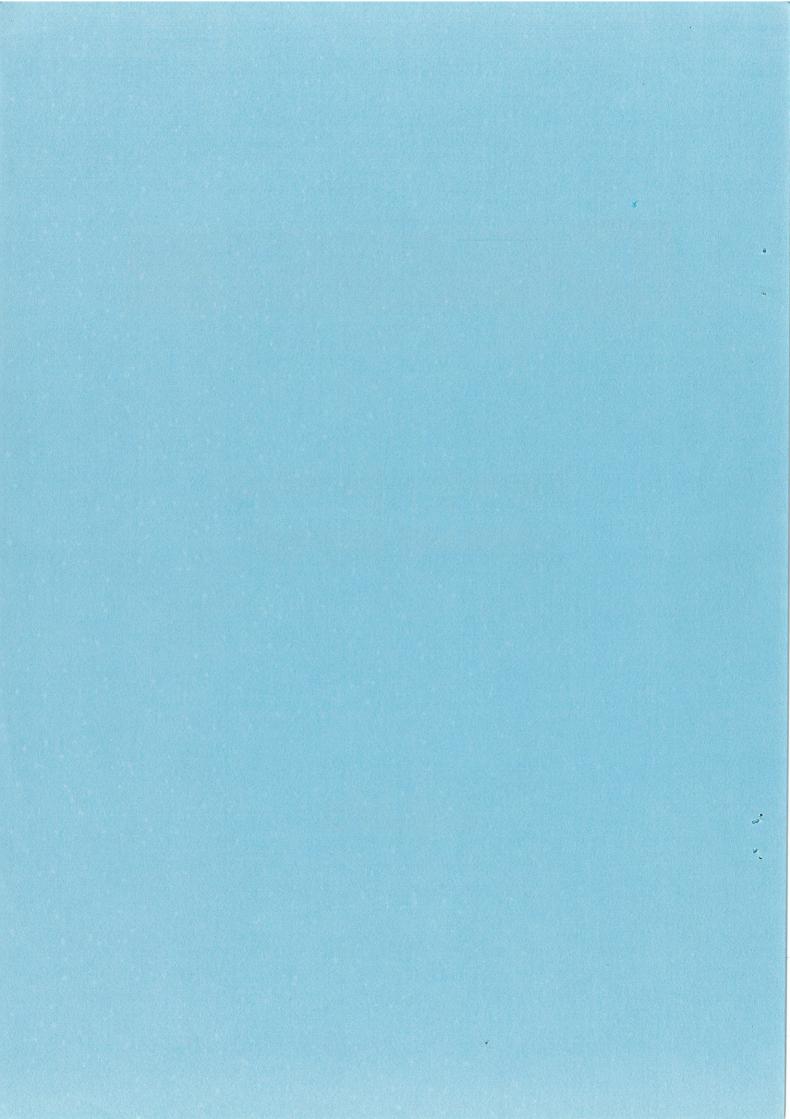


Twenty – Seventh Annual Report

2004/05



ANNUAL REPORT 2004/2005

\mathbf{OF}

GIRRAWEEN ATHLETICS CLUB

Presented at the 27th Annual General Meeting

Held at

Kings Langley Public School, Kings Langley

On

Tuesday 17 May 2005.

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Dear Member,

As President of Girraween Athletics Club, I am once again pleased to present the Club's Annual Report for the Athletics Season ending 31st March, 2005.

We enjoyed a remarkable twelve months of athletics with Girraween Athletics Club reaching many heights and our club membership reaching a record level of 114, an increase of 28% on the previous season. Congratulations to Christine Wearne who was presented a medal for being our first ever-100th member.

We have attracted new members from far and wide. The most rewarding aspect is that we are also retaining a very high percentage of members who are keen to sign up again and again with Girraween Athletics Club.

Our committee has continued to represent you with enthusiasm and vigour. The fact that all positions were filled readily displays the commitment our members have towards our growing club. I would like to thank the committee members for their valuable contribution to the organization and well being of our club. Every area of responsibility was taken care of in a diligent and careful manner and "non-committee" members often contributed with time and effort, which has been very much appreciated.

I feel that it is important that we mention and thank the following committee members:

Garry Womsley, our secretary and coach, has been with Girraween Athletics Club for a relatively short time. However, he has become a valuable asset to our club in many ways. As an athlete and club member, he is an inspiration and wears our uniform with pride. As a coach he is a leader and mentor. As Club Secretary he has been extremely efficient. However, it has been in his role of publicising Girraween Athletics Club and communicating with our members that he has been most effective. Garry, helped to resurrect "The Girraween Athlete" and once again it has become our Club's official magazine.

Steve Halverson has continued to keep us financially on track in his role as Treasurer. Even though our Club is more affluent compared to previous years, Steve's expertise and advice help to make sure that our money is spent wisely.

Viv Manwaring, our Registrar, has been kept busy processing record levels of registrations. Viv is most efficient in this area, processing applications quickly and keeping an informed and up-to-date register of our members. In addition to this role, Viv has taken on the huge responsibility of leading our Club towards Incorporation. One of the main tasks has been rewriting our Club's constitution so that it follows the guidelines of Athletics NSW and the Department of Fair Trading as well as meeting the needs of our members.

Our Fund Raising team of Cheryl Argent, Kathy Austin, Robert Eager and Bill Goodin have certainly made a wonderful contribution through their organization of fundraising activities.

George Milosevic, our Canteen Manager, has made an amazing commitment both at CV Kelly and at the various winter venues where he not only provided scrumptious sausage sizzles for our members, but also for everyone else. The amount of time George has put into these ventures is greatly appreciated for the service he has provided as well as the financial rewards gained by our Club.

Vince Adams and Suresh Raju are our winter and summer competition organisers. Both roles carry large areas of responsibility and we are fortunate that Vince and Suresh have been efficient and effective.

Lynette Smith, our ANSW Delegate, has continued to help promote our Club in many areas. At the Athletics NSW level, Lynette has represented us extremely well, not only as a delegate, but also as a fine athlete. In addition, ANSW approached Lynette to become a member of their advisory panel, a position

in which Lynette has a great deal to contribute. Lynette has also taken on the role of Uniform Officer. Her initiatives and efforts in this area are also very much appreciated.

Michael Evans has represented Girraween Athletics Club very well as our Park Trust Delegate. He has attended a number of meetings and has provided good local knowledge in helping the Park Trust to function effectively.

Jean Davis and Lisa Grant were General Committee members during the last twelve months. Their attendance at committee meetings and input into the smooth running of our Club was very much appreciated.

And of course, we have our own "Jill of all trades", Kathy Austin. Kathy was once again, 100% in attendance during the summer season and was on hand to assist in any way she could. Kathy has been our valuable recorder for a number of years and has continued this role very effectively, even with the demands of larger numbers of athletes in events. Kathy also took on the official role of Club Records Officer during the summer season. In addition, she assisted in the canteen, helped with registrations and was a force to be reckoned with, in the collection of our fund raising money.

Although not a committee member, Tony Ward needs to be thanked for his general assistance as well as his contribution in organising our javelin sector. We also thank Tony in has role as Honorary Auditor.

I would like to congratulate Trevor Hinwood, the President of Girraween Little A's. He has presided over a wonderful organistion and we are fortunate to enjoy the positive links we have with them.

Gary Micallef's involvement with the Little A's, his publicity of our "senior" Club and his assistance in providing good communication between the two clubs has been very valuable and we thank him for his time and efforts in this area.

It has always been our aim to promote athletics so that our members enjoy participating in a friendly environment. As a bonus, we have also enjoyed record levels of success. We were successful in the State Relays, ANSW Club Premiership, State Club Championships, State Championships, National Championships and ANSW All-Comers and experienced record numbers at CV Kelly during the early stages of the Summer season.

Our athletes have all been proud ambassadors of Girraween Athletics Club. Whether they have been competing at CV Kelly Park or on the international arena, our Club colours have been worn with pride. Our members have competed in events not only in Girraween but also in Dubbo, Mingara, Newcastle, Canberra, Hobart, Brisbane, Adelaide, Perth, The Cook Islands, Sweden, Italy, Germany and the United States of America.

In closing, I would like to thank all members for the support they have provided for me during the last twelve months. I would also like to thank all members for their involvement and membership in our wonderful Club. We are going through a transitional stage from a small "unknown" club, to becoming one of the more progressive clubs in NSW. As a result, we are more in the public eye, and the extra scrutiny which we are receiving, has resulted in positive comments from other clubs as well as from Athletics NSW. It has been my pleasure to be President of Girraween Athletics Club.

Steven Williams
Club President

GIRRAWEEN ATHLETICS CLUB

(Formed September 1978)

C V Kelly Park, Oramzi Road, Girraween

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

	IV-I DAN MEDA	TUISIS
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
Vikki Savage – 2005	_	

HON. AUDITOR Tony Ward

CLUB COMMITTEE 2004/05

President: Steven Williams Elected AGM 11 May 2004

Secretary: Garry Womsley Position vacant at AGM 11 May

2004 (Appointed the week

following the AGM)

Treasurer: Stephen Halverson Elected AGM 11 May 2004

Registrar: Viv Manwaring Elected AGM 11 May 2004

Fund Raising: Cheryl Argent Elected AGM 11 May 2004

Robert Eager Elected AGM 11 May 2004
Bill Goodin Elected AGM 11 May 2004
Elected AGM 11 May 2004

Winter Competition: Vince Adams Elected AGM 11 May 2004

Summer Competition: Suresh Raju Elected AGM 11 May 2004

Club Records: Lynette Smith Elected AGM 11 May 2004

(Relinquished the position in November 2004, replaced by

Kathy Austin)

Coaching Co-ordinator: Vikki Savage Elected AGM 11 May 2004

(Relinquished the position in July 2004, replaced by Garry

Womsley)

Publicity: Doug Perrott Position vacant at AGM 11 May

2004 (Appointed the week

following the AGM)

Canteen Manager: George Milosevic Elected AGM 11 May 2004

ANSW Delegate: Lynette Smith Elected AGM 11 May 2004

Blair Zone Delegate: position remained vacant

Park Trust Delegate: Michael Evans Elected AGM 11 May 2004

West Met Delegate: position remained vacant

General Committee: Jean Davis Elected AGM 11 May 2004
Lisa Grant (Appointed the week

isa Grant (Appointed the week following the AGM)

MEMBERSHIP 2004/05

		MEMBE	RSHIP 2004/05		
MEN:	75	WOMEN:	39	TOTAL:	114
GOLDEN	OLDIES	SENIORS (20+	-)	U17	
(Men 60+,	Women 55+)	Chelsea	Austin	Carly	Eager
Phil	Bowden	Jean	Davis	Brendan	Evans
Joe	Butler	Matthew	Dunn	Kathryn	Graham
Keith	Mayhew	Melissa	Easton	Ashley	Micallef
		Shane	Ferguson	Troy	Weyland
MASTERS	}	Christopher	Flower	Alex	Willard
(Men 40+, \	Women 35+)	Michael	Free		
Vincent	Adams	Richard	Frost	U16	
Mark	Attwood	Catherine	Germech	Jamie	Drew
Linda	Balinski	Amanda	Giesler	Bradley	Milosevic
Lonnie	Balinski	Linda	Hatherly	Jamie	Sherson
James	Barr	Camille	Howard	Adam	Sinclair
Michael	Christie	Gary	Howard		
Garry	Devlin	Wayne	Jeff	U15	
Robert	Eager	Ernest	Leseberg	Stacey	Argent
Michael	Evans	Andrew	Maxwell	Kelly	Micallef
Margaret	Ferguson	Tim	Molesworth	Brianna	Parkins
Bill	Flanagan	Mark	Nicholl	Natalie	Pellizzari
Robert	Giesler	Catherine	Nilon	Aaron	Sargeant
Bill	Goodin	Vikki	Savage		J
Darren	Gould	Lynette	Smith	U14	
Stephen	Halverson	Tracey	Southern	Reece	Diaz
Bruce	Harrison	Kerry	Taylor	Melissa	Hayes
Andrea	Hendley	Sarah	Thew	Erika	Hendley
Terry	Hoffmann	Wayne	Thurlow		J
Meredith	Jeff	David	Wallis	U13	
Lajos	Joni	Ray	Yorke	Brittany	Devlin
Clive	Kidson			Danielle	Goodin
Eddie	Makki	U20		Brenda	Micallef
Vivian	Manwaring	Lisa	Grant	Emma	Treadwell
Roger	Mar	Christopher	Mackey		
Barry	Mayo			U12	
Gary	Micallef	U19		Michael	Chaffen
Jo	Micallef	Jemma	Austin	Jake	Ferguson
Jon	O'Brien	Ivan	Craddy	Jordan	Flanagan
Stephen	O'Donnell	Timothy	Evans	Christopher	O'Donnell
Garry	Page	Katie	French	Megan	O'Donnell
Stephen	Parkins	Scótt	Mortimer	Dylan	Williams
Doug	Perrott	Geoff	Sheargold	Jonas	Williams
Suresh	Raju	Jessica	Ward		
Terry	Rose				
Edward	Salinas	U18			
Greg	Sargeant	Sam	Setrallah		
Ken	Scalley	Christine	Wearne		
Graham	Sheargold	Brendan	Weyland		
Alanna	White		-		
Terry	Whittle				
Lewis	Williams				
Steven	Williams				
Garry	Womsley				

COMMITTEE REPORTS

SECRETARY

I must admit that being elected secretary after having no previous experience in the job was quite daunting at first. However, as time went on I was able to make the job my own and mould it into my own personal style. I believe that the three main objectives of a good secretary of an athletics club are to: - (1) Make sure that our members are kept well informed of all our events, meetings and activities, (2) Keep all the key information and paperwork flowing, filed and up to date and sent to the relevant people (3) Be the key contact at the club for both our members and our contacts outside the club. As a result, I have tried to do all of these things to the best of my ability in an enthusiastic, effective and efficient way. Judging by the feedback I have received both within and outside the club, this last year as secretary has been a successful one for me.

When I arrived at the club in early April, 2005, the club was on the verge of becoming bigger and better and over the last year that has happened plus a whole lot more. We are now looked on as one of the most improved and innovative clubs in the metropolitan area and a true force to be reckoned with. While we had a good winter season, we really came into our own in the summer.

The highlights of 2004/05 for me have included: -

(1) We had 100 members for the first time in the history of the club with Christine Wearne being presented a medal for being our first ever 100th member. We ended the season with 114 members, (2) we had record numbers in attendance at C.V. Kelly on Saturday afternoons during the early part of the summer season. So much so, that on occasions we almost ran out of daylight before the events were finished, (3) we had a record number of teams in the State Relays and earned a record haul of 7 medals (thanks to the ladies), (4) we achieved our highest ever position in the ANSW Club Premiership (equal 9th), (5) we competed in the State Club Championships for the first time and were very competitive throughout and finished in 14th position, (6) we earned 37 medals in State Championship events over all age groups including 6 state champions, (7) we earned 12 medals in National Championships, including 3 national champions, (8) our Little A's have done well in their various championships and regional competitions, (9) we had record numbers participating in the ANSW All-Comers meets and (10) our members have represented the club not only in Sydney over the summer but also in the country, interstate and overseas: - Dubbo, Mingara, Canberra, Hobart, Brisbane, Newcastle, Adelaide, Perth, The Cook Islands and the USA.

In conclusion 2004/05 will be a hard act to follow but with the successes we've had and the experience we've gained, we have a great foundation to work on. It has been great to be a part of it and hopefully that will continue for many years to come.

Garry Womsley.

REGISTRAR

Registrations for 2004/05 totalled 114, a new record. These were athletes who registered with ANSW through our Club. In addition, Joseph and Therese Ayoub who were members of Asics-West paid our Club fee in order to participate in our summer point score competition.

73 joined during the winter of which 10 were 'winter only', and an additional 41 joined during the summer. 22 (19%) opted for associate membership.

Congratulations to Christine Wearne who was presented with a medallion for being our Club's first 100th athlete registered in a season.

Special congratulations to Vikki Savage who achieved membership of 10 years in 2004/05.

Viv Manwaring Life Member

TREASURER'S REPORT

The year began with \$5 301.49 in the bank and we finished the year with \$6 957.44 and no outstanding liabilities. Several items of equipment were purchased this year, consisting of 1 x javelin, 2 x discus and 2 x portable gazebos. We also purchased new storage cupboards, a white board and subsidised coaching fees and representative expenses. Other expenses were from uniforms (clothing) made up of tracksuits, singlets and socks.

The Club's main sources of income were from fundraising activities such as the two Chocolate Drives which raised \$2 751.76 profit. The winter BBQ also raised \$795.00 profit. Thank you to George Milosevic for his efforts in that department again.

We also received profits from registration fees of \$1 470, athletes Ground fees \$879.80 and the Canteen \$448.15 profit. Please note that the cost to purchase the food for our two free sausage sizzles are shown as canteen expenses.

Thank you to all our members who have supported the Club's Fundraising activities this year.

Finally, I would like to thank Tony Ward for auditing the books again this year.

Stephen Halverson Life Member

FUNDRAISING

Another record for Girraween! This year the club raised a record total profit of \$4,216.55 from its summer canteen, winter BBQ and chocolates. Approx. 20% up from last year all due to greater patronage from its members and friends, as the prices remained the same as last year. Well done everyone!

WINTER BBQ

The winter BBQ fund raiser total earnings were \$746.85. Included in this figure were the expenses for the free West Met end of season BBQ (\$48.10) and a supply of drinks for our AGM (\$32.83).

SUMMER CANTEEN

The summer canteen raised total earnings of \$718.70 in which included the expenses for the Christmas sausage sizzle (\$46.66) and the end of season sausage sizzle (\$62.43).

CHOCOLATES

Mixed boxes of Freddo Frog chocolates were sold both during the winter and summer seasons and in total raised \$2,751.00.

We would like to thank all the helpers throughout the year for assisting us and giving a helping hand making it both an enjoyable and rewarding contribution to the club.

George Milosevic, Cheryl Argent and Kathy Austin.

INCOME and EXPENDITURE 2005 21/06/03 Through 31/03/05 (in \$s)

St. George Bank Account 111-528-203

Page 1

Category Description	21/06/'03- 31/03/'04	1/04/'04- 31/03/'05
INCOME		
100 Club	100.00	0.00
ANSW Promotion	25.00	0.00
Bank Interest	0.75	0.54
Canteen Income	940.16	827.29
Chocolate Drive	2,208.00	5,560.00
Clothing sale	264.00	2,976.60
Ground Fees	867.35	879.80
Krispy Kremes	554.00	0.00
Registration	2,238.00	8,548.00
Winter BBQ	510.25	795.00
TOTAL INCOME	7,707.51	19,587.23
EXPENSES		
Anniversary	541.34	0.00
Bank Cheque	6.50	0.00
Business Expens	114.05	1,026.90
Canteen expense	201.52	109.09
Choc Drive Exp	1,079.90	2,808.24
Clothing	38.00	3,866.60
Equipment	702.80	1,038.48
Fund Raising Ex	0.00	99.95
Insurance	0.00	627.00
Park Trust Fees	979.00	0.00
Rego ANSW	1,705.00	7,078.00
Relay Fees	30.00	210.00
Representative	0.00	700.00
Statement Fee	2.00	0.00
Trophies Water Rates	1,217.70 0.00	136.50 230.52
TOTAL EXPENSES	6,617.81	17,931.28
TOTAL INCOME - EXPEN	1,089.70	1,655.95
Balance Carried Forward	4,211.79	5,301.49
Account Balance	5,301.49	6,957.44

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:

86 Singlets (unsold) \$2,204.00
74 Pair Socks (unsold) \$ 481.00
Bank Account \$6,957.44
Liabilities NIL
NETT ASSETS \$ 9,642.44

1

ANTHON WARD 4/5/05

COACHING

In early July, 2004, I took on the coaching role after Vikki Savage moved to Queensland. While it was daunting at first, I quickly got used to putting the monthly programme together and leading the training sessions on Mondays and Wednesdays.

The encouraging thing for me was that almost all of our regulars improved not only their speed and fitness, but also their race times. It was also great to see a number of our training group compete at a higher level than they ever have before, at such events as ANSW All-Comers, Club Premiership, State Relays and State Championships and do well at the same time.

Another innovation we introduced in September was the Tuesday night Steeplechase training sessions at Homebush. With the renewed interest in this event within our club, particularly at a junior level, this training proved to be very beneficial for those who attended. The result was three state All-Schools representatives (2nd, 5th and 7th placings) one national All-Schools representative (8th place), one University Games representative (national qualifying time) and three U/18 State Championship representatives (1st, 4th & 5th placings). It is proposed that this training will be a regular feature of our programme during the summer track season.

While these successes have been fantastic both for me personally and for the club, a coach's education is never complete. As a result, I will be completing the remaining level one event specific courses (jumps & throws) during May and August 2005. My ultimate goal is to complete the level two courses during 2006. The ultimate benefit of this will be seen by the Girraween Athletics Club in the years to come.

Garry Womsley

SUMMER COMPETITION

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2004 / 2005 season enjoyed a record number of members competing at CV Kelly Park. In total, 156 athletes took part in the Summer Competition.

A comprehensive point scoring competition was used to determine the 2004 / 2005 Summer Competition Champion and place getters. The system is based on an athlete scoring points by competing (1 point), equalling a personal best (1.5 points) or achieving a personal best (2 points). The four best events each week are counted for each competitor and the points accumulated over the season. At the end of the season, the four lowest scoring weeks are subtracted from the total. This system, which has been used for many years, is fair in that it allows for enthusiastic competition in the track and field.

The 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 are available within each category, catering for men and women. From these placings, 1st, 2nd and 3rd awards have been presented to the top three men and women. The highest award, Club Champion, is presented to the male or female who has scored the highest total of points for the season.

As with previous seasons, this year's competition was decided during the last weeks of the season. Congratulations to <u>Cath Germech</u> who is the 2004/2005 season's <u>Club Champion</u>. Cath displayed a great deal of potential during the season and has enjoyed her return to athletics. It is interesting to note that Cath is another one of our members who was also a member of Girraween Little Athletics Club (not so many years ago). Cath was enthusiastic throughout the season and her consistent efforts (and hard work), gained her a total of 79 points. Congratulations and well done, **Cath**.

The women's competition was very close with only six points separating the first three places. Our Club Champion Cath Germech won this competition. Last year's Club Champion, Andrea Hendley scored 76.5 points and gained 2nd Place in the women's category. Chelsea Austin, who was again consistent throughout the season, was placed 3rd, only 2.5 points behind Andrea.

Another indication of this year's close competition was displayed in the men's competition. In recent years, **Robert Giesler** has been a close contender for the Championship title. Congratulations to Robert for winning the men's competition with 74 points. Another "work horse", **Stephen Parkins**, was 2nd gaining 71 points, with a most determined **Stephen O'Donnell** gaining 3rd place on 70 points.

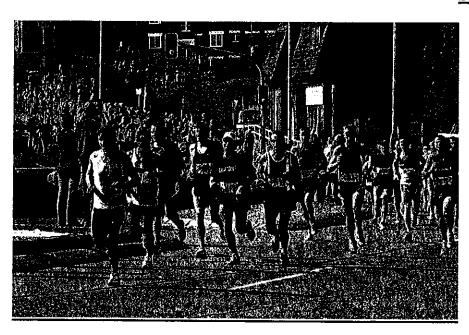
The following tables display the age category winners:

		Under 20)	
1	<u>Men</u>		<u>Women</u>	
1st	Aaron Sargent	64.5	Jemma Austin	64.5
2nd	Scott Mortimer	58.5	Kathryn Graham	50.5
3rd	Brad Milosevic	57.0	Ashley Micallef	50.0
		Seniors		<u>.</u>
1st	Ray Yorke	59.0	Cath Germech	79.0
2nd	Richard Frost	48.0	Chelsea Austin	73.0
3rd	Wayne Thurlow	25.0	Jean Davis	65.0
		Masters		
1st	Robert Giesler	74.0	Andrea Hendley	76.5
2nd	Stephen Parkins	71.0	·	
3rd	Stephen O'Donnell	70.0		

With Girraween being one of the only clubs competing in track and field on Saturdays, many visitors compete in our competition. Visitors are defined as members from another club or younger athletes who don't qualify for dual membership. Congratulations to <u>Fred Daniels</u> who gained first place as <u>Champion Visitor</u>. Fred attended more than 64% of the possible competition days and gained a total of 51.5 points. Fred is a fine athlete and is always determined to perform well. Fred also gained this award last year and it was our pleasure to enjoy his company during the 2004/2005 season.

Congratulations to all members for your enthusiasm and dedication to athletics during the 2004 / 2005 Summer Competition.

Steven Williams



CLUB COMPETITION CHAMPIONS

FEMALE

SEASON .

MALE

WINTER COMPETITION

As of 2002	Overall	Champions	no i	longer	awarded :
,		OHOTHATORO	110	TO IT SOL	umatucu

•		, midou
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

* Cath Germech (Snr)	2004/05	Robert Giesler (Masters)
* 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	
Jessica Fisher (U13)	1995/96	* Stephen Halverson (Vet) * Peter Balinski (U13)
Linda Balinski (Vet)	1994/95	* Stephen Muir (U13)
* Michelle Townsend (Snr)	1993/94	
* Lynette Smith (Snr).	1992/93	Doug Leabon (Snr)
* Lynette Smith (Snr)	1991/92	Michael Finucane (Snr)
* Lynette Smith (Snr)	1990/91	Michael Finucane (Snr) / Viv Manwaring (Vet)
Stella Mauceri (U17)	1989/90	* Bruce Hogg (U18)
Elizabeth Knoke (U15) / Kate Rada (U15)	1988/89	* John Doolan (Snr)
Jackie Wheeler (Snr)	1987/88	* Jeff Micallef (U19)
* Jackie Wheeler (Snr) / Deborah Mulhall (Snr)	1986/87	* Viv Manwaring (Vet)
Jackie Wheeler (U20)	1985/86	Michael Jamieson (U14)
* Jackie Wheeler (U19)	1984/85	* Peter Kropman (U18)
Kellie Fenech (U14)	1983/84	Frank Soballa (U17)
Kellie Fenech (U13)	1982/83	* Robert Kropman (U14)
Deborah Mulhall (U16)	1981/82	* Phillip Fenech (U15)
Jackie Wheeler (U15)	1981/82	* Phillip Fenech (U14)
* Catherine Downer (U13) / Jackie Wheeler (U14	1070/90	* Michael McHugh (UI4)
* Joanne Kendall (U13)	1978/79	Ralph Downer (U15)
		Simon Gemmell (U14) om changed –champions no longer awarded

DETAILED SUMMER RESULTS

CLUB COMPETITION RESULTS – SUMMER 2004/2005

WOMEN

,			
Germech, Cath	79.0	Southern, Tracy	18.0
Hendley, Andrea	76.5	Smith, Lynette	17.0
Austin, Chelsea	73.0	Wearne, Christine	13.0
Davis, Jean	65.0	Devlin, Brittany	12.0
Austin, Jemma	64.5	Micalief, Jo	9.0
Thew, Sarah	61.0	Parkins, Brianna	5.0
Graham, Kathryn	50.5	Hatherly, Linda	5.0
Micallef, Ashley	50.0	McKinly, Sarah	5.0
Micallef, Brenda	49.0	Taylor, Kerry	3.0
Argent, Stacey	48.0	French, Katie	1.0
Micallef, Kelly	46.0	Savage, Vikki	0.0
Eager, Carly	45.0	Treadwell, Emma	0.0
Giesler, Amanda	37.0	Easton, Melissa	0.0
Grant, Lisa	34.0	Howard, Camille	0.0
Hayes, Melissa	31.0	Nilon, Catherine	0.0
Ward, Jessica	27.0	O'Donnell, Megan	0.0
Goodin, Danielle	26.0	Balinski, Linda	0.0
Hendley, Erika	23.0	Ferguson. Margaret	0.0
Pellizzari, Natalie	22.0	Jeff, Meredith	0.0
Hendley, Natalie	18.0	White, Alanna	0.0
<u>MEN</u>			
Giesler, Robert	74.0	Wallis, David	22.0
Parkins, Stephen	71.0	Mayhew, Keith	20.0
O'Donnell, Stephen	70.0	Raju, Suresh	20.0
Williams, Steve	68.0	Williams, Dylan	18.0
Sargeant, Greg	66.0	Howard, Gary	17.0
Sargeant, Aaron	64.5	Williams, Jonas	16.0
Yorke, Ray	59.0	Willard, Alex	15.5
Mortimer, Scott	58.5	Weyland, Troy	15.0
Milosevic, Brad	57.0	Jeff, Wayne	15.0
Diaz, Reece	56.0	Drew, Jamie	14.0
Daniels, Fred	51.5	Eager, Robert	12.0
Christie, Michael	50.0	Joni. Lajos	12.0
Adams, Vincent	49.5	Williams, Lewis	12.0
Ferguson, Jake	48.0	Manwaring, Viv	10.0
Frost, Richard	48.0	O'Brien, Jon	10.0
E∨ans, Brendan	46.0	Wolmsley, Gary	9.0
Craddy, Ivan	45.0	Setrallah, Sam	7.0
Sinclair, Adam	42.0	Harrison, Bruce	5.0
Butler, Joe	42.0	Hoffman, Terry	4.0
Gould, Darren	41.0	Leseberg, Ernie	4.0
Mar, Roger	40.0	Molesworth, Tim	4.0
Dunn, Matthew	40.0	Barr, Jim	3.0
Micalief, Gary	37.0	Salinas, Ed	3.0
Chaffen, Michael	36.0	Bowden, Phil	2.0
Attwood, Mark	36.0	Makki, Eddie	2.0
Evans, Michael	36.0	Flower, Christopher	2.0
Halverson, Steve	34.5	Flanagan, Bill	1.0
Evans, Tim	31.5	Goodin, Bill	1.0
Kidson, Clive			
radon, onro	26.0	Perrott, Doug	1.0

Sheargold, Graham	25.0	Paige, Garry	0.0
Thurlow, Wayne	25.0	Kammerer, Michael	0.0
Ryan, Graham	24.0	Ayoub, Joe	0.0
Sherson, Jamie	23.0	O'Donnell, Christopher	0.0
Jeff, Meredith	23.0	Balinski, Lonnie	0.0
Weyland, Brendan	22.0	Mayo, Barry	0.0
Devlin, Garry	22.0	Scalley, Ken	0.0
Rose, Terry	22.0	Flanagan, Jordan	0.0

CLUB COMPETITION – NEW RECORDS

Name	Age Group	Event	Date Set	Time/Distance
Gary Howard	Open	400m	11,12,04	51.5
Gary Howard	Open	200m	22.1.05	23.5
Ernie Leseberg	Open	200m	12.3.05	23.5
Keith Mayhew	Golden Oldies	400m	9.10.04	1:09.2
Keith Mayhew	Golden Oldies	5000m	16.10.04	20:21.3
Keith Mayhew	Golden Oldies	3000m	4.12.04	11:18.7
Keith Mayhew	Golden Oldies	800m	18.12.04	2:23.3
Gary Micallef	Masters	3000W	9.10.04	22:31.5
Lajos Joni	Masters	Discus	16.10.04	30-86
Lajos Joni	Masters	Shot	11.12.04	10-62
Jon O'Brien	Masters	Javelin	23.10.04	40-59
Jon O'Brien	Masters	800m	30.10.04	2:20.6
Andrea Hendley	Masters	Triple	12.3.05	8-12
Gary Howard	Senior	400m	11.12.04	51.5
Gary Howard	Senior	200m	22.1.05	23.5
Ernie Leseberg	Senior	200m	12.3.05	23.5
Lisa Grant	U20	1500W	11.9.04	7:13.2
Lisa Grant	U20	3000m	18.9.04	12:10.1
Lisa Grant	U20	3000W	18.9.04	15:06.2
Jessica Ward	U20	Shot	22.1.05	10-18
Tim Evans	U20	200H	12.2.05	28.0
Katie French	U19	800m	16.10.04	2:28.1
Sam Setrallah	U18	Shot	27.11.04	11-55
Brendan Evans	U17	Shot	11.12.04	11-58
Kelly Micallef	Ú15	Shot	4.12.04	9-22
Reece Diaz	U15	Shot	26.2.05	7-89
Reece Diaz	U14	Shot	9.10.04	9-67
Reece Diaz	U14	800m	4.12.04	2:18.4
Michael Chaffen	U13	Shot	26.2.05	7-68
Michael Chaffen	U12	Shot	11.12.04	7-79

MODIFIED PROGRAM – NEW RECORDS

Name	Age Group	Event	Date Set	Time/Distance
Steve Parkins	Masters	Shot Put Throw	8.1.05	20-61
Andrea Hendley	Masters	60m	8.1.05	9.0
Andrea Hendley	Masters	Shot	12.2.05	12-36
Stephen O'Donnell	Masters	Scissors HJ	19.2.05	1-45
Amanda Giesler	Senior	60m	8.1.05	8.3
Jemma Austin	U20	60m	8.1.05	9.1
Tim Evans	U20	60m	29.1.05	7.5
Tim Evans	U20	Scissors HJ	12.2.05	1-60
Jemma Austin, Tim Evans,	U20	4 x 100	<u> </u>	

Scott Mortimer, Jessica Ward	Mixed	Relay	29.1.05	56.5
Brendan Weyland	U19	60m	29.1.05	7.5
Jamie Sherson	U17	1000m	8.1.05	2:56.6
Natalie Pellizzari	U16	300m	12.2.05	45.3
Natalie Pellizzari	U16	60m	12.2.05	8.3
Stacey Argent	U16	2000m	12.2.05	8:45.1
Reece Diaz	U15	1000m	12.2.05	3:10.5
Reece Diaz	U15	2000m	12.2.05	7:19.2

WINTER COMPETITION - 2004

2004 was an enjoyable and successful season, which saw a new record number of 71 athletes competing in the West Metropolitan road and cross-country running series, NSW Walkers Club series, and Championships. Many individual and team successes were achieved in these events.

During the 2004 Winter season, our Club was honoured to have two of its Club members compete successfully in National and International events, namely Lisa Grant and Tim Molesworth.

Lisa Grant

- 15th in World Junior Womens 10km Walk Championships, Grosotto, Italy.
- 8th in IAAF World Junior Womens 10km Race Walk Cup, Naumburg, Germany,
- 1st in U/20 Women's 10km Australian Road Walking Championships, Canberra,
- 1st in Open Womens 10km Federation Race Walking Championship, Sunshine Coast.

Tim Molesworth -

- 5th in Mens (25 to 29 years) International Triathlon C-Ship, Saeter, Sweden.
- 16th in Mens (25 to 29 years) Ironman Australian Triathlon, Forster.

In road running, cross country and walking competitions, top individual and team performances came from:

Individual - Road Running/Cross Country

Katie French

- 3rd in U/20 womens 3.5km NSW cross country championship, Mt Penang, Gosford.
- 2nd in 18 yrs 6km NSW All Schools cross country championship, Eastern Creek.

Keith Mayhew

- 2nd in 60+ 10km NSW road race championship at Holsworthy army base.
- 2nd in 60+ 8km NSW cross country championship at Willandra, Nowra.
- 2nd in 60+ 7.5km NSW cross country championship, Mt Penang, Gosford. Honourable mention in the Sydney Morning Herald as a City to Surf "Legend",
 - Being one of a select group of 35 runners who have contested all 34 races since its inception.

Jamie Sherson

15th in 15 yrs 4km NSW All Schools cross country championship, Eastern Creek. 149th in the City to Surf.

Tim Molesworth -

Individual - Race walking

Catherine Nilon - 6th in NSW 15km Short Walking Championships, Ermington

Team

- Keith Mayhew, Steve Williams, Eddie Makki and Lonnie Balinski came second in the 45+ Male category in the Sydney Morning Herald Half marathon Road race.
- Richard Frost, Graham Sheargold, Steve O'Donnell and Gary Micallef came 3rd in the Open Male B category in the NSW Cross Country Championships at Willandra, Nowra.
- Gary and Brenda Micallef came 3rd in the father and daughter (up to 11 years old) category in the Sun Herald City to

There were also many trophy winners from the West Metropolitan road running and cross country series, listed elsewhere in this report.

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

EXPLANATION OF WINTER CLUB COMPETITION POINT SCORE

The point score was based on participation in the various West Metropolitan Zone and State Championship events. Athletes must have finished an event to score points in that event. To be eligible for a club award, athletes must have completed in at least 13 of the 21 events on offer (i.e. 15 West Metropolitan and 6 Championships). Competition for males and females was separate.

West Metropolitan Zone races:

Short Distance was restricted to younger athletes, and Medium and Long Distances were open to all. Athletes were included in the medium or long distance category based on whichever distance they participated in most often over the season.

Points were awarded from the fastest finisher to the slowest, i.e.1st finisher gains maximum points (this year 30), second gained 29 points, third gained 28 points etc.

If athletes did not participate in their most often event in any week but participated in another event, they received half points based on their placing. Eg if 3rd fastest time normally receives 28 pts, they would receive 14pts (except for the short distance where ineligible athletes received nil points).

Championship Events

If the same distance was run by everyone (eg 4k Cross Country Relays), times were ranked, based on whichever distance they compete in most often over the season. If various distances were held for different age categories, each category was scored separately.

Fun runners are awarded points for competing - this figure must be less than any points awarded to runners in actual championship races on the day.

Calculating Total Points

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

10 from 14 West Metropolitan Zone runs

1 from 3 Road / Cross Country Championship Events

1 from 2 Relay Championships

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

Vince Adams





DETAILED WINTER RESULTS

CLUB COMPETITION RESULTS -WINTER 2004

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

Name Short Events –	Age Male	Points	Competed	Name Short Events 1	Age	Points	Competed
Jonas Williams	U/10	287	13	Kelly Micallef	U/15	295	13
Dylan Williams	U/12	267	11	Megan O'Donne		293 177	6
Tim Evans	U/19	205	10	Megan O Donne	11 0/11	177	O
Michael Evans	Master	180	7				
Christopher O'D			,				
•	U/12	159	6				
Reece Diaz	U/14	158	6				
Jordan Flanagan	U/10	83	3				
Medium Events	Mala			Medium Events	F 1	_	
Brad Milosevic	U/16	383	14	Carly Eager			10
Adam Sinclair	U/16	318	14	Stacey Argent	U/17	372	19
Gary Howard	Senior	317	17	Brenda Micallef	U/15 U/13	328	14
Garry Womsley		297	15	Lynette Smith	Senior	318 180	17
Viv Manwaring	Master	295	13	Vikki Savage	Senior	175	7 6
Roger Mar	Master	290	18	Ashley Micallef		170	8
Christopher Mac			12	Jean Davis	Senior	115	4
Steve Halverson			17	Margaret Ferguso		115	4
		_, ,			Senior	72	3
David Wallis	Senior	267	18	Katie French	U/19	60	2
Michael Christie		223	10	Lisa Grant	U/20	30	1
Bill Flanagan	Master	222	8	Diba Ciuit	0/20	50	1
Brendan Evans	U/17	212	10				
Darren Gould	Master	190	8				
Suresh Raju	Master	157	7				
Bruce Harrison	Master	156	6				
Lewis Williams	Master	63	4				
Jake Ferguson	U/12	18	ì				
Long Events -M	ale			Long Events – F	emale		
Keith Mayhew	Golden ()		Dong Lithus - I	cmate		
•			20	Camille Howard	Senior	385	15
Tim Molesworth	Senior		12	Linda Balinski		212	8
Steve Williams			21	Alanna White	Senior	118	4
Wayne Jeff	Senior		15	Sarah Thew	Senior	70	3
Doug Perrott		331	16		Ocinoi	70	3
Richard Frost			18				
			14				
Steve Parkins			15				
Graham Sheargol							
•		274	18				
Robert Eager			20				
Gary Micallef	Master		19				
Stephen O'Donne	11						
	Master	239	15				
Ken Scalley	Master .		12				
Mark Attwood			15				
Vince Adams	Master		19				
Clive Kidson	Master	211	12				
• •	Master	193 '	7				
Lonnie Balinski	Master	187	12				
Joe Butler	Golden C)					
		187	13				

Ed Salinas	Master	186	8
Michael Free	Senior	164	8
Bill Goodin	Master	150	12
Jon O'Brien	Master	141	5
Eddie Makki	Master	111	8
Phil Bowden	Golden	0	
		101	7
Shane Ferguson	Senior	55	2
Wayne Thurlow	Senior	22	1

WEST METROPOLITAN TROPHY WINNERS

Name Short events – Male	Age	Place	Name Short events – Female	Age	Place
Jonas Williams	U/10	1 st	Alyssa Perrott	U/12	1 st
Gary Howard	30-39	1 st	Kelly Micallef	U/16	1 st
David Wallis	30-39	2 nd		0,70	-
Steve Williams	40-49	1 st			
Garry Womsley	40-49	2 nd			
Steve O'Donnell	40-49	3 rd			
Joe Ayoub	50-59	3 rd			
Medium events – Male			Medium events – Female	<u>.</u>	
Brad Milosevic	U/16	1 st	Carly Eager	U/18	3^{rd}
Christopher Mackey	U/20	2 nd		-/	•
Viv Manwaring	50-59	3 rd			
Long events Male			Long events - Female		
Tim Molesworth	Senior	1 st			
Richard Frost	30-39	2 nd			
Doug Perrott	40-49	3 rd			
Robert Eager	50-59	2 nd			
Ken Scalley	50-59	3 rd			
Keith Mayhew	60 +	1 st			
Joe Butler	60 +	3^{rd}			

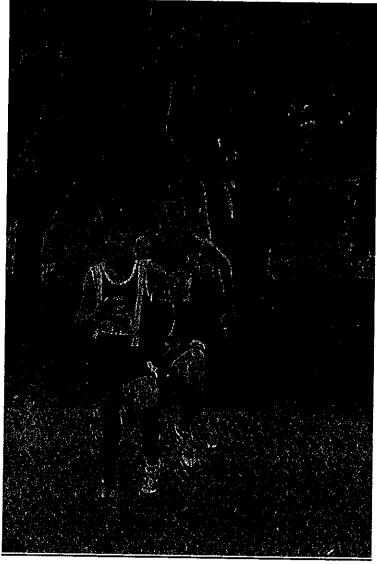
CROSS COUNTRY / RACE WALKING - LITTLE A'S IN TAMWORTH

We had a terrific time at Tamworth. The Kids did great. Brad coming home with a Silver Medal in the Run and a Gold Medal in the Walks. Alyssa came home with a Gold Medal in the Run. Everyone else tried their best with great PB's.

Cross Country results are:	RaceWalking:
U9G - Alyssa Perrott - 1st - Time 6.08 - 1500m U11B - Breaden Perrott - Competed - 2000m U12G - Brenda Micallef - Competed - 2000m U13G - Kelly Micallef - Competed - 2000m U14G - Stacey Argent - 6th - Time 13.31 - 3000m U15B - Brad Milosevic - 2nd - Time 10.32 - 3000m	U9G - Alyssa Perrott - 4th - Time 7.03 - 1200m U12G - Brenda Micallef - 4th - Time 9.08 - 1500m U13G - Kelly Micallef - 6th - Time 10.44 - 1500m U14G - Stacey Argent - 7th - Time 14.08 - 2000m U15G - Brad Milosevic - 1st - Time 18.24 - 2000m

Jo Micallef





WEST METROPOLITAN RESULTS - SHORT DISTANCE	LITAN RE	SULTS-S	HORT DIS	TANCE											
	27/3/04	3/4/04	10/04/04	17/04/04	01/05/04	15/05/04	22/05/04	29/05/04	05/06/04	12/06/04	26/06/04	10/07/04	10/10/10	1000010	, 0,00
Name	Richard Murden	Queen Elizabeth	Rosford St	River Rd Res Parramatta River		Jamison Park	-	١,	1 -	יייייייין יייייייייייייייייייייייייייי	East Bard.	10/0/04	±0//0/±7	21/08/04	28/08/04
	Haberfield	Concord	Smithfield	Emu Plains		Sth Penrith	1.		_	Exminator		Uplonn Park	Cipps Koad	Prospect	Duck River
	2k	2k				2,4	-		_	C. Milling Will	9		Creystanes	Keservoir	Aubum
Ayoub Joe							47	47	***	¥ 5	7K	7K	ZK	2k	2k
Ayoub Therese									9.50	9.35	8.46	9.42	8.52		8.38
Chaffen M									10.54	10.35	9.49	10.47	10.11		10.35
Christie Michael							1			8.21		8.50	8.30		
Die n					10.23					10.09		10.29	9.15		9 30
Diaz Keece			6.50	7.41		7.57	6.55								(0.7
Evans Brendan									008		::				
Evans Michael	12.33	14.06	71 71	14.03	11.54	11.46			0.02		11.14				
Evans Tim	12.32		0.17	202	1 2	11.40				12.02					
Flannagan Bili					70:11			20.02	9.34	9.40					
Flanagan I amm				1								7.33			
rianakan Lama			8.21												
Flannagan Jordan	8.56		8.22			9.48								 -	
Free Michael					8.03				-						
Goodin Danielle			8:38	9.29	9.22		-		†						
Handley Erin		10.6	8.11		20.6				1				†		
Harney L						613			+				1		
Howard Camille	8.25					21.0	+								
Howard Gary	6.22				7177	2.03	12	100	9.10	,					
Lockhart J				 	1	7	0.12	90.7	6.39	6.39	6.4	7.04	6.48		6.51
Mackey Christopher					-					10.03					
Makki Eddie					10.57	11.59		11 35		11 //2	10.38				
Mayo Barry									-	7	07.11		1		,
Micallef Ashley					11.01			-	-		11 13				0.17
Micallef Kelly		12.32	11.28	13.14	12.05	11.58	12.19	13.14	12.24	11 57	12.35	12.41	1		
Milosevic Brad								-			77.77	14:71		-	13.04
O'Donnell Chris		14.44		14.02	12.13	12.42	 	14.07					+		4.0
O'Donnell Megan		=	11.42		11.09	10.57		11.1		10.06		-		17:71	
O Donnell Stephen			11.43	14.04	12.29	12.53	8.43	14.08	8.5	10.08				8.73	
Perrott Alyssa				9.12	8.38	8.59	8.24		80.6	8.57		8.51		8.48	8 23
enon Jai			1						10.19			10.16		9 16	
Perrott Braedon			+	9.56	8.48		8.18		8.41						
Value Junesti				10.1	9.15			10.52	9.38	11.44					
Sincial Adam									6:29	7.09				-	
Thurston Wrette	-	+									8.21	8.23			
Triuriow wayne		+		1	9.16										
Wallis Dahoon		1	6.36	7.1	6.52	7.04	6.44	7.12	6.52	7.01	6.46	7.13	7	6.41	6.54
Williams Chlos			0 10	+	-		7.55		8.12						
Williams Dylan		20.01	0.13	+	9										
Williams Ionas	+	10.20	10.02		9.52	10.19		10.37	10.46		10.03		10.05	9.48	10.15
Williams Lewis		2.01	,	+	8.07	8.22	+	8.48	8.15	8.16	8.16	11.3	8.22	7.35	7.55
Williams Steve	8 52	11.08	0.13	0 80	11 12	110	000	4.8	1				9.09		
Womsley Garry	70:0	121	2.13	9.39	71:17	71.6	10.09	11.26	11.03	8.13	8.13	8.4	8.03	7.27	7.16
Complete Committee		1.21		60./			7.05	7.25		7.17	7.04	7.28	7.07		7.14

Number of the control of the	WEST METROPOLITAN RESULTS - MEDIUM DISTANCE	TAN RESUL	TS - MEDIU	M DISTAN	CE									
State of State Stat		10/04/04	17/04/04	01/05/04	15/05/04	22/05/07	20/05/04	10/20/30	20170101					
Sanifold Encoding State (Control of Action Control of Action Control of Action Control (Control of Action Control of Action Control of Action Control (Control of Action Control of Action Control of Action Control (Control of Action Control of	Name	Rosford St		Porrometta Disse		P-0/07/04	40/C0/67	#0/00/c0	12/06/04	26/06/04	10/07/04	24/07/04	21/08/04	28/08/04
64 54<		Smithfield		Frmington		Decen	Macquarie Hosp	Crestwood	Cowells Lane	Ford Park		Gipps Road	Prospect	Duck River
1,000 1,00		5k	5k	5k	4k	Acservoir	North Kyde	Saukham Hills	Ermington	Sth Strathfield		Greystanes	Reservoir	Aubum
2516 2518 2510	Adams Vince				!	4	AC.C	ų,	J.K	4K	4K	4k	2k	Zk
1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,	Argent Stacey		26.14	23.38	19 12	18.42	20.05	17.50						18.06
1. 1. 1. 1. 1. 1. 1. 1.	Attwood Mark					7	20.02	00.71		1/.1/	20.14	17.34	18.59	17.37
1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,	Bowden Phil							25.10						
1.0 1.5	Butler Joe													10 50
25.54	Christie Michael			27.34	22.10		22.12	22.46	16.40	20.12	27.77	0010	20.00	79.50
18.15 18.05 19.0	Davis Jean	25.05	27.32						14.28	71.07	77.77	71.00	76.07	21.38
2514 2825 25.00 21.03 21.35 21.35 21.47 15.31 20.18 21.34 20.35 20.00 18.12 28.83 18.10 21.06 21.38 21.38 21.39 21.47 21.31 20.23 20.03 18.12 28.83 22.06 22	Diaz Reece							16.31						
18.12 28.32 18.02 22.06 12.36 12.37 10.39 14.37 16.34 17.06 17.06 17.06 18.12 18.20 18.40 15.05 18.40 15.05 18.40 15.05 18.40 15.05 18.40 15.05 18.40 15.05 18.40 15.05 18.40 13.50 14.37 16.34 19.25 18.40 13.50 14.37 16.34 19.65 13.34 13.50 13.5	Eager Carly	25.55		26.10	21.03	21.35	22.39	21.47	15.31	20.18	21.34	20.35	20.40	20.13
1842 28.19 18.02 18.04 19.04	Eagel Nobell													
18.15 28.32 18.19 18.44	Evans Diendan	25.14	28.25		18.02		18.45		12.31		20.32		17.06	
1812 1819 1444 1840 15.05 14.37 16.34 16.34 1840 18.05 14.37 16.34 18.05 18.05 14.37 16.34 18.05 19.05 1	Evans 11m		28.19		23.36	21.38								
1812 28.32 18.19 14.44 15.06 16.39 14.37 16.34 16.35 16.34 16.34 16.35 16.35 16.34 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.35 16.37 16.34 16.35 16.35 16.37 16.37 16.37 16.35 16.37 16.37 16.35 16.37 16.37 16.37 16.37 16.37 16.37 16.35 16.37	Terguson 3													
18.12 18.19 18.44 18.05 16.34 16.34 16.34 16.34 16.34 18.05 18.40 15.05 18.40 15.05 18.40 15.05 18.40 15.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.40 18.20 18.20 18.40 18.20 18.20 18.20 18.40 18.2	Ferguson Margaret		28.32		22.06									
26.22 28.08 25.14 15.05 15.09 15.09 15.09 15.09 15.09 15.09 20.14 21.20 20.14 20.20 20.14 20.20 20.14 20.20 20.14 20.20 20.14 20.10 15.09 16.05 20.14 20.20 20.14 20.20 20.20 20.18 20.14 10.40 17.56 17.20 18.14 20.14 10.40 17.56 17.20 18.14 10.05 20.34 20.34 17.56 17.20 18.14 17.03 20.24 10.40 17.56 12.03 12.03 17.03 <th< td=""><td>riannagan Bill</td><td>18.12</td><td></td><td>18.19</td><td>14.44</td><td></td><td></td><td></td><td>10.59</td><td>14.37</td><td>16.34</td><td></td><td></td><td></td></th<>	riannagan Bill	18.12		18.19	14.44				10.59	14.37	16.34			
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26.22 28.08 26.18 20.44 19.40 17.56 17.59 14.55 19.47 21.42 19.58 9 21.30 21.30 12.33 17.56 17.28 17.20 18.14 19.58 17.20 18.14 19.58 17.52 18.14 19.58 17.52 18.14 17.03 </td <td>Grant Lisa</td> <td></td>	Grant Lisa													
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25.34 21.45 16.45 15.46 17.17 16.48 12.03 17.03 24.04 24.52 22.08 17.24 18.3 17.26 13.39 17.22 18.37 17.03 24.53 25.25 24.18 20.31 18.51 20.11 21.29 17.22 18.37 19.12 31.22 38.51 30.59 24.16 22.49 24.26 23.18 18.08 24.12 24.45 22.11 23.24 18.35 19.22 16.07 24.26 23.18 18.08 24.12 24.45 22.11 23.26 23.56 19.22 16.07 24.26 23.18 18.08 24.12 24.45 22.11 23.26 23.56 18.35 19.22 16.07 24.26 23.18 18.08 24.12 24.45 22.11 23.26 23.56 18.35 19.22 16.07 24.26 23.18 18.26 14.14 23.26 23.56 18.56 18.56 18.56 18.56 14.52 14.14 14.14 14.14	Harrison Bruce			21.30			17.56	17.28	12.20		18 14	80.71		77.71
25.34 21.45 16.48 17.17 16.48 12.03 17.03 24.04 24.52 22.08 17.24 18.31 21.39 17.22 18.37 19.12 24.04 24.52 22.08 17.24 18.31 27.34 27.39 17.22 18.37 19.12 24.53 25.25 24.18 20.31 18.51 20.11 21.23 14.57 20.38 20.09 20.08 31.22 38.51 30.59 24.16 22.49 24.26 23.18 18.08 24.12 24.45 22.11 23.26 18.35 19.22 16.07 16.07 10.27 13.56 14.14 <td>Howard Camille</td> <td></td> <td></td> <td>23.35</td> <td></td>	Howard Camille			23.35										
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24.04 24.52 24.04 24.52 24.04 24.52 22.08 17.24 18.3 17.25 13.39 17.22 18.37 17.03 24.04 24.52 22.08 17.24 18.3 17.26 13.39 17.22 18.37 19.12 24.04 24.52 24.18 20.31 18.51 20.11 21.23 14.57 20.58 20.09 20.08 31.22 38.51 30.59 24.16 22.49 24.26 23.18 18.08 24.12 24.45 22.11 23.26 18.35 19.22 16.07 16.07 10.27 13.56 14.52 14.14 14.14 23.56 23.56 14.52 14.14 <t< td=""><td>Jeff Wayne</td><td></td><td></td><td>19.25</td><td></td><td>16.58</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Jeff Wayne			19.25		16.58								
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31.22 38.51 30.59 24.16 22.49 24.26 23.18 18.08 24.12 24.45 22.11 23.48 18.35 19.22 16.07 16.07 10.27 13.56 14.52 14.14 14.14 23.56 23.56 23.56 23.56 24.16 24.26 23.18 23.18 24.12 24.45 22.11 23.26	Micallef Ashlev	55.4.2	31.4	24.18	20.31	18.51	20.11	21.23	14.57		20.58	20.09	20.08	
18.35 19.22 16.07 27.20 25.10 10.00 24.12 24.43 22.11 23.20 18.35 19.22 16.07 10.27 13.56 14.52 14.14 14.14 23.56 23.56	Micallef Brenda	31.22	38.51	30 59	24.16	27.72	30.00	23.10	10.00	2, 52	24.45	6	22.48	28.2
18.35 19.22 16.07 10.27 13.56 14.14 23.56 23.56 14.14 10.27 13.56 14.14	Micallef Kelly		-	-		7.77	77.70	62:10	10.00	24.12	C4:47	11.77	73.70	23.53
23.56	Milosevic Brad	18.35		19.22	16.07				10.27	13 56	14.52	14 14		14.66
23.56	O'Donnell Steve										70.1	,,,,,		17 34
	Page Geoff										-			
	Parkins Steve													
	Pellizzari Natalie	23.56												
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			_		1									

WEST METROPOLITAN RESULTS - MEDIUM DISTANCE	ITAN RESUI	TS - MEDIU	IM DISTAN	CE									
	-												
	10/04/04	17/04/04	01/05/04	15/05/04	10,00								
Name	Poeford Ct	Disco- D. J.	10/00/10	40/cn/c1	77/02/04	29/05/04	05/06/04	12/06/04	26/06/04	10/07/04	24/07/04	21/08/04	20/00/00
	TO PLOSONY	AND THE STATE WAS LATTERED AND LATTER AND LATTER LA	Parramatta River	Jamison Park	Prospect	Macquarie Hosp	Macquarie Hosp Crestwood Cowells Lane	Cowells Lane	Ford Park	Thiohn Dark		10000	20/00/04
	Smirnield	Emu Plains	Ermington	Sth Penrith	Reservoir	North Dude	North Pride Desilitation	ţ.		CEIORIII I GIN	Cipps Road	rrospect	Duck Kuver
Perrott Jye						TANKET TO THE	Daulkhain Allis	- 1	Ermington Sth Strathfield	Dundas	Greystanes	Reservoir	Aubum
Salinas Edward								16.33					
Raju Suresh		27.04	22 11							17.18			
Savage Vicki	21 22		44.33			19.05		13.43					
OL TANALL I O	21.17					18.53			31.				
Sheargold Geoff		21.39							2,7				
Sheargold Graham		31 19											
Sinclair Adam		157	10.75										
Smith Lynette		2:01	19.23		14.54	15.41		11.56				15 38	
Thew Carsh											02 71		,
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1						20.48					10.70		10.10
Wallis David						2							
Williams Dylan								11.59	15.58	16.44	15.39		15.59
Williams Jonas													
Williams Louis													
Williams Steve												-	
West					17.53							1	
womstey Garry					14 56	15.50	-	100	†				
					?	7.77	-	- 4	4	15.51	(()	_	Ī

Columb C		THE MESON	DNOT-ST	WEST METROPOLITAN RESULTS - LONG DISTANCE										
Problem Prob		10/04/04	17/04/04	01/05/04	10130131	00,000								
Matheway Matheway		Desford St	1/04/04	40/02/04	13/03/04	22/05/04	29/05/04	05/06/04	12/06/04	26/06/04	10/07/04	24/07/04	21/08/04	28/08/04
Marie Mari		Kostord St	Krver Rd Res	Parramatta River	Jamison Park	Prospect	Macquarie Hosp	Crestwood	Cowells Lane	Ford Park	Upjohn Park	Gipps Road	Prospect	Duck River
100 100 100 886		Smithtield	Emu Plains	Ermington	Sth Penrith	Reservoir	North Ryde	Baulkham Hills	Ermington	Sth Strathfield	Dundas	Grevstanes	Reservoir	Amhirm
5.16 61.04		ğ	10k	10k	8k	8k	8.5k	8k	3K	8k	8k	***	ž	ä
6.04.16 6.03.16 9.13.4 40.56 40.56 9.84 40.57 38.46 40.57 37.40 9.91.4 6.02.9 56.26 50.26 60.57 43.56 40.51 44.35 40.45 40.11 40.57 38.11 77.99 19.96 17.02 40.11 40.57 38.11 77.99 19.96 17.02 40.11 40.51 40.51 40.51 40.51 17.02 17.02 17.09 <	Adams Vince		61.04	50.20	40.48	39.14	42.54	39.28	44.55	39 58	40.44	30.07	5	5
60.07 60.39 \$7.26 48.00 44.35 40.45 <th< td=""><td>Attwood Mark</td><td>53.16</td><td></td><td>51.34</td><td></td><td>39.56</td><td>44 59</td><td>40.56</td><td></td><td>38.46</td><td>2000</td><td>32.00</td><td></td><td></td></th<>	Attwood Mark	53.16		51.34		39.56	44 59	40.56		38.46	2000	32.00		
9. 1.00 5.9.20 5.9.20 4.9.3 4.4.3 4.6.4 4.6.4 4.6.4 4.6.4 4.6.4 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 4.6.5 3.0.9 4.6.5 3.0.9 3.0.5	Balinski Linda	60.47	63.30	57.26	48.00			2		30.40	40.37	37.40	39.14	39.10
6200 6214 6214 6214 6215 6414 6215 6415	Balinski Lonnie	54.20	56.26	50.57	43.36		44.35	40.45		40.11	1, 4,			
63.23 51.12 42.24 40.15 41.50 47.51 71.50 40.50 40.51 40.51 40.51 40.51 40.51 40.51 40.52 71.02 40.51 40.52 71.02 40.51 40.52 71.02 40.51 40.52 71.02 40.51 40.52 71.02 40.51 40.52 71.02 40.51 40.52 71.02 40.51 40.51 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 40.52 71.02 <th< td=""><td>Bowden Phil</td><td>62.09</td><td></td><td></td><td>47.23</td><td>15.14</td><td>6</td><td>40.43</td><td></td><td>40.11</td><td>40.57</td><td>38.11</td><td>37.39</td><td>40.51</td></th<>	Bowden Phil	62.09			47.23	15.14	6	40.43		40.11	40.57	38.11	37.39	40.51
46.26 47.12 <th< td=""><td>Sutler Ioe</td><td>53.75</td><td></td><td>21.13</td><td>10.00</td><td>+1.C+</td><td></td><td></td><td></td><td></td><td></td><td>50.29</td><td>51.09</td><td></td></th<>	Sutler Ioe	53.75		21.13	10.00	+1.C+						50.29	51.09	
e.6.4 46.45 47.30 37.02 42.18 39.01 42.54 37.19 39.56 37.42 39.15 4.6.45 46.30 40.36 35.33 40.36 35.38 40.36 37.32 36.71 35.09 39.50 34.29 35.38 9.53 35.33 35.	Sager Pobert	40.70		21.12	42.20	40.16	45.51	41.49	47.51					
46.55 47.30 40.55 40.5	Agel Nobell	48.28		48.50	39.36	37.02	42.18	39.01	42.54	37.19	39.36	37.42	39.15	38 50
46.45 40.51 59.38 35.29 35.09 36.71 55.28 40.71 55.28 40.71 55.07 45.29 35.39 53.39 53.33 6.51 35.33 6.51 35.33 6.51 35.33 6.51 35.33 6.51 35.33 6.51 35.30 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 7.52 35.33 35.33 35.33 7.52 35.33	erguson Shane			40.56										
46.45 47.30 46.45 47.30 46.45 47.30 46.11 53.50 39.50 34.29 35.38 35.39 35.39 35.39 35.39 35.39 35.39 35.39 35.39 35.39 35.39 35.33 40.28 40.28 44.14 511.5 46.11 53.07 46.28 37.46 40.28 40.28 37.46 40.28 40.28 37.46 40.28 37.46 40.28 37.47 <th< td=""><td>lannagan Bill</td><td></td><td></td><td>40.51</td><td>••</td><td>29.38</td><td></td><td></td><td>36.27</td><td></td><td>†</td><td></td><td></td><td></td></th<>	lannagan Bill			40.51	••	29.38			36.27		†			
e 59.18 64.91 54.45 36.21 35.28 35.09 34.39 35.38 35.39 35.	ree Michael	46.45	47.30											
9318 6619 5821 4646 4414 5115 4611 5110 4612 5120 35.20 35.40 35.30 35.30 e 4024 4024 37.6 4416 5115 46.11 5117 46.12 35.40 47.06 37.40 47.06 47.00 37.40 30.54	rost Richard		49.31	43.45	36.21	35.28		35.00	03.00	24.20				
e 40.14 40.25 45.48 39.49 42.06 37.46 40.28 a 40.24 40.25 45.48 39.49 42.06 37.46 40.28 able 42.22 44.29 33.30 44.10 33.26 38.24 37.45 37.45 37.45 37.41 pher 42.22 44.29 31.30 44.10 33.26 38.21 37.45 <t< td=""><td>hoodin Bill</td><td>59.18</td><td>66.19</td><td>58.21</td><td>46.46</td><td>77.07</td><td>51.15</td><td>46.11</td><td>02.20</td><td>34.29</td><td>35.58</td><td></td><td>35.33</td><td>32.37</td></t<>	hoodin Bill	59.18	66.19	58.21	46.46	77.07	51.15	46.11	02.20	34.29	35.58		35.33	32.37
e 51.36 40.24 40.25 45.88 39.49 42.06 37.46 40.28 40.24 40.24 43.20 35.49 35.49 36.24 37.31 30.54 30.54 40.28 sher 40.20 51.41 41.00 33.22 38.02 36.12 36.34 36.34 36.34 sher 40.00 41.23 42.17 38.13 42.17 36.34 36.34 sher 44.50 41.23 42.47 38.13 42.27 36.34 <th< td=""><td>larrison Bruce</td><td></td><td></td><td></td><td>2</td><td></td><td>CITC</td><td>40.11</td><td>73.07</td><td>45.59</td><td></td><td></td><td></td><td></td></th<>	larrison Bruce				2		CITC	40.11	73.07	45.59				
1,124 1,125 1,12	loward Camille	\$1.36												
auel 42.22 44.20 33.50 33.26 35.40 36.41 30.54 30.54 pilor 47.00 51.41 4.410 44.10 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.410 4.411 4.411 4.410 4.411 4.411 4.410 4.410 4.411 4.411 4.410 4.411 4.411 4.410 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.411 4.412 4.41	loward Gary	20.04		1200				40.25	45.48	39.49	42.06	37.46	40.28	40.00
Marcial Marc	off Worms	*7.0±		39.20				32.26	35.49			30.54		
pher 47.00 51.41 44.10 44.10 38.13 37.45 36.34 pher 45.00 51.61 49.00 41.23 42.47 38.23 43.59 42.49 38.41 37.45 36.49 44.55 46.02 41.54 40.02 41.13 43.57 48.27 38.23 42.50 37.31 39.41 44.55 46.45 34.12 43.57 48.27 38.25 42.50 33.41 33.41 50.28 56.33 48.44 40.3 37.13 42.23 38.12 43 36.94 37.34 33.41 50.28 56.34 30.54 31.89 36.24 30.55 36.47 36.54 36.33 36.17 40.48 31.37 44.48 38.37 36.54 37.21 40.34 37.51 40.34 44.13 47.1 42.29 33.54 38.23 36.21 40.34 37.54 38.23 44.13 44.13 44.13	ou waylic	47.77	44.29		33.30			33.32	38.02		34.12		33.31	
47.00 51,41 44.10 44.10 38.13 37.45 35.46 37.45 36.24 pher 58.11 56.02 39.06 41.23 42.47 38.23 43.58 42.47 38.24 43.58 42.47 38.24 43.58 42.47 38.24 43.58 42.47 38.24 43.59 42.47 38.24 43.52 38.24 43.52 38.24 43.52 38.24 37.25 33.41 38.24 37.25 34.53 37.25 33.41 38.24 37.25 38.24 37.25 38.24 37.25 38.41 38.24 38.24 37.25 38.41 38.24 38.24 38.24 38.24 37.25 38.34 38.25 38.47 38.24 38.24 37.57 38.34 30.56 40.34 38.24 38.24 38.24 38.24 30.24 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.34 40.3	ammerer Michael							-						
pher 58.10 41.24 42.47 38.04 73.04 70.04 44.55 46.40 42.43 41.24 40.02 45.15 42.47 38.25 43.58 42.50 47.54 41.24 48.27 38.25 43.58 42.50 47.54 41.24 46.40 42.43 34.12 46.15 43.47 38.24 40.23 37.13 42.23 38.74 38.24 30.54 38.24 30.54 38.24 36.44 39.21 36.54 32.55 36.44 39.21 38.64 39.21 38.34 37.25 37.25 37.25 38.37 38.35 37.2	idson Clive	47.00	51.41				44.10			38.13		37.45	36.34	
88.11 54.38 35.02 39.06 41.23 45.71 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.27 48.29 37.32 33.41 44.55 44.64 46.40 41.54 40.02 45.15 45.27 38.57 32.36 34.53 37.32 33.41 50.28 54.33 48.44 40.3 37.13 42.23 38.17 28.13 37.25 38.17 1 38.08 37.54 30.54 31.38 28.46 32.55 36.47 37.55 38.25 36.17 4 44.48 38.37 38.15 36.35 40.01 36.29 41.27 37.57 35.53 36.17 4 49.51 38.13 38.58 40.01 36.29 41.27 35.01 37.57 35.30 4 49.51 54.14 47.11 37.36 38.32	lackey Christopher									33.04				
58.11 54.38 52.10 41.54 40.02 45.15 43.57 43.58 42.50 42.50 44.55 46.40 42.43 34.12 40.02 45.19 33.46 38.77 32.36 34.53 37.32 33.41 50.28 54.33 48.44 40.3 37.13 20.24 38.77 27.3 28.13 37.54 37.25 1 38.08 37.54 48.44 40.05 37.13 28.46 32.55 36.74 37.57 4 49.48 38.37 38.34 30.56 34.17 41.37 41.37 31.39 30.03 4 49.48 51.37 48.13 38.57 40.12 31.56 35.58 40.01 37.21 41.37 31.39 30.03 4 49.49 51.37 38.54 40.01 35.24 38.23 40.14 35.24 37.57 32.53 36.17 44.13 44.13 44.13 38.23 40.01 <th< td=""><td>akki Eddie</td><td></td><td></td><td>56.02</td><td>39.06</td><td></td><td>41.23</td><td></td><td>42.47</td><td>38.25</td><td></td><td></td><td></td><td></td></th<>	akki Eddie			56.02	39.06		41.23		42.47	38.25				
44.55 46.40 42.43 34.12 36.19 33.46 38.57 32.36 34.53 37.22 33.41 10.28 50.28 34.33 37.13 42.23 38.12 43 36.94 38.21 27.3 28.13 37.25 10.28 37.54 48.44 30.51 28.04 31.39 36.24 37.25 37.25 10.48 37.54 38.34 30.56 24.12 32.55 36.04 39.21 35.54 37.25 10.48 38.37 38.34 30.56 34.12 41.37 41.37 31.39 30.03 10.44 47.06 49.39 38.15 36.25 40.02 37.21 41.37 37.57 35.33 36.17 10.10 44.39 47 42.29 33.54 40.01 35.23 36.17 37.86 10.11 37.56 33.54 42.23 38.57 42.23 38.23 36.17 37.21 37.57 37.81	larr Roger	58.11	54.38	52.10	41.54	40.02	45.15	43.57	48.27		43.58	42.50		
5028 54.33 48.44 40.3 37.13 42.23 38.12 43 27.3 28.13 28.13 1 38.08 37.54 40.3 37.13 42.23 38.12 43 36.04 39.21 28.13 37.25 1 38.08 37.54 36.56 31.18 28.46 32.55 29.56 28.55 37.25 1 44.48 38.34 30.56 34.17 8 31.39 30.03 8 1 49.48 51.37 48.13 38.15 36.35 40.01 36.29 41.27 31.39 30.03 1 44.39 47 42.29 35.58 40.01 36.29 41.27 37.57 35.33 36.17 1 44.13 54.14 33.54 38.23 38.23 36.01 37.56 37.5 37.8 1 49.51 54.14 37.36 34.24 38.13 35.74 37.5 37.5 37.5	layhew Keith	44.55	46.40	42.43	34.12		36.19	33.46	38.57	32 36	34 53	27.32	32.41	20.66
50.28 54.33 48.44 40.3 37.13 42.23 38.12 43 36.04 39.21 35.54 37.25 1 38.08 37.54 29.11 28.04 31.18 28.46 32.55 29.56 28.55 37.21 4 44.48 38.34 30.56 34.17 34.12 41.37 40.39 30.03 30.03 4 40.48 51.37 48.13 38.15 36.35 40.02 37.21 41.37 31.39 30.03 40.34 4 40.06 49.39 47.3 48.13 38.15 36.29 41.27 31.57 35.33 36.17 44.13 44.13 47.14 37.36 35.58 40.01 35.33 38.23 36.17 37.36 44.13 54.14 47.11 37.36 33.25 38.53 44.24 36.51 40.13 35.37 38.44 1 45.32 48.52 40.06 36.08 41.39 35.37<	Гауо Ватту			38.17			30.54			27.3	6	78.13	19:41	30.00
38.08 37.54 29.11 28.04 31.18 28.46 32.55 32.55 29.56 28.55 37.27 49.48 51.37 48.13 38.34 36.56 34.17 40.34 31.39 30.03 40.34 49.48 51.37 48.13 38.15 36.35 40.02 37.21 41.37 81.39 30.03 40.34 47.06 49.39 37.36 35.58 40.01 36.29 41.27 37.57 35.33 36.17 44.13 47.10 42.29 33.56 40.01 36.23 41.27 35.07 32.3 36.17 1m 49.51 54.14 33.56 35.03 38.55 44.24 36.51 40.13 37.5 33.08 1m 49.51 33.46 33.25 38.37 38.14 37.5 37.5 37.5 37.6 1m 45.32 42.23 38.37 38.23 35.74 38.14 37.24 23.22	icalleff Gary	50.28	54.33	48.44	40.3	37.13	42.23	38.12	43	36 04	30.21	35 57	27.75	3636
49.48 38.34 30.56 34.17 6 31.39 30.03 80.03 49.48 38.37 48.13 36.35 40.02 37.21 41.37 9 30.03 40.34 40.46 49.39 47.29 37.56 36.35 40.01 35.29 41.27 37.57 35.53 36.17 44.39 47.3 33.54 33.54 38.18 36.29 41.27 37.57 35.53 36.17 m 44.13 44.13 44.13 33.64 33.54 38.13 38.18 36.71 40.34 36.17 m 49.51 34.14 33.45 33.25 38.35 44.24 36.51 40.13 37.5 40.34 m 47.11 37.36 34.52 40.06 36.08 41.39 35.37 38.14 31.24 m 45.32 35.25 35.07 39.23 35.07 33.16 33.16 m 46.05 41.28 35.27	olesworth Tim	38.08	37.54		29.11	28.04	31.18	28.46	32.55		20.56	28.55	7,77	20.30
44.48 38.37 34.42 41.37 41.37 40.34 40.34 49.48 51.37 48.13 38.15 36.35 40.02 37.21 41.37 35.53 40.34 47.06 49.39 47 42.29 33.54 40.01 36.29 41.27 37.57 35.33 36.17 44.13 54.14 33.56 40.01 36.29 41.27 37.57 35.33 36.17 mn 49.51 54.14 33.56 33.25 38.53 44.24 36.51 40.13 37.5 mn 47.11 37.36 34.52 40.06 36.08 41.39 35.71 40.13 37.54 e 45.32 8 40.06 36.08 41.39 35.77 38.14 38.14 e 45.32 8 45.48 8 41.39 35.37 38.14 81.44 e 44.03 45.48 8 41.39 35.37 39.18 33.16 </td <td>ichol Mark</td> <td></td> <td></td> <td>38.34</td> <td>30.56</td> <td></td> <td>34.17</td> <td></td> <td></td> <td></td> <td>31.39</td> <td>30.03</td> <td></td> <td>20 51</td>	ichol Mark			38.34	30.56		34.17				31.39	30.03		20 51
49.48 51.37 48.13 38.15 36.35 40.02 37.21 41.37 41.37 35.53 40.34 47.06 49.39 47 42.29 33.54 38.18 35.07 32.3 36.17 44.13 44.13 33.56 35.58 40.01 36.29 41.27 35.07 32.3 36.17 m 44.13 31.56 33.56 38.53 38.23 36.51 40.13 37.5 7 m 49.51 54.14 31.36 33.25 38.37 38.11 32.21 40.13 37.5 7 m 49.51 47.11 37.36 34.52 40.06 36.08 41.39 35.37 38 35.04 7 m 45.32 45.22 40.06 36.08 41.39 35.37 38.14 7 44.03 53.22 45.48 33.13 38.23 39.18 33.47 44.03 46.03 41.28 35.23 41.1	Brien J		44.48	38.37			34.42							10:77
44.39 47.06 49.39 37.36 35.88 40.01 36.29 41.27 37.57 35.53 36.17 44.39 47.13 33.54 33.54 38.18 35.07 32.3 36.17 44.13 44.13 54.14 35.64 42.23 38.55 44.24 36.51 40.13 37.5 m 49.51 33.46 33.25 38.37 38.11 32.21 37.5 7.5 m 49.51 37.36 34.52 40.06 36.08 41.39 35.37 38 35.04 7.5 m 45.32 37.36 33.13 38.23 35.04 7.5	Donnell Steve	49.48	51.37	48.13	38.15	36.35	40.02	37.21	41.37				40.34	,
44.39 47 42.29 33.54 33.54 38.18 35.07 32.3 Annual 44.13 44.13 44.13 44.13 33.56 42.23 38.53 44.24 36.51 40.13 37.58 Annual m 49.51 33.46 33.25 38.37 33.41 32.21 40.13 37.5 Annual m 47.11 37.36 34.52 40.06 36.08 41.39 35.37 38 35.04 Annual m 45.32 45.32 45.32 45.48 41.39 35.37 38 35.04 Annual m 44.03 46.05 41.28 35.23 33.13 33.15 31.59 39.18 33.16	rkins Steve	47.06	49.39		37.36	35.58	40.01	36.29	41.27		37.57	35.53	36.17	38.4
44.13 54.14 33.56 42.23 38.53 44.24 36.51 40.13 33.08 8 Im 49.51 54.14 33.46 33.25 38.37 38.47 36.51 40.13 37.5 8 Im 47.11 37.36 34.52 40.06 36.08 41.39 35.37 38 35.04 8 44.03 45.32 45.32 45.48 45.48 41.13 31.59 39.18 33.47 8 44.03 46.05 41.28 35.27 39.23 33.16 33.16	Strott Doug	44.39	47	42.29	33.54			33.54	38.18		35.07	32.3		34.33
49.51 54.14 33.46 33.25 38.55 44.24 36.51 40.13 37.5 Im 47.11 37.36 34.52 38.37 33.41 32.21 40.13 37.5 A 45.32 40.06 36.08 41.39 35.37 38 35.04 8 A 44.03 46.03 41.28 35.07 39.23 36.23 41.13 31.59 39.18 37.55 33.16	umas Ed	44.13			33.56			35.03	38.23			33.08		
Im 33.46 33.25 38.37 33.4 38.11 32.21 8 35.04 8 35.04 8 9 6 6 6 6 41.39 35.37 38 35.04 8 35.04 8 35.04 8 35.04 8 35.04 8 35.04 8 33.13 38.23 35.04 8 33.14 8 38.14 8 38.14 8 38.14 8 8 38.14 8 8 9 8 14 8 14 9 8 14 8 14 9 14 1	alley Nen	49.51	54.14				42.23	38.55	44.24	36.51	40.13	37.5		
Image: Line with the color of the	heargold Geoff				33.46	33.25	38.37	33.4	38.11	32.21				
44.03 46.05 41.28 33.13 38.23 31.24 31.24 33.13 38.23 38.14 38.14 33.15 33.47 33.47 44.03 46.05 41.28 35.07 39.23 36.02 41.13 31.59 39.18 32.25 33.16	neargold Granam			47.11	37.36	34.52	40.06	36.08	41.39	35.37	38	35.04		35.35
45.32 45.48 45.48 46.05 41.28 35.07 39.23 36.02 41.13 31.59 39.18 32.25 33.16	inclair Adam							33.13	38.23			31.24		
45.32 45.48 45.48 36.02 41.13 31.59 39.18 32.25 33.16	hew Sarah											38.14		
53.22 45.48 45.48 39.23 36.02 41.13 31.59 39.18 32.25 33.16	nutriow wayne			45.32										
44.03 46.05 41.28 35.07 39.23 36.02 41.13 31.59 39.18 32.25 33.16	Thite Alanna		53.77				9, 3,					33.47		
41.25 33.25 35.02 41.13 31.59 39.18 32.25 33.16	filliams Steve	44.02	77:57	71.30	25.07	1	45.48	- 6			!			
	olmeler Com.	10.4	40.03	41.78	70.00	-	39.23	36.02	41.13	31.59	39.18	32.25	33.16	32.27

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Novic								
	24/4/04	PU/50/80	10,20,00					
	10,47	06/02/04	23/05/04	19/06/04	03/07/04	17/07/04	31/07/04	08/08/04
	Cont. Closs Country	Koad Kace	Road Race	Cross Country (Long)	Road Relay	Cross Country (Short)	Cross Country Relay	
	Scar Dorough Fark	Holsworthy Army Base	Sydney Morning Herald	Willandra	Endeavour Drive	Mt Penane	Kinoeway	
	Kamsgate	Holsworthy	Half Marathon	Nowra	Wollongong		Missado	City to Suit
	F 4k, M 10k + fun	2k, 3k, 4k, 10k + fun	21k	3k, 4k, 8k, 12k. + fun	4k	15425456 454 41545-	Militariud	
-	10k fun 51m 43s	10k 51.33 (186)		17k 66 43 (134)	18.30	7 £1. 20 17 (1.2)	4km	14k
Stacey Argent		4k 18.11 (U16W 22)		101100000	10.50	(191) /1.38 30.1/	18.53	73.08 (5723)
Mark Attwood		10k 52.00 (189)						
Joe Ayoub							17.54	70.33 (4423)
	10k fun 57m 44s	10k 56.06 (59)	144 41 (42)					82.32 (11610)
ski	10k ftm 53m 11s	10k \$1 42 (187)	115.49 (06)					
co			113:40 (30)					72.48 (5541)
	10k 54m 10s (93)	10k 54 40 (196)						
				8K 46.U/ (48)				
Reece Diaz		3k 10 53 (T114M 3)			19.02			105.00 (22608)
Carly Eager 4k 2	4k 20m 41s (75)	4k 20 44 (T118W 14)						
Robert Eager 10k	10k 49m 06s (86)	10k 48 15 (166)		4K 21.31(U18W 14)		5k fun (no times)	20.17	89.04 (15770)
SU		(00.5) 00.00		12K 65.09 (152)	18.05	7.5k 36.54 (149)	18.48	88.58 (15706)
Michael Evans								
Tim Evans								
Jake Ferguson	† 							
Margaret Ferguson								
Shane Ferguson								
Bill Flanagan								
Laura Flanagan								56.43 (637)
	10k 45m 32s (69)	10k 46.34 (156)						
Katie French						The state of the s		
st	10k 45m 52s (71)	10k 44.40 (146)		121 50 45 (115)	90%	3.5k 14.1/ (U20W 3) 3rd in age		
Bill Goodin				128.32.40 (113)	10.09	/.5k 32.59 (114)	16.39	59.53 (1080)
Danielle Goodin								
Darren Gould								
Lisa Grant					1			
OII	10k fun 57m 06s	10k 57.26 (202)		4k fun 22.11 (27)	19.47			64.21 (2050)
Erin Handley								
Bruce Harrison								
ırd	4k 18m 21s (57)	10k 48.35 (42)	122.22 (35)		18.53			
	10k 40m 23s (39)	10k 39.42 (96)	90.05 (60)	12k 49.48 (60)	14.19		14.43	52 75 (345)
							CE-ET	116 51 (2540)
Wayne Jett 10k 4	10k 41m 26s (46)	10k 40.48 (106)	93.41 (66)	12k 53.49 (79)	15.20	7.5k 31.54 (99)		58.28 (839)
TO TOTAL								
1	10k 49m 04s (85)	10k 48.24 (168)			18.48		18.25	(9.31 (3979)
Cimiscopher iwackey		8k 36.34 (U20M 18)		8k 37.48 (U20M 16)				

ANSW STATE CHAN	ANSW STATE CHAMPIONSHIP EVENTS							
	24/4/04	08/05/04	23/05/04	19/06/04	03/07/04	17/07/04	31/07/04	08/08/04
	Novice Cross Country	Road Race	Road Race	Cross Country (Long)	Road Relay	Cross Country (Short)	Cross Country Relay	Sun-Herald
	Scarborough Park	Holsworthy Army Base	Sydney Morning Herald	Willandra	Endeavour Drive	Mt Penang	Kingswav	City to Sturf
Name	Ramsgate	Holsworthy	Half Marathon	Nowra	Wollongong	Gosford	Miranda	
	F 4k, M 10k + fun	2k, 3k, 4k, 10k + fun	21k	3k. 4k. 8k. 12k. + fun	4k	1 5k 2 5k 3 5k 5k 7 5k + 1 5k 6m	Alm	1.41.
Brenda Micallef				The family has been found	4	1 St fin (no times)	- HAUD	100 22 (2) 20 20 E
Gary Micallef		10k 48 16 (167)		12/6/20 04 (172)		7 51- 36 50 (150)		100121 27:001
Kelly Micallef		(101) 01101		12K 02.04 (123)		(UCI) &C.06 XC./	18.02	67.42 (3198)
	F 4k, M 10k + fun	2k, 3k, 4k, 10k + fun	21k	3k, 4k, 8k, 12k, + fun	4k	1.5k, 2.5k, 3.5k, 5k, 7.5k + 1.5k fun	4km	14k
Brad Milosevic	10k 40m 01s (37)	4k 14.07 (U16M 7)		4 k 15.28 (U16M 27)			13.52	71.20 (4776)
Tim Molesworth	10k 36m 13s (18)						13.37	50.25 (149)
Mark Nichol			•					53 20 (333)
Jon O'Brien								(555) 02:55
Chris O'Donnell								
Stephen O'Donnell		10k 47.47 (164)		12k 61.32 (121)			19.05	
Garry Page							17.12	
Stephen Parkins	10k 46m 15s (72)						17.12	(72057)
Natalie Pellizari								1,000,1777
Alyssa Perrott						1.5k fun (no times)		
Doug Perrott		10k 43.50 (138)	98.50 (80)	12k 55.15 (89)		7.5k 32.19 (106)	15.42	61.55 (1441)
Jai Реттоtt	10k 43m 58s (62)					1.5k fun (no times)		(:)
Suresh Raju		10k 51.05 (184)	120.04 (101)					74.27 (6441)
Ed Salinas							15.52	61.47 (1424)
Vikki Savage	4k 16m 45s (41)				17.36			
Ken Scalley		10k 47.33 (163)			17.41			
Geoff Sheargold		8k 34.17 (U20M 16)		8k 36.21(U20M 15)	15.23	7.5k 34.23 (U20M 11)		
Graham Sheargold	10k 47m 32s (78)	10k 45.29 (152)		12k 60.53 (120)	17.27	7.5k 35.12 (139)	17.18	
Adam Sinclair	10k 40m 37s (41)	4k 14.29 (U16M 14)			14.40	3.5k 13.47 (U16M 19)	15.19	57.12 (685)
Lynette Smith	4k 16m 06s (32)					5k 22.54 (31)	17.03	
Sarah Thew					19.22			80.34 (10384)
David Wallis	2k fun 7m 02s	2k fun 7.03 (1)		12k 52.03 (71)	14.37	7.5k 32.2 (107)	15.29	
Jessica Wallis	2k fun10m 58s							
Rebecca Wallis	2k fun 8m 30s	2k fun 8.22 (3)						
Alanna White	4k 18m 12s (55)							
Dylan Williams								
Jonas Williams								
Lewis Williams								
Steven Williams	10k 43m 11s (59)	10k 42.01 (119)	98.08 (77)	12k 58.53 (110)	16.13	7.5k 34.46 (135)	16.10	57.32 (722)
Garry Womsley	10k fun 38m 21s	10k 38.31 (84)	87.33 (53)	12k 51.37 (69)	14.59	7.5k 30.23 (84)	15.07	55.25 (508)

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ANSW STATE CHAMPIONSHIPS - TEAM RESULTS

North Company		STILL CHANT TO SHILL S - LEAN RESULTS
Activated Cross Country Championship - 24 April 2004 - Scarborough park, Ramsgate	ıp - 24 April 200	4 - Scarborough park, Ramsgate
Male 10km 1eam A	7th	Tim Molesworth, Brad Milosevic, Gary Howard. Adam Sinclair
Male 10km Team B	11th	Wayne Jeff, Keith Mayhew, Steve Williams, Dono Perrott
Male 10km Team C	14th	Michael Free, Richard Frost, Steve Parkins, Graham Shaarmald
Male 10km Team D	17th	Geoff Sheargold, Clive Kidson, Robert Fager, Roger, Marr
Female 4 km	7th	Lynette Smith, Vikki Savage, Camille Howard, Alanna White
10 km Road Championship - 8 May 2004 - Holsworthy Arm	2004 - Holswort	hy Army Base
Senior Open Male	7th	Gary Howard, Richard Frost, Stephen O'Donnell Dong Perrott Graham Shangald Michael Englishment
B1 Grade Male	4th	Robert Eager, Clive Kidson, Gary Micallef Camille House, John Burgar, Micalgold, Micalago Free
B2 Grade Male	5th	Vince Adams, Mark Attwood Roger Marr Suresh Pain
B3 Grade Male	6th	Steve Halverson, Linda Balinski
35+ Males	9th	Wayne Jeff, Keith Mayhew. Steve Williams Garry Womsley
55+ Male	5th	Viv Manwaring, Lonnie Balinski, Ken Scalley, Joe Butler
Half Marathon Championship - 23 May 2004	May 2004	
45+ Male	2nd	Keith Maybey, Cterra Williams Eddie Matti I B. 1: 1.
35+ Mala	197	The start was now, one of will all by Equip Iviakin, Lonnie Balinski
	mo	Сапу Womsley, Wayne Jeff, Doug Perrot, Rodger Mar
Open	11th	Gary Howard, Suresh Raju,
Cross Country Championships - 19 June 2004 - Willandra	Tune 2004 - Will	Indra
Open Male A, 12km	6th	Gary Howard, Garry Womsley. David Wallis Wayne leff Dong Perrott Steve Williams
Open Male B, 12km	3rd	Richard Frost, Graham Sheargold, Steve O'Donnell, Gary Micalleff
Road Relay Championships - 3. Inly 2004 - Wollongong	2004 - Wollongo	110
	STATE	o 1
Open Female, 4x4km	9th	Camille Howard, Sarah Thew, Jean Davis, Vikki Sayage

Steve Williams, Clive Kidson, Robert Eager, Graham Sheargold

Vince Adams, Keith Mayhew, Roger Mar, Steve Halverson Eddie Makki, Ken Scalley, Viv Manwaring, Keith Mayhew

Gary Howard, Geoff Sheargold, Adam Sinclair, Richard Frost

Camille Howard, Sarah Thew, Jean Davis, Vikki Savage

Garry Womsley, Wayne Jeff, David Wallis, Barry Mayo

45+ Male (A), 4x4km 45+ Male (B), 4x4km

55+ Male, 4x4km

Open Male, 4x4km 35+ Male, 4x4km

Penang	Garry Womsley, Wayne Jeff, Keith Mayhew, Doug Perrott Steve Williams, Graham Sheargold, Robert Eager, Vince Adams
y Championships - 17 July 2004 - Mt Penan	m 4th m 8th
Cross Country	35+ Male, 7.5km 45+ Male, 7.5km

Miranda Park Miranda	THE ATTER T AT IN TALL ALIGN	Tim Molesworth, Brad Milosevic, Gary Howard, Garry Womsley	Adam Sinclair, Carly Eager, Lynette Smith, Richard Frost	Garry Womsley, Keith Mayhew, David Wallis, Doug Perrott	Steve O'Donnell, Gary Micalleff, Steve Parkins, Eddie Makki	Steve Williams, Mark Attwood, Robert Eager. Graham Sheargold	Vince Adams, Clive Kidson, Roger Mar, Ed Salinas
Cross Country Relay Championships - 31 Inly 2004 - Miranda Park Miranda	FOR COMPANY AND	14th	22nd	7th	15th	11th	12th
Cross Country Relay C		Open Male (A), 4x4km	Open Male (B), 4x4km	35+ Male (A), 4x4km	35+ Male (B), 4x4km	45+ Male (A), 4x4km	45+ Male (B), 4x4km

1 1 2004
-8 Aug
City to Surf
Herald C
Sun

Father & daughter up to 11 3rd Gary and Brenda Micalleff

Winter Club Trophy 2004 - Final Results Girraween 10th

	3rd	4th
2004		
Winter Club Premiership		
Club Pro	en 'B"	+
Winter	Male Open	Male 45+

RACE WALKING CHAMPIONSHIPS

NSW Short Walking Championships - 1 May 2004 - George Kendall Reserve, Ermington

Open Women 15km 6th Catherine Nilon

Federation Race Walking Championships - 1 August 2004 - Sunshine Coast Old

Open Women 10km 1st Lisa Grant 50:36

Australian Road Walking Championships - 28 August 2004 - Lake Burley Griffen, Canberra

U/20 Womens 10km

18

Lisa Grant 51:37

OVERSEAS SUCCESSES

World Junior Athletic Championships - 16 July 2004 - Grosetto, Italy

Junior Womens 10km Walk

Lisa Grant 49.32 15th

IAAF World Race Walk Cup - 1 May 2004 - Naumburg, Germany

Junior Womens 10km Walk

Lisa Grant 49.25

International Triathlon Union Long Distance Championships - 3/4 July 2004 - Saeter, Sweden

33rd in age group 120km cycle 4km swim

Tim Molesworth 1:16.39 Tim Molesworth 3:20.12 4th in age group

Mens 25 to 29 age group

30km run

Tim Molesworth 2:07.09 3rd in age group

Tim Molesworth 6:47.09 overall 5th in age group

OTHER RESULTS

<u> Ironman Australian Triathlon - 4 April 2004 - Forster, NSW (1478 total competitors)</u>

Tim Molesworth 1:12.30 114th in age group

Tim Molesworth 5:02.50 22nd in age group

Tim Molesworth 3:15.04 Tim Molesworth overall 16th in age group 9th in age group

Mens 25 to 29 age group

180.2 km cycle

42.2km run

3.8km swim

Note: Tim was placed 62nd out of the total of 1478 competitors in the race.

NSW All Schools Secondary Cross Country Championships - 23 July 2004 - Eastern Creek)

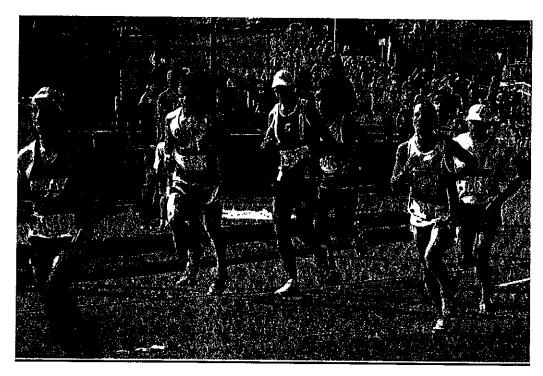
Katie French 22.23 14 years girls 4km 18 years girls 6km

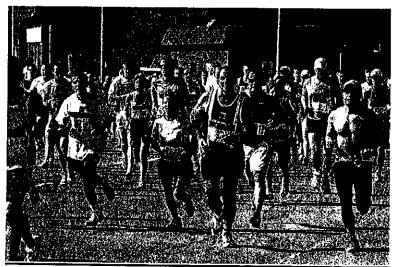
Jamie Sherson 13.13 Stacey Argent 57th 15th 15 year boys 4km

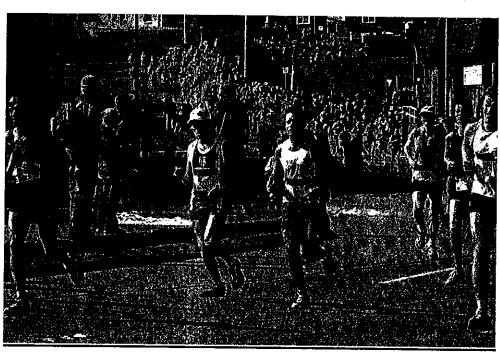
Brad Milosevic Adam Sinclair 43rd 15 year boys 4km

42nd

15 year boys 4km







REPRESENTATIVE AWARD

The representative award has been introduced to recognise those athletes who compete outside of the Club competition at events conducted by the State, National and International Athletic Bodies. In the inaugural year, this award has been based only on the Summer competition, however it is planned to have both a summer and winter award in future years.

As per the table below, points are awarded for entering in the competition with bonus points awarded for placing within the top ten of finishers in each event entered in International, National and State Championships. Participation points only are awarded for ANSW Club Meets (which includes Club Premierships, Club Championships and State Relays) and Allcomers events. International and National Open and Under Age competitions are scored significantly higher, due to the entry criteria being via selection or achieving a qualifying standard. All other competitions are open to anyone (within age range) to enter.

Note: Under Age competition = U23 and below

Masters competition = Over 30

Representative Award - Points Table

T-A	Participation in competition	1 st Place	2 nd Place	3 rd Place	Top 10	Points awarded per
International	30	80	70	60	30	
Open National	15	45	35			event
Open State	5	25		30	15	event
Under Age National	15		20	15	5	event
Under Age State	15	35	25	20	10	event
Masters National	3	15	12	10	3	event
	5	15	12	10	5	event
Masters State	5	10	8	6	- 1	
ANSW Club Meet	10				1	event
Allcomers	1 1	-				competition
	<u> </u>	<u>-</u>				competition

FINAL POINTS

<u> </u>	THLETE	TOTAL POINTS	PLACE
LYNETTE	SMITH	224	i
LAJOS	JONI	215	2
GARRY	WOMSLEY	192	3
LISA	GRANT	156	4
DAVID	WALLIS	97	5
VINCE	ADAMS	96	6
JAMIE	SHERSON	92	7
ROGER	MAR	85	8
GARY	HOWARD	77	9
ERNIE	LESEBERG	71	10
BRADLEY	MILOSEVIC	64	11
MELISSA	HAYES	57	12
REECE	DIAZ	50	13
WAYNE	JEFF	46	14
ADAM	SINCLAIR	44	15
KEITH	MAYHEW	43	16
<u>AMANDA</u>	GIESLER	40	17
ROBERT	GIESLER	40	18
RICHARD	FROST	36	19
BARRY	MAYO	36	20
KATIE	FRENCH	31	=21
WAYNE	THURLOW	31	=21
ANDREA	HENDLEY	30	=23
ERIKA	HENDLEY	30	=23
CHRISTINE	WEARNE	30	23
ROBERT	EAGER	20	26
NATALIE	PELLIZZARI	20	26
CATHERINE	NILON	15	28

	THLETE	TOTAL POINTS	PLACE
STACEY	ARGENT	10	=29
MARK	ATTWOOD	10	=29
PHIL	BOWDEN	10	=29
JOE	BUTLER	10	=29
JEAN	DAVIS	10	=29
CARLY	EAGER	10	=29
TIMOTHY	EVANS	10	=29
CLIVE	KIDSON	10	=29
EDDIE	MAKKI	10	=29
ASHLEY	MICALLEF	10	=29
BRENDA	MICALLEF	10	=29
KELLIE	MICALLEF	10	=29
SCOTT	MORTIMER	10	=29
JON	O'BRIEN	10	=29
STEPHEN	O'DONNELL	10	=29
STEPHEN	PARKINS	10	=29
DOUG	PERROTT	10	=29
SURESH	RAJU	10	=29
TERRY	ROSE	10	=29
GRAHAM	SHEARGOLD	10	=29
SARAH	THEW	10	=29
EMMA	TREDWELL	10	=29
JESSICA	WARD	10	=29
BRENDAN	WEYLAND	10	=29
TROY	WEYLAND	10	≈29
STEVEN	WILLIAMS	10	=29
BILL	FLANAGAN	7	55

GIRRAWEEN ATHLETICS CLUB C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2005

<u>MEN</u>				<u>WOMEN</u>		
<u>OPEN</u>				<u>OPEN</u>		
S Mallard (NEP)	91/92	10.7	100 100	Rebecca Deane Leanne Saliba	93/94 90/91	12.7
Gary Howard	04/05	23.5	200	Heidi Novosell (G)	83/84	26.9
Ernie Leseberg	04/05	23.5		,		2015
Gary Howard	04/05	51.5	400	Lynette Smith	99/00	1:01.8
Craig Downie	84/85	2:01.9	800	Susannah Hartgers (TW)	83/84	2:24.0
R Hamill (RH)	85/86	4:11.1	1500	Katie-Ellen French	00/01	4:59.5
Bruce Hogg	93/94	4:35.8	1 Mile	Kim Pitzing	84/85	5:53.0
Craig Downie	86/87	9:04.2	3000	Katie-Ellen French	00/01	10:56.9
Bruce Hogg	91/92	16:17.4	5000	Katie-Ellen French	00/01	18:55.4
Kevin Junor (PAR)	84/85	2:19.0	800s/c	Yvette Jaeger	84/85	2:53.6
Adam Rutter (SYP)	02/03	6:07.0	1500W	Lisa Grant	02/03	6:49.6
Adam Rutter (SYP)	02/03	12:49.2	3000W	Lisa Grant	01/02	14:44.4
Robert Kropman	92/93	16.2	110H/100H	Lynette Smith	93/94	17.6
Robert Kropman	92/93	28.1	200H	Catherine Downer	82/83	33.3
David Tarbotton (CTC)	82/83	59.2	400H	Tracey Wheeler	84/85	1:14.6
Nathan Manwaring	92/93	6-50	LJ	Nicole Page	93/94	5-13
Craig Willetts	92/93	14-17	ТJ	Natalie Deegan	93/94	10-65
Craig Willetts	93/94	1-91	HJ	Vera Abramas (SG)	85/86	1-66
Robert Kropman (7.26kg)	92/93	13-95	SP	Natalie Avellino (4kg)	86/87	10-32
Robert Kropman (2kg)	91/92	42-08	DIS	Sue Read (NC) (1kg)	89/90	39-66
Robert Kropman (800g)	90/91	56-72	JAV	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 (55+)

GOLDEN OLD	(ES (60+)		
John Dwyer	00/01	14.4	100
John Dwyer	00/01	31.9	200
Keith Mayhew	04/05	1:09.2	400
Keith Mayhew	04/05	2:32.3	800
Keith Mayhew	03/04	5:15.3	1500
Keith Mayhew	03/04	5:46.9	1 Mile
Keith Mayhew	04/05	11:18.7	3000
Keith Mayhew	04/05	20:21.3	5000
Keith Mayhew	03/04	3-20	LJ
Keith Mayhew	03/04	6-19	TJ
Ram Swami	00/01	1-14	НJ
John Dwyer (5kg)	00/01	7-23	SP
John Dwyer (1kg)	00/01	29-14	DIS
John Dwyer (600g)	00/01	22-52	JAV

MASTERS (4	(0+)			MASTERS (35+)		
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	02/03	
Jon O'Brien	04/05	2:20.6	800	Terri Baraniak	89/90	1:16.3 2:59.5
Bruce Harrison	96/97	4:47.4	1500	Terri Baraniak	89/90 89/90	
Bill Flanagan	02/03	5:19.8	1 Mile	Terri Baraniak	89/90 89/90	6:03.9
Bruce Harrison	96/97	10:24.8	3000	Terri Baraniak	89/90	6:52.7 13:16.0
Bruce Harrison	96/97	18:08.7	5000	Terri Baraniak	89/90	
Bob Sewell	87/88	3:17.7	800s/c	z wiii Daianag	67/90	22:08.0
John Dwyer	96/97	10:15.0	1500W	Andrea Hendley	03/04	11.20.1
Gary Micallef	04/05	22:31.5	3000W	- maroa Hondroy	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	2 72
Viv Manwaring	88/89	10-83	ТJ	Andrea Hendley	03/04	3-73
Stephen Halverson	94/95	1-55	НJ	Andrea Hendley	03/04	8-12
Lajos Joni (7.26kg)	04/05	10-62	SP	Andrea Hendley (4kg)	03/04	1-32
Lajos Joni (2kg)	04/05	30-86	DIS	Andrea Hendley (1kg)		8-61
Jon O'Brien (800g)	04/05	40-59	JAV	Andrea Hendley (600g)	03/04 02/03	26.58 22-63

SENIOR				SENIOR		
Gary Howard	02/03	10.9	100	Lynette Smith	00/01	12.5
Gary Howard	04/05	23.5	200	Lynette Smith	99/00	13.5
Ernie Leseberg	04/05	23.5	200	Dynotto Billini	73/00	28.9
Gary Howard	04/05	51.5	400	Lynette Smith	99/00	1.01.0
Craig Downie	84/85	2:01.9	800	Lynette Smith	99/00	1:01.8
Michael Finucane	91/92	4:18.7	1500	Lynette Smith	99/00	2:27.5
Craig Downie	87/88	4:46.7	1 Mile	Lynette Smith	00/01	5:11.7
Craig Downie	86/87	9:04.2	3000	Lynette Smith	00/01	5:58.7
Craig Downie	84/85	16:25.7	5000	Lynette Smith	00/01	11:11.2
John Doolan	86/87	2:52.5	800s/c	Jackie Wheeler	86/87	19:37.3
Robert McGaughey	90/91	7:51.5	1500W	Catherine Nilon	01/02	3:21.0
			3000W	Catherine Nilon	01/02	7:58.4 17:17.6
Robert Kropman	92/93	16.2	110H/100H	Lynette Smith	93/94	
Robert Kropman	92/93	28.1	200H	Lynette Smith	93/94 93/94	17.6
Bob Broadhurst	82/83	1:09.9	400H	Tracey Wheeler	93/94 87/88	35.6
Jeff Micallef	90/91	6-26	LJ	Lynette Smith	90/91	1:16.1
Peter Murray	91/92			D) notice Shiftin	90/91	4-83
Peter Kropman	88/89	13-23	TJ	Lynette Smith	90/91	10-28
Craig Willetts	93/94	1-91	НJ	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
				. (6)	55,01	20-00

<u>U/20</u>				<u>U/20</u>		
Damien Beckhouse	92/93	11.6	100	Catherine Kropman	00/01	14.0
Jason Willetts	93/94	23.9	200	Jackie Wheeler	90/91	14.0
Jeff Micallef	89/90	53.4	400	Jackie Wheeler	85/86	29.0
Garry Moran		2:10.9	800	Tracey Wheeler	85/86	1:05.6
Bruce Hogg	93/94	4:31.7	1500	Jackie Wheeler	86/87	2:44.0
Bruce Hogg	93/94	4:35.8	1 Mile	Lisa Grant	85/86	6:02.0
Matthew Graham	01/02	10:13.9	3000	Lisa Grant	03/04	7:05.4
Hogg	93/94	17:29.0	5000	Tracey Wheeler	04/05 87/88	12:10.1 Bruce 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	Lisa Grant	04/05	7:13.2
			3000W	Lisa Grant	04/05	15:06.2
Peter Kropman	86/87	16.9	110H/100H	Tracey Wheeler	86/87	13.00.2
Tim Evans	04/05	28.0	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	НJ	Lynette Smith	90/91	1-53
Robert Kropman (6kg)	89/90	12-26	SP	Jessica Ward (4kg)	04/05	
Robert Kropman (1.75kg)	89/90	35-50	DIS	Tracey Wheeler (1kg)	86/87	10-18 36-94
Robert Kropman (800g)	89/90	46-40	JAV	Tracey Wheeler (600g)	86/87	30 - 94 37-40
<u>U/19</u> Marcus Bakes	02/04			<u>U/19</u>		
	03/04	11.4	100	Jackie Wheeler	84/85	13.8
Paul Manton Jeff Micallef	84/85	23.9	200	Nicole Page	94/95	28.5
	88/89	53.0	400	Jackie Wheeler	84/85	1:04.6
Bruce Hogg	92/93	2:08.2	800	Katie French	04/05	2:28.1
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
34.4	92/93	9:21.9	3000	Susan Ireland	03/04	12:24.2
55 . ••	00/01	16:56.6	5000	Susan Ireland	03/04	22:36.1
Th	86/87	2:30.9	800s/c	Jackie Wheeler	84/85	3:24.0
3.51 1 1 -	02/03	8:15.2	1500W	Lisa Grant	03/04	7:03.4
B	01/02	24:50.1	3000W	Lisa Grant	03/04	14:55.0
.	86/87	16.2	110H/100H	Tracey Wheeler	85/86	18.7
<u> </u>	86/87	28.2	200H	Tracey Wheeler	85/86	35.9
75 / 77	86/87	1:01.2	400H	Tracey Wheeler	85/86	1:15.6
0 1 77 744	86/87	6-46	LJ	Nicole Page	94/95	5-04
75 ·	91/92	13-20	TJ	Nicole Page	94/95	10-64
FT! 3.71 (44)	86/87	1-82	HJ	Tracey Wheeler	85/86	1-52
	03/04	10-58	SP	Jessica Ward (4kg)	03/04	9-99
	03/04	28-61	DIS	Tracey Wheeler (1kg)	85/86	35-04
Andrew Grace (800g)	35/86	49-34	JAV	Tracey Wheeler (600g)	85/86	37-06

<u>U/18</u>				<u>U/18</u>		
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		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	НJ	Catherine Kropman	88/89	1-50
Sam Setrallah (5kg)	04/05	11-55	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
¥774 M						
<u>U/17</u>				<u>U/17</u>		
Kurt Quinlivan	92/93	11.5	100 100	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 Jackie Wheeler	84/85	28.4
Jon Hetherington	84/85	2:08.9	800	Jackie Wheeler Jackie Wheeler	82/83	1:06.0
Bruce Hogg	90/91	4:31,4	1500		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 Kim Pitzing	03/04	8:15.1
Bruce Hogg	90/91	16:49.0	5000	Jackie Wheeler	86/87	11:50.0
Mark Irving	84/85	2:28.0	800s/c	Tracey Wheeler	82/83	23:06.0
Matthew Graham	97/98	9:35.2	1500W	Lisa Grant	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	Kylie Walker	01/02	14:44.4
Phillip Fenech	84/85	28.8	200H	Tracey Connors	91/92	18.7
Peter Kropman	84/85	1:02.9	400H	Tracey Wheeler	84/85	33.9
Phillip Fenech	84/85	6-37	LJ	Nicole Page	84/85	1:14.6
Timothy Evans	02/03	12-53	TJ	Catherine Kropman	92/93	5-05
Shane Hanlon	90/91	1-83	НJ	Tracey Wheeler	86/87	10-16
Brendan Evans (5kg)	04-05	11-58	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 (1kg) Tracey Wheeler (600g)	84/85	32-62
- \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		, ,	01 1 4	riacey wheeler (600g)	84/85	32-50

<u>U/16</u>				<u>U/16</u>		
Shaun Wearne	99/00	11.6	100	Jackie Wheeler	81/82	13.4
DI 'III' D			100	Linda Hatherly	93/94	1311
Phillip Fenech	83/84	24.3	200	Jackie Wheeler	81/82	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 Paul Sewell	90/91	4:32.3	1500	Jackie Wheeler	81/82	5:35.0
Andrew Baraniak	88/89	5:01.1	1 Mile	Katrina Ward	90/91	6:14.0
Andrew Baramak Paul Sewell	90/91	9:37.9	3000	Katie-Ellen French	00/01	11:11.6
•	88/89	18:12.0	5000	Kim Pitzing	85/86	20:12.0
Peter Kropman Paul Sewell	83/84	2:41.9	800s/c	Tracey Wheeler	83/84	4:10.0
, raui seweii	88/89	9:54.0	1500W	Lisa Grant	00/01	7:20.4
David Gallo	0.6 (0.7	140	3000W	Lisa Grant	00/01	16:21.3
Phillip Fenech	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
Chris Saliba	83/84	1:05.1	400H	Tracey Wheeler	83/84	1:16.4
Irwin Burbage	89/90	6-11	LJ 	Tracey Wheeler	83/84	5-01
Peter Kropman	99/00	12-19	TJ	Natalie Deegan	93/94	10-65
_	83/84	1-73	HJ	Lynette Smith	86/87	1-58
Tristan Manwaring (4kg) Greg Howard (1kg)		12-47	SP	Natalie Avellino (4kg)	86/87	10-32
Jon Hetherington (700g)	82/83	44-30	DIS	Natalie Avellino (1kg)	86/87	33-78
Joh Hethernigton (700g)	83/84	44-14	JAV	Tracey Wheeler (600g)	83/84	30-18
<u>U/15</u> Michael McHugh	81/82	12.0	100	<u>U/15</u> Rebecca Deane	93/94	12.7
III- O'II				Leanne Saliba	90/91	
Ilia Gill	82/83	24.7	200	Rebecca Deane	93/94	27.5
Phillip Fenech	82/83	57.2	400	Tracey Wheeler	82/83	1:06.3
Andrew Baraniak	89/90	2:08.1	800	Katie-Ellen French	00/01	2:26.5
Andrew Baraniak	89/90	4:24.0	1500	Katie-Ellen French	00/01	4:59.5
Andrew Baraniak	89/90	4:44.3	1 Mile	Kim Pitzing	84/85	5:53.0
Andrew Baraniak Andrew Baraniak	89/90	9:34.7	3000	Katie-Ellen French	00/01	10:56.9
Shane Ferguson	89/90	16:50.0	5000	Katie-Ellen French	00/01	18:55.4
Brent Balinski	84/85	2:43.7	800s/c	Cherie Madden	86/87	3:31.0
Dient Dannski	95/96	8:00.5	1500W	Lisa Grant	99/00	7:06.0
Nicholas Potten	04/05	15.0	3000W	Carly Eager	01/02	25:36.6
Michael McHugh	84/85	15.8	100H/90H	Rebecca Deane	93/94	14.6
Michael Wheeler	81/82	31.2	200H	Rebecca Deane	93/94	33.4
Franky Wong	86/87	1:07.8	400H	Tracey Wheeler	82/83	1:17.7
Michael McHugh	98/99	5-78	LJ	Linda Atkins	80/81	4-94
Ilia Gill	81/82	11-61	TJ	Sarah Ferguson	86/87	10-28
	82/83	1-81	HJ	Tracey Wheeler	82/83	1-59
4 1 35 4	04/05	7-89	SP	Kelly Micallef (3kg)	04/05	9-22
Andrew McIlwaine (1kg) Andrew McIlwaine (600g)	87/88	48-50	DIS	Natalie Avellino (1kg)	85/86	34-38
America menanie (000g)	0//00	52-84	\mathbf{JAV}	Tracey Wheeler (600g)	82/83	30-00

<u>U/14</u>				<u>U/14</u>		
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
Reece Diaz	04/05	2:18.4	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	40 0H	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	НJ	Jessica Fisher	96/97	1-57
Reece Diaz (3kg)	04/05	9-67	SP	Kelly Micallef (3kg)	03/04	7-91
Andrew McIlwaine (1kg	•	48-50	DIS	Natalie Avellino (1kg)	84/85	34-22
Andrew McIlwaine (600	g) 86/87	52-84	\mathbf{JAV}	Ashley Micallef (400g)	01/02	21-61
<u>U/13</u>				<u>U/13</u>		
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
Ol. 1. 0. 111			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
Michael Chaffen (3kg)	04/05	7-68	SP	Ashley Micallef (2kg)	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>U/12</u>			<u>U/12</u>					
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		
Michael Chaffen (3kg)	04/05	7-79	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 RECOR	DS			
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		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			Natalie Avellino (600g)	23-76
U14 SP	Andrew McIlwaine (3.632kg		U12 SP	Natalie Avellino (2.724kg)	8-51
U13 SP	Andrew McIlwaine (2.724kg		U12 Dis	Natalie Avellino (1kg)	18-70
U12 SP	Andrew McIlwaine (2.724kg) 12-15		Tracey Wheeler (600g)	15-06
				Amy Van Trier (600g)	

MODIFIED PROGRAM RECORDS

601	M SPRINT					
Ernie Leseberg	02/03 7.0	OPEN:	Nicole Page	(NEP)	95/96	8 1
Ram Swami	00/01 10.2	GOLDEN O:		(1121)	70770	0.1
Steven Williams	01/02 7.8	MASTER:	Andrea Hen	dley	04/05	9.0
Ernie Leseberg	02/03 7.0	SENIOR:	Amanda Gie		04/05	
Nathan Manwaring	93/94 7.5	U20:	Jemma Aust	in	04/05	
Tim Evans	04/05 7.5	U20:				
Tim Evans	03/04 7.5	U19:	Nicole Page		95/96	8.2
Brendan Weyland	04/05 7.5	U19:	_			
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 Hathe		93/94	8.5
Peter Hogan	96/97 7.7	U16:	Natalie Pelli	zzari	04/05	8.3
Matthew Dux	95/96 7.9	U15:	Sandra Nare	zzi	93/94	8.6
Andrew Scully	99/00 7.8	U14:	Sandra Nare		92/93	9.0
Damien Murray	96/97 8.8	U13:	Melissa Brig	_	93/94	9.0
3.6 of - 25 of			Jessica Fishe		95/96	
Matthew Beattie	93/94 9.7	U12:	Shindu Raju		96/97	9.7
300	M UNLANED					
Andrew Scully (BLK)		OPEN:	Lunatta Cmit	·la	00/00	447
Keith Mayhew	03/04 52.5	GOLDEN O:	Lynette Smit	.11	99/00	44./
Steven Williams	99/00 42.2	MASTER:	Andrea Heno	110	02/04	54 A
Gary Howard	03/04 37.6	SENIOR:	Lynette Smit		03/04	
Paul Weymark	94/95 40.0	U20:	Lisa Grant	41	99/00	
Tim Evans	03/04 40.2	U19:	Nicole Page		03/04	
Matthew Graham	00/01	017.	Nicole Fage		94/95	32.9
David Beattie	96/97 40.4	U18:	Lisa Grant		01/02	40 O
David Beattie	95/96 39.9	U17:	Kate Stockin	00	01/02 00/01	
Peter Hogan	96/97 42.6	U16:	Natalie Pelliz			
Matthew Dux	95/96 43.9	U15:	Vikki Savage		04/05	
Andrew Scully	99/00 42.0	U14:	Helen Sestic	-	94/95	
Matthew Beattie	94/95 50.6	U13:	Stacey Arger		92/93	
Stephen Muir	93/94 56.8	U12:	Natalia Sesti		02/03 92/93	
1000	<u> </u>					
Gary Howard	03/04 2:50.8	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: And	rea Hendley	02/03	4:25.6	
Gary Howard	03/04 2:50.8	SENIOR: Lynett	e Smith	99/00	3:20.44	
			Savage	99/00	3:44.6	
Matthew Graham	00/01 2:53.3	U19: Lisa C		02/03	3:47.7	
Matthew Graham	99/00 2:57.4	U18: Lisa G		01/02	3:40.0	
Jamie Sherson	04/05 2:56.6		Stockings	00/01	3:47.0	
Adam Sinclair	03/04 3:13.7		Stockings	99/00	3:35.5	
Reece Diaz	04/05 3:10.5		Ellen French	00/01	3:11,2	
Reece Diaz	03/04 3:19.0	U14: Helen		92/93	3:35.5	
Brent Balinski	93/94 3:32.6	U13: Stacey	' Argent	02/03	3:43.9	
Peter Balinski	93/94 3:48.0		a Sestic	92/93	4:08.0	
2000						
Michael Kammerer	02/03 6:18.2	OPEN: Katie-B	llen French	00/01	7:04.0	
Keith Mayhew	03/04 7:29.3	GOLDEN O:				
Bill Flanagan	02/03 6:54.8	MASTER: Andr		02/03	10:24.2	
Michael Kammerer	02/03 6:18.2	SENIOR: Leann	e Bourke	96/97	7:48.0	
		U20: Lisa G	rant	03/04	8:34.4	
M		U19:				
Matthew Graham	99/00 6:44.2	U18:				
Matthew Graham	98/99 6:37.7		tockings	00/01	9:22.9	
Bradley Milosevic	03/04 6:52.9		Argent	04/05	8:45.1	
Reece Diaz	04/05 7:19.2		Ellen French	00/01	7:04.0	
Bradley Milosevic	02/03 7:21.1	U14: Zulay S	Sastre	98/99	8:07.5	

Danny Martins 96/97 8:44.5 U13: Stacey Argent 02/03 7:48.9 U12: Shindhu Raju 96/97 9:34.8

4x100M RELAY

46.64 **OPEN MEN:** (02/03)

> Marcus Bakes (U18) Timothy Evans (U17) Gary Howard (Sen) Ernest Leseberg (Sen)

35+ MEN: 53.8 (03/04)

> Rob Giesler Stephen Parkins Darren Gould Steven Williams

OPEN WOMEN: (93/94)55.0

> Nicole Page (U18) Linda Hatherly (U17) Sandra Narezzi (U15) Melissa Briggs (U13)

U/20 MEN: 49.2 (03/04)

> Marcus Bakes (U19) Brendan Evans (U16) Tim Evans (U18) Scott Mortimer (U18)

U/20 MIXED: 56.5 (04/05)

> Jemma Austin (U20) Jessica Ward (U20) Tim Evans (U20) Scott Mortimer (U20)

8x100M RELAY

OPEN MEN: 1:39.7 (90/91)

Michael Finucane (Sen) Wayne Jeff (Sen) Bruce Hogg (U18) Craig Willetts (U18) Garry Dempsey (U17) Shane Hanlon (U17)

Nathan Manwaring (U17) Andrew Baraniak (U16)

OPEN WOMEN: 1:50.5 (84/85)

Jackie Wheeler (U19) Tracey Connors (U17) Tracey Wheeler (U17) Michelle Cauchi (U15) Natalie Avellino (U14) Catherine Kropman (U14) Jackie Neil (U14) Tracy Scorer (U14)

OPEN MIXED: 1:46.2 (94/95)

(minimum 3 women)

92/93

91/92 2-71

2-84

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

STANDING LJ

Robert Kropman

Nathan Manwaring

Catherine Kropman Lynette Smith 93/94 Nicole Page (NEP) 95/96 Keith Mayhew 03/04 1-71 GOLDEN O: Robert Giesler MASTER: 02/03 2-51 Andrea Hendley 03/04 2-03 Robert Kropman 92/93 2-84 SENIOR: Catherine Kropman 92/93 2-30 93/94 Lynette Smith Peter Kimpton 02/03 2-79 U20: Chelsea Austin 02/03 2-03 Peter Kimpton 02/03 U19: 94/95 2-78 Nicole Page 2-16

U18:

OPEN:

Nicole Page

92/93

93/94

2-30

2-13

David Beattie	95/96	2-52	U17:	Nicole Page	92/93	2-25
Christopher Flower	00/01	2-66	U16:	Sandra Narezzi	94/95	2-22
Stephen Hinwood	93/94	2-44	U15:	Sandra Narezzi	93/94	2-21
Andrew Scully	99/00	2-28	U14:	Sandra Narezzi	92/93	2-08
Damien Murray	96/97	2-05	U13:	Melissa Briggs	93/94	2-17
Matthew Beattie	93/94	1-85	U12:	Shindhu Raju	96/97	1-78
SCISSORS HJ			OPPN	T 6 13	02/04	1 45
Tim Evans	03/04	1-65	OPEN:	Lynette Smith	93/94	1-45
Keith Mayhew	03/04	1-15	GOLDEN O		00/04	1.00
Stephen O'Donnell	04/05	1-45	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	04/05	1-60			0.440.5	
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
				Lee Westwood	91/92	
David Beattie	94/95	1-56	U16:	Natalie Deegan	93/94	1-30
David Hatherly	93/94	1-45	U15:	Sandra Narezzi	93/94	1-20
Stephen Muir	95/96	1-25	U14:	Lisa Grant	98/99	1-20
Matthew Beattie	94/95	1-35	U13:	Jessica Fisher	94/95	1-35
Stephen Muir	93/94	1-05	U12:	Natalia Sestic	92/93	1-05
,						
2.724kg SHOT						
Robert Kropman	92/93	31-66	OPEN:	Lynette Smith	93/94	16-92
Keith Mayhew	03/04	12-74	GOLDEN (
Steven Williams	01/02	20-61	MASTER:	Andrea Hendley	04/05	12-36
Steve Parkins	04/05	20-61				
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:	Natalie Sestic	93/94	5-72
Hans Kropman	86/87	21-09	OFFICIAL	:		

BLK: Blacktown

NEP: Nepean