

*Twenty – Seventh
Annual Report*

2004/05

ANNUAL REPORT 2004/2005
OF
GIRRAWEE 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 his role as Honorary Auditor.

I would like to congratulate Trevor Hinwood, the President of Girraween Little A's. He has presided over a wonderful organisation 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, NSW Club Premiership, State Club Championships, State Championships, National Championships and NSW 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

GIRRAWEE 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

Jackie Wheeler – 1988

Bob Sewell – 1988

Paul Sewell – 1991

Vivian Manwaring – 1997

Michael Kammerer – 2003

Vikki Savage – 2005

Tracey Wheeler – 1988

John Doolan – 1989

Robert Kropman – 1993

Lynette Smith – 2000

Graham Sheargold – 2003

Deborah Mulhall – 1988

Peter Kropman – 1989

Catherine Kropman -1993

Stephen Halverson –2003

Phil Bowden – 2004

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 Kathy Austin Robert Eager Bill Goodin	Elected AGM 11 May 2004 Elected AGM 11 May 2004 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 Lisa Grant	Elected AGM 11 May 2004 (Appointed the week following the AGM)

MEMBERSHIP 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
		Christopher	Flower	Alex	Willard
MASTERS		Michael	Free		
(Men 40+, Women 35+)		Richard	Frost	U16	
Vincent Adams		Catherine	Germech	Jamie	Drew
Mark Attwood		Amanda	Giesler	Bradley	Milosevic
Linda Balinski		Linda	Hatherly	Jamie	Sherson
Lonnie Balinski		Camille	Howard	Adam	Sinclair
James Barr		Gary	Howard		
Michael Christie		Wayne	Jeff	U15	
Garry Devlin		Ernest	Leseberg	Stacey	Argent
Robert Eager		Andrew	Maxwell	Kelly	Micallef
Michael Evans		Tim	Molesworth	Brianna	Parkins
Margaret Ferguson		Mark	Nicholl	Natalie	Pellizzari
Bill Flanagan		Catherine	Nilon	Aaron	Sargeant
Robert Giesler		Vikki	Savage		
Bill Goodin		Lynette	Smith	U14	
Darren Gould		Tracey	Southern	Reece	Diaz
Stephen Halverson		Kerry	Taylor	Melissa	Hayes
Bruce Harrison		Sarah	Thew	Erika	Hendley
Andrea Hendley		Wayne	Thurlow		
Terry Hoffmann		David	Wallis	U13	
Meredith Jeff		Ray	Yorke	Brittany	Devlin
Lajos Joni				Danielle	Goodin
Clive Kidson		U20		Brenda	Micallef
Eddie Makki		Lisa	Grant	Emma	Treadwell
Vivian Manwaring		Christopher	Mackey		
Roger Mar				U12	
Barry Mayo		U19		Michael	Chaffen
Gary Micallef		Jemma	Austin	Jake	Ferguson
Jo Micallef		Ivan	Craddy	Jordan	Flanagan
Jon O'Brien		Timothy	Evans	Christopher	O'Donnell
Stephen O'Donnell		Katie	French	Megan	O'Donnell
Garry Page		Scott	Mortimer	Dylan	Williams
Stephen Parkins		Geoff	Sheargold	Jonas	Williams
Doug Perrott		Jessica	Ward		
Suresh Raju					
Terry Rose		U18			
Edward Salinas		Sam	Setrallah		
Greg Sargeant		Christine	Wearne		
Ken Scalley		Brendan	Weyland		
Graham Sheargold					
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

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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	1,217.70	136.50
Water Rates	0.00	230.52
TOTAL EXPENSES	6,617.81	17,931.28
TOTAL INCOME - EXPEN...	1,089.70	1,655.95
Balance Carried Forward	<u>4,211.79</u>	<u>5,301.49</u>
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

Accountant



ANTHONY 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 **Cath Germech** who is the 2004/2005 season's **Club Champion**. 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.

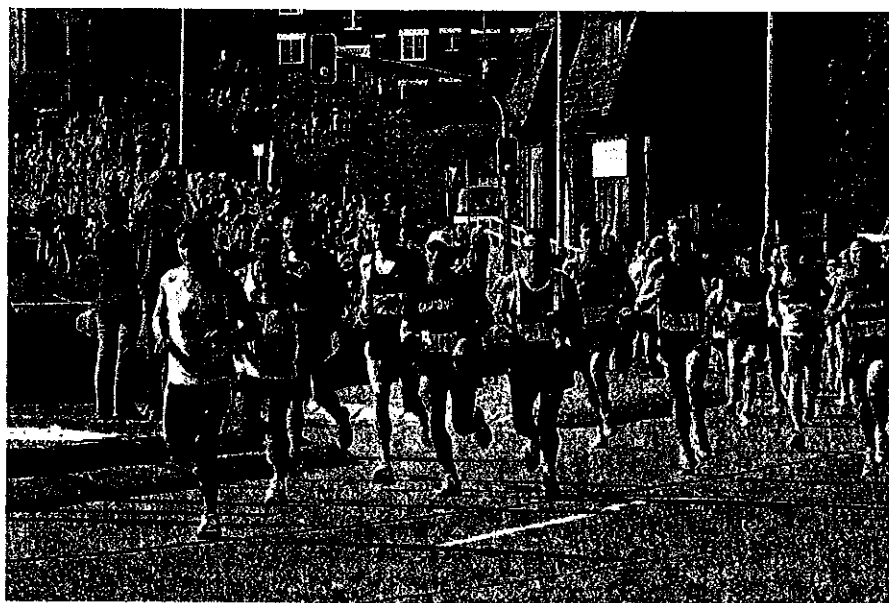
The following tables display the age category winners:

Under 20				
	<i><u>Men</u></i>		<i><u>Women</u></i>	
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				
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 **Fred Daniels** who gained first place as **Champion Visitor**. 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 longer awarded

Ashley Micallef (U14)	2001	Bradley Milosevic (U13)
Vikki Savage (Snr)	2000	Matthew Graham (U19)
Chelsea Austin (U16)	1999	Matthew Graham (U18)
Michelle Kurp (U16) / Zulay Sastre (U14)	1998	Kevin Casey (Vet)
-	1997	Graham Sheargold (Vet)
Leanne Bourke (Snr)	1996	Graham Sheargold (Vet)
Linda Balinski (Vet)	1995	Graham Sheargold (Vet)
Vikki Savage (U15)	1994	Brett Warner (U18)
Lynette Smith (Snr)	1993	Bob Sewell (Vet)
Lynette Smith (Snr)	1992	Con Starr (Snr)
Amy Thorpe (U14)	1991	Bruce Hogg (U18)
Terri Baraniak (Vet)	1990	Wally Schmid (Snr)
Terri Baraniak (Vet)	1989	Paul Sewell (U17)
-	1988	Bob Sewell (Vet)
-	1987	Bob Sewell (Vet)
Pauline Gunns (U20)	1986	Bob Sewell (Vet)

SUMMER COMPETITION

* 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	* Stephen Halverson (Vet)
Jessica Fisher (U13)	1995/96	* Peter Balinski (U13)
Linda Balinski (Vet)	1994/95	* Stephen Muir (U13)
* Michelle Townsend (Snr)	1993/94	Doug Leabon (Snr)
* Lynette Smith (Snr)	1992/93	Michael Finucane (Snr)
* Lynette Smith (Snr)	1991/92	Michael Finucane (Snr) / Viv Manwaring (Vet)
* Lynette Smith (Snr)	1990/91	* Bruce Hogg (U18)
Stella Mauceri (U17)	1989/90	* John Doolan (Snr)
Elizabeth Knoke (U15) / Kate Rada (U15)	1988/89	* Jeff Micallef (U19)
Jackie Wheeler (Snr)	1987/88	* Viv Manwaring (Vet)
* Jackie Wheeler (Snr) / Deborah Mulhall (Snr)	1986/87	Michael Jamieson (U14)
Jackie Wheeler (U20)	1985/86	* Peter Kropman (U18)
* Jackie Wheeler (U19)	1984/85	Frank Soballa (U17)
Kellie Fenech (U14)	1983/84	* Robert Kropman (U14)
Kellie Fenech (U13)	1982/83	* Phillip Fenech (U15)
Deborah Mulhall (U16)	1981/82	* Phillip Fenech (U14)
Jackie Wheeler (U15)	1980/81	* Michael McHugh (U14)
* Catherine Downer (U13) / Jackie Wheeler (U14)	1979/80	Ralph Downer (U15)
* Joanne Kendall (U13)	1978/79	Simon Gemmell (U14)

* Denotes overall champion/s

Scoring system changed -champions no longer awarded

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	Micallef, 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

MEN

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
Evans, 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
Micallef, 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	26.0	Perrott, Doug	1.0
Sheargold, Geoff	25.0	Milosevic, George	0.0

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	U15	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		

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.
- Tim Molesworth
- 149th in the City to Surf.

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 Surf.

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	Age	Points	Competed	Name	Age	Points	Competed
Short Events – Male				Short Events – Female			
Jonas Williams	U/10	287	13	Kelly Micallef	U/15	295	13
Dylan Williams	U/12	267	11	Megan O'Donnell	U/11	177	6
Tim Evans	U/19	205	10				
Michael Evans	Master	180	7				
Christopher O'Donnell	U/12	159	6				
Reece Diaz	U/14	158	6				
Jordan Flanagan	U/10	83	3				
Medium Events – Male				Medium Events – Female			
Brad Milosevic	U/16	383	14	Carly Eager	U/17	372	19
Adam Sinclair	U/16	318	14	Stacey Argent	U/15	328	14
Gary Howard	Senior	317	17	Brenda Micallef	U/13	318	17
Garry Womsley	Master	297	15	Lynette Smith	Senior	180	7
Viv Manwaring	Master	295	13	Vikki Savage	Senior	175	6
Roger Mar	Master	290	18	Ashley Micallef	U/17	170	8
Christopher Mackey	U/20	287	12	Jean Davis	Senior	115	4
Steve Halverson	Master	278	17	Margaret Ferguson	Senior	72	3
				Katie French	U/19	60	2
David Wallis	Senior	267	18	Lisa Grant	U/20	30	1
Michael Christie	Master	223	10				
Bill Flanagan	Master	222	8				
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	1				
Long Events – Male				Long Events – Female			
Keith Mayhew	Golden O			Camille Howard	Senior	385	15
		361	20	Linda Balinski	Master	212	8
Tim Molesworth	Senior	358	12	Alanna White	Senior	118	4
Steve Williams	Master	342	21	Sarah Thew	Senior	70	3
Wayne Jeff	Senior	332	15				
Doug Perrott	Master	331	16				
Richard Frost	Senior	317	18				
Geoff Sheargold	U/19	279	14				
Steve Parkins	Master	274	15				
Graham Sheargold	Master	274	18				
Robert Eager	Master	260	20				
Gary Micallef	Master	251	19				
Stephen O'Donnell	Master	239	15				
Ken Scalley	Master	222	12				
Mark Attwood	Master	215	15				
Vince Adams	Master	213	19				
Clive Kidson	Master	211	12				
Barry Mayo	Master	193	7				
Lonnie Balinski	Master	187	12				
Joe Butler	Golden O						
		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 O		
		101	7
Shane Ferguson	Senior	55	2
Wayne Thurlow	Senior	22	1

WEST METROPOLITAN TROPHY WINNERS

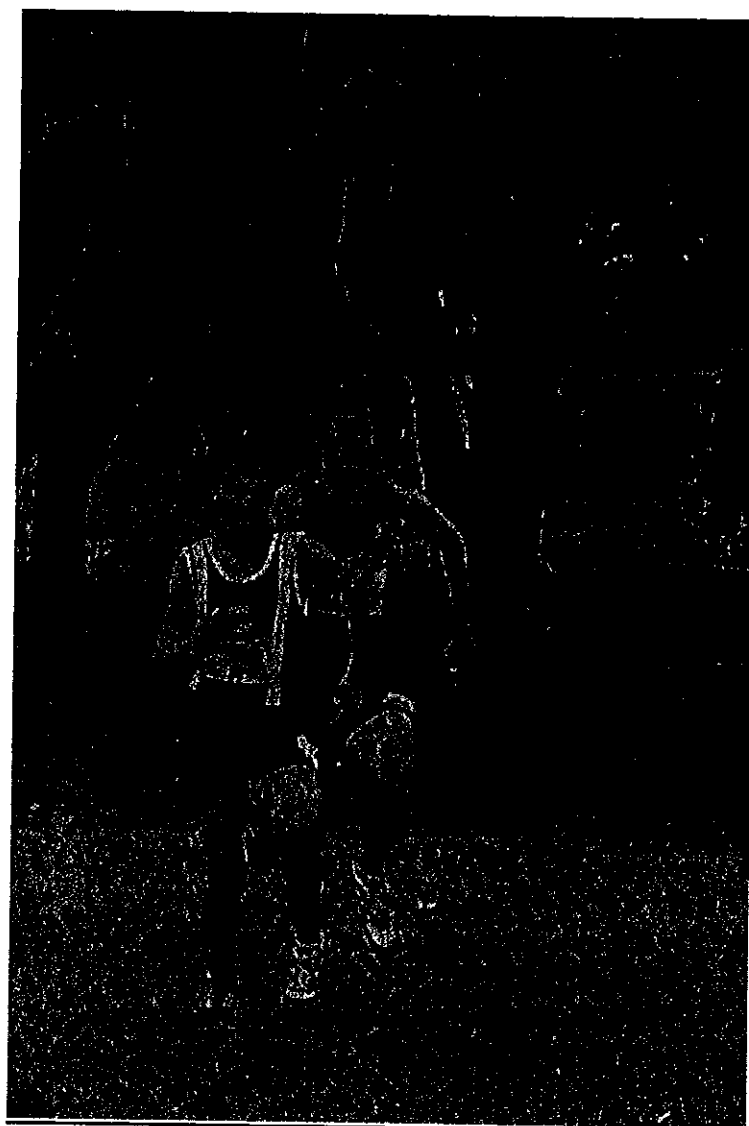
Name	Age	Place	Name	Age	Place
Short events – Male			Short events – Female		
Jonas Williams	U/10	1 st	Alyssa Perrott	U/12	1 st
Gary Howard	30-39	1 st	Kelly Micallef	U/16	1 st
David Wallis	30-39	2 nd			
Steve Williams	40-49	1 st			
Garry Womsley	40-49	2 nd			
Steve O'Donnell	40-49	3 rd			
Joe Ayoub	50-59	3 rd			
Medium events – Male			Medium events – Female		
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.

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

Jo Micallef



WEST METROPOLITAN RESULTS - SHORT DISTANCE

Name	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	24/07/04	21/08/04	28/08/04
Richard Munden	Haberfield	Queen Elizabeth	Rosford St	River Rd Res	Paranatta River	Janison Park	Prospect	Macquarie Hosp	Crestwood	Cowells Lane	Ford Park	Unjohn Park	Gipps Road	Prospect	Duck River
	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k	2k
Ayoub Joe									9.50	9.35	8.46	9.42	8.52		8.38
Ayoub Therese									10.54	10.35	9.49	10.47	10.11		10.35
Chaffin M										8.21		8.50	8.30		
Christie Michael					10.23					10.09		10.29	9.15		9.39
Diaz Reece			6.50	7.41		7.57	6.55								
Evans Brendan									8.02		11.14				
Evans Michael	12.33	14.06	12.16	14.03	11.54	11.46				12.02					
Evans Tim	12.32		9.12		11.02		10.00		9.34	9.40					
Flannagan Bill												7.33			
Flanagan Laura			8.21												
Flanagan Jordan	8.56		8.22			9.48									
Free Michael					8.03										
Goodin Danielle			8.38	9.29	9.22										
Handley Erin		9.01	8.11		9.04										
Harney L						8.12									
Howard Camille	8.25					9.05			9.10						
Howard Gary	6.22				7.47	7.14	6.12	7.06	6.39	6.39	6.4	7.04	6.48		6.51
Lockhart J										10.05					
Mackey Christopher															
Makki Eddie					10.57	11.59		11.35		11.43	10.58				
Mayo Barry											11.28				6.17
Micallef Ashley					11.01										
Micallef Kelly		12.32	11.28	13.14	12.05	11.58	12.19	13.14	12.24	11.57	12.35	12.41			13.04
Milosevic Brad															6.4
O'Donnell Chris		14.44		14.02	12.13	12.42		14.07						11.21	
O'Donnell Megan		11	11.42		11.09	10.57		11.1		10.06					
O'Donnell Stephen			11.43	14.04	12.29	12.53	8.43	14.08	8.5	10.08				8.23	
Perrott Alyssa				9.12	8.38	8.59	8.24		9.08	8.57		8.51		8.48	8.23
Perrott Jai									10.19			10.16		9.16	
Perrott Braedon				9.56	8.48		8.18		8.41						
Raju Suresh				10.1	9.15			10.52	9.38	11.44					
Sinclair Adam									6.59	7.09					
Smith Lynette											8.21	8.23			
Thurlow Wayne					9.16										
Wallis David			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
Wallis Rebecca							7.55		8.12						
Williams Chloe			8.15												
Williams Dylan		10.26	10.02		9.52	10.19		10.37	10.46		10.03		10.05	9.48	10.15
Williams Jonas		9.01	7.59		8.07	8.22		8.48	8.15	8.16	8.16	11.3	8.22	7.35	7.55
Williams Lewis		8.3						8.4					9.09		
Williams Steve	8.52	11.08	9.13	8.59	11.12	9.17	10.09	11.26	11.03	8.13	8.13	8.4	8.03	7.27	7.16
Womsley Gary		7.21		7.09			7.05	7.25		7.17	7.04	7.28	7.07		7.14

WEST METROPOLITAN RESULTS - MEDIUM DISTANCE														
	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	24/07/04	21/08/04		
Name	Rosford St Smithfield	River Rd Res Emu Plains	Paramatta River Errington	Jamison Park Sth Penrith	Prospect Reservoir	Macquarie Hosp North Ryde	Crestwood Baulkham Hills	Cowells Lane Errington	Ford Park Sth Strathfield	Upjohn Park Dundas	Gipps Road Greystanes	Prospect Reservoir		
Perrott Jye								16.33						
Salinas Edward										17.18				
Raju Suresh		27.04	22.55			19.05		13.43						
Savage Vicki	21.33					18.53			17.5					
Sheargold Geoff		21.39												
Sheargold Graham		31.19												
Sinclair Adam		15.2	18.25		14.54	15.41		11.56				15.38		
Smith Lynette														
Thew Sarah						20.48					16.58			16.16
Wallis David														
Williams Dylan								11.59	15.58	16.44	15.39			15.59
Williams Jonas														
Williams Louis														
Williams Steve					17.53									
Womsley Garry					14.56	15.52		11.26	14.5	15.54	15.08			15.41

ANSW STATE CHAMPIONSHIP EVENTS									
	24/4/04								
	Novice Cross Country	08/05/04	23/05/04	19/06/04	03/07/04	17/07/04	31/07/04	08/08/04	
	Scarborough Park	Road Race	Road Race	Cross Country (Long)	Road Relay	Cross Country (Short)	Cross Country Relay	Sun-Herald	
Name	Ramsgate	Holsworthy Army Base	Sydney Morning Herald	Willandra	Endeavour Drive	Mt Penang	Kingsway	City to Surf	
		Holsworthy	Half Marathon	Nowra	Wollongong	Gosford	Miranda		
Vince Adams	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	
Stacey Argent	10k fun 51m 43s	10k 51.33 (186)		12k 66.43 (134)	18.30	7.5k 38.17 (161)	18.53	73.08 (5723)	
Mark Attwood		4k 18.11 (U16W 22)							
Joe Ayoub		10k 52.00 (189)					17.54	70.33 (4423)	
Linda Balinski	10k fun 57m 44s	10k 56.06 (59)	144.41 (42)					82.32 (11610)	
Lonnie Balinski	10k fun 53m 11s	10k 51.42 (187)	115.48 (96)						
Phil Bowden								72.48 (5541)	
Joe Butler	10k 54m 10s (93)	10k 54.40 (196)							
Jean Davis				8k 46.07 (48)					
Reece Diaz		3k 10.53 (U14M 3)			19.02			105.00 (22608)	
Carly Eager	4k 20m 41s (75)	4k 20.44 (U18W 14)		4k 21.51 (U18W 14)		5k fun (no times)	20.17	89.04 (15770)	
Robert Eager	10k 49m 06s (86)	10k 48.15 (166)		12k 65.09 (132)	18.05	7.5k 36.54 (149)	18.48	88.58 (15706)	
Brendan Evans									
Michael Evans									
Tim Evans									
Jake Ferguson									
Margaret Ferguson									
Shane Ferguson									
Bill Flanagan									
Laura Flanagan								56.43 (637)	
Michael Free	10k 45m 32s (69)	10k 46.34 (156)							
Katie French									
Richard Frost	10k 45m 52s (71)	10k 44.40 (146)				3.5k 14.17 (U20W 3) 3rd in age			
Bill Goodin				12k 59.46 (115)	16.09	7.5k 32.59 (114)	16.39	59.53 (1080)	
Danielle Goodin									
Darren Gould									
Lisa Grant									
Steve Halverson	10k fun 57m 06s	10k 57.26 (202)		4k fun 22.11 (27)	19.47			64.21 (2050)	
Erin Handley									
Bruce Harrison									
Camille Howard	4k 18m 21s (57)	10k 48.35 (42)	122.22 (35)						
Gary Howard	10k 40m 23s (39)	10k 39.42 (96)	90.05 (60)	12k 49.48 (60)	18.53		14.43	53.25 (345)	
Meredith Jeff					14.19			116.51 (26403)	
Wayne Jeff	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)	
Michael Kammerer									
Clive Kidson	10k 49m 04s (85)	10k 48.24 (168)			18.48		18.25	69.31 (3979)	
Christopher Mackey		8k 36.34 (U20M 18)		8k 37.48 (U20M 16)					

[illegible]

ANSW STATE CHAMPIONSHIPS - TEAM RESULTS

Novice Cross Country Championship - 24 April 2004 - Scarborough park, Ramsgate

Male 10km Team A	7th	Tim Molesworth, Brad Milosevic, Gary Howard, Adam Sinclair
Male 10km Team B	11th	Wayne Jeff, Keith Mayhew, Steve Williams, Doug Perrott
Male 10km Team C	14th	Michael Free, Richard Frost, Steve Parkins, Graham Sheargold
Male 10km Team D	17th	Geoff Sheargold, Clive Kidson, Robert Eager, Roger Marr
Female 4 km	7th	Lynette Smith, Vikki Savage, Camille Howard, Alanna White

10 km Road Championship - 8 May 2004 - Holsworthy Army Base

Senior Open Male	7th	Gary Howard, Richard Frost, Stephen O'Donnell, Doug Perrott, Graham Sheargold, Michael Free
B1 Grade Male	4th	Robert Eager, Clive Kidson, Gary Micallef, Camille Howard
B2 Grade Male	5th	Vince Adams, Mark Attwood, Roger Marr, Suresh Raju
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

45+ Male	2nd	Keith Mayhew, Steve Williams, Eddie Makki, Lonnie Balinski
35+ Male	6th	Garry Womsley, Wayne Jeff, Doug Perrot, Rodger Mar
Open	11th	Gary Howard, Suresh Raju,

Cross Country Championships - 19 June 2004 - Willandra

Open Male A, 12km	6th	Gary Howard, Garry Womsley, David Wallis, Wayne Jeff, Doug Perrott, Steve Williams
Open Male B, 12km	3rd	Richard Frost, Graham Sheargold, Steve O'Donnell, Gary Micallef

Road Relay Championships - 3 July 2004 - Wollongong

Open Female, 4x4km	9th	Camille Howard, Sarah Thew, Jean Davis, Vikki Savage
Open Male, 4x4km	6th	Gary Howard, Geoff Sheargold, Adam Sinclair, Richard Frost
35+ Male, 4x4km	8th	Garry Womsley, Wayne Jeff, David Wallis, Barry Mayo
45+ Male (A), 4x4km	10th	Steve Williams, Clive Kidson, Robert Eager, Graham Sheargold
45+ Male (B), 4x4km	11th	Vince Adams, Keith Mayhew, Roger Mar, Steve Halverson
55+ Male, 4x4km	4th	Eddie Makki, Ken Scalley, Viv Manwaring, Keith Mayhew

Cross Country Championships - 17 July 2004 - Mt Penang

35+ Male, 7.5km	4th	Garry Womsley, Wayne Jeff, Keith Mayhew, Doug Perrott
45+ Male, 7.5km	8th	Steve Williams, Graham Sheargold, Robert Eager, Vince Adams

Cross Country Relay Championships - 31 July 2004 - Miranda Park, Miranda

Open Male (A), 4x4km	14th	Tim Molesworth, Brad Milosevic, Gary Howard, Garry Womsley
Open Male (B), 4x4km	22nd	Adam Sinclair, Carly Eager, Lynette Smith, Richard Frost
35+ Male (A), 4x4km	7th	Garry Womsley, Keith Mayhew, David Wallis, Doug Perrott
35+ Male (B), 4x4km	15th	Steve O'Donnell, Gary Micalleff, Steve Parkins, Eddie Makki
45+ Male (A), 4x4km	11th	Steve Williams, Mark Attwood, Robert Eager, Graham Sheargold
45+ Male (B), 4x4km	12th	Vince Adams, Clive Kidson, Roger Mar, Ed Salinas

Sun Herald City to Surf - 8 August 2004

Father & daughter up to 11	3rd	Gary and Brenda Micalleff
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Winter Club Trophy 2004 - Final Results

Girraween	10th
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Winter Club Premiership 2004

Male Open 'B'	3rd
Male 45+	4th

RACE WALKING CHAMPIONSHIPS

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

Open Women 15km	6th	Catherine Nilon
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Federation Race Walking Championships - 1 August 2004 - Sunshine Coast Qld

Open Women 10km	1st	Lisa Grant 50:36
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Australian Road Walking Championships - 28 August 2004 - Lake Burley Griffin, Canberra

U/20 Womens 10km	1st	Lisa Grant 51:37
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OVERSEAS SUCCESSES

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

Junior Womens 10km Walk	15th	Lisa Grant 49.32
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IAAF World Race Walk Cup - 1 May 2004 - Naumburg, Germany

Junior Womens 10km Walk	8th	Lisa Grant 49.25
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International Triathlon Union Long Distance Championships - 3/4 July 2004 - Saeter, Sweden

4km swim	33rd in age group	Tim Molesworth 1:16.39
120km cycle	4th in age group	Tim Molesworth 3:20.12
30km run	3rd in age group	Tim Molesworth 2:07.09
Mens 25 to 29 age group	overall 5th in age group	Tim Molesworth 6:47.09

OTHER RESULTS

Ironman Australian Triathlon - 4 April 2004 - Forster, NSW (1478 total competitors)

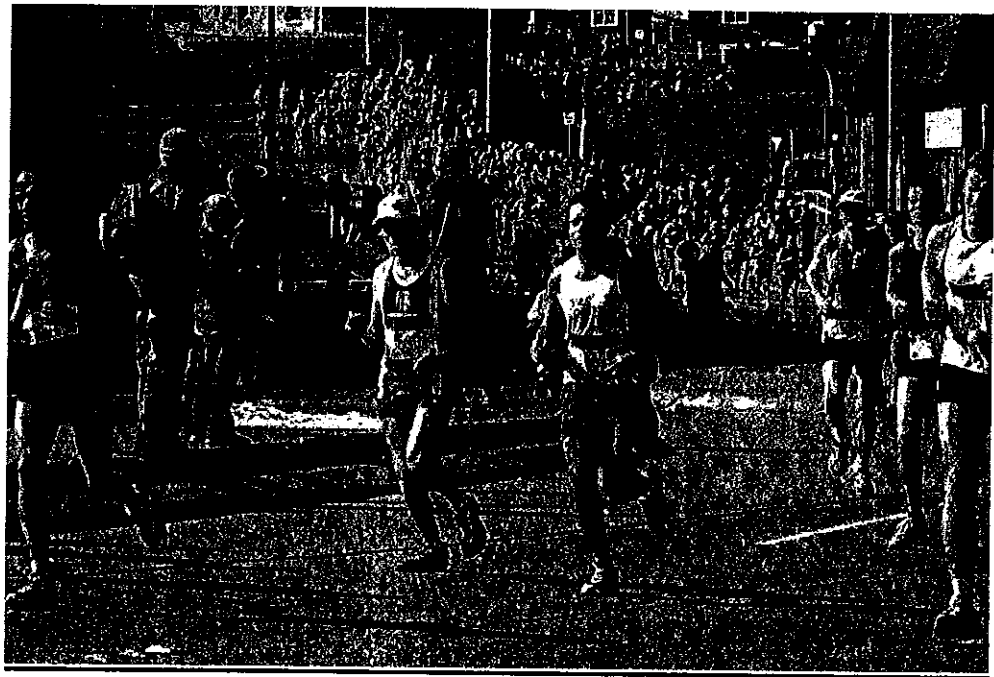
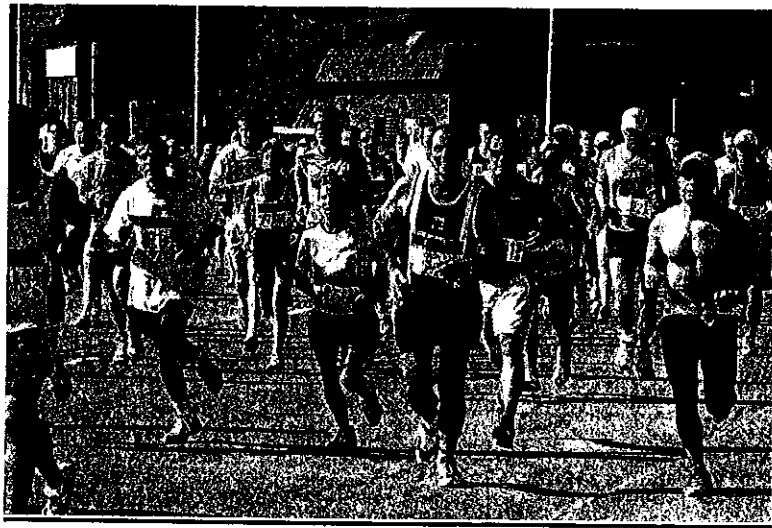
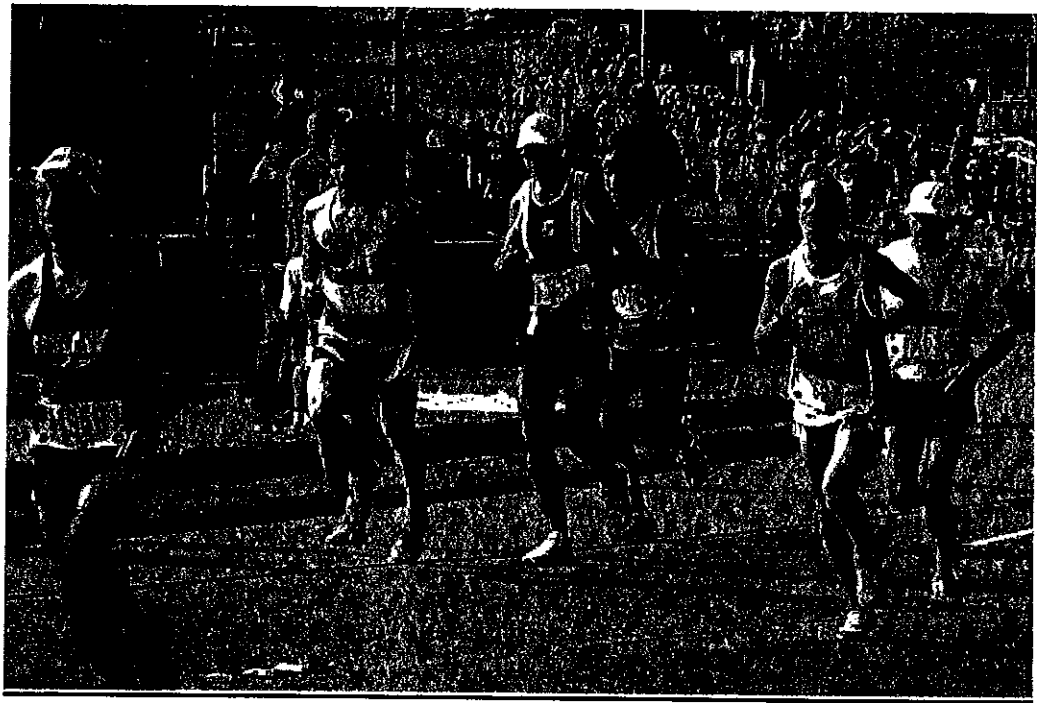
3.8km swim	114th in age group	Tim Molesworth 1:12.30
180.2 km cycle	22nd in age group	Tim Molesworth 5:02.50
42.2km run	9th in age group	Tim Molesworth 3:15.04
Mens 25 to 29 age group	overall 16th in age group	Tim Molesworth 9:30.24

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)

18 years girls 6km	2nd	Katie French 22.23
14 years girls 4km	57th	Stacey Argent

15 year boys 4km	15th	Jamie Sherson 13.13
15 year boys 4km	42nd	Brad Milosevic
15 year boys 4km	43rd	Adam Sinclair



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

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

FINAL POINTS

ATHLETE		TOTAL POINTS	PLACE
LYNETTE	SMITH	224	1
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
AMANDA	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

ATHLETE		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

GIRRAWEE 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	Rebecca Deane	93/94	12.7
			100	Leanne Saliba	90/91	
Gary Howard	04/05	23.5	200	Heidi Novosell (G)	83/84	26.9
Ernie Leseberg	04/05	23.5				
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	TJ	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

<u>GOLDEN OLDIES (60+)</u>			
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	HJ
John Dwyer (5kg)	00/01	7-23	SP
John Dwyer (1kg)	00/01	29-14	DIS
John Dwyer (600g)	00/01	22-52	JAV

GOLDEN OLDIES (55+)

MASTERS (40+)

Viv Manwaring	90/91	12.4	100
Viv Manwaring	88/89	27.0	200
Viv Manwaring	90/91	58.9	400
Jon O'Brien	04/05	2:20.6	800
Bruce Harrison	96/97	4:47.4	1500
Bill Flanagan	02/03	5:19.8	1 Mile
Bruce Harrison	96/97	10:24.8	3000
Bruce Harrison	96/97	18:08.7	5000
Bob Sewell	87/88	3:17.7	800s/c
John Dwyer	96/97	10:15.0	1500W
Gary Micallef	04/05	22:31.5	3000W
Steven Williams	98/99	24.6	110H/100H
Viv Manwaring	87/88	31.8	200H
Viv Manwaring	88/89	5-25	LJ
Viv Manwaring	88/89	10-83	TJ
Stephen Halverson	94/95	1-55	HJ
Lajos Joni (7.26kg)	04/05	10-62	SP
Lajos Joni (2kg)	04/05	30-86	DIS
Jon O'Brien (800g)	04/05	40-59	JAV

MASTERS (35+)

Andrea Hendley	03/04	14.9
Andrea Hendley	02/03	32.8
Andrea Hendley	03/04	1:16.3
Terri Baraniak	89/90	2:59.5
Terri Baraniak	89/90	6:03.9
Terri Baraniak	89/90	6:52.7
Terri Baraniak	89/90	13:16.0
Terri Baraniak	89/90	22:08.0
Andrea Hendley	03/04	11:38.3
Andrea Hendley	03/04	3-73
Andrea Hendley	04/05	8-12
Andrea Hendley	03/04	1-32
Andrea Hendley (4kg)	03/04	8-61
Andrea Hendley (1kg)	03/04	26.58
Andrea Hendley (600g)	02/03	22-63

SENIOR

Gary Howard	02/03	10.9	100
Gary Howard	04/05	23.5	200
Ernie Leseberg	04/05	23.5	200
Gary Howard	04/05	51.5	400
Craig Downie	84/85	2:01.9	800
Michael Finucane	91/92	4:18.7	1500
Craig Downie	87/88	4:46.7	1 Mile
Craig Downie	86/87	9:04.2	3000
Craig Downie	84/85	16:25.7	5000
John Doolan	86/87	2:52.5	800s/c
Robert McGaughey	90/91	7:51.5	1500W
			3000W
Robert Kropman	92/93	16.2	110H/100H
Robert Kropman	92/93	28.1	200H
Bob Broadhurst	82/83	1:09.9	400H
Jeff Micallef	90/91	6-26	LJ
Peter Murray	91/92		
Peter Kropman	88/89	13-23	TJ
Craig Willetts	93/94	1-91	HJ
Robert Kropman (7.26kg)	92/93	13-95	SP
Robert Kropman (2kg)	91/92	42-08	DIS
Robert Kropman (800g)	90/91	56-72	JAV

SENIOR

Lynette Smith	00/01	13.5
Lynette Smith	99/00	28.9
Lynette Smith	99/00	1:01.8
Lynette Smith	99/00	2:27.5
Lynette Smith	99/00	5:11.7
Lynette Smith	00/01	5:58.7
Lynette Smith	00/01	11:11.2
Lynette Smith	00/01	19:37.3
Jackie Wheeler	86/87	3:21.0
Catherine Nilon	01/02	7:58.4
Catherine Nilon	01/02	17:17.6
Lynette Smith	93/94	17.6
Lynette Smith	93/94	35.6
Tracey Wheeler	87/88	1:16.1
Lynette Smith	90/91	4-83
Lynette Smith	90/91	10-28
Lynette Smith	93/94	1-60
Lynette Smith (4kg)	93/94	10-20
Lynette Smith (1kg)	93/94	35-60
Lynette Smith (600g)	03/04	38-60

U/20

Damien Beckhouse	92/93	11.6	100
Jason Willetts	93/94	23.9	200
Jeff Micallef	89/90	53.4	400
Garry Moran		2:10.9	800
Bruce Hogg	93/94	4:31.7	1500
Bruce Hogg	93/94	4:35.8	1 Mile
Matthew Graham	01/02	10:13.9	3000
Hogg	93/94	17:29.0	5000
Peter Kropman	87/88	3:21.0	800s/c
Peter Kimpton	03/04	10:00.7	1500W
			3000W
Peter Kropman	86/87	16.9	110H/100H
Tim Evans	04/05	28.0	200H
Garry Moran		1:04.4	400H
Jeff Micallef	89/90	6-48	LJ
Craig Willetts	92/93	14-17	TJ
Damien Beckhouse	92/93	1-81	HJ
Robert Kropman (6kg)	89/90	12-26	SP
Robert Kropman (1.75kg)	89/90	35-50	DIS
Robert Kropman (800g)	89/90	46-40	JAV

U/20

Catherine Kropman	90/91	14.0
Jackie Wheeler	85/86	29.0
Jackie Wheeler	85/86	1:05.6
Tracey Wheeler	86/87	2:44.0
Jackie Wheeler	85/86	6:02.0
Lisa Grant	03/04	7:05.4
Lisa Grant	04/05	12:10.1 Bruce
Tracey Wheeler	87/88	25:35.0
Jackie Wheeler	85/86	3:17.0
Lisa Grant	04/05	7:13.2
Lisa Grant	04/05	15:06.2
Tracey Wheeler	86/87	18.5
Jackie Wheeler	85/86	35.4
Tracey Wheeler	86/87	1:16.6
Lynette Smith	90/91	4-61
Catherine Kropman	90/91	10-03
Lynette Smith	90/91	1-53
Jessica Ward (4kg)	04/05	10-18
Tracey Wheeler (1kg)	86/87	36-94
Tracey Wheeler (600g)	86/87	37-40

U/19

Marcus Bakes	03/04	11.4	100
Paul Manton	84/85	23.9	200
Jeff Micallef	88/89	53.0	400
Bruce Hogg	92/93	2:08.2	800
Matthew Graham	00/01	4:30.2	1500
Bruce Hogg	92/93	4:54.2	1 Mile
Bruce Hogg	92/93	9:21.9	3000
Matthew Graham	00/01	16:56.6	5000
Peter Kropman	86/87	2:30.9	800s/c
Peter Kimpton	02/03	8:15.2	1500W
Michael Jones	01/02	24:50.1	3000W
Peter Kropman	86/87	16.2	110H/100H
Peter Kropman	86/87	28.2	200H
Peter Kropman	86/87	1:01.2	400H
Peter Kropman	86/87	6-46	LJ
Craig Willetts	91/92	13-20	TJ
Peter Kropman	86/87	1-82	HJ
Tim Nix (6kg)	03/04	10-58	SP
Marcus Bakes (1.75kg)	03/04	28-61	DIS
Andrew Grace (800g)	85/86	49-34	JAV

U/19

Jackie Wheeler	84/85	13.8
Nicole Page	94/95	28.5
Jackie Wheeler	84/85	1:04.6
Katie French	04/05	2:28.1
Lisa Grant	03/04	5:42.0
Jackie Wheeler	84/85	6:23.0
Susan Ireland	03/04	12:24.2
Susan Ireland	03/04	22:36.1
Jackie Wheeler	84/85	3:24.0
Lisa Grant	03/04	7:03.4
Lisa Grant	03/04	14:55.0
Tracey Wheeler	85/86	18.7
Tracey Wheeler	85/86	35.9
Tracey Wheeler	85/86	1:15.6
Nicole Page	94/95	5-04
Nicole Page	94/95	10-64
Tracey Wheeler	85/86	1-52
Jessica Ward (4kg)	03/04	9-99
Tracey Wheeler (1kg)	85/86	35-04
Tracey Wheeler (600g)	85/86	37-06

U/18

Tim Evans	03/04	11.4	100
Phillip Fenech	85/86	24.6	200
Tim Evans	03/04	54.9	400
Bruce Hogg	91/92	2:07.4	800
Ron Irving	86/87	4:29.9	1500
Bruce Hogg	91/92	4:47.6	1 Mile
Bruce Hogg	91/92	9:16.5	3000
Bruce Hogg	91/92	16:17.4	5000
Mark Irving	85/86	2:32.1	800s/c
Peter Kimpton	01/02	8:27.9	1500W
Peter Kimpton	01/02	17:50.1	3000W
Peter Kropman	85/86	16.0	110H/100H
Peter Kropman	85/86	29.1	200H
Peter Kropman	85/86	1:03.6	400H
Nathan Manwaring	92/93	6-50	LJ
Tim Evans	03/04	13-36	TJ
Shane Hanlon	91/92	1-89	HJ
Sam Setrallah (5kg)	04/05	11-55	SP
Greg Howard (1.5kg)	84/85	38-78	DIS
Andrew Grace (700g)	84/85	45-28	JAV

U/18

Nicole Page	93/94	13.2
Jackie Wheeler	83/84	28.3
Jackie Wheeler	83/84	1:03.4
Jackie Wheeler	83/84	2:41.1
Susan Ireland	02/03	5:36.2
Kate Stockings	00/01	6:26.3
Jackie Wheeler	83/84	13:09.0
Jackie Wheeler	83/84	22:46.0
Tracey Connors	85/86	3:15.6
Lisa Grant	02/03	6:49.6
Lisa Grant	02/03	14:51.2
Kylie Walker	92/93	19.1
Kylie Walker	91/92	36.8
Jackie Wheeler	83/84	1:18.2
Nicole Page	93/94	5-13
Catherine Kropman	88/89	9-73
Catherine Kropman	88/89	1-50
Jessica Ward (4kg)	03/04	10-00
Natalie Avellino (1kg)	86/87	35-02
Tracey Wheeler (600g)	85/86	33-24

U/17

Kurt Quinlivan	92/93	11.5	100
			100
Phillip Fenech	84/85	24.1	200
Phillip Fenech	84/85	53.8	400
Jon Hetherington	84/85	2:08.9	800
Bruce Hogg	90/91	4:31.4	1500
Ron Irving	85/86	4:56.4	1 Mile
Bruce Hogg	90/91	9:33.1	3000
Bruce Hogg	90/91	16:49.0	5000
Mark Irving	84/85	2:28.0	800s/c
Matthew Graham	97/98	9:35.2	1500W
Matthew Jenkin	00/01	19:40.0	3000W
Kurt Quinlivan	92/93	16.2	110H/100H
Phillip Fenech	84/85	28.8	200H
Peter Kropman	84/85	1:02.9	400H
Phillip Fenech	84/85	6-37	LJ
Timothy Evans	02/03	12-53	TJ
Shane Hanlon	90/91	1-83	HJ
Brendan Evans (5kg)	04-05	11-58	SP
Greg Howard (1.5kg)	83/84	39-72	DIS
Robert Kropman (700g)	85/86	53-76	JAV

U/17

Nicole Page	92/93	13.4
Jackie Wheeler	82/83	
Tracey Connors	84/85	28.4
Jackie Wheeler	82/83	1:06.0
Jackie Wheeler	82/83	2:35.0
Kim Pitzing	86/87	5:12.0
Carly Eager	03/04	8:15.1
Kim Pitzing	86/87	11:50.0
Jackie Wheeler	82/83	23:06.0
Tracey Wheeler	84/85	3:19.9
Lisa Grant	01/02	6:52.2
Lisa Grant	01/02	14:44.4
Kylie Walker	91/92	18.7
Tracey Connors	84/85	33.9
Tracey Wheeler	84/85	1:14.6
Nicole Page	92/93	5-05
Catherine Kropman	86/87	10-16
Tracey Wheeler	84/85	1-58
Tracey Wheeler (4kg)	84/85	9-66
Tracey Wheeler (1kg)	84/85	32-62
Tracey Wheeler (600g)	84/85	32-50

U/16

Shaun Wearne	99/00	11.6	100
			100
Phillip Fenech	83/84	24.3	200
Phillip Fenech	83/84	53.6	400
Andrew Baraniak	90/91	2:11.0	800
Andrew Baraniak	90/91	4:32.3	1500
Paul Sewell	88/89	5:01.1	1 Mile
Andrew Baraniak	90/91	9:37.9	3000
Paul Sewell	88/89	18:12.0	5000
Peter Kropman	83/84	2:41.9	800s/c
Paul Sewell	88/89	9:54.0	1500W
			3000W
David Gallo	86/87	14.9	100H/90H
Phillip Fenech	83/84	29.1	200H
Phillip Fenech	83/84	1:05.1	400H
Chris Saliba	89/90	6-11	LJ
Irwin Burbage	99/00	12-19	TJ
Peter Kropman	83/84	1-73	HJ
Tristan Manwaring (4kg)	00/01	12-47	SP
Greg Howard (1kg)	82/83	44-30	DIS
Jon Hetherington (700g)	83/84	44-14	JAV

U/16

Jackie Wheeler	81/82	13.4
Linda Hatherly	93/94	
Jackie Wheeler	81/82	28.9
Jackie Wheeler	81/82	1:05.1
Jackie Wheeler	81/82	2:36.0
Jackie Wheeler	81/82	5:35.0
Katrina Ward	90/91	6:14.0
Katie-Ellen French	00/01	11:11.6
Kim Pitzing	85/86	20:12.0
Tracey Wheeler	83/84	4:10.0
Lisa Grant	00/01	7:20.4
Lisa Grant	00/01	16:21.3
Catherine Downer	82/83	15.7
Catherine Downer	82/83	33.3
Tracey Wheeler	83/84	1:16.4
Tracey Wheeler	83/84	5-01
Natalie Deegan	93/94	10-65
Lynette Smith	86/87	1-58
Natalie Avellino (4kg)	86/87	10-32
Natalie Avellino (1kg)	86/87	33-78
Tracey Wheeler (600g)	83/84	30-18

U/15

Michael McHugh	81/82	12.0	100
Ilia Gill	82/83	24.7	200
Phillip Fenech	82/83	57.2	400
Andrew Baraniak	89/90	2:08.1	800
Andrew Baraniak	89/90	4:24.0	1500
Andrew Baraniak	89/90	4:44.3	1 Mile
Andrew Baraniak	89/90	9:34.7	3000
Andrew Baraniak	89/90	16:50.0	5000
Shane Ferguson	84/85	2:43.7	800s/c
Brent Balinski	95/96	8:00.5	1500W
			3000W
Nicholas Potten	84/85	15.8	100H/90H
Michael McHugh	81/82	31.2	200H
Michael Wheeler	86/87	1:07.8	400H
Franky Wong	98/99	5-78	LJ
Michael McHugh	81/82	11-61	TJ
Ilia Gill	82/83	1-81	HJ
Reece Diaz (4kg)	04/05	7-89	SP
Andrew McIlwaine (1kg)	87/88	48-50	DIS
Andrew McIlwaine (600g)	87/88	52-84	JAV

U/15

Rebecca Deane	93/94	12.7
Leanne Saliba	90/91	
Rebecca Deane	93/94	27.5
Tracey Wheeler	82/83	1:06.3
Katie-Ellen French	00/01	2:26.5
Katie-Ellen French	00/01	4:59.5
Kim Pitzing	84/85	5:53.0
Katie-Ellen French	00/01	10:56.9
Katie-Ellen French	00/01	18:55.4
Cherie Madden	86/87	3:31.0
Lisa Grant	99/00	7:06.0
Carly Eager	01/02	25:36.6
Rebecca Deane	93/94	14.6
Rebecca Deane	93/94	33.4
Tracey Wheeler	82/83	1:17.7
Linda Atkins	80/81	4-94
Sarah Ferguson	86/87	10-28
Tracey Wheeler	82/83	1-59
Kelly Micallef (3kg)	04/05	9-22
Natalie Avellino (1kg)	85/86	34-38
Tracey Wheeler (600g)	82/83	30-00

U/14

Ilia Gill	81/82	12.1	100
Ilia Gill	81/82	25.6	200
Andrew Scully	99/00	58.4	400
Reece Diaz	04/05	2:18.4	800
Nathan Schmid	91/92	4:52.0	1500
Stephen Muir	95/96	5:30.7	1 Mile
Stephen Muir	95/96	10:42.0	3000
Brent Balinski	94/95	18:33.6	5000
Warren Dempsey	85/86	2:56.0	800s/c
Brent Balinski	94/95	8:00.0	1500W
			3000W
Michael Jamieson	86/87	15.1	90H/80H
Phillip Fenech	81/82	34.0	200H
Nicholas Potten	83/84	1:10.4	400H
Liam Correy-Yorke	02/03	5-59	LJ
Barry Prasetya	83/84	10-67	TJ
Ilia Gill	81/82	1-76	HJ
Reece Diaz (3kg)	04/05	9-67	SP
Andrew McIlwaine (1kg)	86/87	48-50	DIS
Andrew McIlwaine (600g)	86/87	52-84	JAV

U/14

Rebecca Deane	92/93	13.0
Rebecca Deane	92/93	28.3
Rebecca Deane	92/93	1:03.8
Katie-Ellen French	99/00	2:27.1
Katie-Ellen French	99/00	5:17.7
Susan Ireland	98/99	6:07.7
Katie-Ellen French	99/00	11:01.9
Susan Ireland	98/99	19:33.9
Catherine Kropman	84/85	3:32.0
Lisa Grant	98/99	6:55.6
Julie Grant	01/02	18:14.2
Rebecca Deane	92/93	13.3
Rebecca Deane	92/93	32.5
Catherine Kropman	84/85	1:21.9
Linda Atkins	79/80	4-73
Catherine Kropman	84/85	9-90
Jessica Fisher	96/97	1-57
Kelly Micallef (3kg)	03/04	7-91
Natalie Avellino (1kg)	84/85	34-22
Ashley Micallef (400g)	01/02	21-61

U/13

Ivica Mikic	79/80	13.1	100
Ilia Gill	80/81	27.0	200
Michael Ryan	78/79	1:05.0	400
Reece Diaz	03/04	2:30.6	800
Reece Diaz	03/04	5:09.3	1500
Nathan Schmid	90/91	5:37.0	1 Mile
Nathan Schmid	90/91	10:49.0	3000
Nathan Schmid	90/91	18:12.2	5000
Stephen Mooney	84/85	3:09.3	800s/c
Peter Balinski	95/96	9:20.3	1500W
			3000W
Chris Saliba	86/87	14.5	90H/80H
Chris Saliba	86/87	37.9	200H
Warren Dempsey	84/85	1:18.1	400H
Rodney Scarr	78/79	4-97	LJ
Chris Saliba	86/87	9-88	TJ
Ilia Gill	80/81	1-66	HJ
Michael Chaffen (3kg)	04/05	7-68	SP
Andrew McIlwaine (1kg)	85/86	37-71	DIS
Andrew McIlwaine (600g)	85/86	32-51	JAV

U/13

Melissa Briggs	93/94	13.8
Tania Ringhof	78/79	29.1
Tracey Wheeler	79/80	1:06.5
Katie-Ellen French	99/00	2:41.1
Catherine Kropman	83/84	5:37.0
Katie-Ellen French	99/00	12:03.7
Kim Pitzing	82/83	21:39.0
Catherine Kropman	83/84	3:44.0
Lisa Grant	98/99	7:35.6
Julie Grant	01/02	18:39.0
Sarah Ferguson	84/85	14.6
Sandra Narezzi	92/93	37.0
Sarah Ferguson	84/85	1:22.1
Tracey Wheeler	79/80	4-58
Tracey Wheeler	79/80	9-68
Tracey Wheeler	79/80	1-44
Ashley Micallef (2kg)	00/01	7-91
Ashley Micallef (750g)	00/01	21-47
Ashley Micallef (400g)	00/01	15-76

U/12

Ilia Gill	79/80	13.3
Ilia Gill	79/80	29.0
Michael Wheeler	83/84	1:07.2
Nathan Schmid	89/90	2:33.0
Nathan Schmid	89/90	4:59.6
Gerard Mahony	89/90	5:37.0
Peter Balinski	94/95	11:05.9
Peter Balinski	94/95	19:43.5
Dale Berryman	83/84	3:21.0

Matthew Beattie	93/94	15.3
Jeff Micallef	81/82	36.9
Michael Wheeler	83/84	1:22.0
Ilia Gill	79/80	4-46
Jeff Micallef	81/82	8-87
Ilia Gill	79/80	1-55
Michael Chaffen (3kg)	04/05	7-79
Andrew McIlwaine (1kg)	84/85	31-08
Andrew McIlwaine 600g)	84/85	24-56

U/12

100	Danielle Goodin	03/04	14.3
200	Linda Hemmerling	80/81	30.3
400	Linda Hemmerling	80/81	1:10.1
800	Kellie Fenech	81/82	2:48.0
1500	Catherine Kropman	82/83	5:42.0
1 Mile	Melissa Briggs	92/93	6:50.5
3000	Stacey Argent	01/02	12:12.2
5000	Stacey Argent	01/02	21:42.4
800s/c			
1500W	Brenda Micallef	03/04	10:01.2
3000W	Brenda Micallef	03/04	22:25.1
90H/80H	Melissa Briggs	92/93	16.8
200H	Melissa Briggs	92/93	40.2
400H	Catherine Kropman	82/83	1:35.0
LJ	Tracey Wheeler	78/79	4-35
TJ	Catherine Kropman	82/83	8-75
HJ	Melissa Briggs	92/93	1-42
SP	Danielle Goodin (3kg)	03/04	7-27
DIS	Danielle Goodin (750g)	03/04	18-33
JAV	Brenda Micallef (400g)		
	Danielle Goodin	03/04	13-37

ARCHIVED RECORDS

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

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

MODIFIED PROGRAM RECORDS

60M SPRINT

Ernie Leseberg	02/03	7.0
Ram Swami	00/01	10.2
Steven Williams	01/02	7.8
Ernie Leseberg	02/03	7.0
Nathan Manwaring	93/94	7.5
Tim Evans	04/05	7.5
Tim Evans	03/04	7.5
Brendan Weyland	04/05	7.5
Nathan Manwaring	91/92	7.4
David Beattie	96/97	
David Beattie	95/96	7.5
Peter Hogan	96/97	7.7
Matthew Dux	95/96	7.9
Andrew Scully	99/00	7.8
Damien Murray	96/97	8.8
Matthew Beattie	93/94	9.7

OPEN:	Nicole Page (NEP)	95/96	8.1
GOLDEN O:			
MASTER:	Andrea Hendley	04/05	9.0
SENIOR:	Amanda Giesler	04/05	8.3
U20:	Jemma Austin	04/05	9.1
U20:			
U19:	Nicole Page	95/96	8.2
U19:			
U18:	Nicole Page	93/94	8.2
U18:			
U17:	Linda Hatherly	93/94	8.5
U16:	Natalie Pellizzari	04/05	8.3
U15:	Sandra Narezzi	93/94	8.6
U14:	Sandra Narezzi	92/93	9.0
U13:	Melissa Briggs	93/94	9.0
	Jessica Fisher	95/96	
U12:	Shindu Raju	96/97	9.7

300M UNLANED

Andrew Scully (BLK)	02/03	37.0
Keith Mayhew	03/04	52.5
Steven Williams	99/00	42.2
Gary Howard	03/04	37.6
Paul Weymark	94/95	40.0
Tim Evans	03/04	40.2
Matthew Graham	00/01	
David Beattie	96/97	40.4
David Beattie	95/96	39.9
Peter Hogan	96/97	42.6
Matthew Dux	95/96	43.9
Andrew Scully	99/00	42.0
Matthew Beattie	94/95	50.6
Stephen Muir	93/94	56.8

OPEN:	Lynette Smith	99/00	44.7
GOLDEN O:			
MASTER:	Andrea Hendley	03/04	54.0
SENIOR:	Lynette Smith	99/00	44.7
U20:	Lisa Grant	03/04	54.3
U19:	Nicole Page	94/95	52.9
U18:	Lisa Grant	01/02	49.8
U17:	Kate Stockings	00/01	50.0
U16:	Natalie Pellizzari	04/05	45.3
U15:	Vikki Savage	94/95	51.5
U14:	Helen Sestic	92/93	48.5
U13:	Stacey Argent	02/03	52.2
U12:	Natalia Sestic	92/93	58.0

1000M

Gary Howard	03/04	2:50.8
Keith Mayhew	03/04	3:24.6
Keith Mayhew	98/99	3:10.4
Gary Howard	03/04	2:50.8
Matthew Graham	00/01	2:53.3
Matthew Graham	99/00	2:57.4
Jamie Sherson	04/05	2:56.6
Adam Sinclair	03/04	3:13.7
Reece Diaz	04/05	3:10.5
Reece Diaz	03/04	3:19.0
Brent Balinski	93/94	3:32.6
Peter Balinski	93/94	3:48.0

OPEN:	Katie-Ellen French	00/01	3:11.2
GOLDEN O:			
MASTER:	Andrea Hendley	02/03	4:25.6
SENIOR:	Lynette Smith	99/00	3:20.44
U20:	Vikki Savage	99/00	3:44.6
U19:	Lisa Grant	02/03	3:47.7
U18:	Lisa Grant	01/02	3:40.0
U17:	Kate Stockings	00/01	3:47.0
U16:	Kate Stockings	99/00	3:35.5
U15:	Katie-Ellen French	00/01	3:11.2
U14:	Helen Sestic	92/93	3:35.5
U13:	Stacey Argent	02/03	3:43.9
U12:	Natalia Sestic	92/93	4:08.0

2000M

Michael Kammerer	02/03	6:18.2
Keith Mayhew	03/04	7:29.3
Bill Flanagan	02/03	6:54.8
Michael Kammerer	02/03	6:18.2
Matthew Graham	99/00	6:44.2
Matthew Graham	98/99	6:37.7
Bradley Milosevic	03/04	6:52.9
Reece Diaz	04/05	7:19.2
Bradley Milosevic	02/03	7:21.1

OPEN:	Katie-Ellen French	00/01	7:04.0
GOLDEN O:			
MASTER:	Andrea Hendley	02/03	10:24.2
SENIOR:	Leanne Bourke	96/97	7:48.0
U20:	Lisa Grant	03/04	8:34.4
U19:			
U18:			
U17:	Kate Stockings	00/01	9:22.9
U16:	Stacey Argent	04/05	8:45.1
U15:	Katie-Ellen French	00/01	7:04.0
U14:	Zulay 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

OPEN MEN: 46.64 (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: 55.0 (93/94)

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)

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	92/93	2-84	OPEN:	Catherine Kropman	92/93	2-30
				Lynette Smith	93/94	
				Nicole Page (NEP)	95/96	

Keith Mayhew 03/04 1-71 GOLDEN O:

Robert Giesler	02/03	2-51	MASTER:	Andrea Hendley	03/04	2-03
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Robert Kropman	92/93	2-84	SENIOR:	Catherine Kropman	92/93	2-30
				Lynette Smith	93/94	

Peter Kimpton	02/03	2-79	U20:	Chelsea Austin	02/03	2-03
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Peter Kimpton	02/03	2-78	U19:	Nicole Page	94/95	2-16
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Nathan Manwaring	91/92	2-71	U18:	Nicole Page	93/94	2-13
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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

Tim Evans	03/04	1-65	OPEN:	Lynette Smith	93/94	1-45
Keith Mayhew	03/04	1-15	GOLDEN O:			
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				
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 PUT "THROW"

Robert Kropman	92/93	31-66	OPEN:	Lynette Smith	93/94	16-92
Keith Mayhew	03/04	12-74	GOLDEN O:			
Steven Williams	01/02	20-61	MASTER:	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