.58m T Wayland A Sinclair. Vet: S Halverson 1.28m M Evans. Discuss: A Wheeler 28.61m B Corey-York B Evans. U-20: M Bakes 28.62m P Kimpton I Craddy. Vet: S Halverson 20.01m R Geisler S Williams. WOMEN: 200m: L Smith 29.5s C Austin J Davis. U-20: J Austin 33.4s L Grant K Graham. Vet: A Handley 34.4s T Ayoub. 800m: Open: L Smith 2m35s V Savage J Grosvenor. U-20: N Terranova 2m31s L Grant S Ireland. Vet: A Handley 3m1s F Ayoub K Taylor. 3km: I Smith 11m53s. U-20: N Terranova 11m22s L Grant S Ireland. Field: High jump: C Austin 1.28m V Savage. Shot: L Smith 9.38m V Savage J Grosvenor. U-20: J Ward 9.59m S Ireland J Austin. Vet: A Handley 8.24m.

15/11/03

GIRRAWEEN: At CV Kelly Park: 100m Open: A Watson 12.8s S Parkins S O'Donnell. U-20: M Bakes 11.4s Corey-York L Corey-York. Veteran: R Geisler 13s V Adams S Halverson. 400m: A Watson 61.4s S O'Donnell S Hinwood. U-20: P Kinton 59.7s B Corey-York S Mortimer. Veteran: R Geisler 66.7s S Williams V Adams. 1500m: W Jeff 5m31s S O'Donnell S Parkins. U-20: R Diaz Smills B Milosevic S Mortimer. Veteran: M Terranova 5m7s K Mayhew J Ayoub. Shot: S Hinwood 10.21m W Jeff S O'Donnell. U-20: I Craddy 11.11m B Evans M Bakes. Veteran: R Geisler 7.69m S Halverson G Micallef. Long jump: S Donnell 4.45m. U-20: G Evans 6m P Kinton L Corey-York. Triple jump: S O'Donnell 9.8m. U-20: T Evans 12.7m P Kinton S Mortimer. Veteran: S Halverson 4.22m M Evans. Javelin: S O'Donnell 25.9m G Micallef S Hinwood. U-20: B Evans 24.1m S Mortimer. Veteran: S Williams 29.9m V Mainwaring S Halverson. Women: U-20 100m: J Austin 14.4s D Goodin L Grant. 400m: L Smith 64.8s J Davies G Ayoub. U-20: L Grant 72.9s J Austin A Micallef. 1500m: U-20: M Terranova 5m09s L Grant S Ireland. Open: J Davis 6m30s. 1500m walk: U-20: L Grant 7m46s E Eager. Discuss: L Smith 34.69m J Davis. U-20: J Ward 27.3m A Micallef M Hinwood. Javelin: L Smith 35.9m J Davis. U-20: J Ward 26.2m A Micallef S Ireland.

29/11/03

30/11/03

NSW RELAY C'SHIPS At Sydney Athletic Centre**Centre: MEN: OPEN: 4x100m:** UNSW 41.04s**Bankstown, Sydney Pacific, 4x400m: Sydney Pacific****3m11.79s Bankstown, UNSW, 4x1500m: Sydney****University 16.00.22s St George, Northern Suburbs.****4x1500m Racewalk:** Blacktown City 27m41.93s**Bankstown, Illawarra Blue Stars, Pole Vault:****Campbelltown Collegians 17.60m Wollongong, Campbelltown Collegians B. Shot:** Campbelltown Collegians 17.60m Wollongong, Campbelltown Collegians S. Bankstown Spts, UTS Norths.**Discuss: Bankstown 162.86m Campbelltown Collegians, UTS Norths. Hammer Throw:** Sutherland 179.32m Northern Suburbs. U-20: 4x200m:**Bankstown 1m30.58s, UTS Norths, Sutherland, 4x800m:** Bankstown 9m36.70s U-18: 4x100m:**Campbelltown 43.2s Westfields Aths, Campbelltown, 4x400m: Campbelltown Collegians 3m23.24s St****George Dist, Illawarra, 4x1500m: Central Coast 18m28.99s Illawarra, Randwick Botany. 4x1500m****Racewalk:** Sydney Pacific 30m43.89s Campbelltown Collegians. **Shot:** Bankstown 56.16m Sutherland Dist, Westfields Aths. Discuss: Campbelltown Collegians 147.51m Sutherland, Westfields Aths. U-18: 4x200m: Sydney University 1m33.80s Sydney Pacific, Bankstown. 4x800m: Campbelltown 8m37.09s Newcastle-Hunter, Central Coast. U-14: 4x100m: Westfields Aths 49.42s Hunter. 4x400m: Randwick Botany 4m55.19s. 4x1500m: Randwick Botany 1m23.54s Newcastle-Hunter, Central Coast. 4x1500m Racewalk: Nepean 30m53.85s Illawarra Blue Stars, Sydney Pacific. Shot: Newcastle Hunter 48.20m Westfields Aths, Central Coast. 120yrs Plus: 4x200m: Sydney Pacific 1m38.72s Randwick Botany. 4x800m: Aths East 8m13.14s Sydney University, Northern Suburbs. 160yrs Plus: 4x100m: Sydney Pacific A 46.26s Sydney Pacific C. Sydney Pacific B. 4x1500m: Randwick Botany 18m14.56s Hills Multilink, St George Dist. 4x400m: Sydney Pacific 3m48.01s Hills District, Northern Suburbs. 200yrs plus 4x200m: Sydney Pacific A 1m36.48s Sydney Pacific B. 4x800m: Northern Suburbs 9m28.19s Aths East, Central Coast. WOMEN: OPEN: 4x200m: Sydney Uni 1m38.42s Sutherland, UTS Norths. 4x800m: Sydney Uni 9m00.78s Hills Multilink, Bankstown. 4x1500m: Racewalk: Parramatta 32m44.63s Girraween, Westfields Aths. 1600m Sprint Medley: Hills Dist 4m00.43s Sydney Pacific, Sydney Uni. Long Jump: Westfields Aths 21.58m Hills Dist, Sutherland. U-20: 4x100m: Westfields Aths 1m40.62s Aths 49.36s Bankstown, Ryde. 4x400m: UTS Norths 4m0.40s Ryde, Campbelltown Collegians. 4x1500m: Westfields 21m57.81s Central Coast. U-18: 4x200m: Sutherland 1m45.24s Newcastle Hunter, Hills Multilink, St George Dist. 4x800m: Sydney Pacific 4m00.93s Campbelltown, St George. 4x1500m Racewalk: Sydney Pacific 28m54.73s Campbelltown Collegians, Parramatta. High Jump: Central Coast 6.30m Westfields Aths, Campbelltown Collegians. Long Jump: Sutherland Dist 18.91m Hills Dist, Westfields Aths. U-16: 4x100m: Sydney Pacific 4m13.2s Sutherland, Westfields Aths. U-14: 4x200m: Sydney Pacific 5m13.72s Hunter, Springwood. 4x800m: Randwick Botany 9m56.43s Northern Suburbs, Nepean. 4x1500m Racewalk: Nepean 35m15.34s. Long Jump: Westfields Aths 17.39m Sydney Pacific, Springwood Aths. Shot: Illawarra Blue Stars 34.9m Sydney Pacific, Springwood Aths. High Jump: Hunter 5.5m Sydney Pacific, Springwood Aths. 120yrs plus: 4x100m: Sydney Uni 4m17.65s Wollongong, Northern Suburbs. 4x100m: Wolfongong 54.46s Sydney Uni, UTS Norths. 4x1500m: Sydney Uni 20m46.68s Hills Multilink, UTS Norths. U-20: 4x200m: Bankstown 1m44.52s UTS Norths. 4x800m: UTS Norths 10m07.07s Westfields Aths. U-18: 4x100m: Sutherland 49.36s Westfields Athletics, Newcastle Hunter. 4x400m: Sutherland 3m57.66s UTS Norths, Springwood. Shot put: South Sydney 44.89m Westfields Athletics, Bankstown. Discuss: South Sydney 144.34m Westfields Aths, Bankstown Spts. Hammer: Springwood 49.78m. 4x1500m: UTS Norths 20m36.77s St George Dist, Campbelltown Collegians. U-16: 4x800m: Hills Multilink 9m0.34s Randwick Botany, Asics West. 4x200m: Sydney Pacific 1m42.50s Westfields, Ryde. U-14: 4x100m: Illawarra 53.77s Sydney Pacific, Springwood. 4x400m: Randwick Botany 4m15.67s UTS Norths, Campbelltown Collegians. 4x1500m relay: Randwick Botany 20m46.24s Nepean, UTS Norths.



SPLASH FOR A CAUSE... Rhonda Page and Nicole Gibson, a mother and daughter team.

Finding swimming a cure

By JESSICA BARDETTA

Swimming lap upon lap is never boring for Nicole Gibson, 27, and Rhonda Page, 51, when it is for a cause so close to their hearts.

The mother and daughter team swam 180 laps of a 50-metre pool on November 30 to raise money for the annual Rotary swimathon to support the NSW branch of Alzheimer's Australia.

Mrs Page's mother passed away with Alzheimer's in December 2000 - a disease she described as "horrible".

"I do it to help find a cure," Mrs Page said of her participation.

"The carers do a great job. They don't have a cure yet but the Alzheimer's Association provides great help."

In 2001, family and close friends swam and raised just over \$1000. In the three years they've entered, the family has raised about \$2500.

It was at an Alzheimer's fund-raising event that Mrs Page and Mrs Gibson heard about the swim.

"Very early in 2001, it was only a few weeks after Mum had died, we saw a play," Mrs Page, of Toongabbie, said.

"Nicole and I went to that and at the end, one

of the people in the crowd came out and talked about the swimathon.

"Nicole and I looked at each other and said 'That's us'."

And entering still provides excitement.

"It's just a buzz," Mrs Page said.

"It is something we can do. Our friends know the situation and they are quite willing to donate because of Mum. I'm not sure why we did so many laps. Nicole and I were in the same lane so we kept spurring each other on, it was good."

Mrs Gibson was motivated to return goodwill to those who had helped her grandmother.

"We wanted to give something back to the association who helped us in the hard times," Mrs Gibson said.

"Being a sporting family, and keen swimmers, we felt the swimathon was the best way to help."

Mrs Gibson, the owner of Winston Hills Squash and Fitness Centre, thanked all those who supported her.

The pair are training for the 2004 swimathon already.

To make a donation to the Alzheimer's Association call Nicole on 9674 4603.

21/12/03

GIRRAWEEN: At CV Kelly Park: MEN: 100m: E Lesberg 11.2s S O'Donnell 1 Molesworth. U-20: B Corey-York 11.5s S Mortimer A Sinclair. Veteran: K Mayhew 2m38s 8 Harrison J Ayoub. 3km: M Kammerer 10mls D Whitehead W Jeff. U-16: B Milosevic 11mls A Sinclair R Diaz. Veteran: N Terranova 11m3s S Williams J Ayoub. Women 800m: V Savage 2m48s J Grosvenor J Davis. U-20: S Ireland 2m57s S Argent C Austin. 3km: N Terranova 12m47s S Ireland S Argent.

14/12/03

Former Club Member
Paramatta Sun, Wednesday, December 17, 2003

Taking medal for granted

Athlete walks away with gold

Lisa Grant has plenty of reason to celebrate this festive season.

The 18 year old is feeling particularly joyful after a month that included another national under 20 walking championship and good HSC results.

Grant clocked 24mins 17.4secs to claim the under 20s 5.000m at the Australian All Schools Championships in Brisbane on December 14.

"I was hoping to go a lot faster, but the conditions were a bit hot and humid," the Girraween High School student said.

"I haven't had many races where it has been close all the way either, so that was a different experience too." Erskine Park High's Susan Knapton shadowed Grant for most of the journey, but couldn't find an extra burst to surge past her rival.

"Our schools are in the same region so we've had a few battles in the last year, but I've managed to get the upper edge," Grant said.

"I suppose you could say there is a little bit of rivalry there, but it's a friendly one."

"I could hear her breathing behind me on every lap in Brisbane. It was only the last two laps that I was able to break her a little bit."

Grant will return to Brisbane on January 24 to contest a Telstra A Series meet.

It will be the third season she has mixed it with the country's premier athletes.

The Girraween Little Athletics graduate hopes walking in exclusive company will produce a qualifying time for July's World Junior Championships in Italy.



SKY'S THE LIMIT ... Lisa Grant is on top of the world after claiming gold at the Australian All Schools Athletics Championships in Brisbane.

"I need to do 49 mins for the 10 kilometres to qualify," by winning the Australian under 20s 10 kilometre roadwalk in August in Brisbane, but she said. "There is another meeting after Brisbane, but it will take a lot of pressure off if I can get it up there. talents also extend to the academic realm by posting scores of 92 in maths and 94 in personal development, health and physical education in the HSC.

"It's good to race against the older athletes and more often than not I do a faster time. It must be the atmosphere or something."

Grant proved she can overcome more senior competitors next year," she said.

Searching for a second chance at walk stardom

Wentworthville's Lisa Grant is searching for a second chance.

Grant missed a golden opportunity to qualify for the World Junior Championships during a Telstra A Series meet in Brisbane on January 24.

The 18-year-old had hoped racing against senior athletes would produce a personal best time in the 10,000 metres walk.

However, she struggled in the heat and humidity to finish sixth.

Her time of 51 minutes 24.3 seconds was well outside the world junior qualifying mark of 49 minutes.

Grant is now looking for another 10,000 metres race that will could thrust her onto the international stage.

The World Junior Athletics Championships will be held in Grosseto, Italy, from July 13 to 18.

Parramatta Sun, Wednesday, February 4, 2004

11/21/04

GIRRAWEEN, at CV Kelly Park: MEN 200m: K Yilmaz 26.6s S Parkins T Molesworth U-20; T Evans 24.8s S Mortimer B Weyland. Veteran: S Williams 29.9s S Halverson J Ayoub. 800m: G Howard 2m12s T Molesworth S Parkins. U-20: K Yilmaz 2m22s F Bleith B Evans. Veteran: S Williams 2m39s J Walton V Manwaring. 3km: T Molesworth 10mls G Howard W Jeff. U-20: F Bleith 10m33s K Yilmaz B Milosevic. Veteran: J Walton 11m26s K Mayhew K Casey. High jump: S Parkins 1.33m. U-20: T Weyland 1.63m B Weyland B Evans. Discus: I Craddy 23.8m G Howard T Molesworth. U-20: B Evans 29.6m K Yilmaz S Mortimer. Veteran: S Halverson 19.45m S Williams B Goodin. WOMEN 200m: V Savage 33.7s. U-20: M Hinwood 34.9s A Micallef B Micallef. Veteran: T Ayoub 41.7s. 800m: E Statham 2m26s V Savage. Veteran: T Ayoub 3m43s. 3km: E Statham 10m25s T Ayoub. Triple jump U-20: J Austin 7.92m A Micallef J Ward. Long jump U-20: J Austin 3.56m A Micallef J Ward. Shot: V Savage 8.29m J Micallef. U-20: J Ward 9.49m A Micallef K Graham.

14/21/04

GIRRAWEEN at CV Kelly Park: MEN: 60m: E Lesberg 7.2s S Parkins D Gould. U-20: S Mortimer 7.7s I Craddy A Sinclair. Veteran: R Geisler 8.1s T Ward B Goodin. 300m: S Parkins 45.4s W Jeff T Molesworth. U-20: T Evans 40.2s F Bleith S Mortimer. Veteran: V Manwaring 48.5s K Casey K Mayhew. 1km: G Howard 2m51s T Molesworth W Jeff. U-20: R Diaz 3m19s A Sinclair B Milosevic. Veteran: S Williams 3m31s K Casey V Manwaring. WOMEN: 60m U-20: L Grant 9.2s D Goodin J Austin. Veteran: A Hendley 10.9s T Ayoub. 300m: V Savage 57.2s. U-20: L Grant 55.3s J Austin N Hendley. 1km u-20: L Grant 3m52s S Ireland C Eager. Veteran: T Ayoub 4m41s.



HIGH ACHIEVER... Natalie Pellizzari.

Golden quartet for Girraween runner

Girraween Little Athletics hosted the Mid-West Metropolitan Zone Track and Field Championships on January, 30, 31 and February 1.

Despite the oppressive conditions the event ran smoothly and to time.

Girraween's most successful competitor was Natalie Pellizzari, who won the under-15 girls 400, 800, 1500 and 3000 metre events.

Clubmate Reece Diaz was victorious in the under-13 boys 800, 1500 and 3000 metres.

He also placed second in the 400 metres.

Other gold medallists were: Kacee Cubis (under 10s 70m, 200m, 1100m walk), Alyssa Perrot (under 9s 800m, 1100m walk), Steffany Dunn (under 11s 1100m walk), Brenda Micallef (under 12s 1500m walk), Emma Treadwell (under 12s 1500m), Alyce Levett (under 14s 1500m walk), Andrew Dunn (under 9s 700m walk), Jason Hanna (under 10s 800m), Daniel Taylor (under 10s 100m walk), Braedon Perrot (under 11s triple jump) and Troy Weyland (under 15s high jump).

Athletes who placed second in more than one event were: Stacey Argent (under 14s 800m, 1500m, 3000m), Jake Ferguson (under 11s 400m, high jump, triple jump), Natalie Jukic (under 10s 800m, 1500m), Kelly Micallef (under 13s shot put, 1500m walk), Tyler Cassel (under 9s 800m, high jump), Lloyd Harney (under 13s 400m, long jump).

The under-7 age group does not progress to the regional championships but the following girls received medals at the championships: Kate Hanna (gold - pack start, bronze - discus), Ashleigh Thurlow (silver - shot put, bronze - 70m), Ailie MacKenzie (silver - pack start), Keira Germech (bronze - pack start).

The regional titles will be held at Campbelltown on February 21 and 22. The first four placegetters will proceed to the state titles at Homebush on March 20 and 21.

Parramatta Sun, Wednesday, February 18, 2004

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NSW OPEN, U-20 & MASTERS CHIPS at Sydney Athletic Centre: Women U-20 100m: A Glipa (Hun) 12.23s A Hodges (Hun) 10.100m: A 400m: T Millgate (Ryd) 56.64s E Lincoln-Smith (Syd Pac) R Peterson (Sut) 1500m: G McInnes (UTN) 4m33.63s J Boyd (Hun) L Starrat (Syd-Pac) 100m Hurdles: L Spencer (Tug) 14.52s B de Bartolo (Ran-Bot) T Ananakis (UTN) 3000m Steeplechase: H Pobie (Hills) 11m01.60s K Archibald (Hills) L Polkinghorne (Ryd) Pole: M Tyler (Woll) 3m M Sampson (West) Z Towers (Camp) Triple Jump: K Graham (Hills) 11.91m K Tapscott (Ind) A Cric (Hills) Discus: S Motulski (SS) 46.00m D Samuels (West) B Forsyth (Ban) Javelin: Z Pelham (St Geo) 46.70m K May (Camp) S Pearson (Camp) Open: 200m: A Smith (UTN) 23.95s N Apps (Young) 24.58s R Irvin (Ran-Bot) High Jump: C Mallett (Sub) 1.84m G Conroy (Ind) P Price (Woll) Long Jump: N Bligh (West) 6.08m E Clark (Sub) F Castleragh (Sub) Discus: S Motulski 46.62m B Forsythe S Dickson (West) Hammer: B Eagles (Camp) 65.33m B Krueger (Ind) K Dimarco (Sut) AWD AMB 400m E Healey (Wyo) 1m46.83s Javelin: 30-34yrs: L Smith (Girr) 35.44m 35-39: C Layt (Camp) 18.42m 45-49: K Macey (Camp) 25.09m J Taylor (Cherry) Shot: 50-54yrs: D Palmer (Woll) 11.88m D Willis (NSW Mast) C Osborne (Nep) 55-59: M Thomas (Haw) 9.86m 65-69: J Schmidt (Ban) 8.12m Discus: 50-54: D Palmer 28.44m (Woll) D Willis (NSW Mast) C Osborne (Nep) 55-59: M Thomas 25.42m 65-69: J Schmidt 19.19m Men U-20: 100m: J Groth (Pt Mac) 10.69s M Lynch (Tugg) H Mitchell (Knox) 400m: J Milburn (ASICS) 48.46s A Scuff (Nep) N Campos (Camp) 1500m: B Woods (Dubbo) 4m00.70s T Simpson (Sut) P Walzaffi (Haw) 5000m: M Robbie (Tugg) 15.47.85s T Do Canto (Hills) J Poppett (Haw) 5000m Race Walk: I Rayson (Tug) 25m23.11s 110m Hurdle: A Merino (Syd Uni) 14.83s L Bennett (ES) C Barakat (St Geo) High Jump: T Morton (Fest) 2.08m D Wood (ASICS) A Matrafonov (Pen) Triple Jump: M Howard (Syd Pac) 14.79m P Coleman (Ind) S Rogers (Pen) Shot: S Anapu (Ban) 15.79m N Kiprotich (Sub) E Fuamate (Ban) Discus: G Duggan (Camp) 46.48m A West (Ind) S Sefo (Ban) Open 200m: A Miller (Pt Mac) 20.47s K Neofytou (Ban) D Geddes (Syd Pac) 5000m Race Walk: L Adams (Ban) 20m30.46s T Sundstrom (Haw) A Mellor (Ban) 400m Hurdles: E Wood (Syd Pac) 50.36s M Beckenham (Ind) C Brown (ASICS) Pole Vault: C Schultetus (Camp) 4.55m D Fairclough (Camp) S Dziubinski (Ind) Long Jump: P Parsons (Knox) 7.56m J Thorneil (West) S Castleragh (Sub) Shot: C Cross (SS) 17.80m G Care (Camp) L Stewart (Woll) Hammer: M Dickson (Sub) 60.35m J Harwood (Sub) M Ogilvie (Sub) AWD AMB 400m: C Muhlbach (Haw) 59.03s Open: Hammer: 50-54yrs: B Baneri (Ind) 32.23m R Douglas (UTN) N Hinton (Wyong) 55-59: B Shuter (Spr) 22.26m J Fitzgerald (Par) 60-64: B Sowerby (Spr) 24.81m 70-74: T Mullins (Ryd) 33.52m J Soutar (Gos) J Sturzaker (Syd Pac)

NSW OPEN AND U-20 C'SHIP at Sydney Athletics Centre: MEN: Open: 100m: A Miller (PMH) 10.56s K Neofytou (Ban) 11.10m R Ridgewell (BRW) 1m49.53s T McDonald (ASW) 800m: W Devjak (Ryd) 15.00m Y Abdi (RHD) 3m41.35s O Byrne (SYU) C Mackevicous (Vic) 11.0m hurdles: G Eyears (Ban) 14.59s D Harvey (Ind) J Merlin (SYU) Javelin: W Hamlyn-Harris (ASW) 83.06m B Baker (CAF) C Jessup (For) High jump: N Moroney (Tam) 2.20m J Pozzi (Vic) M Taylor (ASW) Triple jump: A Murphy (Kno) 16.44m T Cholensky (Hill) C Crowder (RBH) Discus: D Harridean (ASW) 54.19m M Sawaszenko (Ban) J Probst (Ban) 0-60: Javelin: G Nicol (NSWM) 35.5m N Donohoe (NSWM) F O'Connor (CRH) 50-59yrs: Javelin: B Baneri (Ind) 47.41m D Giles (UTN) V Shuter (Spr) Shot put: S Crocker (Cam) 10.39m B Benans (Ind) P Muhlbach (Ind) 30-49 yrs: Discus: A Flynn (Wal) 39.98m J McQueen (Nep) P Frkovic (Wol) Javelin: A Atkinson-Hawatt (Ryd) 43.7m A Flynn (Wal) M Horsnell (Gos) U-20: 200m: J Groth (PMH) 21.45s M Lynch (Tug) H Mitchell (Kno) 800m: B Woods (Dub) 1m52.52s L Renshaw (SYU) T Simpson (Sub) 400m hurdles: J Creanan (SYU) 56.13s L Bennett (EAS) J Roff (Ryd) Long jump: P Coleman (Ind) 7.99m J Cocks (WES) L Bennett (Eas) Hammer: N Summerhill (Sin) 50.93m E Fuamate (Ban) T Hobbs (Wes) Pole: M Fryer (CBT) 3.90m L Pye (Wes) D Grey (Wal) Hammer: 35-39yrs: P Frkovic (Wol) 43.23m A Flynn (Wal) 40-44yrs: S Zabolotskii (Chr) 48.85m G Row (Gos) 45-49yrs: L Joni (Ryd) 30.95m M Horsnell (Gos) A Atkinson-Hawatt (Ryd) AWD: 100m: A Newell (Tug) 11.37s C Muhlbach (Ind) L Rout (Ora) 200m: K Gaidis (Ind) 33.53s Shotput: K Courtney (UTN) 9.74m L Rout (Ora) C Muhlbach (Ind) Long jump Amb: G Clarke (Glen) 3.58m L Route (Ora) WOMEN: Open: 100m: G Kemasuode (Sub) 11.35s P Carey (Hill) S Nelson (SYU) 400m: R Hayward (Tou) 53.78 T Holt (Hun) M Aldridge (SYU) 800m: B Simpson (Sub) 2m6.58s Z Buckman (Ind) L Corrigan (ASW) 1500m: S Walsham (ASW) 4m15.05s E Rilen (Hill) T Leverte (RBH) 100m hurdles: J Munro (Ray) 13.31s H Cameron (Wes) L Spencer (Tug) Pole: M Samson (Wes) 3.10m T Towers (CBT) V Head (CRH) Javelin: J Jamieson (ASW) 43.45m Z Pelbart (SGD) K May (CBT) 5000m: J Saville (RBH) 22m58.9s C Webb (ASW) N Saville (RBH) Triple jump: K Graham (Hill) 11.95m L Jackson (Wal) K O'Donnell (Hun) 0-50: Javelin: M Thomas (Ind) 36.29m D Willis (NSWM) D Palmer (Wol) 30-49yrs: Shot put: G Watts (Nep) 10.53m M Bonser (NSWM) C Layt (Cam) Hammer: G Watts (Nep) 36.88m M Bonser (NSWM) L Smith (Gir) O-30: Weight throw: D Palmer (Wol) 12.41m G Watts (Nep) M Bonser (NSWM) U-20: 200m: J Hoebergen (Wol) 24.47s B Williams (Mal) K Windley (Tou) 800m: K French (Gir) 2m11.98s J Doorey (Ban) T Sherratt (Coh) 400m Hurdles: T Ananakis (UTN) 62.01s T Millgate (Ryd) K Paul (Bla) Long jump: E Clark (Sub) 5.90m N Bligh (Wes) A Hodges (Hun) Hammer: E Petrovic (Spr) 53.44m L Craig (IBS) C Luz (Ban) High jump: S Begg (IBS) L 69m B Doja (Hill) H Watson (Ind) 3000m: J Boyd (Hun) 10m09.68s K Archibald (Hill) L Starrat (SP) 5000m walk: L Grant (Gir) 25m23.84s B Lee (Nep) F Allis (ASW) 30-34yrs: Discus: L Smith (Gir) 34.76m 35-39yrs: Discus: G Watts (Nep) 33.52m R Addie (Nep) C Layt (Cbt) 40-44yrs: Discus: M McIntyre (PMH) 26.14m J Iles (ASW) 45-49yrs: Discus: J Taylor (CHE) 22.27m AWD: 100m: E Healey (Wyo) 17.72s 200m: T Thorson (Ind) 46.28s 800m: T Thorson (Ind) 3m31.73s

Six set marks for state titles

ATHLETICS

SIX Girraween Little Athletics Centre members qualified for the state championships with their performances at the regional titles recently.

They were: Reece Diaz (under-13), second in 3000m and third in 800m; Lloyd Harney (u-14), third in 800m; Liam Correy-Yorke (u-15), third in long jump; Troy Weyland (u-15), third in high jump; Alyssa Perrott (u-9), fourth in 700m walk; Natalie Jukic (u-10), fourth in 800m.

The state championships will be held on the weekend of March 20-21.

PARRAMATTA ADVERTISER, Wednesday, March 3, 2004

Local star's walk-over

Girraween Athletics star Lisa Grant posted an A-qualifying time at the World Junior Championships at Homebush on Friday.

Grant clocked 48 minutes 58.83 seconds to claim the under 20s 10,000 metre walk at the Telstra A Series meet.

The effort makes her eligible to contest July's World Juniors in Grosseto, Italy.

However, it remains to be seen whether selectors will include race walkers in the national squad.

Grant's task in qualifying wasn't made easier by the lack of real competition on Friday. The second place-getter was three minutes behind and Grant found herself lapping most of the field.

13/3/04

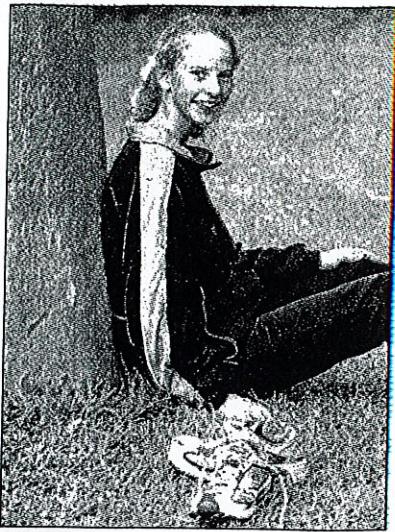
NSW YOUTH AND MASTERS C'SHIPS: At Sydney Athletic Centre: 400m hurdles: U-18: M Watts (Knox) 54.71s S Andreazza (UTS) S Laird (SP), Masters: 30-34yrs: M Hales (SP) 60.45s. 50-54yrs: N Fowler (Aths East) 68.02s, 300m: 60-64yrs: A Gay (Can) 54.86s N Donohoe (NSW Mast) J Taylor (NSW Mast). 80-84yrs: F O'Conor (CRH) 69.38s, 400m: U-18: T Garrett (St Syd) 50.65s & Zanudio (Camp) M Duncan (St Syd) U-14: L Hammer (St Geo) 58.32s A Brazier (Spring). Masters 45-49: D Hasler (SP) 54.54s B Dwyer (Aths E) S Paterson (UTN) 50-54: S Haywood (Touk) 55.59s S Ball (UTN) P Muhlbach (Illa) 55-59: L Gillies (UTN) 61.92s 60-64: N McIntyre (Ind) 62.62s G Francis (UTN) K Goldman (Rand-Bot) 80-84: M McKay (Illa) 1m26.76s. 800m: U-16: D Bradney (Hun) 2m04.10s M Ryan (Camp) K Linnett (Illa) 100m U-14: L Hammer 13.43s M Wan (West) L Starr (West). Masters 40-44yrs: D Isackson (SP) 11.79s A O'Connor (Aths E) G Howard (Kembla) 45-49yrs: M Dooley (Illa) and G Hepburn (Camp) B Dwyer (Aths E) 50-54yrs: L Lyons (SP) 12.45s A Carey (Hills) J Van Stappen (Illa) 55-59yrs: J Wall (SP) 12.65s V Shuter (Spring). 60-64yrs: N McIntyre (Ind) G Francis (UTN) K Goldman (Rand-Bot) 65-69yrs: B Condon (Nowra) 14.42s R Zeller (Forster) M Davis (Rand-Bot) 1500m: U-18: J Matthews (Illa) 3m59.11s S Delaney (St Geo) S Graham (Ban) U-14: D Atonius (SP) 4m34.57s T Wakefield (Camp) M Todd (Rand-Bot) Masters: 30-34: M Doggett (Asics W) 4m04.35s M Considine (Rand-Bot) R Hastie (UTN) 35-39: H Bonning (Rand-Bot) 4m29.81s K Wilson (Aths E) W Jeff (Girra) 40-44: G Ritchie (Asics W) 4m27.03 s 20 May Mayo (Asics W) 4m28.82s A Young (Hills) 45-49: K Bateman (SS) 4m24.88s S Paterson (UTN) 50-54: S Ball (UTN) 4m54.49s J Ritch (Orange) J Barnes (Spring) 60-64: K Mayhew (Girra) 5m07.12s A Gay (Camp) B King (NSW Masters) 65-69: T Re (Ban) 5m15.72s 80-84: M McKay (Illa) 7m35.37s. Steeplechase: U-16: M Ryan (Camp) 6m52.32s A Pincham (Asics W) J Harrison (Parr) Masters: 35-39: M Church (Kembla) 11m45.25 T Urlich (SP) 40-44: G Whomsey (Illa) 11m12.08s B Flanagan (Girra) & Crowhurst (Nep) 45-49: Gonye (UNSW) 12m46.58s. 60-64: J Taylor (NSW Masters) 1500m walk: U-14: K Malone (Nep) 7m22.30s S Nino (SS) J Smith (SP) 3000m: U-16: B Keys (Pen) 8m38.74s J Tsiani (Ban) D De Wit (SP). Long jump: U-18: C Cockx (West) 6m73s S Rogers (Pen) W Bremmer (Gos) U-16: D Jenner (West) 6m39s C Dodd (Ter) R Falchi (Spring). U-14: D Guld (West) 4.01m. Pole: U-16: S Melton (Wyon) 3.90m J Gray (Walls). Masters: 40-44: W Tyler (Wyo) 3.10m. 50-54: P Carrero (Camp) 3m30 C Tamkin (UTN) 55-59: V Shuter (Spring) 2.60m. 60-64: J McSweeney (Illa) 2.60m A Gay (Camp). 80-84: J O'Connor (CRH) 1.90m High jump: U-14: M Richards (Parr) 1.63m M McDougall (Parr). Hammer: U-18: N Summerville (SIN) 55.48s E Fuamatu (Ban) C Harris (Forster). U-16: E Fuamatu (Ban) 55.25m K Newham (Camp). Discus: U-18: A West (Ind) 48.68m K Sefo (Ban). B Cranney (Hills).

WOMEN: U-14: 100m: F Asiate (Nep) 13.82s J Gonzalez (West) A Thorpe (Gos). Masters: 30-34: R Hobson (Spring) 13.47s S Renford (Arm) K Taylor (Girr) 35-39: J Beuzenhouw (UTN) 13.59s J Miles-Brown (Sth) C Layt (Camp) 40-44: G Mogentale (Illa) 13.14s E Williams (Illa) C Hamer (St Geo) 45-49: C O'Toole (Wol) 14.29s C Oliver (Scone) R Suttor (SU) 50-54: D Willis (NSW Masters) 15.24s J Smith (Spring) 65-69: K Cook (Ryd) 17.15s. 800m U-16: S Tomemo (SP) 2m29.9s L Gilmore (Suth) S Sherratt (Coffs) 400m: Masters 30-34: L Smith (Girr) 6.01s S Renford (Arm) A Toft (Hills) 35-39: J Miles-Brown (Sth) 6.63s J Little (Walsend) 40-44: J Davis (Wol) 6.84s G Mogentale (Illa) J Peksis (Gos) 45-49: C Penn (SU) 6.47s R Suttor (SU) C Oliver (Scone) 50-54: J Smith

14/3/04

NSW YOUTH C'SHIPS at Sydney Athletic Centre, Homebush: MEN: U-14 200m: U-14: L Hamer (Sth) 26.29s M Wan (Wes) L Starr (Wes) 800m: L Hamer (Sth) 2m11.5s T Wakefield (CBT) D Atonius (SP) 90m Hurdles: N McRae (Wes) 14.60s. U-16: 100m: D Jenner (Wes) 11.51s A Farquharson (Wes) P Steel (Gos) 400m: D Bradley (Hun) 52.21s W Whitmore (Ter) S Veselinsky (Wes) 100m Hurdles: D Taylor (Wes) 14.39s A Goncalves (Wes) C Dodd (TER) 200m Hurdles: C Dodd (TER) 28.15s G Jeloudov (CRH) C Sills (SUT) High jump: C Dodd (TER) 1.86m D Jenner (Wes) R Falchi (SPR) drz. Shot: E Fuamatu (Ban) 17.57m V Tiatia (Ban) A Jardis (Wes) Discus: E Fuamatu (Ban) 53.26m V Tiatia (Ban) A Jardis (Wes) U-18: 100m AWB AMB: L Rout (ORC) 14.35s J Smith (CBT) 200m A Banderton (BLA) 21.27s T James (PMH) 8 Zanudio (CBT) 3000m: J Matthews (IL) 8m56.70s P Watlaff (ILL) J Tigh (CBT) 3000m Walk: I Rayson (TUG) 14m39.72s D Neale (IBS) M Scorzelli (SOS) 11.00m Hurdles: A Szlezak (BRU) 14.18s A Vanderent (BLA) J Reis (Can) High jump: D Wood (ASW) 2.04m S Cohen (SIN) T Allard (Gos). Triple jump: D Wood (ASW) 13.79m J Plummer (ASW) S Rodgers (Pen) Shot: E Fuamatu (Ban) 16.75m A West (Ind) B Cranney (Hill) Shot AWB AMB: L Rout (ORC) 6.88m J Smith (CBT) Masters: 200m: 30-34yrs: G Howard (GIR) 22.99s CBT. 30-44yrs: D Isackson (SYP) 23s A O'Connor (AEA) P Hatteni (CRH) 45-49yrs: D Hasler (SP) 24.78s M Dooley (Illa) G Hepburn (CBT) 50-54yrs: L Lyons (SP) 24.70s A Carey (Illa) P Muhlbach (Illa) 55-59yrs: J Wall (SYD) 24.92s V Shuter (SPR) 60-64yrs: G Francis (UTN) 28.87s A Gay (CBT) K Goldman (Rbh) 65-69yrs: B Condon (Now) 29.41s R Zeller (FOR) M David (Rbh) 70-74yrs: J Sturzaker (SYP) 33.24s. 75-79yrs N Windred (SGD) 30.76s 80-84yrs: F O'Connor (CRH) 35.66s. 800m: 30-34yrs: M Doggett (ASW) 1m56.19s M Considine (Rbh) M Garland (Rbh) 35-39yrs: M Taylor (Ban) 1m54.17s M Lynch (AEA) H Bonning (Rbh) 40-44yrs: G Ritchie (ASW) 2m02.52s B Moore (NMA) B Mayo (ASW) 45-49yrs: S Paterson (UTN) 2m09.97s B Dwyer (AEA) Gonye (UNS). 50-54yrs: S Haywood (Tou) 2m14.05s N Fowler (AEA) J West (NMA) 55-59yrs: L Gillies (UTN) 2m27.42s 60-64yrs: G Francis (UTN) 2m33.68s A Gay (CBT) R Willis (UTN) 5000m: 30-34yrs: M Considine (Rbh) 6m04.45s R Haste (JIR) J Vogel (PMH) 35-39yrs: H Bonning (Rbh) 6.37s 40-44yrs: G Ritchie (SP) 6.47s 50-54yrs: R Hobson (SPR) 6.55s 55-59yrs: S Paterson (UTN) 6.71s 60-64yrs: G Francis (UTN) 6.88s 70-74yrs: J Sturzaker (SYP) 7.24s 75-79yrs: N Windred (SGD) 7.60s 80-84yrs: F O'Connor (CRH) 8.00s 85-89yrs: N Windred (SGD) 8.38s 90-94yrs: N Windred (SGD) 8.75s 95-99yrs: N Windred (SGD) 9.12s 100m hurdles: 50-54yrs: S Paterson (UTN) 12.00s 100m hurdles: 50-54yrs: C Tompkins (UTN)

Walker named in rep squad



MADE FOR WALKING... Lisa Grant. Photo: NATALIE SPITERI

By GERARD SUTTON

Lisa Grant had to self-administer a reality check last week. The Wentworthville teenager had cause to pinch herself after being named in Australia's team for July's World Junior Athletics Championships in Grosseto, Italy.

"Even though I'd posted a qualifying time there was no guarantee and it was ultimately up to the selectors' discretion," Grant said.

"I'd been waiting for the phone to ring every day and when it finally did it was a relief more than anything."

"It's something you probably dream about, but never really think will happen. It feels strange and a bit unreal to have made it."

Grant met the qualifying mark when she clocked 48 minutes 58.83 seconds in the under-20s 10,000 metre walk at the recent Australian Championships.

Her nearest rival was three minutes adrift.

The performance undoubtedly heralded the emergence of a world class athlete.

However, walking is a pursuit with its own peculiar problems.

Controversial disqualifications have cast a pall over the sport and seen it struggle for legitimacy.

A ticket to Italy was never a certainty.

Now that it has been granted, Grant is determined to simply do her best. "I'm the only female walker on the team so I suppose there is a little bit of expectation; all the hopes rest on me," she said.

"It is going to be very different to nationals because I won't know anything about my competitors. It makes it more challenging because normally I'm aware of the other girls' strengths and weaknesses.

"At the world junior I will be racing blind."

The Australian junior team will spend a couple of weeks training in Brisbane before arriving in Manchester where they will confront Great Britain's under-20s in an international challenge.

The World Junior Championships will be staged from July 13 to 18.

Grant is hopeful of placing in the top 10.

"Laura Johnson (Penrith) did 48 minutes 2 seconds and set an Australian under-20 record to finish in the top 10," she said.

"So I have some work to do, but maybe with a lot of others close to me I will produce a faster time."

"At nationals I was walking all out on my own."

Wednesday, March 17, 2004

WOMEN: Masters: 200m: 30-34yrs: S Wrenford (ARM) 27.63s R Hobson (SPR) L Smith (GIR). 35-39yrs: J Beuzenhouw (UTN) 27.23s J Miles-Brown (SUT) C Layt (CBT) 40-44yrs: G Mogentale (IBS) 26.40s E Williams (IBS) S Whately (SUT). 45-49yrs: D O'Toole (WOL) 28.96s C Oliver (SOL) R Suttor (SUY) 50-54yrs: D Willis (NMA) 30.97s J Smith (SPR) E Radley (ILL) 65-69yrs: K Cook (RYD) 34.76s. 800m: 30-34yrs: A Toft (HIL) 2m23.70s L Smith (GIR) C Sussell (NOW) 35-39yrs: N Newsome-Hall (RBH) 2m29.92s J Miles-Brown (SUT) J Little (WAL) 40-44yrs: J Davis (WOL) 2m25.62s B Kajan (RBH) M Mitford (RBH). 45-49yrs: B Penn (SUY) 2m25.87s. 5000m: 30-34yrs: A Williams (HIL) 18m00.44s C Sufolk (NOW) 35-39yrs: N Newsome-Hall (RBH) 19m31.96s. 40-44yrs: M Mitford (RBH) 19m31.83s G Spehr (RBH) 45-49yrs: R Roediger (HIL) 18m42.48s 60-64yrs: D Siepmann (BAN) 25m7.46s. 80m Hurdles: 40-44yrs: C Thomson (CHE) 15.78s. 50-54yrs: J Smith (SPR) 14.82s E Radley (ILL) 100m Hurdles: 30-34yrs: R Hobson (SPR) 19.04s. 35-39yrs: O Stewart (QLD) 17.42s. Triple jump: 40-44yrs: G Mogentale (IBS) 10m33s S Whately (SUT) 50-54yrs: J Smith (SPR) 9.75m J Senior (UTN). High jump: 30-34yrs: L Smith (GIR) 1.55m R Hobson (SPR) 35-39yrs: R Addie (NEP) 1.35m. 40-44yrs: C Thomson (CHE) 1.25m K Macey (CBT) J Taylor (CHE) 50-54yrs: J Smith (SPR) 1.25m J Senior (UTN) A Van



Members, family and friends relaxing in the sun.



'Girraween Girls' l – r from top
Kathryn Graham, Kelly Micallef,
Stacey Argent, Carly Eager,
Brenda Micallef, Danielle Goodin.



Enjoying a game of T-ball.



GIRRAWEEN ATHLETICS CLUB
C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2004

MEN**OPEN**

S Mallard (NEP)	91/92	10.7	
Jeff Micallef	90/91	23.7	
Andrew Scully (BLK)	02/03	51.59	
Craig Downie	84/85	2:01.9	
R Hamill (RH)	85/86	4:11.1	
Bruce Hogg	93/94	4:35.8	
Craig Downie	86/87	9:04.2	
Bruce Hogg	91/92	16:17.4	
Kevin Junor (PAR)	84/85	2:19.0	
Adam Rutter (SYP)	02/03	6:07.0	
Adam Rutter (SYP)	02/03	12:49.2	
Robert Kropman	92/93	16.2	
Robert Kropman	92/93	28.1	
David Tarbotton (CTC)	82/83	59.2	
Nathan Manwaring	92/93	6-50	
Craig Willetts	92/93	14-17	
Craig Willetts	93/94	1-91	
Robert Kropman (7.26kg)	92/93	13-95	
Robert Kropman (2kg)	91/92	42-08	
Robert Kropman (800g)	90/91	56-72	

WOMEN**OPEN**

Rebecca Deane	93/94	12.7
Leanne Saliba	90/91	
Heidi Novosell (G)	83/84	26.9
Lynette Smith	99/00	1:01.8
Susannah Hartgers (TW)	83/84	2:24.0
Katie-Ellen French	00/01	4:59.5
Kim Pitzing	84/85	5:53.0
Katie-Ellen French	00/01	10:56.9
Katie-Ellen French	00/01	18:55.4
Yvette Jaeger	84/85	2:53.6
Lisa Grant	02/03	6:49.6
Lisa Grant	01/02	14:44.4
Lynette Smith	93/94	17.6
Catherine Downer	82/83	33.3
Tracey Wheeler	84/85	1:14.6
Nicole Page	93/94	5-13
Natalie Deegan	93/94	10-65
Vera Abramas (SG)	85/86	1-66
Natalie Avellino (4kg)	86/87	10-32
Sue Read (NC) (1kg)	89/90	39-66
Lynette Smith (600g)	03/04	38-60

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	00/01	14.4	100
John Dwyer	00/01	31.9	200
John Dwyer	00/01	1:09.4	400
Keith Mayhew	03/04	2:36.8	800
Keith Mayhew	03/04	5:15.3	1500
Keith Mayhew	03/04	5:46.9	1 Mile
Keith Mayhew	03/04	11:42.1	3000
Keith Mayhew	03/04	21:09.3	5000
Keith Mayhew	03/04	3-20	LJ
Keith Mayhew	03/04	6-19	TJ
Ram Swami	00/01	1-14	HJ
John Dwyer (5kg)	00/01	7-23	SP
John Dwyer (1kg)	00/01	29-14	DIS
John Dwyer (600g)	00/01	22-52	JAV

GOLDEN OLDIES (55+)

MASTERS (40+)

Viv Manwaring	90/91	12.4	100	Andrea Hendley	03/04	14.9
Viv Manwaring	88/89	27.0	200	Andrea Hendley	02/03	32.8
Viv Manwaring	90/91	58.9	400	Andrea Hendley	03/04	1:16.3
Viv Manwaring	89/90	2:20.7	800	Terri Baraniak	89/90	2:59.5
Bruce Harrison	96/97	4:47.4	1500	Terri Baraniak	89/90	6:03.9
Bill Flanagan	02/03	5:19.8	1 Mile	Terri Baraniak	89/90	6:52.7
Bruce Harrison	96/97	10:24.8	3000	Terri Baraniak	89/90	13:16.0
Bruce Harrison	96/97	18:08.7	5000	Terri Baraniak	89/90	22:08.0
Bob Sewell	87/88	3:17.7	800s/c			
John Dwyer	96/97	10:15.0	1500W	Andrea Hendley	03/04	11:38.3
Steven Williams	98/99	24.6	110H/100H			
Viv Manwaring	87/88	31.8	200H			
Viv Manwaring	88/89	5-25	LJ	Andrea Hendley	03/04	3-73
Viv Manwaring	88/89	10-83	TJ	Andrea Hendley	03/04	8-61
Stephen Halverson	94/95	1-55	HJ	Andrea Hendley	03/04	1-32
Hans Kropman (7.26kg)	91/92	8-57	SP	Andrea Hendley (4kg)	02/03	8-61
Viv Manwaring (2kg)	97/96	24-46	DIS	Andrea Hendley (1kg)	03/04	26.58
Viv Manwaring (800g)	89/90	32-78	JAV	Andrea Hendley (600g)	02/03	22-63

SENIOR

Gary Howard	02/03	10.9	100	Lynette Smith	00/01	13.5
Jeff Micallef	90/91	23.7	200	Lynette Smith	99/00	28.9
Gary Howard	02/03	52.3	400	Lynette Smith	99/00	1:01.8
Craig Downie	84/85	2:01.9	800	Lynette Smith	99/00	2:27.5
Michael Finucane	91/92	4:18.7	1500	Lynette Smith	99/00	5:11.7
Craig Downie	87/88	4:46.7	1 Mile	Lynette Smith	00/01	5:58.7
Craig Downie	86/87	9:04.2	3000	Lynette Smith	00/01	11:11.2
Craig Downie	84/85	16:25.7	5000	Lynette Smith	00/01	19:37.3
John Doolan	86/87	2:52.5	800s/c	Jackie Wheeler	86/87	3:21.0
Robert McGaughey	90/91	7:51.5	1500W	Catherine Nilon	01/02	7:58.4
			3000W	Catherine Nilon	01/02	17:17.6
Robert Kropman	92/93	16.2	110H/100H	Lynette Smith	93/94	17.6
Robert Kropman	92/93	28.1	200H	Lynette Smith	93/94	35.6
Bob Broadhurst	82/83	1:09.9	400H	Tracey Wheeler	87/88	1:16.1
Jeff Micallef	90/91	6-26	LJ	Lynette Smith	90/91	4-83
Peter Murray	91/92					
Peter Kropman	88/89	13-23	TJ	Lynette Smith	90/91	10-28
Craig Willetts	93/94	1-91	HJ	Lynette Smith	93/94	1-60
Robert Kropman (7.26kg)	92/93	13-95	SP	Lynette Smith (4kg)	93/94	10-20
Robert Kropman (2kg)	91/92	42-08	DIS	Lynette Smith (1kg)	93/94	35-60
Robert Kropman (800g)	90/91	56-72	JAV	Lynette Smith (600g)	03/04	38-60

MASTERS (35+)

U/20

Damien Beckhouse	92/93	11.6	100	Catherine Kropman	90/91	14.0		
Jason Willetts	93/94	23.9	200	Jackie Wheeler	85/86	29.0		
Jeff Micallef	89/90	53.4	400	Jackie Wheeler	85/86	1:05.6		
Garry Moran		2:10.9	800	Tracey Wheeler	86/87	2:44.0		
Bruce Hogg	93/94	4:31.7	1500	Jackie Wheeler	85/86	6:02.0		
Bruce Hogg	93/94	4:35.8	1 Mile	Lisa Grant	03/04	7:05.4		
Matthew Graham	01/02	10:13.9	3000	Tracey Wheeler	86/87	15:31.0		
Bruce Hogg	93/94	17:29.0	5000	Tracey Wheeler	87/88	25:35.0		
Peter Kropman	87/88	3:21.0	800s/c	Jackie Wheeler	85/86	3:17.0		
Peter Kimpton	03/04	10:00.7	1500W	Chelsea Austin	03/04	8:32.6		
			3000W	Chelsea Austin	02/03	16:51.7		
Peter Kropman	86/87	16.9	110H/100H	Tracey Wheeler	86/87	18.5		
Ralph Downer	84/85	30.5	200H	Jackie Wheeler	85/86	35.4		
Garry Moran		1:04.4	400H	Tracey Wheeler	86/87	1:16.6		
Jeff Micallef	89/90	6-48	LJ	Lynette Smith	90/91	4-61		
Craig Willetts	92/93	14-17	TJ	Catherine Kropman	90/91	10-03		
Damien Beckhouse	92/93	1-81	HJ	Lynette Smith	90/91	1-53		
Robert Kropman (7.26kg)	89/90	12-26	SP	Catherine Kropman (4kg)	90/91	10-02		
Robert Kropman (2kg)	89/90	35-50	DIS	Tracey Wheeler (1kg)	86/87	36-94		
Robert Kropman (800g)	89/90	46-40	JAV	Tracey Wheeler (600g)	86/87	37-40		

U/19**U/19**

Marcus Bakes	03/04	11.4	100	Jackie Wheeler	84/85	13.8		
Paul Manton	84/85	23.9	200	Nicole Page	94/95	28.5		
Jeff Micallef	88/89	53.0	400	Jackie Wheeler	84/85	1:04.6		
Bruce Hogg	92/93	2:08.2	800	Jackie Wheeler	84/85	2:42.2		
Matthew Graham	00/01	4:30.2	1500	Lisa Grant	03/04	5:42.0		
Bruce Hogg	92/93	4:54.2	1 Mile	Jackie Wheeler	84/85	6:23.0		
Bruce Hogg	92/93	9:21.9	3000	Susan Ireland	03/04	12:24.2		
Matthew Graham	00/01	16:56.6	5000	Susan Ireland	03/04	22:36.1		
Peter Kropman	86/87	2:30.9	800s/c	Jackie Wheeler	84/85	3:24.0		
Peter Kimpton	02/03	8:15.2	1500W	Lisa Grant	03/04	7:03.4		
Michael Jones	01/02	24:50.1	3000W	Lisa Grant	03/04	14:55.0		
Peter Kropman	86/87	16.2	110H/100H	Tracey Wheeler	85/86	18.7		
Peter Kropman	86/87	28.2	200H	Tracey Wheeler	85/86	35.9		
Peter Kropman	86/87	1:01.2	400H	Tracey Wheeler	85/86	1:15.6		
Peter Kropman	86/87	6-46	LJ	Nicole Page	94/95	5-04		
Craig Willetts	91/92	13-20	TJ	Nicole Page	94/95	10-64		
Peter Kropman	86/87	1-82	HJ	Tracey Wheeler	85/86	1-52		
Tim Nix (6kg)	03/04	10-58	SP	Tracey Wheeler (4kg)	85/86	9-92		
Marcus Bakes (1.75kg)	03/04	28-61	DIS	Tracey Wheeler (1kg)	85/86	35-04		
Andrew Grace (800g)	85/86	49-34	JAV	Tracey Wheeler (600g)	85/86	37-06		

U/18**U/18**

Tim Evans	03/04	11.4	100	Nicole Page	93/94	13.2
Phillip Fenech	85/86	24.6	200	Jackie Wheeler	83/84	28.3
Tim Evans	03/04	54.9	400	Jackie Wheeler	83/84	1:03.4
Bruce Hogg	91/92	2:07.4	800	Jackie Wheeler	83/84	2:41.1
Ron Irving	86/87	4:29.9	1500	Susan Ireland	02/03	5:36.2
Bruce Hogg	91/92	4:47.6	1 Mile	Kate Stockings	00/01	6:26.3
Bruce Hogg	91/92	9:16.5	3000	Jackie Wheeler	83/84	13:09.0
Bruce Hogg	91/92	16:17.4	5000	Jackie Wheeler	83/84	22:46.0
Mark Irving	85/86	2:32.1	800s/c	Tracey Connors	85/86	3:15.6
Peter Kimpton	01/02	8:27.9	1500W	Lisa Grant	02/03	6:49.6
Peter Kimpton	01/02	17:50.1	3000W	Lisa Grant	02/03	14:51.2
Peter Kropman	85/86	16.0	110H/100H	Kylie Walker	92/93	19.1
Peter Kropman	85/86	29.1	200H	Kylie Walker	91/92	36.8
Peter Kropman	85/86	1:03.6	400H	Jackie Wheeler	83/84	1:18.2
Nathan Manwaring	92/93	6-50	LJ	Nicole Page	93/94	5-13
Tim Evans	03/04	13-36	TJ	Catherine Kropman	88/89	9-73
Shane Hanlon	91/92	1-89	HJ	Catherine Kropman	88/89	1-50
Ivan Craddy (5kg)	03/04	10-89	SP	Jessica Ward (4kg)	03/04	10-00
Greg Howard (1.5kg)	84/85	38-78	DIS	Natalie Avellino (1kg)	86/87	35-02
Andrew Grace (700g)	84/85	45-28	JAV	Tracey Wheeler (600g)	85/86	33-24

U/17**U/17**

Kurt Quinlivan	92/93	11.5	100	Nicole Page	92/93	13.4
Phillip Fenech	84/85	24.1	200	Jackie Wheeler	82/83	
Phillip Fenech	84/85	53.8	400	Tracey Connors	84/85	28.4
Jon Hetherington	84/85	2:08.9	800	Jackie Wheeler	82/83	1:06.0
Bruce Hogg	90/91	4:31.4	1500	Jackie Wheeler	82/83	2:35.0
Ron Irving	85/86	4:56.4	1 Mile	Kim Pitzing	86/87	5:12.0
Bruce Hogg	90/91	9:33.1	3000	Carly Eager	03/04	8:15.1
Bruce Hogg	90/91	16:49.0	5000	Kim Pitzing	86/87	11:50.0
Mark Irving	84/85	2:28.0	800s/c	Jackie Wheeler	82/83	23:06.0
Matthew Graham	97/98	9:35.2	1500W	Tracey Wheeler	84/85	3:19.9
Matthew Jenkin	00/01	19:40.0	3000W	Lisa Grant	01/02	6:52.2
Kurt Quinlivan	92/93	16.2	110H/100H	Lisa Grant	01/02	14:44.4
Phillip Fenech	84/85	28.8	200H	Kylie Walker	91/92	18.7
Peter Kropman	84/85	1:02.9	400H	Tracey Connors	84/85	33.9
Phillip Fenech	84/85	6-37	LJ	Tracey Wheeler	84/85	1:14.6
Timothy Evans	02/03	12-53	TJ	Nicole Page	92/93	5-05
Shane Hanlon	90/91	1-83	HJ	Catherine Kropman	86/87	10-16
Brendan Evans (5kg)	03-04	10-95	SP	Tracey Wheeler (4kg)	84/85	1-58
Greg Howard (1.5kg)	83/84	39-72	DIS	Tracey Wheeler (1kg)	84/85	9-66
Robert Kropman (700g)	85/86	53-76	JAV	Tracey Wheeler (600g)	84/85	32-62

U/16

Shaun Wearne	99/00	11.6	100	Jackie Wheeler	81/82	13.4
Phillip Fenech	83/84	24.3	200	Jackie Wheeler	93/94	28.9
Phillip Fenech	83/84	53.6	400	Jackie Wheeler	81/82	1:05.1
Andrew Baraniak	90/91	2:11.0	800	Jackie Wheeler	81/82	2:36.0
Andrew Baraniak	90/91	4:32.3	1500	Jackie Wheeler	81/82	5:35.0
Paul Sewell	88/89	5:01.1	1 Mile	Katrina Ward	90/91	6:14.0
Andrew Baraniak	90/91	9:37.9	3000	Katie-Ellen French	00/01	11:11.6
Paul Sewell	88/89	18:12.0	5000	Kim Pitzing	85/86	20:12.0
Peter Kropman	83/84	2:41.9	800s/c	Tracey Wheeler	83/84	4:10.0
Paul Sewell	88/89	9:54.0	1500W	Lisa Grant	00/01	7:20.4
			3000W	Lisa Grant	00/01	16:21.3
David Gallo	86/87	14.9	100H/90H	Catherine Downer	82/83	15.7
Phillip Fenech	83/84	29.1	200H	Catherine Downer	82/83	33.3
Phillip Fenech	83/84	1:05.1	400H	Tracey Wheeler	83/84	1:16.4
Chris Saliba	89/90	6-11	LJ	Tracey Wheeler	83/84	5-01
Irwin Burbage	99/00	12-19	TJ	Natalie Deegan	93/94	10-65
Peter Kropman	83/84	1-73	HJ	Lynette Smith	86/87	1-58
Tristan Manwaring (4kg)	00/01	12-47	SP	Natalie Avellino (4kg)	86/87	10-32
Greg Howard (1kg)	82/83	44-30	DIS	Natalie Avellino (1kg)	86/87	33-78
Jon Hetherington (700g)	83/84	44-14	JAV	Tracey Wheeler (600g)	83/84	30-18

U/15

Michael McHugh	81/82	12.0	100	Rebecca Deane	93/94	12.7
Ilia Gill	82/83	24.7	200	Leanne Saliba	90/91	
Phillip Fenech	82/83	57.2	400	Rebecca Deane	93/94	27.5
Andrew Baraniak	89/90	2:08.1	800	Tracey Wheeler	82/83	1:06.3
Andrew Baraniak	89/90	4:24.0	1500	Katie-Ellen French	00/01	2:26.5
Andrew Baraniak	89/90	4:44.3	1 Mile	Katie-Ellen French	00/01	4:59.5
Andrew Baraniak	89/90	9:34.7	3000	Kim Pitzing	84/85	5:53.0
Andrew Baraniak	89/90	16:50.0	5000	Katie-Ellen French	00/01	10:56.9
Shane Ferguson	84/85	2:43.7	800s/c	Katie-Ellen French	00/01	18:55.4
Brent Balinski	95/96	8:00.5	1500W	Cherie Madden	86/87	3:31.0
			3000W	Lisa Grant	99/00	7:06.0
Nicholas Potten	84/85	15.8	100H/90H	Carly Eager	01/02	25:36.6
Michael McHugh	81/82	31.2	200H	Rebecca Deane	93/94	14.6
Michael Wheeler	86/87	1:07.8	400H	Rebecca Deane	93/94	33.4
Franky Wong	98/99	5-78	LJ	Tracey Wheeler	82/83	1:17.7
Michael McHugh	81/82	11-61	TJ	Linda Atkins	80/81	4-94
Ilia Gill	82/83	1-81	HJ	Sarah Ferguson	86/87	10-28
Brendan Weyland (4kg)	00/01	7-43	SP	Tracey Wheeler	82/83	1-59
Andrew McIlwaine (1kg)	87/88	48-50	DIS	Ashley Micallef (3kg)	02/03	6-88
Andrew McIlwaine (600g)	87/88	52-84	JAV	Natalie Avellino (1kg)	85/86	34-38
				Tracey Wheeler (600g)	82/83	30-00

U/14**U/14**

Ilia Gill	81/82	12.1	100	Rebecca Deane	92/93	13.0
Ilia Gill	81/82	25.6	200	Rebecca Deane	92/93	28.3
Andrew Scully	99/00	58.4	400	Rebecca Deane	92/93	1:03.8
Stephen Muir	95/96	2:25.5	800	Katie-Ellen French	99/00	2:27.1
Nathan Schmid	91/92	4:52.0	1500	Katie-Ellen French	99/00	5:17.7
Stephen Muir	95/96	5:30.7	1 Mile	Susan Ireland	98/99	6:07.7
Stephen Muir	95/96	10:42.0	3000	Katie-Ellen French	99/00	11:01.9
Brent Balinski	94/95	18:33.6	5000	Susan Ireland	98/99	19:33.9
Warren Dempsey	85/86	2:56.0	800s/c	Catherine Kropman	84/85	3:32.0
Brent Balinski	94/95	8:00.0	1500W	Lisa Grant	98/99	6:55.6
			3000W	Julie Grant	01/02	18:14.2
Michael Jamieson	86/87	15.1	90H/80H	Rebecca Deane	92/93	13.3
Phillip Fenech	81/82	34.0	200H	Rebecca Deane	92/93	32.5
Nicholas Potten	83/84	1:10.4	400H	Catherine Kropman	84/85	1:21.9
Liam Correy-Yorke	02/03	5-59	LJ	Linda Atkins	79/80	4-73
Barry Prasetya	83/84	10-67	TJ	Catherine Kropman	84/85	9-90
Ilia Gill	81/82	1-76	HJ	Jessica Fisher	96/97	1-57
Brendan Weyland (3kg)	00/01	7-05	SP	Kelly Micallef (3kg)	03/04	7-91
Andrew McIlwaine (1kg)	86/87	48-50	DIS	Natalie Avellino (1kg)	84/85	34-22
Andrew McIlwaine (600g)	86/87	52-84	JAV	Ashley Micallef (400g)	01/02	21-61

U/13**U/13**

Ivica Mikic	79/80	13.1	100	Melissa Briggs	93/94	13.8
Ilia Gill	80/81	27.0	200	Tania Ringhof	78/79	29.1
Michael Ryan	78/79	1:05.0	400	Tracey Wheeler	79/80	1:06.5
Reece Diaz	03/04	2:30.6	800	Katie-Ellen French	99/00	2:41.1
Reece Diaz	03/04	5:09.3	1500	Catherine Kropman	83/84	5:37.0
Nathan Schmid	90/91	5:37.0	1 Mile			
Nathan Schmid	90/91	10:49.0	3000	Katie-Ellen French	99/00	12:03.7
Nathan Schmid	90/91	18:12.2	5000	Kim Pitzing	82/83	21:39.0
Stephen Mooney	84/85	3:09.3	800s/c	Catherine Kropman	83/84	3:44.0
Peter Balinski	95/96	9:20.3	1500W	Lisa Grant	98/99	7:35.6
			3000W	Julie Grant	01/02	18:39.0
Chris Saliba	86/87	14.5	90H/80H	Sarah Ferguson	84/85	14.6
Chris Saliba	86/87	37.9	200H	Sandra Narezzi	92/93	37.0
Warren Dempsey	84/85	1:18.1	400H	Sarah Ferguson	84/85	1:22.1
Rodney Scarr	78/79	4-97	LJ	Tracey Wheeler	79/80	4-58
Chris Saliba	86/87	9-88	TJ	Tracey Wheeler	79/80	9-68
Ilia Gill	80/81	1-66	HJ	Tracey Wheeler	79/80	1-44
			SP	Ashley Micallef (3kg)	00/01	7-91
Andrew McIlwaine (1kg)	85/86	37-71	DIS	Ashley Micallef (750g)	00/01	21-47
Andrew McIlwaine (600g)	85/86	32-51	JAV	Ashley Micallef (400g)	00/01	15-76

U/12

Ilia Gill	79/80	13.3	100	Danielle Goodin	03/04	14.3
Ilia Gill	79/80	29.0	200	Linda Hemmerling	80/81	30.3
Michael Wheeler	83/84	1:07.2	400	Linda Hemmerling	80/81	1:10.1
Nathan Schmid	89/90	2:33.0	800	Kellie Fenech	81/82	2:48.0
Nathan Schmid	89/90	4:59.6	1500	Catherine Kropman	82/83	5:42.0
Gerard Mahony	89/90	5:37.0	1 Mile	Melissa Briggs	92/93	6:50.5
Peter Balinski	94/95	11:05.9	3000	Stacey Argent	01/02	12:12.2
Peter Balinski	94/95	19:43.5	5000	Stacey Argent	01/02	21:42.4
Dale Berryman	83/84	3:21.0	800s/c			
			1500W	Brenda Micallef	03/04	10:01.2
			3000W	Brenda Micallef	03/04	22:25.1
Matthew Beattie	93/94	15.3	90H/80H	Melissa Briggs	92/93	16.8
Jeff Micallef	81/82	36.9	200H	Melissa Briggs	92/93	40.2
Michael Wheeler	83/84	1:22.0	400H	Catherine Kropman	82/83	1:35.0
Ilia Gill	79/80	4-46	LJ	Tracey Wheeler	78/79	4-35
Jeff Micallef	81/82	8-87	TJ	Catherine Kropman	82/83	8-75
Ilia Gill	79/80	1-55	HJ	Melissa Briggs	92/93	1-42
		(3kg)	SP	Danielle Goodin (3kg)	03/04	7-27
Andrew McIlwaine (1kg)	84/85	31-08	DIS	Danielle Goodin (750g)	03/04	18-33
Andrew McIlwaine 600g)	84/85	24-56	JAV	Brenda Micallef (400g)		
				Danielle Goodin	03/04	13-37

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) Amy Van Trier (600g)	15-06

MODIFIED PROGRAM RECORDS**60M SPRINT**

Ernie Leseberg	02/03	7.0	OPEN:	Nicole Page (NEP)	95/96	8.1
Ram Swami	00/01	10.2	GOLDEN O:			
Steven Williams	01/02	7.8	MASTER:	Andrea Hendley	03/04	9.2
Ernie Leseberg	02/03	7.0	SENIOR:	Samantha Marshall	98/99	8.4
Nathan Manwaring	93/94	7.5	U20:	Chelsea Austin	02/03	9.2
Tim Evans	03/04	7.5	U19:	Nicole Page	95/96	8.2
Nathan Manwaring	91/92	7.4	U18:	Nicole Page	93/94	8.2
David Beattie	96/97					
David Beattie	95/96	7.5	U17:	Linda Hatherly	93/94	8.5
Peter Hogan	96/97	7.7	U16:	Natalie Deegan	93/94	8.8
Matthew Dux	95/96	7.9	U15:	Sandra Narezzi	94/95	
Andrew Scully	99/00	7.8	U14:	Sandra Narezzi	93/94	8.6
Damien Murray	96/97	8.8	U13:	Sandra Narezzi	92/93	9.0
Matthew Beattie	93/94	9.7	U12:	Melissa Briggs	93/94	9.0
				Jessica Fisher	95/96	
				Shindhu Raju	96/97	9.7

300M UNLANED

Andrew Scully (BLK)	02/03	37.0	OPEN:	Lynette Smith	99/00	44.7
Keith Mayhew	03/04	52.5	GOLDEN O:			
Steven Williams	99/00	42.2	MASTER:	Andrea Hendley	03/04	54.0
Gary Howard	03/04	37.6	SENIOR:	Lynette Smith	99/00	44.7
Paul Weymark	94/95	40.0	U20:	Lisa Grant	03/04	54.3
Tim Evans	03/04	40.2	U19:	Nicole Page	94/95	52.9
Matthew Graham	00/01					
David Beattie	96/97	40.4	U18:	Lisa Grant	01/02	49.8
David Beattie	95/96	39.9	U17:	Kate Stockings	00/01	50.0
Peter Hogan	96/97	42.6	U16:	Amanda Giesler	99/00	49.8
Matthew Dux	95/96	43.9	U15:	Vikki Savage	94/95	51.5
Andrew Scully	99/00	42.0	U14:	Helen Sestic	92/93	48.5
Matthew Beattie	94/95	50.6	U13:	Stacey Argent	02/03	52.2
Stephen Muir	93/94	56.8	U12:	Natalia Sestic	92/93	58.0
				Shindhu Raju	96/97	

1000M

Matthew Graham	00/01	2:53.3	OPEN:	Katie-Ellen French	00/01	3:11.2
Keith Mayhew	03/04	3:24.6	GOLDEN O:			
Keith Mayhew	98/99	3:10.4	MASTER:	Andrea Hendley	02/03	4:25.6
Gary Howard	03/04	2:50.8	SENIOR:	Lynette Smith	99/00	3:20.4
Matthew Graham	00/01	2:53.3	U20:	Vikki Savage	99/00	3:44.6
Matthew Graham	99/00	2:57.4	U19:	Lisa Grant	02/03	3:47.7
Matthew Graham	98/99	3:09.6	U18:	Lisa Grant	01/02	3:40.0
Adam Sinclair	03/04	3:13.7	U17:	Kate Stockings	00/01	3:47.0
Bradley Milosevic	02/03	3:36.1	U16:	Kate Stockings	99/00	3:35.5
Reece Diaz	03/04	3:19.0	U15:	Katie-Ellen French	00/01	3:11.2
Brent Balinski	93/94	3:32.6	U14:	Helen Sestic	92/93	3:35.5
Peter Balinski	93/94	3:48.0	U13:	Stacey Argent	02/03	3:43.9
			U12:	Natalia Sestic	92/93	4:08.0

2000M

Michael Kammerer	02/03	6:18.2	OPEN: GOLDEN O:	Katie-Ellen French	00/01	7:04.0
Keith Mayhew	03/04	7:29.3	MASTER:	Andrea Hendley	02/03	10:24.2
Bill Flanagan	02/03	6:54.8	SENIOR:	Leanne Bourke	96/97	7:48.0
Michael Kammerer	02/03	6:18.2	U20:	Lisa Grant	03/04	8:34.4
Matthew Graham	99/00	6:44.2	U19:			
Matthew Graham	98/99	6:37.7	U18:			
Bradley Milosevic	03/04	6:52.9	U17:	Kate Stockings	00/01	9:22.9
Bradley Milosevic	02/03	8:22.3	U16:	Lisa Grant	00/01	8:53.4
Bradley Milosevic	02/03	7:21.1	U15:	Katie-Ellen French	00/01	7:04.0
Danny Martins	96/97	8:44.5	U14:	Zulay Sastre	98/99	8:07.5
			U13:	Stacey Argent	02/03	7:48.9
			U12:	Shindhu Raju	96/97	9:34.8

4x100M RELAY**OPEN MEN:** 46.64 (02/03)Marcus Bakes (U18)
Gary Howard (Sen)**35+ MEN:** 53.8 (03/04)Rob Giesler
Darren Gould**OPEN WOMEN:** 55.0 (93/94)Nicole Page (U18)
Sandra Narezzi (U15)**U/20 MEN:** 49.2 (03/04)Marcus Bakes (U19)
Tim Evans (U18)Timothy Evans (U17)
Ernest Leseberg (Sen)Stephen Parkins
Steven WilliamsLinda Hatherly (U17)
Melissa Briggs (U13)Brendan Evans (U16)
Scott Mortimer (U18)**8x100M RELAY****OPEN MEN:** 1:39.7 (90/91)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 (84/85)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 (94/95)
(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	92/93	2-84	OPEN:	Catherine Kropman Lynette Smith Nicole Page (NEP)	92/93	2-30
Keith Mayhew	03/04	1-71	GOLDEN O:			
Robert Giesler	02/03	2-51	MASTER:	Andrea Hendley	03/04	2-03
Robert Kropman	92/93	2-84	SENIOR:	Catherine Kropman	92/93	2-30
Peter Kimpton	02/03	2-79	U20:	Lynette Smith	93/94	
Peter Kimpton	02/03	2-78	U19:	Chelsea Austin	02/03	2-03
Nathan Manwaring	91/92	2-71	U18:	Nicole Page	94/95	2-16
David Beattie	95/96	2-52	U17:	Nicole Page	93/94	2-13
Christopher Flower	00/01	2-66	U16:	Nicole Page	92/93	2-25
Stephen Hinwood	93/94	2-44	U15:	Sandra Narezzi	94/95	2-22
Andrew Scully	99/00	2-28	U14:	Sandra Narezzi	93/94	2-21
Damien Murray	96/97	2-05	U13:	Sandra Narezzi	92/93	2-08
Matthew Beattie	93/94	1-85	U12:	Melissa Briggs	93/94	2-17
				Shindhu Raju	96/97	1-78

SCISSORS HJ

Tim Evans	03/04	1-65	OPEN:	Lynette Smith	93/94	1-45
Keith Mayhew	03/04	1-15	GOLDEN O:			
Stephen Halverson	96/96	1-42	MASTER:	Andrea Hendley	03/04	1-20
David Beattie	01/02	1-61	SENIOR:	Lynette Smith	93/94	1-45
Nathan Manwaring	93/94	1-60	U20:	Chelsea Austin	02/03	1-20
Timothy Evans	03/04	1-65	U19:	Nicole Page	94/95	1-25
Timothy Evans	02/03	1-61	U18:	Nicole Page	93/94	1-35
Timothy Evans	02/03	1-65	U17:	Linda Hatherly	93/94	1-26
David Beattie	94/95	1-56	U16:	Lee Westwood	91/92	
David Hatherly	93/94	1-45	U15:	Natalie Deegan	93/94	1-30
Stephen Muir	95/96	1-25	U14:	Sandra Narezzi	93/94	1-20
Matthew Beattie	94/95	1-35	U13:	Lisa Grant	98/99	1-20
Stephen Muir	93/94	1-05	U12:	Jessica Fisher	94/95	1-35
				Natalia Sestic	92/93	1-05

2.724kg SHOT PUT "THROW"

Robert Kropman	92/93	31-66	OPEN:	Lynette Smith	93/94	16-92
Keith Mayhew	03/04	12-74	GOLDEN O:			
Steven Williams	01/02	20-61	MASTER:	Meredith Jeff	02/03	11-37
Robert Kropman	92/93	31-66	SENIOR:	Lynette Smith	93/94	16-92
Nathan Manwaring	93/94	20-55	U20:	Tracey Wheeler	86/87	14-54
Jeff Micallef	88/89	24-60	U19:	Tracey Wheeler	85/86	16-29
Peter Kropman	85/86	23-86	U18:	Veronica Sestic	92/93	12-78
Robert Kropman	86/87	27-24	U17:	Tracey Wheeler	84/85	14-66
Robert Kropman	85/86	26-99	U16:	Natalie Avellino	85/86	13-53
Robert Kropman	83/84	18-80	U15:	Dianne Kidd	90/91	12-91
Andrew McIlwaine	86/87	21-34	U14:	Jessica Ward	99/00	9-84
Jason Irvine	84/85	13-16	U13:	Melissa Briggs	93/94	9-19
Wayne Mulhall	84/85	7-83	U12:	Natalia Sestic	93/94	5-72
Hans Kropman	86/87	21-09	OFFICIAL:			

BLK: Blacktown

NEP: Nepean