

# **GIRRAWEEEN ATHLETICS CLUB Inc**



## **ANNUAL REPORT 2008/2009**

(Formerly Girraween Amateur Athletics Club 1980 - 1996)  
(Formerly Greystanes / Girraween Amateur Athletics Club 1978 - 1980)

*Presented at the 31st Annual General Meeting  
21<sup>st</sup> May, 2009*

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**ANNUAL REPORT 2008/2009**  
**OF**  
**GIRRAWEE ATHLETICS CLUB Inc**

*Presented at the 31st Annual General Meeting*

*Held at*

*Toongabbie Sports and Bowling Club*

*On*

*Thursday 21st May 2009.*

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# GIRRAWEE ATHLETICS CLUB Inc

## PRESIDENT'S REPORT

Dear Member,

On behalf of your Committee, I have great pleasure in presenting our Club's 31<sup>st</sup> Annual Report for the 12 months ended 31<sup>st</sup> March 2009.

For me, the highlight of the season was the commitment and passion demonstrated by our committee and members in organizing and celebrating our 30<sup>th</sup> Anniversary celebrations, succeeding in bringing to the fore our Club's wonderful history.

During our celebrations, we were fortunate to have the company of many members past and present, including Premier Nathan Rees, special visitor Merv Lee-Archer OAM and all the way from Western Australia, Joan Wheeler, wife of our founding member, John Wheeler. As part of our celebrations, we enjoyed presenting an Allcomer's Pentathlon at CV Kelly Park, Bare Foot Bowls, a 30<sup>th</sup> Anniversary Dinner and a memorabilia display at Toongabbie Sports and Bowling Club.



During 2008 / 2009, your committee has continued to meet challenges in a professional and positive manner. We have been a leading club within New South Wales with our instigation of an extreme heat policy. With our association with Girraween Little A's and CV Kelly Park Trust, we have also continued to plan and improve the Club facilities with the object of securing an exciting future. During the season, your committee formulated a plan for the future which highlighted building on our strengths and identifying and working on our weaknesses.

As a prominent Sydney Club, we are fortunate in that we are able to cater for our athletes of all ages and of all abilities. For fifty weeks of every year, we provide the opportunity to compete and enjoy athletics. Our success is enjoyed by the our elite athletes who excel in State and National Championships as well as by our members enjoy the "air of friendly" competition at CV Kelly Park.

Although we have had a successful season, we were saddened by the passing in January of Jill Manwaring, wife of Viv Manwaring a Life Member as well as our current longest serving member. Our thoughts and prayers are with Viv and his sons Derryn, Nathan and Tristan and the extended Manwaring family. Vale Margaret Jill Manwaring.

I am once again grateful for the assistance and support provided by our committee members who selflessly give their personal time in an effort towards securing a better future for our Club. We look forward to continued success and wish our athletes the best of luck during the forthcoming season.

As President of Girraween Athletics Club, I am proud of our Club, our history and the people who make this wonderful Club what it is.

I look forward to a successful 2009 / 2010 season and to the commitment of representing our Club as it moves in to the next phase of its long and rewarding history. There is excitement in the air at the Girraween Athletics Club. Join in and be part of the fun.

**Steven Williams**  
**Club President**



**(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

Lynette Smith - 2006

**20-YEAR MEDALLISTS**

Bob Sewell – 1998/99

Vivian Manwaring – 2006/07

**15-YEAR MEMBERS**

Bob Sewell – 1998/99

Lynette Smith 2004/05

Vivian Manwaring – 2006/07

Graham Sheargold 2007/08

**10-YEAR MEDALLISTS**

Jackie Wheeler – 1988

Bob Sewell – 1988

Paul Sewell – 1991

Vivian Manwaring – 1997

Michael Kammerer – 2003

Vikki Savage – 2005

Suresh Raju – 2006

Lisa Grant – 2008

Tracey Wheeler – 1988

John Doolan – 1989

Robert Kropman – 1993

Lynette Smith – 2000

Graham Sheargold – 2003

Richard Frost – 2006

Wayne Jeff – 2006

Chelsea Kimpton - 2008

Deborah Mulhall – 1988

Peter Kropman – 1989

Catherine Kropman -1993

Stephen Halverson –2003

Phil Bowden – 2004

Steven Williams – 2006

Keith Mayhew – 2007

**HON. AUDITOR**

Tony Ward

**Public Officer**

Viv Manwaring

## **CLUB COMPETITION CHAMPIONS**

### **WINTER COMPETITION**

<u>FEMALE</u>	<u>SEASON</u>	<u>MALE</u>
Ashleigh 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**

* Jean Davis (Masters)	2008 / 09	Peter Matthews (Masters)
Andrea Hendley (Masters)	2007 / 08	* Wayne Thurlow (Masters)
Brenda Micallef (U16)	2006 / 07	* Wayne Thurlow (Masters)
Kelly Micallef (U15)	2005 / 06	* Stephen Blunden (Masters)
* 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)
		/ Brad Milosevic (U13)
Chelsea Austin (U17)	2000 / 01	* Suresh Raju (Snr)
Gemma 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	* Peter Kropman (U14)
Kellie Fenech (U14)	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

## GIRRAWEE ATHLETICS CLUB Inc

### CLUB COMMITTEE 2008 / 2009

<b><u>President</u></b>	Steven Williams	Elected AGM May 2008
<b><u>Secretary</u></b>	Garry Womsley	Elected AGM May 2008
<b><u>Treasurer</u></b>	Vince Adams	Elected AGM May 2008
<b><u>Registrar</u></b>	Viv Manwaring Garry Womsley	Elected AGM May 2008 Acting 2009
<b><u>Public Officer</u></b>	Viv Manwaring	Appointed 2005
<b><u>Fund Raising</u></b>	Cheri Womsley	Elected AGM May 2008
<b><u>Summer Competition</u></b>	Stephen Blunden	Elected AGM May 2008
<b><u>Winter Competition</u></b>	Robert Eager	Elected AGM May 2008
<b><u>Club Records</u></b>	Lynette Smith	Elected AGM May 2008
<b><u>Coaching Co-ordinator</u></b>	Garry Womsley	Elected AGM May 2008
<b><u>Publicity Officer</u></b>	Garry Womsley	Elected AGM May 2008
<b><u>Canteen Manager</u></b>	Vacant Erin Grogan	AGM May 2008 Volunteer
<b><u>ANSW Delegate</u></b>	Lynette Smith Garry Womsley	Elected AGM May 2008 Elected AGM May 2008
<b><u>Park Trust Delegate</u></b>	George Milosevic Peter Matthews	Elected AGM May 2008 Elected AGM May 2008
<b><u>Junior Committee</u></b>	Nick Hanna	Elected AGM May 2008
<b><u>General Committee</u></b>	Steve Misford Wayne Thurlow	Elected AGM May 2008 Elected AGM May 2008



## **MEMBERSHIP 2008 / 2009**

**MEN: 67      WOMEN: 35**

**TOTAL: 102**

### **MASTERS**

(Men 40+, Women 35+)

Vincent Adams  
Mark Amin  
Mark Attwood  
Linda Balinski  
Steven Blunden  
Ed Bratovic  
Michael Christie  
Jean Davis  
Robert Eager  
Michael Evans  
Rachel Evans-Ingram  
Michael Free  
Rob Giesler  
Darren Gould  
Andrea Hendley  
Mark Ingram  
Lajos Joni  
Heidi Juhart  
Clive Kidson  
Graciela Lamas  
Richard Lamas  
Roger Mar  
Peter Matthews  
Gary Micallef  
Stephen Mifsud  
George Milosevic  
Stephen O'Donnell  
Stephen Parkins  
David Perry  
Suresh Raju  
Terry Rose  
Katrina Russell  
Gregory Sargeant  
Lynette Smith  
Graham Sheargold  
Matthew Stenning  
Wayne Thurlow  
Teresa Truman  
Steven Williams  
Garry Womsley  
Jill Woodruff

### **GOLDEN OLDIES**

(Men 60 +, Women 55+)

Denis Andrew  
Lonnie Balinski  
Phillip Bowden  
Joseph Butler  
Robert Field  
Eddie Makki  
Vivian Manwaring  
Edward McLean  
Donald Porter  
Ken Scalley

### **SENIORS (20+)**

Chol Achuth  
Felipe Blemith  
Lucas Brennan  
Camille Dela Paz  
Matthew Dunn  
Carly Eager  
Tim Evans  
Richard Frost  
Amanda Giesler  
Lisa Grant  
Erin Grogan  
Michael Grogan  
Christopher Mackey  
Nicholas Hanna  
Monica Juhart  
Renee Juhart  
Chelsea Kimpton  
Peter Kimpton  
Danny Martins  
Timothy Molesworth  
Clara Moussa  
Venessa Separovich  
Geoff Sheargold  
Lauren Sinclair  
Kylie Smythe  
Brendan Stinten  
Elizabeth Sutton  
Brad Tindall  
Cheri Womsley

### **U20**

Lloyd Harney  
Jack Howard  
Brad Milosevic  
Matthew Modini  
Natalie Pellizzari  
Adam Sinclair

### **U19**

Stacey Argent  
Reece Diaz  
Melissa Khouri

### **U18**

Erika Hendley

### **U17**

Andrew Blunden  
Taylor Doyle  
Brenda Micallef  
Stephanie Russell  
Charlotte Stenning

### **U15**

Caitlin Dunn

### **U14**

Louise Cuthbert  
Rebecca Norton  
Jonas Williams

### **U13**

Ethan Womsley

### **U12**

Connor Vernon

### **U11**

Rochelle  
MacKenzie

## **SECRETARY'S REPORT**



2008/2009 was an extremely enjoyable time for the Girraween Athletics Club. Obviously the highlight was our 30th Anniversary celebrations. It was great to hear about the rich history of our club from some of our early members and more importantly that the club's early ideals are still relevant today. We take great pride in encouraging athletes of all ages and abilities. We also continue to offer competition for our members for 50 weeks of every year. As a result, our athletes get great value for money.

This was evident in the fact that our membership grew from 83 in 2007/2008 to 102 in 2008/2009. After a solid winter with good attendances at West Mets we also had increased numbers during our summer season at C.V. Kelly. Fortunately, the weather was a lot kinder to us than in 2007/2008 which meant that that we were able to keep the momentum going. It was also heartening to see that a lot of former Little A's were now returning to the club and enjoying their athletics in their twenties. Our low registration fees continue to appeal to all interested athletes and this has given us an advantage in these tough economic times over some of the other clubs in Sydney who charge more.

We continue to keep our membership informed on a regular basis with e-mails and newsletters. Our members always know what is going on and no one is left out. We have been so successful at this that some of the other clubs are copying what we do particularly in regard to comprehensive newsletters. We pride ourselves in being pioneers in this area and will continue to look at

ways of communicating with our membership more efficiently.

During the early part of 2009, we became one of the few Sydney clubs who have put together an extreme heat policy. During the extreme heat that we had in February, it was important that we put something in place so that we could look after the health of our athletes, officials and spectators if we get these sorts of high temperatures in future seasons. Our policy was sent to Athletics NSW so that they could perhaps use this as a guide for their own policy as they also didn't have one in place at the time. Again, Girraween was at the forefront of innovation in athletics.

For the first time in 2008/2009, two Girraween members became fully accredited officials (Garry Womsley & Wayne Thurlow) who not only officiated at C.V. Kelly but also at ANSW All-Comers, State Championships and the Sydney Track Classic. The amount of accredited officials a club has is now a vital part of the ANSW Clubs on Track Scheme and we had always fallen down in this area. However, with more seminars and exams being scheduled by ANSW, we may have a couple more accredited officials by this time next year.

Our athletes again excelled in competition throughout 2008/2009. We currently have eight State Champions (Lynette Smith, Lajos Joni, Brad Milosevic, Taylor Doyle, Garry Womsley, Matt Stenning, Joe Butler & Linda Balinski) and two National Champions (Lynette Smith & Lajos Joni). We also had three representatives at the Australian Cross Country Championships held in Geelong (Brad Milosevic, Nick Hanna & Garry Womsley) as well as one representative at the Australian Half Marathon Championships (Nick Hanna). Our athletes also did well at fun runs, Australian Masters Games, Police Games and of course at West Mets. While our athletes have had great successes, they have always shown good sportsmanship and that has been duly noted by ANSW and other clubs who enjoy competing against us.

As usual, it has again been a pleasure to work with the rest of the committee and to serve you all as secretary during 2008/2009.

**Garry Womsley**  
**Club Secretary**

## **REGISTRAR'S REPORT**

Our registrations for 2008/2009 totalled 102. This was a 23% increase on the 2007/2008 membership total of 83. Our 102 members for 2008/2009 became the club's third best result in its 30 year history.

Of these 102 registrations, 66 joined during the winter (exactly the same as last season) of which 13 were "winter only" (up by 2 on last season), and an additional 36 joined during summer (up by 19 on last season). A massive 20 opted for "club only" which was a real confidence boost for our Saturday competition. This was up by 8 on last season. This is an outstanding result compared to 2007/2008.

The on-line registration system continues to work well. Despite early problems with getting registration numbers before the first winter representative events, overall it is certainly a more efficient way of dealing with registrations. It improved so much by the end of 2008/2009 that we were getting registration numbers the day after we notified Athletics NSW of a new registration. We continued to offer both on-line and hard copy options to our members as the hard copy ones were entered on to the system manually by us which saved us money with regard to Athletics NSW fees.

Exactly 50% of our members were of Masters age (over 40 men & over 35 women). Another pleasing aspect was that 29 of our members were in the 20+ age category (up by 11 on last season). It is significant that a lot of former Little A's members returned to the club during the summer season. Most of these members are now in their twenties and again enjoying their athletics. We also had 6 dual athletes (also members of the Little A's club) which was also 3 up on last season.

A number of Little A's members attended our summer season and we expect this trend to continue with the new alliance between Athletics NSW and Little Athletics NSW which starts in October.

2008/2009 was a pleasing result and it shows that even after 30 years we are doing a lot right. However, we cannot rest on our laurels.

**Garry Womsley**  
**Acting Registrar**

## **TREASURER'S REPORT**

Thanks to our Club's participants for providing another very enjoyable year of athletics and an improved year financially.

The year began with \$5,261.69 in the bank and finished with \$6,331.64 and no outstanding liabilities. Our Club's financial position is healthy with income exceeding expenses by \$1,069.95.

Fundraising Activities conducted this year included Chocolate Drive profits (\$1,996.84), Event volunteer profits (\$1,507.50), Clothing profits from sales of training shirts, singlets and socks (\$736.50) Cheri's home cooking (\$92) and a raffle (\$69). Thank you to all who supported by purchasing items and volunteering to this year's fundraising activities.

We also received profits from Registration Fees (\$2,006.45), Canteen (\$515.20) and Athletes Ground Fees (\$763.75). Thanks to Wayne for the added time he spent keeping the canteen running this year.

This year the Committee decided to move more funds to Investment deposits, which has seen the interest grow to \$43.41 from 66 cents of last year.

Besides the expenses incurred to generate the above profits there are ongoing costs such as trophies, insurance, and other business expenses including postage costs, printing of AGM reports and ongoing Incorporation and web site costs. This year we incurred large costs of club singlets to meet the demands of increasing membership.

Also this year our Club achieved its 30<sup>th</sup> Anniversary and with such a special milestone, the Club subsidized the costs to members for the Anniversary celebrations. Thank you to all the current members and previous members for their support and attendance at the lawn bowls, dinner and pentathlon day. The celebrations were a great success and a good time was had by all.

Finally, I would like to thank the Committee and members for their support to me and a big thank you to Tony Ward for auditing the books again this year

**Vince Adams**  
**Treasurer**

### **Photographs from 30<sup>th</sup> Anniversary Dinner**



Joan Wheeler cutting the Anniversary Cake



Brad Milosevic with Premier Nathan Rees



Steven Williams, Teresa Truman, Premier Rees



Merv Lee-Archer OAM



Bob Sewell – Life Member



Viv Manwaring – Life Member

## Income and Expenditure 2009

1/04/07 Through 31/03/09 (in \$s)

St. George Bank Account 111-528-203

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Category Description	1/04/07- 31/03/08	1/04/08- 31/03/09
<b>INCOME</b>		
Anniversary 30	0.00	-1,024.59
Bank Interest	0.66	43.41
Canteen Income	836.00	1,136.20
Chocolate Drive	0.00	3,917.00
Clothing Sale	1,341.00	736.50
Event volunteer	1,507.50	1,405.00
Ground Fees	665.32	763.75
Home cooking	0.00	92.00
Photo CD	140.40	0.00
Raffle	0.00	69.00
Registration	4,466.50	8,009.45
Regos of New Yr	925.00	0.00
Regos on-line	2,689.00	2,253.00
relay rego	0.00	187.50
Winter BBQ	500.70	0.00
<b>TOTAL INCOME</b>	<b>13,072.08</b>	<b>17,588.22</b>
<b>EXPENSES</b>		
Bank Fee	13.25	28.65
Business Expens	900.39	872.84
Business loss	933.00	0.00
Canteen Expense	584.51	621.00
Choc Drive Expe	0.00	1,920.16
Clothing	0.00	1,152.00
Donation	0.00	50.00
Electricity	720.00	604.84
Equipment	80.00	12.00
IMG online fee	27.47	22.13
Insurance	740.00	656.00
Investment	0.00	0.00
Officials fees	200.00	0.00
Park Trust Fees	2,310.00	1,320.00
Rego ANSW	3,581.00	6,445.50
Rego ANSW onlin	2,092.50	1,810.50
Rego Refund	0.00	49.00
Regos To new YR	925.00	282.95
Relay Fees	270.00	412.50
Trophies	1,534.40	258.20
<b>TOTAL EXPENSES</b>	<b>14,911.52</b>	<b>16,518.27</b>
<b>TOTAL INCOME - EXPEN...</b>	<b>-1,839.44</b>	<b>1,069.95</b>
<b>Balance Carried Forward</b>	<b>7,101.13</b>	<b>5,261.69</b>
<b>Account Balance</b>	<b>5,261.69</b>	<b>6,331.64</b>

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 :

44 Singlets (unsold)	\$1,080.00
14 Pair Socks (unsold)	\$ 91.00
12 Training shirts (unsold)	\$ 300.00
Bank Account	\$6,331.64
Liabilities	NIL
<b>NETT ASSETS</b>	<b>\$7,802.64</b>

Accountant  


A.M. WARD B.S.1  
 7th May 2009



## Girraween Athletics Club Equipment (Stored at CV Kelly Park)

Competition standard hurdles – 60  
Distance marker for hurdles  
Transporter for hurdles  
Transporter for steeples  
Steeple jump for training  
Trolley for discuses / shot puts  
Trolley (green) for general equipment  
Senior relay batons x 6

Javelins:	3 x 800g 1 x 700g 2 x 600g	Shot puts:	2 x 7.26kg (16lb) 1 x 6kg 1 x 5kg 2 x 4kg 1 x 3kg 1 x 2kg 1 x 2.724kg (6lb) for modified program
Discuses:	3 x 2kg metal ring 1 x 1.75kg metal ring 3 x 1.5kg metal ring 2 x 1kg metal ring 1 x 1kg rubber 1 x 750g rubber		

High Jump: 1 x cross bar

Tapes:	2 x 100m
	2 x 50m
	1 x 30m

Stop watches: 6 x multi (Matador brand)  
2 x multi (Dick Smith brand) – new batteries required  
1 x printout type (Seiko brand)  
2 boxes heat sensitive printer paper for Seiko

Starting Blocks:	2 sets	Mini Training Hurdles:	x 5
Starter guns:	2	Starter caps:	13 boxes
Ear protectors:	1 set		
Starter's signaller:	1		
Safety Glasses:	1 pair		

Miscellaneous: 1 cabana  
1 club banner  
1 records board  
1 dry eraser board (size 3x4)  
20 clip boards (8 plastic and 12 wooden)  
4 sets of throw markers  
2 throw marker carry boxes – poor condition  
1 first aid kit  
2 sets of race position markers

### Uniforms

Singlets: x 33  
Socks: x 14 pairs



## **FUNDRAISING REPORT**

2008/2009 was another successful year for fundraising activities at Girraween. As a non-profit organization we rely on income from fundraising to continue to offer competition for 50 weeks a year for all members.

Our chocolate drive over winter 2008 was our biggest fundraiser with a profit of \$1996.84. We also volunteered at major events such as the BRW Corporate Triathlon, the Weet Bix Kid's Try-Athlon and ANSW All-Schools and State Open Championships. Working at these events earned us a total of \$1507.50.

During summer 2008/2009 we raised \$69.00 from our Christmas Raffle and \$92.00 from our afternoon teas which included scones, jam and cream.

Our fundraising total of \$3665.34 was an outstanding result. I thank you all for your support of our initiatives.

**Cheri Womsley – Fundraising Officer**

## **SUMMER CANTEEN REPORT**

The canteen was operated this season without an elected or appointed manager. Fortunately the arrangement with Girraween Little Athletics Centre was continued allowing the canteen to operate. This arrangement involved all ordering and ownership of stock through the little athletics club. We reported our sales and paid a modest commission on top of the cost price. This also covered the cost of incidentals like packaging, serviettes, cleaning materials etc. It was in protecting the integrity of that arrangement and the investment in stock by the little athletics club that I did what I could to manage the canteen. However, as a competing athlete myself this was challenging and thanks to the early support of Erin Grogan and later an honour system for sales we managed to keep the doors open.

In previous years when we did have a full time canteen manager, George used to purchase and prepare hot food independent of the arrangement with the little athletics centre, however this season without a manager that was not possible. This meant that the canteen ran below potential and our athletes were unable to purchase their traditional hot pie or hot dog. Hopefully, a canteen manager will be appointed at the AGM and the services of the canteen will return to previous levels. This season the canteen returned a profit of \$515.20. While we are not a money making venture the proceeds from the canteen are very important to the club as they form part of an income stream that pays the club's running costs and for much needed equipment. The income could have been less had it not been for the higher than normal attendance in the early weeks of the season including for the 30th Anniversary Pentathlon. Thanks also to Cheri Womsley whose early fund raising efforts increased tea and coffee sales.

**Wayne Thurlow**  
**General Committee Member**

## **COACHING CO-ORDINATOR'S REPORT**

A small but loyal band of athletes turned out on a regular basis on Monday and Wednesday nights for training during 2008/2009. The weather was a lot kinder to us than it was in 2007/2008 which meant that very few training sessions were interrupted or cancelled.

It has been great to see the improvement in some of our regulars and their hard work at training has been reflected in their performances in competition. Our Tuesday night group has also grown. It has evolved from a steeplechase oriented session into a middle distance/cross country/fitness session. The popularity of steeplechase in our club has waned so it was a matter of adapting the session to make it more user friendly for more athletes.

The integrated coaching sessions with Little A's continues to work well in summer and a lot of athletes are getting a lot of benefits from training for different events and disciplines on the same night.

I took over the Coaching Co-ordinator's job in July 2004 and I have enjoyed every minute of it. I've seen a lot of good athletes reach great heights and got to know a lot of good people as well. However, I believe that I now need to learn a bit more as a coach by working under a level 4 or level 5 Coach. Unfortunately, I can't do that while I'm in my current position. That means that I will not be seeking re-election as Coaching Co-ordinator for 2009/2010.

However, I will not be lost to coaching completely at Girraween as I will be continuing to run the Tuesday night middle distance session. I would like to wish Girraween's next Coaching Co-ordinator all the very best.

**Garry Womsley**  
**Coaching Co-ordinator**

## **SUMMER COMPETITION REPORT**

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2008 / 2009 season enjoyed a good number of members competing at CV Kelly Park.

Our point scoring 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 each athlete's total. From this, the season's Club Champion is determined as well as the age category winners and the champion visitor. Athletes need to have completed at least 50% of the competition days held at C.V. Kelly during the season to be eligible for awards.

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). 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places are available within each category, catering for men and women. From these placings, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.

Congratulations to **Jean Davis** who is our 2008 / 2009 season's **Club Champion**. Jean won the Senior's award last year and has continued to perform well with the added responsibility of motherhood with her two little boys Daniel and Benjamin. Peter Matthews accomplished another great season gaining 2<sup>nd</sup> place on a creditable 72 points with 2003/04 Club Champion, Andrea Hendley, gaining 3<sup>rd</sup> place on 68.5 points. The first three places in the men's competition were once again taken by men in the Masters age group. Peter Matthews was 1<sup>st</sup> on 72 points, Wayne Thurlow (2006/2007 and 2007/2008 Club Champion) 2<sup>nd</sup> on 67 points and Roger Mar 3<sup>rd</sup> on 66 points.

The women's competition was contested well with Jean Davis gaining 1<sup>st</sup> place on 81.5 points, Andrea Hendley 2<sup>nd</sup> on 68.5 points and Charlotte Stenning (Under 20's) gaining an impressive 3<sup>rd</sup> place on 48 points.

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 **Graham Ryan** who has gained first place as **Champion Visitor** for 2008/2009.

Congratulations to all members and visitors for your enthusiasm and dedication to athletics during the 2008 / 2009 Summer Competition.



The following tables display the age category winners:

<b>Under 20</b>			
	<i>Men</i>		<i>Women</i>
1st	Matt Modini	47.5	Charlotte Stenning 48.0
2nd	Ethan Womsley	39.0	
<b>Seniors</b>			
1st	Danny Martins	62.0	Lisa Grant 23.00
2nd	Jack Howard	59.0	Cheri Womsley 20.5
3rd	Michael Grogan	58.0	
<b>Masters</b>			
1st	Peter Matthews	72.0	Jean Davis 81.5
2nd	Wayne Thurlow	67.0	Andrea Hendley 68.5
3rd	Roger Mar	66	

### **2008/2009 Season - New Records**

#### **Club Competition**

<b>Event</b>	<b>Time/Distance</b>	<b>Name</b>	<b>Age Group</b>
1500W	09:30.0	Connor Vernon	U/12
1500W	07:14.8	Lisa Grant	Senior (20-34)
3000W	14:50.9	Lisa Grant	Senior (20-34)
Javelin	34.54	Lynette Smith	Masters (34-49)
1500W	09:53.0	Steve Blunden	Masters (40-49)
5000m	28:49.9	Katrina Russell	Masters Plus (50-59)
Long Jump	3.11	Katrina Russell	Masters Plus (50-59)
Javelin	28.91	Viv Manwaring	Golden Oldies (60-69)
100m	14.90	Don Porter	Veterans (70-79)
200m	34.00	Don Porter	Veterans (70-79)
Long Jump	3.31	Don Porter	Veterans (70-79)
Triple Jump	6.74	Don Porter	Veterans (70-79)

#### **Modified Competition**

<b>Event</b>	<b>Time/Distance</b>	<b>Name</b>	<b>Age Group</b>
2000m	09:33.1	Charlotte Stenning	U/18
1000m	03:09.5	Matthew Modini	U/20
Shot Put Throw	20.69	Stephen Parkins	Masters (40-49)
Standing Long Jump	2.39	Lajos Joni	Masters Plus (50-59)
Standing Long Jump	1.36	Joe Butler	Veteran (70-79)
300m	70.00	Joe Butler	Veteran (70-79)
Standing Long Jump	1.64	Don Porter	Veteran (70-79)
60m	9.5	Don Porter	Veteran (70-79)

## **DETAILED SUMMER RESULTS**

### **CLUB COMPETITION POINTSCORES – 2008 / 2009**

Davis, Jean	81.5	O'Donnell, Stephen	29.0	Mohan, Ajay	11.0	McEwan, David	3.0
Matthews, Peter	72.0	Sargeant, Greg	28.0	Byrnes, Peter	10.0	Pellizzari, Natalie	3.0
Hendley, Andrea	68.5	Giesler, Robert	26.0	Giesler, Amanda	10.0	Sheargold, Graham	3.0
Thurlow, Wayne	67.0	Perry, David	25.0	Hystek, Mathew	10.0	Austin, Jemma	3.0
Mar, Roger	66.0	Flanagan, Laura	24.0	Evans, Tim	9.0	Perrott, Alyssa	3.0
Blunden, Steve	64.0	Stinten, Brendan	24.0	Juhart, Renee	9.0	Cuthbert, Louise	3.0
Stenning, Matt	63.0	Grant, Lisa	23.0	Rose, Terry	9.0	Woodruff, Jill	2.0
Martins, Danny	62.0	Russell, Stephanie	23.0	Norton, Rebecca	9.0	Ozois, Makayla	2.0
Parkins, Stephen	61.0	Sinclair, Lauren	22.0	Blemith, Felipe	8.0	Archbold, David	2.0
Ryan, Graham	60.5	Separovich, Vanessa	22.0	Moussa, Clara	8.0	Butler, Jess	2.0
Howard, Jack	59.0	Hendley, Erika	21.0	Achuoth, Chol	8.0	Wills, R	2.0
Grogan, Michael	58.0	Womsley, Garry	21.0	Bourke, Lewis	7.0	Rolfe, John	1.0
Stenning, Nathanael	49.0	Eager, Carly	21.0	Dunn, Caitlin	7.0	Blunden, Andrew	1.0
Stenning, Charlotte	48.0	Womsley, Cheri	20.5	Field, Bob	7.0	Dunn, Madison	1.0
Modini, Matthew	47.5	Bratovic, Erin	20.5	Micallef, Gary	7.0	Kidson, Clive	1.0
Bratovic, Ed	47.0	Evans, Michael	20.0	Brennan, Lucas	7.0	Sheargold, Geoff	1.0
Christie, Michael	47.0	David, Ivana	19.0	Daniels, Fred	6.0	Dunn, Mel	1.0
Sinclair, Adam	46.0	Juhart, Heidi	19.0	Tindall, Brad	6.0	Leseberg, Ernie	1.0
Stenning, Jonah	44.0	Butler, Joe	17.0	Harney, Lloyd	5.0	Gard, L	1.0
Adams, Vince	42.0	Perrott, Jye	16.5	Stenning, Jacinta	5.0	Gravitas, Vilas	0.0
Free, Michael	40.0	Flanagan, Carolyn	16.0	Sibraa, Clare	5.0	Andrew, Denis	0.0
Womsley, Ethan	39.0	Dunn, Jessica	15.0	Amin, Mark	5.0	Attwood, Mark	0.0
Micallef, Brenda	36.0	Eager, Robert	15.0	Porter, Don	5.0	Balinski, Linda	0.0
Kimpton, Peter	35.0	Manwaring, Viv	14.0	Argent, Stacey	4.0	Balinski, Lonnie	0.0
Dunn, Matt	34.0	Thurlow, Ashleigh	14.0	Smith, Lynette	4.0	Bowden, Phillip	0.0
Bratovic, Jamie	34.0	Diaz, Reece	13.0	Vernon, Connor	4.0	Dela Paz, Camille	0.0
Williams, Steve	33.0	Matthews, Katelyn	13.0	Tisdale, Ben	4.0	Ellis, Andrew	0.0
Kimpton, Chelsea	31.0	Mackenzie, Rochelle	12.0	Allomes, Graham	4.0	Evans-Ingram, Rachel	0.0
Russell, Katrina	30.0	Frost, Richard	11.0	Wheatley, Joel	4.0	Gould, Darren	0.0
Matthews, Bradley	29.0	Thurlow, Caitlin	11.0	Austin, Chelsea	3.0	Hanna, Nick	0.0

**Stephen Blunden**

**WINTER COMPETITION REPORT – 2008**

2008 was an enjoyable and successful season. Girraween had 58 registered athletes who competed in the West Metropolitan road and cross-country running series and Championships.

Below is a list of the 2008 Club trophy winners and a list of our Club athletes times and their point scores for the 2008 season:

**GIRRAWEE ATHLETICS CLUB TROPHY WINNERS 2008**

**LONG**

Male

SENIOR	TIM MOLESWORTH	360
SENIOR	RICHARD FROST	269
SENIOR	NICK HANNA	267

MASTER	MICHAEL FREE	380
MASTER	STEVEN WILLIAMS	348
MASTER	CLIVE KIDSON	310

GOLDEN OLDIE	DENNIS ANDREW	364
GOLDEN OLDIE	KEN SCALLEY	339
GOLDEN OLDIE	JOE BUTLER	283

Female

SENIOR	KYLIE SMYTHE	349
SENIOR	LISA GRANT	285

MASTER	LINDA BALINSKI	301
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**MEDIUM**

Male

U20	JONAS WILLIAMS	311
U20	ADAM SINCLAIR	262
U20	ETHAN WOMSLEY	258

MASTER	PETER MATHEWS	412
MASTER	GREG SARGEANT	325
MASTER	MARK INGRAM	313

Female

SENIOR	CARLY EAGER	334
SENIOR	ELIZABETH SUTTON	293

MASTER	KATRINA RUSSELL	381
MASTER	RACHEL EVANS-INGRAM	369

**SHORT**

Male

SENIOR	MICHAEL GROGAN	370
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MASTER	GARRY WOMSLEY	388
MASTER	WAYNE THURLOW	385
MASTER	DAVID PERRY	339

Female

SENIOR	LAUREN SINCLAIR	293
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U20	STACEY ARGENT	355
U20	STEPHANIE RUSSELL	302



## DETAILED WINTER RESULTS

### CLUB COMPETITION POINTSCORES – WINTER 2008

First Name	Last Name	Age (31/12/08)	Age (West Met)	Age (Girra)	Nominated Distance	Points
<b>SHORT DISTANCE - 2008</b>						
Garry	Womsley	45	40-49	Master	S	388
Wayne	Thurlow	42	40-49	Master	S	385
Michael	Grogan	33	30-39	Senior	S	370
Stacey	Argent	18	U19	U19	S	355
David	Perry	46	40-49	Master	S	339
Stephen	O'Donnell	44	40-49	Master	S	334
Steven	Blunden	48	40-49	Master	S	326
Roger	Mar	52	50-59	Master	S	307
Stephanie	Russell	16	U17	U17	S	302
Lauren	Sinclair	20	U21	U21	S	293
Terry	Rose	56	50-59	Master	S	273
Michael	Christie	46	40-49	Master	S	244
Heidi	Juhart	38	30-39	Senior	S	231
Jill	Woodruff	39	30-39	Senior	S	220
Vince	Adams	53	50-59	Master	S	200
Monica	Juhart	29	Senior	Senior	S	165
Renee	Juhart	33	30-39	Senior	S	144
Teresa	Truman	41	40-49	Master	S	137
Eddie	Makki	60	60+	Gold Old	S	109
Edward	McLean	80	65+	Gold Old	S	40
Graciela	Lamas	41	40-49	Master	S	14



<b>MEDIUM DISTANCE - 2008</b>						
Peter	Mathews	46	40-49	Master	M	412
Katrina	Russell	53	50-59	Master	M	381
Rachel	Evans-Ingram	40	40-49	Master	M	369
Carly	Eager	20	U21	U21	M	334
Greg	Sargeant	48	40-49	Master	M	325
Mark	Ingram	46	40-49	Master	M	313
Jonas	Williams	13	U14	U14	M	311
Elizabeth	Sutton	29	Senior	Senior	M	293
Stephen	Mifsud	50	50-59	Master	M	267
Adam	Sinclair	19	U20	U20	M	262
Ethan	Womsley	11	U12	U12	M	258
Darren	Gould	45	40-49	Master	M	236
Christopher	Mackey	23	Senior	Senior	M	175
Vivian	Manwarring	61	60+	Golden Oldie	M	155
Suresh	Raju	49	40-49	Master	M	78
Mathew	Dunn	36	30-39	Senior	M	66
Mark	Attwood	49	40-49	Master	M	45

<b>LONG DISTANCE - 2008</b>						
Michael	Free	42	40-49	Master	L	380
Denis	Andrew	60	60+	Golden Oldie	L	364
Timothy	Molesworth	29	Senior	Senior	L	360
Kylie	Smythe	25	Senior	Senior	L	349
Steven	Williams	52	50-59	Master	L	348
Ken	Scalley	60	60+	Golden Oldie	L	339
Clive	Kidson	57	50-59	Master	L	310
Stephen	Parkins	48	40-49	Master	L	306
Linda	Balinski	51	50-59	Master	L	301
Lisa	Grant	23	Senior	Senior	L	285
Joseph	Butler	71	65+	Golden Oldie	L	283
Richard	Frost	34	30-39	Senior	L	269
Nicholas	Hanna	21	Senior	Senior	L	267
Robert	Eager	56	50-59	Master	L	262
Andrew	Blunden	16	U17	U17	L	247
Lonnie	Balinski	61	60+	Golden Oldie	L	246
Graham	Sheargold	53	50-59	Master	L	225
Richard	Lamas	46	40-49	Master	L	178
Geoff	Sheargold	22	Senior	Senior	L	141
Brad	Milosevic	19	U20	U20	L	102



First Name	Last Name	Age (Girra)		29/03/2008 1st West Met Richard Munden Res.Haberfield Time (Short = 2k) (Medium = 4k) (Long = 8k)	5/04/2008 2nd West Met Queen Elizabeth Park Concord Time (Short = 2k) (Medium = 4k) (Long = 8k)	12/04/2008 3rd West Met Rydalmere (Nth Parramatta) Time (Short = 2k) (Medium = 5k) (Long = 10k)	19/04/2008 4th West Met Smithfield Time (Short = 2k) (Medium = 5k) (Long = 10k)	26/04/2008 [Special 1] NSW Novice Ramsgate Time (Novice 10k)	3/05/2008 [Champ 1] NSW Road Ch/ship Sydney Olympic Park Time (Ch/ship 10k)	10/05/2008 5th West Met Wilson Park Silverwater Time (Short = 2k) (Medium = 4k) (Long = 8k)	17/05/2008 6th West Met Winston Hills Time (Short = 2k) (Medium = 4k) (Long = 8k)	18/05/2008 [Special 2] NSW Half Marathon Time (21k)	24/05/2008 7th West Met Uppah Park Dundas Time (Short = 2k) (Medium = 4k) (Long = 8k)	31/05/2008 [Relay 1] NSW X Country Relays Miranda Time (4k)	7/06/2008 8th West Met North Ryde Common (Macquarie Hospital) Time (Short = 2k) (Medium = 4k) (Long = 8k)	14/06/2008 9th West Met Crestwood Reserve Baulkham Hills Time (Short = 2k) (Medium = 4k) (Long = 8k)
				1	2	3	4	5	6	7	8	9	10	11	12	13
Michael	Grogan	Senior	S	7.40	7.56	7.19	8.03	0.00	42.14 (10k)	7.35	7.37	0.00	7.48	16.59 (4k)	8.00	7.42
Wayne	Thurlow	Master	S	7.28	7.42	7.09	7.52	0.00	39.00 (10k)	7.09	7.12	0.00	7.27	0.00	7.53	7.20
Stephan	O'Donohill	Master	S	0.00	8.35	8.10	8.52	50.22 (10k)	48.25 (10k)	8.21	8.43	0.00	8.56	17.55 (4k)	0.00	8.54
Garry	Worsley	Master	S	7.29	7.55	7.39	8.19	8.15 (2k)	41.56 (10k)	7.54	8.05	94.40 (21k)	8.21	15.28 (4k)	8.19	8.01
David	Perry	Master	S	7.44	8.07	7.48	0.00	0.00	0.00	8.09	8.21	0.00	8.25	17.13 (4k)	8.28	8.31
Michael	Christie	Master	S	9.06	9.55	9.01	10.03	0.00	0.00	9.29	10.07	0.00	10.28	0.00	10.49	10.12
Steven	Bunden	Master	S	8.27	9.12	8.07	9.18	0.00	0.00	8.35	8.53	0.00	8.53	17.10 (4k)	0.00	8.50
Roger	Mar	Master	S	8.52	9.46	8.55	0.00	56.48 (10k)	54.49 (10k)	9.41	44.53 (8k)	0.00	10.43	21.04 (4k)	10.30	10.11
Vinco	Adams	Master	S	0.00	10.09	9.07	0.00	9.44 (2k)	0.00	9.38	0.00	0.00	10.21	21.34 (4k)	0.00	10.10
Terry	Rose	Master	S	8.02	8.38	7.51	9.24	0.00	0.00	8.23	9.00	0.00	9.19	0.00	9.27	9.01
Eddie	Makki	Gold Old	S	0.00	0.00	0.00	0.00	0.00	0.00	13.34	21.19 (4k)	0.00	13.21	20.23 (4k)	0.00	0.00
Edward	McLean	Gold Old	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Stephanie	Russell	U17	S	10.49	11.00	10.10	12.14	0.00	0.00	10.31	10.36	0.00	0.00	0.00	0.00	10.57
Stacey	Argent	U19	S	9.49	0.00	9.34	0.00	0.00	0.00	9.37	9.58	0.00	9.58	22.04 (4k)	0.00	10.08
Lauren	Sinclair	U21	S	0.00	13.38	14.27	0.00	0.00	0.00	13.49	14.14	0.00	13.22	0.00	15.31	15.17
Monica	Juhart	Senior	S	7.58	9.28	0.00	10.53	0.00	0.00	9.08	0.00	0.00	0.00	0.00	0.00	38.22 (8k)
Cheri	Worsley	Senior	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Renee	Juhart	Senior	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	10.18
Hadi	Juhart	Senior	S	0.00	0.00	0.00	10.54	0.00	0.00	0.00	10.09	0.00	10.15	0.00	0.00	10.16
Jill	Woodruff	Senior	S	0.00	11.24	0.00	0.00	0.00	0.00	0.00	12.15	0.00	12.02	0.00	12.17	0.00
Graciela	Lamas	Master	S	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Teresa	Thuman	Master	S	0.00	10.47	0.00	0.00	0.00	0.00	0.00	10.59	0.00	0.00	0.00	0.00	10.51
Elhan	Worsley	U12	M	21.12	22.44	27.45	26.06	0.00	0.00	0.00	22.06	0.00	23.32	0.00	22.54	23.32
Jonas	Williams	U14	M	15.10	15.56	20.14	20.08	0.00	0.00	15.22	7.16 (2k)	0.00	16.03	0.00	16.38	15.40
Adam	Sinclair	U20	M	0.00	0.00	23.07	22.49	0.00	0.00	0.00	17.32	0.00	16.44	16.22 (4k)	17.41	16.39
Christopher	Mackey	Senior	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	19.07
Mathew	Dunn	Senior	M	0.00	24.36	30.53	30.23	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Darren	Gould	Master	M	19.56	0.00	0.00	24.59	0.00	0.00	19.56	20.45	0.00	21.13	19.33 (4k)	20.51	20.10
Mark	Ingram	Master	M	53.12 (8k)	25.52	29.37	30.03	9.44 (2k)	0.00	25.17	25.54	0.00	23.57	21.47 (4k)	26.23	24.46
Peter	Mathews	Master	M	15.24	16.04	20.21	19.06	40.39 (10k)	40.10 (10k)	15.34	15.37	0.00	16.24	15.46 (4k)	15.53	15.46
Greg	Sargeant	Master	M	0.00	0.00	25.24	24.02	53.57 (10k)	0.00	19.13	19.19	0.00	20.45	19.04 (4k)	19.35	18.52
Mark	Adwood	Master	M	21.48	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Suresh	Raju	Master	M	0.00	0.00	0.00	25.52	0.00	0.00	0.00	23.13	0.00	0.00	0.00	0.00	0.00
Stephan	Misud	Master	M	16.02	16.45	0.00	20.49	0.00	0.00	16.31	0.00	117.42 (21k)	17.15	16.49 (4k)	17.34	17.10
Vivian	Manwaring	Gold Old	M	19.21	20.14	25.23	24.32	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Carly	Eager	U21	M	21.39	0.00	0.00	28.37	0.00	0.00	0.00	21.45	0.00	22.39	22.04 (4k)	0.00	21.39
Elizabeth	Sutton	Senior	M	21.07	21.51	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	23.22
Lynette	Smith	Senior	M	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rachel	Evans-Ingram	Master	M	12.23 (2k)	25.54	30.38	32.20	24.39 (4k)	0.00	25.22	26.02	0.00	26.38	24.49 (4k)	27.27	25.20
Kathie	Russell	Master	M	21.00	25.59	27.37	26.59	21.19 (4k)	0.00	21.45	22.22	0.00	0.00	22.28 (4k)	24.30	22.19
Andrew	Bunden	U17	L	30.47	32.06	0.00	41.52	0.00	0.00	31.30	36.14	0.00	32.52	14.09 (4k)	0.00	15.14 (4k)
Brad	Milosovic	U20	L	0.00	0.00	0.00	0.00	12.25 (4k)	0.00	33.02	0.00	0.00	0.00	12.58 (4k)	0.00	0.00
Nicholas	Hanna	Senior	L	31.26	0.00	0.00	0.00	15.21 (4k)	38.26 (10k)	32.55	32.26	0.00	35.25	15.21 (4k)	17.45 (4k)	17.14 (4k)
Geoff	Shearwood	Senior	L	0.00	0.00	0.00	0.00	0.00	37.30 (10k)	35.02	0.00	83.21 (21k)	34.54	14.36 (4k)	0.00	0.00
Timothy	Molsworth	Senior	L	0.00	0.00	37.13	36.51	0.00	0.00	28.48	28.41	0.00	31.24	0.00	30.23	29.17



First Name	Last Name	21/06/2008 [Champ 2] NSW X Country Champs Noona Time [12k]	28/06/2008 10th West Met Prospect Res. Time [Short=2k] [Medium=4k] [Long=8k]	5/07/2008 11th West Met River Road Reserve Emu Plains Time [Short=2k] [Medium=5k] [Long=10k]	12/07/2008 12th West Met Cowell Lane Emmington Time [Short=2k] [Medium=5k] [Long=10k]	19/07/2008 [Champ 3] NSW X Country Champs [Short] Abbotsbury Time 8.5k & 5k	26/07/2008 13th West Met Gipps Rd Greystanes Time [Short=2k] [Medium=5k] [Long=8k]	2/08/2008 [Relay 2] NSW Road Relay Champs Flagstaff Hill Wollongong Time [4k]	10/08/2008 City to Surf 14K Sydney to Bondi Time Non Pointscoreing	16/08/2008 14th West Met Rydalmere [Nth Para River] Time [Short=2k] [Medium=4k] [Long=8k]	23/08/2008 15th West Met Ford Park Stratfield South Time [Short=2k] [Medium=4k] [Long=8k]	30/08/2008 West Met H'caps-Trevor Lorand Memorial Prospect Res. Time Non Pointscoreing
		14	15	16	17	18	19	20	21	22	23	24
Michael	Grogan	58.06 (12k)	7.06	7.33	7.29	36.56 (8.5k)	7.03	15.20 (4k)	59.08 (14k)	7.20	7.17	15.26 (4k)
Wayne	Thurlow	53.34 (12k)	6.55	7.25	7.23	0.00	6.50	14.58 (4k)	0.00	7.09	7.12	0.00
Stephen	O'Donnell	0.00	8.15	0.00	8.34	0.00	8.59	0.00	66.05 (14k)	8.15	0.00	8.08 (2k)
Garry	Womsley	57.14 (12k)	7.40	8.03	7.55	39.16 (8.5k)	7.36	16.01 (4k)	60.46 (14k)	7.37	0.00	8.00 (2k)
David	Perry	60.44 (12k)	7.54	8.21	8.11	39.46 (8.5k)	7.40	0.00	64.04 (14k)	8.05	0.00	7.54 (2k)
Michael	Christie	0.00	9.30	10.26	10.07	0.00	0.00	0.00	0.00	0.00	18.40 (4k)	8.30 (2k)
Steven	Blunden	0.00	8.09	8.30	8.29	41.14 (8.5k)	8.02	18.17 (4k)	67.49 (14k)	8.03	8.34	0.00
Roger	Mar	72.04 (12k)	9.20	10.04	9.27	48.19 (8.5k)	9.06	24.33 (4k)	79.49 (14k)	9.27	9.38	41.20 (8.5k) 22.04 (4k)
Vince	Adams	0.00	0.00	9.54	0.00	0.00	9.44	0.00	0.00	0.00	9.48	0.00
Terry	Rose	0.00	8.13	8.34	9.01	0.00	8.11	0.00	75.10 (14k)	0.00	0.00	0.00
Eddie	Makki	0.00	13.07	0.00	0.00	0.00	0.00	0.00	79.56 (14k)	0.00	11.56	0.00
Edward	McLean	0.00	0.00	0.00	0.00	0.00	11.51	0.00	0.00	11.43	0.00	11.35 (2k)
Stephanie	Russell	0.00	9.59	10.43	10.55	0.00	10.39	0.00	0.00	0.00	0.00	0.00
Stacey	Argent	0.00	8.57	9.18	9.39	0.00	9.19	0.00	0.00	9.17	0.00	0.00
Lauren	Sinclair	0.00	12.46	0.00	0.00	0.00	15.09	0.00	0.00	14.09	13.29	0.00
Monica	Juhart	0.00	37.59 (8k)	52.20 (10k)	0.00	0.00	0.00	0.00	68.28 (14k)	0.00	0.00	0.00
Cheri	Womsley	0.00	0.00	0.00	0.00	0.00	0.00	0.00	144.04 (14k)	0.00	0.00	0.00
Renee	Juhart	0.00	9.21	0.00	9.42	0.00	9.14	0.00	0.00	9.26	8.03	0.00
Heidi	Juhart	0.00	9.33	10.06	9.45	0.00	8.53	0.00	0.00	0.00	0.00	0.00
Jill	Woodruff	0.00	0.00	0.00	11.25	0.00	11.16	0.00	0.00	10.56	11.34	10.37 (2k)
Graciela	Lamas	0.00	0.00	0.00	0.00	0.00	0.00	0.00	72.01 (14k)	0.00	18.58 (4k)	0.00
Teresa	Truman	0.00	9.54	0.00	10.28	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Ethan	Womsley	0.00	20.29	28.42	0.00	0.00	10.37 (2k)	22.45 (4k)	144.07 (14k)	0.00	0.00	23.10 (4k)
Jonas	Williams	0.00	15.06	0.00	19.48	0.00	0.00	0.00	0.00	0.00	0.00	7.10 (2k)
Adam	Sinclair	0.00	16.16	7.30 (2k)	0.00	0.00	7.16 (2k)	15.36 (4k)	64.45 (14k)	6.53 (2k)	0.00	15.24 (2k)
Christopher	Mackey	69.16 (12k)	17.54	26.04	21.57	0.00	0.00	16.29 (4k)	0.00	16.04	0.00	19.55 (4k)
Mathew	Dunn	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Darren	Gould	0.00	0.00	0.00	27.14	0.00	25.22	0.00	0.00	0.00	0.00	20.07 (4k)
Mark	Ingram	0.00	23.10	28.15	31.14	53.09 (8.5k)	27.44	19.51 (4k)	0.00	22.54	23.34	19.45 (4k)
Peter	Mathews	52.41 (12k)	14.50	19.44	19.56	35.14 (8.5k)	19.10	14.39 (4k)	56.57 (14k)	0.00	15.05	15.04 (4k)
Greg	Sargeant	0.00	0.00	24.08	24.15	43.49 (8.5k)	23.32	0.00	72.12 (14k)	37.23 (8k)	0.00	0.00
Mark	Attwood	0.00	43.45 (8k)	0.00	56.17 (10k)	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Suresh	Raju	0.00	21.31	0.00	10.05 (2k)	0.00	0.00	0.00	80.30 (14k)	0.00	0.00	0.00
Stephen	Misud	0.00	16.21	0.00	0.00	0.00	0.00	0.00	65.16 (14k)	0.00	0.00	0.00
Vivian	Manwaring	0.00	0.00	0.00	27.21	0.00	25.03	0.00	0.00	0.00	0.00	0.00
Carly	Eager	23.02 (4k 8rus)	20.44	28.38	0.00	0.00	27.22	20.45	85.59 (14k)	21.03	20.17	0.00
Elizabeth	Sutton	0.00	19.37	25.10	26.10	0.00	25.33	19.27	0.00	26.11	19.48	0.00
Lynette	Smith	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Rachel	Evans-Ingram	0.00	25.18	31.15	32.19	32.34 (5k)	30.57	23.54	0.00	25.36	0.00	0.00
Katrina	Russell	0.00	21.05	28.09	27.55	0.00	26.41	20.58	0.00	0.00	20.58	0.00
Andrew	Blunden	0.00	31.23	0.00	0.00	0.00	0.00	13.47 (4k)	54.34 (14k)	0.00	0.00	0.00
Brad	Milosevic	28.04 (8k)	0.00	0.00	0.00	16.46 (5k)	0.00	12.22 (4k)	0.00	0.00	0.00	0.00
Nicholas	Hanna	54.45 (12k)	15.10 (4k)	0.00	0.00	0.00	21.02 (5k)	15.13 (4k)	0.00	31.49	0.00	7.31 (2k)
Geoff	Sheargold	0.00	0.00	0.00	0.00	0.00	0.00	14.03 (4k)	53.42 (14k)	0.00	0.00	0.00
Timothy	Molesworth	0.00	28.51	35.58	0.00	31.06 (8.5k)	29.09	0.00	0.00	0.00	29.03	0.00

First Name	Last Name	Age (Girra)	Nominated Distance	29/03/2008 1st West Met Richard Murden Res. Haberfield Time (Short = 2k) (Medium = 4k) (Long = 8k)	5/04/2008 2nd West Met Queen Elizabeth Park Concord Time (Short = 2k) (Medium = 4k) (Long = 8k)	12/04/2008 3rd West Met Rydalmere (Nth Parra River) Time (Short = 2k) (Medium = 4k) (Long = 10k)	19/04/2008 4th West Met Smithfield Time (Short = 2k) (Medium = 5k) (Long = 10k)	26/04/2008 [Special 1] NSW Novice Ramsgate Time (Novice 10k)	3/05/2008 [Champ 1] NSW Road Chrsip Sydney Olympic Park Time (Chrsip 10k)	10/05/2008 Sch West Met Wilson Park Silverwater Time (Short = 2k) (Medium = 4k) (Long = 8k)	17/05/2008 6th West Met Winston Hills Time (Short = 2k) (Medium = 4k) (Long = 8k)	18/05/2008 [Special 2] NSW Half Marathon Time (21k)	24/05/2008 7th West Met Upjohn Park Dundas Time (Short = 2k) (Medium = 4k) (Long = 8k)	31/05/2008 [Relay 1] NSW X Country Relays Miranda Time (4k)
Richard	Frost	Senior	L	33.22	35.55	47.38	0.00	44.07 (10k)	0.00	34.34	0.00	94.47 (21k)	0.00	16.59 (4k)
Michael	Free	Master	L	0.00	36.01	45.01	44.28	44.15 (10k)	43.16 (10k)	35.41	35.25	0.00	36.56	16.51 (4k)
Stephen	Parkins	Master	L	17.22 (4k)	0.00	55.27	0.00	48.43 (10k)	0.00	39.02	39.07	0.00	40.02	16.14 (4k)
Richard	Lamas	Master	L	0.00	46.54	0.00	27.22 (5k)	0.00	0.00	47.21	22.56 (4k)	0.00	0.00	0.00
Steven	Williams	Master	L	39.03	39.45	48.10	47.25	47.39 (10k)	44.48 (10k)	38.52	38.40	0.00	45.46	16.47 (4k)
Graham	Sheargold	Master	L	33.57	18.45 (4k)	0.00	0.00	0.00	47 (10k)	0.00	0.00	94.31 (21k)	36.12	16.51 (4k)
Robert	Eager	Master	L	51.44	0.00	0.00	60.58	63.56 (10k)	54.32 (10k)	47.56	44.07	0.00	45.56	20.57 (4k)
Clive	Kidson	Master	L	35.10	0.00	47.30	0.00	46.01 (10k)	44.22 (10k)	36.26	0.00	0.00	38.47	18.04 (4k)
Denis	Andrew	Gold Old	L	35.27	36.39	46.04	0.00	0.00	0.00	38.36	0.00	102.10 (21k)	39.19	17.19 (4k)
Ken	Scalliey	Gold Old	L	41.40	42.53	50.23	54.34	51.37 (10k)	47.42 (10k)	39.58	39.43	0.00	40.36	16.04 (4k)
Lorrie	Balinski	Gold Old	L	0.00	46.35	56.49	55.05	54.44 (10k)	0.00	0.00	0.00	0.00	0.00	0.00
Joseph	Butler	Gold Old	L	44.46	47.42	58.00	57.09	59.00 (10k)	56.58 (10k)	45.46	46.29	0.00	0.00	22.21 (4k)
Lisa	Grant	Senior	L	17.12 (4k)	0.00	0.00	0.00	0.00	43.37 (10k)	0.00	35.17	0.00	38.09	16.48 (4k)
Kylie	Smythe	Senior	L	48.57	0.00	63.44	0.00	0.00	0.00	48.53	48.12	0.00	51.27	22.66 (4k)
Linda	Balinski	Master	L	51.35	52.14	64.09	63.07	66.25 (10k)	0.00	0.00	0.00	0.00	0.00	0.00



7/06/2008 5th West Met North Ryde Common (Macquarie Hospital) North Ryde Time [Short = 2k] [Medium = 4k] [Long = 6k]	14/06/2008 9th West Met Crestwood Reserve Baulkham Hills Time [Short = 2k] [Medium = 4k] [Long = 6k]	21/06/2008 [Champ 2] NSW X Country Champs Nowra Time [12k]	28/06/2008 10th West Met Prospect Res. Time [Short=2k] [Medium=4k] [Long=6k]	5/07/2008 11th West Met River Road Reserve Ennis Plains Time [Short=2k] [Medium=4k] [Long=10k]	12/07/2008 12th West Met Cowell's Lane Ennis Plains Time [Short=2k] [Medium=4k] [Long=10k]	19/07/2008 [Champ 3] NSW X Country Champs (Short) Abbotsbury Time 8.5k & 5k	26/07/2008 13th West Met Gipps Rd Greystanes Time [Short=2k] [Medium=4k] [Long=6k]	2/08/2008 [Relay 2] NSW Road Relay Champs Flagstaff Hill Wollongong Time [4k]	10/08/2008 City to Surf 14K Sydney to Bondi Time Non Pointscoring	16/08/2008 14th West Met Rydalmere (Nth Parramatta) Time [Short=2k] [Medium=4k] [Long=6k]	23/08/2008 15th West Met Ford Park Stratfield South Time [Short=2k] [Medium=4k] [Long=6k]	30/08/2008 West Met Hoops- Trevor Leonard Memorial Prospect Res. Time Non Pointscoring
39.44	0.00	58.41 (12k)	33.05	46.16	0.00	37.15 (8.5k)	0.00	15.50 (4k)	59.12 (14k)	0.00	0.00	35.01 (8k)
8.39 (2k)	36.36	0.00	35.34	48.25	48.29	40.53 (8.5k)	36.03	0.00	0.00	34.54	35.37	35.52 (8k)
40.30	38.34	0.00	37.47	0.00	50.07	40.46 (8.5k)	38.50	0.00	65.33 (14k)	17.09 (4k)	0.00	17.31 (4k)
49.07	47.55	0.00	20.11 (4k)	0.00	26.42 (5k)	0.00	41.46	0.00	74.21 (14k)	8.58 (2k)	9.04 (2k)	0.00
43.01	39.06	66.46 (12k)	36.46	49.52	51.11	42.54 (8.5k)	35.46	16.47 (4k)	65.59 (14k)	35.11	0.00	0.00
0.00	0.00	0.00	35.03	0.00	44.59	0.00	34.32	16.03 (4k)	59.30 (14k)	0.00	0.00	0.00
48.17	44.59	49.16 (8k)	44.48	58.00	0.00	26.38 (5k)	0.00	20.07 (4k)	66.33 (14k)	42.12	0.00	41.55 (8k)
39.43	37.25	0.00	35.59	0.00	0.00	22.58 (5k)	35.26	17.28 (4k)	63.16 (14k)	34.32	0.00	36.31 (8k)
39.08	37.36	40.48 (8k)	36.15	46.58	47.10	22.38 (5k)	36.09	16.41 (4k)	0.00	35.15	0.00	0.00
42.12	38.14	0.00	35.58	47.54	54.06	0.00	37.15	17.15 (4k)	0.00	36.03	36.38	39.45 (8k)
0.00	45.44	0.00	41.17	54.47	54.30	0.00	40.25	0.00	73.28 (14k)	40.07	45.23	45.00 (8k)
52.37	48.51	0.00	45.26	60.38	0.00	31.40 (5k)	28.50 (5k)	21.57 (4k)	66.06 (14k)	0.00	45.24	46.42 (8k)
0.00	38.03	37.19 (8k)	34.30	45.12	0.00	0.00	35.06	16.34 (4k)	61.03 (14k)	34.22	0.00	34.23 (8k)
50.33	0.00	0.00	45.19	58.53	58.57	0.00	44.37	0.00	61.14 (14k)	43.56	0.00	0.00
0.00	54.16	0.00	49.57	64.45	0.00	0.00	47.51	0.00	61.39 (14k)	47.43	40.22	44.01 (8k)

## **EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE – 2008**

The point score was based on participation in the various West Metropolitan Zone and State Championship events.

Competition for males and females was separate.

Athletes must have finished an event to score points in that event. To be eligible for a Club award, athletes must have completed at least 50% of the events on offer ( ie on offer was a total of 22 events being 15 West Metropolitan and 7 Championships ). If athletes did not participate in any Championships but participated in the required number of West Metropolitan events (ie 50% of 22 being 11 events), they are still eligible for a Club award. Point scoring is determined as follows:

### **West Metropolitan Zone races:**

The Short, Medium and Long distances are open to all age groups.

Athletes were included in the Short, Medium or Long distance category based on the distance they nominated at the commencement of the season.

Points were awarded from the fastest finisher to the slowest ie 1<sup>st</sup> finisher gains maximum points (this year 30), second gained 29 points, third gained 28 points etc.

If athletes did not participate in their nominated event but participated in another event, they received half points for one event only based on the same point scoring criteria as above, Eg if 3<sup>rd</sup> fastest time normally receives 28 points, they would receive 14 points.

### **Championship Events**

If the same distance was run by everyone ( eg 4k Cross Country Relays), times were ranked, based on the athletes nominated distance. If various distances were held for different age categories, each category was scored separately.

Those who participate in Fun Runs only are awarded points for competing but can only be worth half that of those who participated in the 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 are included in the final tally of points, the lowest point scoring weeks are eliminated to leave :

- 11 from 15 West Metropolitan Zone runs. (This being the minimum requirement if no Championships or Special Events are contested)
- 1 from 3 Road / Cross Country Championship Events
- 1 from 2 Relay championships
- 1 from 2 Special Events ( Novice or Half Marathon )

This means the final points scores are based on a maximum of 14 events.

## **2008 WEST METROPOLITAN TROPHY WINNERS**

*Awards were presented at the West Metropolitan Series Presentation Day – West Auburn – Saturday 6<sup>th</sup> September, 2008.*

A list of the Girraween Athletics Club members who received awards is below:

Short (2k-3k) km: -

Women: -

U/20: - Stacey Argent (1st), Stephanie Russell (2nd)

20+: - Lauren Sinclair (3rd)

30+: - Heidi Juhart (1st), Jill Woodruff (2nd)

Men: -

40+: - Wayne Thurlow (1st), Garry Womsley (2nd), David Perry (3rd)

50+: - Terry Rose (1st), Roger Mar (2nd), Vince Adams (3rd)

65+: - Eddie McLean (2nd)

Middle (4k-5k): -

Women: -

20+: - Carly Eager (1st), Elizabeth Sutton (2nd)

40+: - Rachel Evans-Ingram (1st)

Men: -

U/12: - Ethan Womsley (2nd)

U/14: - Jonas Williams (3rd)

30+: - Michael Grogan (3rd)

40+: - Peter Matthews (1st), Steve Parkins (3rd)

Long (8k-10k): -

Women: -

20+: - Kylie Smythe (1st)

50+: - Linda Balinski (1st)

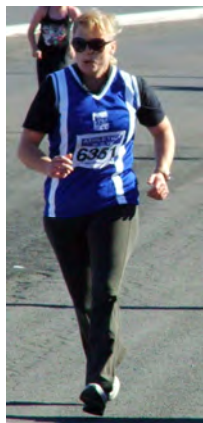
Men: -

20+: - Tim Molesworth (1st)

50+: - Steve Williams (3rd)

60+: - Denis Andrews (1st), Ken Scalley (3rd)

65+: - Joe Butler (1st)



**Robert Eager**  
**Winter Competition Organiser**



## 2009 REPRESENTATIVE AWARDS

OPEN	Total	MASTERS	Total	UNDERAGE	Total
Garry Womsley	80	Lynette Smith	343	Brad Milosevic	76
Lisa Grant	70	Lajos Joni	198	Nick Hanna	46
Lajos Joni	56	Michael Grogan	71	Taylor Doyle	30
Brad Milosevic	56	Matt Stenning	71	Carly Eager	5
Robert Giesler	50	Robert Giesler	70	Clara Moussa	5
Nick Hanna	41	Garry Womsley	50	Natalie Pellizzari	5
Peter Matthews	35	Donald Porter	30		
Taylor Doyle	30	Cheri Womsley	30		
Michael Grogan	30	Vince Adams	10		
Amanda Giesler	24	Steve Blunden	5		
Vince Adams	10	Matthew Dunn	5		
Choi Achuth	5	Michael Free	5		
Steve Blunden	5	Heidi Juhart	5		
Matthew Dunn	5	Renee Juhart	5		
Carly Eager	5	Peter Matthews	5		
Michael Free	5	Steve Parkins	5		
Heidi Juhart	5	David Perry	5		
Monica Juhart	5	Katrina Russell	5		
Renee Juhart	5	Greg Sargeant	5		
Clara Moussa	5	Graham Sheargold	5		
Steve Parkins	5	Wayne Thurlow	5		
Natalie Pellizzari	5	Steve Williams	5		
David Perry	5	Roger Mar	4		
Katrina Russell	5				
Greg Sargeant	5				
Graham Sheargold	5				
Matt Stenning	5				
Wayne Thurlow	5				
Steve Williams	5				
Roger Mar	4				
Lynette Smith	4				

POINTS TABLE							
	1st	2nd	3rd	Top 10	Top 20	Other	Scored By
International	500	450	400	300	250	200	event
National Open	100	90	80	50	45	40	event
National U/age	90	80	70	40	30	20	event
National Masters	30	25	20	15	10	5	event
State Open	50	45	40	25	20	15	event
State U/age	45	40	35	20	15	10	event
State AWD	30	25	20	10	5	5	event
State Masters	15	12	10	5	5	5	event
ANSW Club Meet	5	5	5	5	5	5	competition
ANSW All-comers	2	2	2	2	2	2	competition

This year sees a modification to the representative award by presenting a winner in each of the 3 age groups contested, Open (all ages), Masters (30+) and Underage (U23 and below), rather than awarding just an overall winner. This change ensures that athletes of all ages have the opportunity to be duly acknowledged for their representative efforts.

As in previous years, points were awarded for placings in National and State Championships, as well as attendance at Club Meets (ie Club Premiership and State Relays) and Allcomers. Whilst the Club Meet and Allcomer points are carried over into whichever age division the athlete is eligible, only the State and National championships of a particular age group are used in the calculation of that age award. As a result, a Masters or Underage athlete may figure in their age division as well as the Open pointscore due to any Club or Allcomer points they have amassed, but they will only have Championship points in this age division if they contested the Open National or State events.

Congratulations go to this year's award winners: **Open** - Garry Womsley, who's State Steeplechase and 3,000 metre results earned him points for top place; **Masters** - Lynette Smith, multiple medals at National and State Championships were the pointscorers; and **Underage** - Brad Milosevic, on top as a result of his silver in the 5,000 metres and 4<sup>th</sup> place in the 1,500 metres at U23 State.



## **PUBLICITY OFFICER'S REPORT**

Girraween Athletics Club Inc. got some great publicity during 2008/2009. We received good support from the Parramatta Advertiser who published our results each week. They also did some feature articles on Ethan Womsley and Steve Mifsud. The Parramatta Sun also published some small articles about our medal winners etc during the early part of 2009. This was very good to see as they haven't given us much support in the past. We also got a couple of articles (Michael Grogan & Lajos Joni) in the Blacktown Advocate.

It continues to be a struggle to get anything in either local paper as they tend to allocate a lot of space to the Parramatta Eels NRL team in winter and the Parramatta Cricket Club in summer. However, we have been taking every opportunity we could to promote athletics and the club in general.

The highlight as far as publicity goes in 2008/2009 was the article and photos which appeared in the Run 4 Your Life magazine's September issue. We were the club of the month in that issue. This gave us great publicity in the month of our 30<sup>th</sup> Anniversary. It gave the local running community an insight into our club and how we tick. In fact, some new members have made mention of the article that they joined as a result of reading that article.

Publicity for our club and for athletics in general will always be a challenge and we will continue to meet that challenge to the best of our ability in the future.

**Garry Womsley**  
Publicity Officer





# GIRRAWEEEN ATHLETICS CLUB



■ Our members get together after the 2005 Blacktown Fun Run. From front row: David, Gary, Peter, Lisa, Grant, Steve, Wayne, Aaron, Michael, Mike, Adam, Michael, David, Robert, Christopher, Sharon, Roger, Mark, Wayne, Thelma, Alyssa, Robert & Richard Frost. From left: David, Tara, Thelma, Brad, Milosovic, Mike, Argent, Darryl, Wonsley, Nick, Harris & Deep Perovic.

**G**IRRAWEEEN ATHLETICS CLUB INCORPORATED was founded in 1978 as the Greystanes-Girraween Amateur Athletics Club and has competed every year since. In the early 1980s the club became Girraween Amateur Athletics Club when Greystanes decided to form their own senior athletics club. The "Amateur" part of the name was dropped in recent years with professionalism now an accepted part of our sport. We were incorporated in 2005 and celebrate our 30 year anniversary in September of this year.

We are a gold rated Athletics NSW affiliated club and compete all year round through our winter (cross country) and summer (track and field) competitions. Girraween has a reputation of being warm and friendly, welcoming athletes of all ages and abilities. The club relies on a low fee margin and fundraising to finance the running of the club. In recent times, our members have either officiated at triathlons or

**By Garry Wonsley & Wayne Thurlow.  
Images courtesy of  
George Milosovic.**

worked on the admission gates of ANSW State All Schools events to raise extra money for the club. This has proved to be quite lucrative and helps us to keep our fee structure as one of the lowest in the Sydney area.

#### The Club Colours

Our original colours were light blue on the sides with brown in the centre. The two colours were separated by two vertical white "braces". The colour of the shorts was white. In the early 1980s, the colours were changed to royal blue with two vertical white "braces". The official colour of the shirts became black. These colours remain the club's official colours to this day. The distinctive uniform design really stands out at the big events and our members wear the club's colours



■ A winning group of Girraween runners of Prospect - from left: Steve Williams, Garry Wonsley, Wayne Jeff & Adam Sinclair.

**Girraween Athletics Club prides itself on being one of the few clubs in Sydney to offer competition for 50 weeks of every year for both members and any visitors.**





■ A few guys from Girraween athletes (left to right): Daniel, David, Steve, Robert. Robert is a relay specialist.



■ Our youngest U20 State Relay team in history - Brad Moseley (18), Carl Eagle (19), Ethan Weirley (17) & Andrew Sturden (17). They got bronze!

with great pride in every event that they participate in.

### Weekly Competitions

During our winter season (April to early September) we compete with a number of other western Sydney clubs in the West Metropolitan Road & Cross Country running competition in short (2km), medium (3-5km) and long (8-12km) distance races each Saturday afternoon. The events are held in different locations around

particular as most events are graded so that they only compete against their own personal bests and fellow athletes of similar ability. Our athletes also compete in official ANSW track and field competitions as well as championships and relays at athletics tracks throughout Sydney.

Girraween Athletics Club prides itself on being one of the few clubs in Sydney to offer competition for 50 weeks of every year for both members and any visitors. In addition

raised funds for a number of charities who help the needy and less fortunate.

In recent years, Girraween Athletics Club has tried to foster closer relations with the clubs around them in western Sydney. In 2006-2007 and 2007-2008 the club has competed against Blacktown Athletics Club in the Girraween/Blacktown Championship and hope that this friendly but intense competition will continue for many years to come. In recent months,

with our Little As club by staging either exhibition events or as has been the case over the last two years a Senior Pentathlon during their annual Centre Championships. We hope that this will provide a seamless progression for these juniors to our senior club when their Little As days are over. We have also been successful in attracting some of the parents to join us and some of them have continued to compete with the club many years after their kids have moved on.

**We encourage our athletes to represent the club at a higher level if they so desire and also encourage those who just want to compete in our club meets on a Saturday to improve their fitness and their personal bests in a pleasant and non threatening environment.**

western Sydney. Throughout the season we also compete in official ANSW State cross country and road running championships and relay events. During our summer season (early September to late March) we compete each Saturday from 2pm at our ground C.V. Kelly Park (Oranqui Road, Girraween) in track and field. Our athletes enjoy our club meets in

tion to our own competitions, our athletes compete in fun runs, half marathons, marathons and other events such as triathlons and aquathlons. In 2006, our club competed in the Relay for Life which raised much needed funds for the Cancer Council. The club has also previously competed in the Hopetoun Relays which

Girraween have competed with members of the Nepean Athletics Club in a fun run series at Penrith. It is hoped that this will also forge closer ties with our two clubs and further develop athletics in the western areas of Sydney as this competition grows.

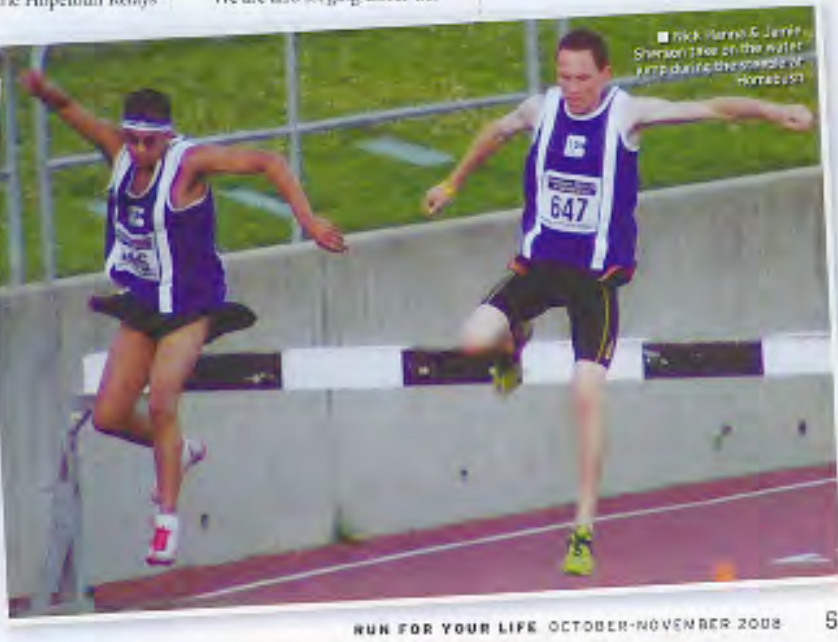
We are also forging closer ties

### Coaching

We have a number of Level One and Level Two coaches in our club and we conduct free coaching on Monday and Wednesday nights at our ground in most track and field events during summer and road and cross country for both the new com-



■ Nathan Green, Cryan and Geoff Shearlock (on 100m)



■ Nick Hurrell & Jamie Swanson free on the water, keep pushing the standards forward!



## » Girraween Athletics Club



■ Rachel Arnold & Emma Pollock at 100m

ers and experienced during winter. In summer, our senior and junior coaching is fully integrated and this has proved a real success over the last couple of years. This integration has been good for team work among

However, this does not mean that we don't encourage our youth and we are always looking at ways to improve our numbers in this vital age group. Some of our younger members are now on our committee and

### We have a number of Level One and Level Two coaches in our club and we conduct free coaching on Monday and Wednesday nights.

the coaches and for the two clubs who can share resources and knowledge. For the athletes, they can now practice different events on the one night. We also offer special coaching in steeplechase on Tuesday nights for those interested and this has proved very successful in recent years with as many as seven State medallists in 2005/2006. As a result of having a practice steeple at our ground, the club now has a reputation of being one of the leaders in both coaching and preparation for this grueling distance event. We are continuing to encourage our membership to get involved in coaching and for those already coaching to continue to improve their qualifications.

#### Our Membership

Our club has shown consistent growth in recent years. In fact our membership has doubled in size over the last 8 years. 70% of our current members have been with us for at least two years. This proves that Girraween Athletics Club is a strong club serving the needs of its membership. The ages of our members range from 10 to 65 with the over 45 age group being the most common.

contributing to the running of the club. We cater for athletes of all ages and abilities as well as the serious and not so serious. We encourage our athletes to represent the club at a higher level if they so desire and also encourage those who just want to compete in our club meets on a Saturday to improve their fitness and their personal bests in a pleasant and non-threatening environment.

#### Promotion of our Club

Girraween Athletics Club Inc. prides itself on both its communication and promotion. Each Monday we put out an e-mail titled "Girraween This Week" which keeps all of our members and supporters up to date with what is happening during the coming week. We also produce a newsletter once a month called the "Girraween Athlete" which is chock full of results and stories. This newsletter has been going strong since June 2004 and will reach 50 issues later this year. We also get our results in both the local and state run newspapers on a regular basis. The local



■ Gary Ward & Andrew Smith at 100m State championships 2004/2005



■ Vince Adams & Chris G. at 100m State championships 2004/2005



■ Don Henderson at 100m State championships 2007/2008



■ Distance specialist Emma Pollock at 100m

newspaper has been very supportive over the last few years and has done some good feature articles on the club. They also run our results on a regular basis.

#### Our Committee

Our club has a small but dedicated committee which is elected at our annual AGM who put in a lot of time free of charge to keep the club moving in the right direction. The ages of our committee range from 18 to over 60 and despite the diversity of age, all members work together with very few disagreements. The committee meets every couple of months and some great ideas have come from these meetings in recent times particularly in the way of fundraising which has been vital in keeping the club heading in the right direction.

#### Our Membership Fees

As previously mentioned, our fees are among some of the cheapest in Sydney. An adult athlete can become a member of our club from as little as \$65. Little A's athletes can become a dual member of both clubs for just \$20. We also have age and family concessions. In fact, there is a membership package to suit everybody.

#### Website

The club has its own website and this can be found at [www.girraweenathleticsclub.com](http://www.girraweenathleticsclub.com).

#### Our Future Direction

We will continue to provide an opportunity for athletes of all ages and abilities to compete in friendly competition. We will maintain our current direction in trying to grow our membership including athletes with a disability (AWD). We will also look at improving our facilities and purchasing new equipment to expand the number of events we can offer to our athletes.

#### We Are Looking For A Sponsor

One thing we have never had is a major sponsor. We continue to seek a local business or company who would like give something back to the local community. This would help us to continue to offer the services in the future that we currently offer. We are open to all offers of sponsorship.



## SPORT



**Middle distance runner Ethan Womsey is the week's Junior Sports Star nominee. Picture: JOHN APPELVARD**

### Junior Sports Star

#### Ethan goes the distance

RUNNING with a senior club might be daunting to some, but not for 11-year-old long distance runner Ethan Womsey.

RUNNING with a senior club might be daunting to some, but not for 11-year-old long distance runner Ethan Womsey.

The Warragulite resident is a member of Girraween Athletics Club and has been mixing it with more experienced runners for a few years now.

Ethan's father and coach Garry Womsey said: "He's a good little athlete but found it was not for him because the events are quite short."

"He's been running with the senior club for last few years and he just loves it."



So far Ethan has not been out of his depth. Last year an injury left a spot open in the under 20 1500m relay team for the state championship.



## Masters medal haul

Girraween athletes won 24 medals at the State Masters on the weekend.

The tally included six gold, Lynette Smith earned four gold (high jump, discus, weight and javelin).

Laura Jem won gold in the hammer and Garry Womsey in the 3000m steeplechase.

And it has been at this distance that Ethan has been at his best. He held the course record for the under-15 1000m at the Sydney Marist-Bon Chien in the final event, and later received the club's encouragement award.

For now Mr Womsey hopes his son learns from the older runners around him and continues to improve. "The good thing about our club is that everyone is thrown in together so he gets an idea of how to run with other people and learns a lot about sportsmanship and how to conduct himself," he said.

Initially it was shorter races like 25m but over last year or so we have been running him over 4 to 6km races and he has definitely shown a bit of ability and a lot of improvement with each race," Mr Womsey said.

## Gold

### Garry Womsey

#### Wetherill Park

Garry Womsey (left) escaped and qualified when Yvonne Samuel was recently involved in a car accident at 6,000m on her way to work. In shock, the first thing Yvonne did was call Kay Davis for assistance. Kay rang Garry, who at the time was the only person at work. Garry doesn't drive but he didn't stop him from helping Yvonne in her time of need. He ran the two kilometres from our Wetherill Park offices to the site of her car crash. When he arrived, Yvonne collapsed in shock but he calmly made sure the correct post-accident procedures were followed. Thank you Garry for putting our safety values into action.



## EVENTS

Girraween Athletics Club will commemorate its 30th anniversary in September. All past and present members are invited to attend a free-of-charge lunch and dinner party at Tooty's Sports and Bowling Club, 12 Sarni Rd, Tooty's, on Sunday, September 21, between 4pm and 6pm, with drinks from 7pm. Inquiries: Garry Womsey on 0405 595 961.

## Good start to year

Girraween athletics club has hit the ground running in 2009, with two medals and a fourth in state championship events at Campbelltown. The club's Matt Scanning finished first in the 40-44 age category in the masters pentathlon, and Lisa Grant was third in the open 10,000 metres walk. Nick Hampe was fourth in the under-23 steeplechase.



## HIGHLAND FLING

Masters multi-event athlete Lynette Smith of Girraween showed her prowess in events of a different kind at the annual Highland Gathering in Bundanoon in the NSW Southern Highlands in April.

Lynette won four gold medals – in the shot put, haggis throw, weight for height and weight for distance events – to take home the Open Female Grand Champion Shield for 2008.



3,000m steeplechaser Garry Wansley M.40 NSW, Brian DeMott M.50 WA



Photograph by Andrew Atkinson-Howe

## SPORTS SHORTS

### Girraween stars win gold

Girraween has two national champions. Lynette Smith and Lajos Jóni won gold at the Australian masters athletics championships in Adelaide.

Girraween Athletics Club member Smith won eight gold medals in the 35-39 category. Jóni won the 50-54 hammer throw and also silver in the weight throw.

Smith's gold came in the weight pentathlon, outdoor pentathlon, weight throw, javelin, hammer, discus, shot put and high jump.



Manly Wharf Hotel Soft Sand Classic  
9km Cup - 9 June 2008







## Raining medals

It has been raining medal and medals for Gurrween Athletics Club members.

Taylor Doyle earned gold in the state open disabled athlete triple jump.

Garry Worsley got gold in the 45-49 State Masters 1000 metres. Cheryl Worsley shot put silver and javelin bronze in the 30-34 Australian Masters, and Garry Worsley earned three bronze in the 45-49 Australian Masters. He received medals in the 110 metres hurdles, 400 metres hurdles and 3000 metre steeplechase.

Brian Wilkins got silver in the state under-17 2000 metres. Matt Stanning silver in the 40-44 state weight pentathlon, and Luke Jim gold in the 50-54 state weight pentathlon.

Lynette Smith got gold in the 35-39 state weight pentathlon. Cheryl Worsley three silvers in the 30-34 division at the NSW Police Games - for 100 metres, shot put and long jump. Garry Worsley earned silvers in the 45-49 group for the 5000 metres, 10,000 metres and 1500 metres.

## Golden marathon

TWO Gurrween Athletics Club members won state medals at the recent Blackmores Marathon which is also the State marathon

championship. Linda Ballinski finished first in the over 45 women's category to become the club's latest state champion. Clive Kidson took home the silver in the over 55 men's event to raise the club's state medal tally to five.

Gurrween Athletics Club will celebrate its 30th anniversary later this year on all gold and present members are invited to attend. The main celebration will be on Sunday, September 21. It will be a fun day of celebration, commencing with barbeque, bowls and bowling with dinner. At Torquay Sports and Bowling Club, 12 Esplanade, Torquay from 4pm. Dinner at 7pm. More activities Saturday, September 27 to coincide with the day of the national competition, also held in 1978. For this special occasion, we will be holding a performance as well as some other special events at DV Kelly Park, Dargot Rd, Gurrween from 2pm. Details, Garry Worsley (secretary), phone 0888 967.

## GURRWEEN ATHLETICS

Gurrween Athletics Club will celebrate its

30th anniversary on September 21 at Torquay Sports and Bowling Club. More activities will be held on September 27. For details please call Garry on 0888 967.













## RESULTS

## ATHLETICS

Girraween Athletics Club  
at Chestwood Reserve, Baulkham Hills  
Saturday, June 18

**Men**  
20km Open: W. Rutlow 7:20; P. Nuthorst, M. Ziegler, W. L. Bauris 8:04; A. Wundert, O. 7:30; S. O'Connell 8:54; S. Larios, M. Chrates, O. 7:40; G. Wondery 8:01; D. Perry, S. Blunden, O. 7:50; T. Ross 9:01; V. Adams, S. Mar.  
40km Open: A. Blunden 15:14; J. Wilkins, P. Matthews, W. L. Bauris 16:16; W. Wondery 17:32; O. 14:30; A. Sinclair 16:39; P. 2:20; N. Harris 17:14; C. Mackay, O. 17:04; G. Wondery 16:58; S. O'Connell, D. Goodie, O. 17:40; W. Rutlow 16:12; D. Perry, S. Parsons, O. 17:40; S. Wilford 17:10; G. Sargent, P. Mar.  
80km Open: W. Rutlow 39:17; P. Matthews, W. Wondery, O. 39:14; G. Wondery 38:02; S. Blunden, S. O'Connell, O. 39:14; F. 36:34; S. Parsons, D. Perry, O. 39:00; C. Mackay 37:24; D. Nuthorst, S. Wilkins, O. 36:00; C. Sackley 38:14; L. Pollock, J. Butler.  
**Women**  
20km Open: S. Argent 12:08; H. Jorrit, R. Jorrit, O. 12:01; T. Tounan 10:51; K. Everingham, O. 12:00; L. Reuse 18:20; C. Egeas, K. R. well, O. 12:00; F. Sutton 22:22; K. Lovellington.  
40km Open: L. Grant 26:03; M. Jorrit, A. Gilmore, O. 26:00; L. Pollock 24:16.

## RESULTS

## ATHLETICS

Girraween Athletics Club  
Cross Country at North Ryde  
Saturday, June 7

Open: P. Matthews 7:40, W. Thulane, M. Morgan  
D/30: M. Ogden 11:07  
D/40: G. Worsley 8:19, D. Perry, M. Free  
D/45: R. Jarvis 12:29, M. Christie  
D/50: T. Toss 9:27, R. Mor  
Open: P. Matthews 13:23, J. Williams, S. Mead  
D/10: A. Sackler 12:41, N. Hanna  
D/20: A. Worsley 22:54  
D/30: M. Ogden 12:43, R. Free, M. Christie  
D/40: D. Perry 18:18, S. Perkins, D. Gould  
D/50: G. Sargent 19:35, R. Mor

## RESULTS

## ATHLETICS

Girraween Athletics Club at Miranda,  
Saturday, May 31

[illegible]

Girraween Athletics Club Inc.  
Prospect, Parrish and Woodford  
Jury 23 and 24

[illegible][illegible]

Email results by 9am Mondays to  
sport@paranattadvertiser.com.au



## ATHLETICS

Halloween Athletics Club Inc. at  
Crawshanes. Saturday, July 26.

[illegible][illegible]

## ATHLETICS

Drawn All-Comers Western Zone at V. Kelly Park, Saturday, November 8, 2008. A Sinker 27.39sec. 2.40sec.

**Blood:** A. Sackin: 2-17; C. Asch, P. Marlowe:  
A. Sackin: 9-30; S. Blum:  
S. Williams: 2-10; C. Asch, S.  
P. Marlowe: 1-29; W. Thurber,  
J. Martin:  
J. Howard: 8-75; M. Dunn, M.  
L. Bennett: 4-26; M. Seering, J.

Monomers: 200m: C. Sterling 32.01sec, H. afonil 5.48sec  
500m: L. Hargen 2.55, C. Sterling, J. Davis  
1000m: L. Grant 7.17  
Sample pump: L. Hargen 8.25m, C. Sterling, J. Davis  
Flow rates: C. Sterling 3.05m, J. Davis 1.1m

Midway Open: 8, Milwaukee 8.51, 2, Madison,

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17:40 L. Jan 59:10  
17:50 L. Jan 59:20  
18:00 L. Jan 59:30  
18:10 L. Jan 59:40  
18:20 L. Jan 59:50  
18:30 L. Jan 60:00  
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18:50 L. Jan 60:20  
19:00 L. Jan 60:30  
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21:30 L. Jan 63:00  
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22:20 L. Jan 63:50  
22:30 L. Jan 64:00  
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22:50 L. Jan 64:20  
23:00 L. Jan 64:30  
23:10 L. Jan 64:40  
23:20 L. Jan 64:50  
23:30 L. Jan 65:00  
23:40 L. Jan 65:10  
23:50 L. Jan 65:20  
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00:20 L. Jan 65:50  
00:30 L. Jan 66:00  
00:40 L. Jan 66:10  
00:50 L. Jan 66:20  
01:00 L. Jan 66:30  
01:10 L. Jan 66:40  
01:20 L. Jan 66:50  
01:30 L. Jan 67:00  
01:40 L. Jan 67:10  
01:50 L. Jan 67:20  
02:00 L. Jan 67:30  
02:10 L. Jan

2. *Journal of the American Medical Association*, 1997; 277: 1001-1005.

date 27/2/88

[illegible]

2015/03/08

[illegible]

## ATHLETICS

**Dimareon Athletics Club Cross Country**  
 1. Dimareon, California, August 16

**Index**  
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**Women**  
20km: Open: 5. Argente 9:17, R. Adair, J. Wierant, U20: L. Sindar 14:09, G/10: R. Farsington 11:22.  
40km: G. Egan 21:00, R. Boreington, E. Sutton.  
50km: J. Gossard 24:00, R. Gossard, J. Borker.

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Sunday, August 10

[illegible]

**Women**  
Ojan, L. Gray 61/93; M. Abbott, G. Jones: 0/20; K. Smylie 81/14; C. Logan, O/30; C. Mendeney 144/24; O/55; L. Balmsio 81/39

## ATHLETICS

Ginnaween All-Comers, Western Zone Track and

**Men**

100m: M. Maden, 12.61sec; B. Sfriso, P. Kirplein  
200m: A. Soder, 58.82sec; M. Maden, A. Elu  
400m: T. Mckaswell, 4:42.20; A. Elu, M. Maden  
800m: M. Durn 1:20m  
1,600m: A. Soder, 5:30m; A. Soder, F. Krause  
3,200m: B. Sfriso, 10.28m; A. Soder, S. O'Donnell  
6,400m: E. Long 14.57m; L. Ken, B. Sfriso  
12,800m: E. Long 32.22m; M. Shering, L. Ken  
**Women**

100m: A. Giesse, 14.75m; H. Jibbert, A. Herdley  
200m: S. Argent, 32.32sec; H. Jibbert, L. Davis  
400m: S. Argent, 1:24.90; K. Russell, A. Giesse  
800m: J. Davis, 1:20m; C. Dunn, C. Kinsden  
1,600m: H. Jibbert, 2:79m; B. Jibbert  
3,200m: A. Herdley, 24.48m; M. Durn, A. Giesse  
6,400m: A. Herdley, 17.80m; C. Kinsden, B. Miskelley

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## Athletic

[illegible]

Glynwcon All-Comers Western Zone of C.V.

**Kelly, Saturday, December 6**  
**Misc**  
 100m: R. Giesler 12.00sec, W. Turflov, V. Adams  
 400m: R. Giesler 56.73sec, M. Modini, D. Martin  
 1500m: P. Matthews 3:07, M. Modini, M. Grogan  
 200m walk: B. Tuzan 5:12  
 Javelin: J. Gould 27.70m, V. Adams, M. Evans  
 Long jump: T. Edwards 2.70m, W. Turflov, D. Martin  
 Triple jump: W. Turflov 9.41m, P. Matthews, D. Martin  
 High jump: B. Matthews 1.21m, B. Tuzan  
 50m race: R. Giesler 7.35m, W. Turflov, V. Adams  
 100m: W. Giesler 12.24sec, V. Sepasovich, I. Davis  
 400m: V. Sepasovich 58.18, I. Davis, A. Giesler  
 1500m: I. Grant 5:46, V. Sepasovich, C. Engel  
 200m walk: M. Ozata 5:22  
 110m race: A. Turflov 13.45  
 3000m walk: I. Grant 14:56  
 Javelin: A. Hendley 20.92m, I. Davis, C. Worsley  
 Discus: A. Hendley 26.69m, I. Davis, A. Giesler  
 High jump: I. Davis 1.55m, V. Adams, A. Hendley

Sharon, Queen J. Perrett (31/10) 27/10/02. IT 17/01/03

1443. 1444. 1445. 1446. 1447. 1448. 1449. 1450. 1451. 1452. 1453. 1454. 1455. 1456. 1457. 1458. 1459. 1460. 1461. 1462. 1463. 1464. 1465. 1466. 1467. 1468. 1469. 1470. 1471. 1472. 1473. 1474. 1475. 1476. 1477. 1478. 1479. 1480. 1481. 1482. 1483. 1484. 1485. 1486. 1487. 1488. 1489. 1490. 1491. 1492. 1493. 1494. 1495. 1496. 1497. 1498. 1499. 1500. 1501. 1502. 1503. 1504. 1505. 1506. 1507. 1508. 1509. 1510. 1511. 1512. 1513. 1514. 1515. 1516. 1517. 1518. 1519. 1520. 1521. 1522. 1523. 1524. 1525. 1526. 1527. 1528. 1529. 1530. 1531. 1532. 1533. 1534. 1535. 1536. 1537. 1538. 1539. 1540. 1541. 1542. 1543. 1544. 1545. 1546. 1547. 1548. 1549. 1550. 1551. 1552. 1553. 1554. 1555. 1556. 1557. 1558. 1559. 1560. 1561. 1562. 1563. 1564. 1565. 1566. 1567. 1568. 1569. 1570. 1571. 1572. 1573. 1574. 1575. 1576. 1577. 1578. 1579. 1580. 1581. 1582. 1583. 1584. 1585. 1586. 1587. 1588. 1589. 1590. 1591. 1592. 1593. 1594. 1595. 1596. 1597. 1598. 1599. 1600. 1601. 1602. 1603. 1604. 1605. 1606. 1607. 1608. 1609. 1610. 1611. 1612. 1613. 1614. 1615. 1616. 1617. 1618. 1619. 1620. 1621. 1622. 1623. 1624. 1625. 1626. 1627. 1628. 1629. 1630. 1631. 1632. 1633. 1634. 1635. 1636. 1637. 1638. 1639. 1640. 1641. 1642. 1643. 1644. 1645. 1646. 1647. 1648. 1649. 1650. 1651. 1652. 1653. 1654. 1655. 1656. 1657. 1658. 1659. 1660. 1661. 1662. 1663. 1664. 1665. 1666. 1667. 1668. 1669. 1670. 1671. 1672. 1673. 1674. 1675. 1676. 1677. 1678. 1679. 1680. 1681. 1682. 1683. 1684. 1685. 1686. 1687. 1688. 1689. 1690. 1691. 1692. 1693. 1694. 1695. 1696. 1697. 1698. 1699. 1700. 1701. 1702. 1703. 1704. 1705. 1706. 1707. 1708. 1709. 1710. 1711. 1712. 1713. 1714. 1715. 1716. 1717. 1718. 1719. 1720. 1721. 1722. 1723. 1724. 1725. 1726. 1727. 1728. 1729. 1730. 1731. 1732. 1733. 1734. 1735. 1736. 1737. 1738. 1739. 1740. 1741. 1742. 1743. 1744. 1745. 1746. 1747. 1748. 1749. 1750. 1751. 1752. 1753. 1754. 1755. 1756. 1757. 1758. 1759. 1760. 1761. 1762. 1763. 1764. 1765. 1766. 1767. 1768. 1769. 1770. 1771. 1772. 1773. 1774. 1775. 1776. 1777. 1778. 1779. 1780. 1781. 1782. 1783. 1784. 1785. 1786. 1787. 1788. 1789. 1790. 1791. 1792. 1793. 1794. 1795. 1796. 1797. 1798. 1799. 1800. 1801. 1802. 1803. 1804. 1805. 1806. 1807. 1808. 1809. 1810. 1811. 1812. 1813. 1814. 1815. 1816. 1817. 1818. 1819. 1820. 1821. 1822. 1823. 1824. 1825. 1826. 1827. 1828. 1829. 1830. 1831. 1832. 1833. 1834. 1835. 1836. 1837. 1838. 1839. 1840. 1841. 1842. 1843. 1844. 1845. 1846. 1847. 1848. 1849. 1850. 1851. 1852. 1853. 1854. 1855. 1856. 1857. 1858. 1859. 1860. 1861. 1862. 1863. 1864. 1865. 1866. 1867. 1868. 1869. 1870. 1871. 1872. 1873. 1874. 1875. 1876. 1877. 1878. 1879. 1880. 1881. 1882. 1883. 1884. 1885. 1886. 1887. 1888. 1889. 1890. 1891. 1892. 1893. 1894. 1895. 1896. 1897. 1898. 1899. 1900. 1901. 1902. 1903. 1904. 1905. 1906. 1907. 1908. 1909. 1910. 1911. 1912. 1913. 1914. 1915. 1916. 1917. 1918. 1919. 1920. 1921. 1922. 1923. 1924. 1925. 1926. 1927. 1928. 1929. 1930. 1931. 1932. 1933. 1934. 1935. 1936. 1937. 1938. 1939. 1940. 1941. 1942. 1943. 1944. 1945. 1946. 1947. 1948. 1949. 1950. 1951. 1952. 1953. 1954. 1955. 1956. 1957. 1958. 1959. 1960. 1961. 1962. 1963. 1964. 1965. 1966. 1967. 1968. 1969. 1970. 1971. 1972. 1973. 1974. 1975. 1976. 1977. 1978. 1979. 1980. 1981. 1982. 1983. 1984. 1985. 1986. 1987. 1988. 1989. 1990. 1991. 1992. 1993. 1994. 1995. 1996. 1997. 1998. 1999. 2000. 2001. 2002. 2003. 2004. 2005. 2006. 2007. 2008. 2009. 2010. 2011. 2012. 2013. 2014. 2015. 2016. 2017. 2018. 2019. 2020. 2021. 2022. 2023. 2024. 2025. 2026. 2027. 2028. 2029. 2030. 2031. 2032. 2033. 2034. 2035. 2036. 2037. 2038. 2039. 2040. 2041. 2042. 2043. 2044. 2045. 2046. 2047. 2048. 2049. 2050. 2051. 2052. 2053. 2054. 2055. 2056. 2057. 2058. 2059. 2060. 2061. 2062. 2063. 2064. 2065. 2066. 2067. 2068. 2069. 2070. 2071. 2072. 2073. 2074. 2075. 2076. 2077. 2078. 2079. 2080. 2081. 2082. 2083. 2084. 2085. 2086. 2087. 2088. 2089. 2090. 2091. 2092. 2093. 2094. 2095. 2096. 2097. 2098. 2099. 2100. 2101. 2102. 2103. 2104. 2105. 2106. 2107. 2108. 2109. 2110. 2111. 2112. 2113. 2114. 2115. 2116. 2117. 2118. 2119. 2120. 2121. 2122. 2123. 2124.

OVERALL RANKING

## COLLECTING

Sirraheen Athletics Club at C.V. Kelly Park, Saturday, October 18

|                      |                                   |   |                               |
|----------------------|-----------------------------------|---|-------------------------------|
| Men                  | 100m                              | P. Kapkoti 12.32sec                       | B. Smiten, A. Sinder 12.32sec |
| 200m                 | P. Kapkoti 25.00sec               | B. Smiten, A. Sinder 25.00sec             |                               |
| 400m                 | P. Kapkoti 57.04sec               | B. Smiten, A. Sinder 57.04sec             |                               |
| 800m                 | G. Sheungald 4.55                 | D. McEwan, P. Smiten 4.55                 |                               |
| 1500m                | G. Sheungald 7.30m                | M. Smiten, A. Sinder 7.30m                |                               |
| 5000m                | G. Sheungald 14.30m               | M. Smiten, A. Sinder 14.30m               |                               |
| 10000m               | G. Sheungald 28.30m               | M. Smiten, A. Sinder 28.30m               |                               |
| 20000m               | G. Sheungald 56.30m               | M. Smiten, A. Sinder 56.30m               |                               |
| 40000m               | G. Sheungald 112.30m              | M. Smiten, A. Sinder 112.30m              |                               |
| 80000m               | G. Sheungald 224.30m              | M. Smiten, A. Sinder 224.30m              |                               |
| 160000m              | G. Sheungald 448.30m              | M. Smiten, A. Sinder 448.30m              |                               |
| 320000m              | G. Sheungald 896.30m              | M. Smiten, A. Sinder 896.30m              |                               |
| 640000m              | G. Sheungald 1792.30m             | M. Smiten, A. Sinder 1792.30m             |                               |
| 1280000m             | G. Sheungald 3584.30m             | M. Smiten, A. Sinder 3584.30m             |                               |
| 2560000m             | G. Sheungald 7168.30m             | M. Smiten, A. Sinder 7168.30m             |                               |
| 5120000m             | G. Sheungald 14336.30m            | M. Smiten, A. Sinder 14336.30m            |                               |
| 10240000m            | G. Sheungald 28672.30m            | M. Smiten, A. Sinder 28672.30m            |                               |
| 20480000m            | G. Sheungald 57344.30m            | M. Smiten, A. Sinder 57344.30m            |                               |
| 40960000m            | G. Sheungald 114688.30m           | M. Smiten, A. Sinder 114688.30m           |                               |
| 81920000m            | G. Sheungald 229376.30m           | M. Smiten, A. Sinder 229376.30m           |                               |
| 163840000m           | G. Sheungald 458752.30m           | M. Smiten, A. Sinder 458752.30m           |                               |
| 327680000m           | G. Sheungald 917504.30m           | M. Smiten, A. Sinder 917504.30m           |                               |
| 655360000m           | G. Sheungald 1835008.30m          | M. Smiten, A. Sinder 1835008.30m          |                               |
| 1310720000m          | G. Sheungald 3670016.30m          | M. Smiten, A. Sinder 3670016.30m          |                               |
| 2621440000m          | G. Sheungald 7340032.30m          | M. Smiten, A. Sinder 7340032.30m          |                               |
| 5242880000m          | G. Sheungald 14680064.30m         | M. Smiten, A. Sinder 14680064.30m         |                               |
| 10485760000m         | G. Sheungald 29360128.30m         | M. Smiten, A. Sinder 29360128.30m         |                               |
| 20971520000m         | G. Sheungald 58720256.30m         | M. Smiten, A. Sinder 58720256.30m         |                               |
| 41943040000m         | G. Sheungald 117440512.30m        | M. Smiten, A. Sinder 117440512.30m        |                               |
| 83886080000m         | G. Sheungald 234881024.30m        | M. Smiten, A. Sinder 234881024.30m        |                               |
| 167772160000m        | G. Sheungald 469762048.30m        | M. Smiten, A. Sinder 469762048.30m        |                               |
| 335544320000m        | G. Sheungald 939524096.30m        | M. Smiten, A. Sinder 939524096.30m        |                               |
| 671088640000m        | G. Sheungald 1879048192.30m       | M. Smiten, A. Sinder 1879048192.30m       |                               |
| 1342177280000m       | G. Sheungald 3758096384.30m       | M. Smiten, A. Sinder 3758096384.30m       |                               |
| 2684354560000m       | G. Sheungald 7516192768.30m       | M. Smiten, A. Sinder 7516192768.30m       |                               |
| 5368709120000m       | G. Sheungald 15032385536.30m      | M. Smiten, A. Sinder 15032385536.30m      |                               |
| 10737418240000m      | G. Sheungald 30064771072.30m      | M. Smiten, A. Sinder 30064771072.30m      |                               |
| 21474836480000m      | G. Sheungald 60129542144.30m      | M. Smiten, A. Sinder 60129542144.30m      |                               |
| 42949672960000m      | G. Sheungald 120259084288.30m     | M. Smiten, A. Sinder 120259084288.30m     |                               |
| 85899345920000m      | G. Sheungald 240518168576.30m     | M. Smiten, A. Sinder 240518168576.30m     |                               |
| 171798691840000m     | G. Sheungald 481036337152.30m     | M. Smiten, A. Sinder 481036337152.30m     |                               |
| 343597383680000m     | G. Sheungald 962072674304.30m     | M. Smiten, A. Sinder 962072674304.30m     |                               |
| 687194767360000m     | G. Sheungald 1924145348608.30m    | M. Smiten, A. Sinder 1924145348608.30m    |                               |
| 1374389534720000m    | G. Sheungald 3848290697216.30m    | M. Smiten, A. Sinder 3848290697216.30m    |                               |
| 2748779069440000m    | G. Sheungald 7696581394432.30m    | M. Smiten, A. Sinder 7696581394432.30m    |                               |
| 5497558138880000m    | G. Sheungald 15393162788864.30m   | M. Smiten, A. Sinder 15393162788864.30m   |                               |
| 10995116277760000m   | G. Sheungald 30786325577728.30m   | M. Smiten, A. Sinder 30786325577728.30m   |                               |
| 21990232555520000m   | G. Sheungald 61572651155456.30m   | M. Smiten, A. Sinder 61572651155456.30m   |                               |
| 43980465111040000m   | G. Sheungald 123145302310912.30m  | M. Smiten, A. Sinder 123145302310912.30m  |                               |
| 87960930222080000m   | G. Sheungald 246290604621824.30m  | M. Smiten, A. Sinder 246290604621824.30m  |                               |
| 175921860444160000m  | G. Sheungald 492581209243648.30m  | M. Smiten, A. Sinder 492581209243648.30m  |                               |
| 351843720888320000m  | G. Sheungald 985162418487296.30m  | M. Smiten, A. Sinder 985162418487296.30m  |                               |
| 703687441776640000m  | G. Sheungald 1970324836974592.30m | M. Smiten, A. Sinder 1970324836974592.30m |                               |
| 1407374883553280000m | G. Sheungald 3940649673949184.30m | M. Smiten, A. Sinder 39406                |                               |

toology

Email results by Sam Mondays to [sam@sammondson.com](mailto:sam@sammondson.com)



1000m: I. Grant 3:52, C. Manning, C. Edgar  
 1500m: I. Grant 8:09, C. Manning, C. Edgar  
 5000m: I. Grant 21:00, C. Manning, J. L.  
 10000m: I. Grant 43:00, C. Manning, J. L.  
 20000m: I. Grant 86:00, C. Manning, J. L.  
 40000m: I. Grant 172:00, C. Manning, J. L.  
 80000m: I. Grant 344:00, C. Manning, J. L.  
 160000m: I. Grant 688:00, C. Manning, J. L.  
 320000m: I. Grant 1376:00, C. Manning, J. L.  
 640000m: I. Grant 2752:00, C. Manning, J. L.  
 1280000m: I. Grant 5504:00, C. Manning, J. L.  
 2560000m: I. Grant 11008:00, C. Manning, J. L.  
 5120000m: I. Grant 22016:00, C. Manning, J. L.  
 10240000m: I. Grant 44032:00, C. Manning, J. L.  
 20480000m: I. Grant 88064:00, C. Manning, J. L.  
 40960000m: I. Grant 176128:00, C. Manning, J. L.  
 81920000m: I. Grant 352256:00, C. Manning, J. L.  
 163840000m: I. Grant 704512:00, C. Manning, J. L.  
 327680000m: I. Grant 1409024:00, C. Manning, J. L.  
 655360000m: I. Grant 2818048:00, C. Manning, J. L.  
 1310720000m: I. Grant 5636096:00, C. Manning, J. L.  
 2621440000m: I. Grant 11272192:00, C. Manning, J. L.  
 5242880000m: I. Grant 22544384:00, C. Manning, J. L.  
 10485760000m: I. Grant 45088768:00, C. Manning, J. L.  
 20971520000m: I. Grant 90177536:00, C. Manning, J. L.  
 41943040000m: I. Grant 180355072:00, C. Manning, J. L.  
 83886080000m: I. Grant 360710144:00, C. Manning, J. L.  
 167772160000m: I. Grant 721420288:00, C. Manning, J. L.  
 335544320000m: I. Grant 1442840576:00, C. Manning, J. L.  
 671088640000m: I. Grant 2885681152:00, C. Manning, J. L.  
 1342177280000m: I. Grant 5771362304:00, C. Manning, J. L.  
 2684354560000m: I. Grant 11542724608:00, C. Manning, J. L.  
 5368709120000m: I. Grant 23085449216:00, C. Manning, J. L.  
 10737418240000m: I. Grant 46170898432:00, C. Manning, J. L.  
 21474836480000m: I. Grant 92341796864:00, C. Manning, J. L.  
 42949672960000m: I. Grant 184683593728:00, C. Manning, J. L.  
 85899345920000m: I. Grant 369367187456:00, C. Manning, J. L.  
 171798691840000m: I. Grant 738734374912:00, C. Manning, J. L.  
 343597383680000m: I. Grant 1477468749824:00, C. Manning, J. L.  
 687194767360000m: I. Grant 2954937499648:00, C. Manning, J. L.  
 1374389534720000m: I. Grant 5909874999296:00, C. Manning, J. L.  
 2748779069440000m: I. Grant 11819749998592:00, C. Manning, J. L.  
 5497558138880000m: I. Grant 23639499997184:00, C. Manning, J. L.  
 10995116277760000m: I. Grant 47278999994368:00, C. Manning, J. L.  
 21990232555520000m: I. Grant 94557999988736:00, C. Manning, J. L.  
 43980465111040000m: I. Grant 189115999977472:00, C. Manning, J. L.  
 87960930222080000m: I. Grant 378231999954944:00, C. Manning, J. L.  
 175921860444160000m: I. Grant 756463999909888:00, C. Manning, J. L.  
 351843720888320000m: I. Grant 1512927999819776:00, C. Manning, J. L.  
 703687441776640000m: I. Grant 3025855999639552:00, C. Manning, J. L.  
 1407374883553280000m: I. Grant 6051711999279104:00, C. Manning, J. L.  
 2814749767106560000m: I. Grant 12103423998558208:00, C. Manning, J. L.  
 5629499534213120000m: I. Grant 24206847997116416:00, C. Manning, J. L.  
 11258999068426240000m: I. Grant 48413695994232832:00, C. Manning, J. L.  
 22517998136852480000m: I. Grant 96827391988465664:00, C. Manning, J. L.  
 45035996273704960000m: I. Grant 193654783976931328:00, C. Manning, J. L.  
 90071992547409920000m: I. Grant 387309567953862656:00, C. Manning, J. L.  
 180143985094819840000m: I. Grant 774619135907725312:00, C. Manning, J. L.  
 360287970189639680000m: I. Grant 1549238271815450624:00, C. Manning, J. L.  
 720575940379279360000m: I. Grant 3098476543630901248:00, C. Manning, J. L.  
 1441151880758558720000m: I. Grant 6196953087261802496:00, C. Manning, J. L.  
 2882303761517117440000m: I. Grant 12393906174523604992:00, C. Manning, J. L.  
 5764607523034234880000m: I. Grant 24787812349047209984:00, C. Manning, J. L.  
 11529215046068469760000m: I. Grant 49575624698094419968:00, C. Manning, J. L.  
 23058430092136939520000m: I. Grant 99151249396188839936:00, C. Manning, J. L.  
 46116860184273879040000m: I. Grant 198302498792377679872:00, C. Manning, J. L.  
 92233720368547758080000m: I. Grant 396604997584755359744:00, C. Manning, J. L.  
 184467440737095516160000m: I. Grant 793209995169510719488:00, C. Manning, J. L.  
 368934881474191032320000m: I. Grant 1586419990339021438976:00, C. Manning, J. L.  
 737869762948382064640000m: I. Grant 3172839980678042877952:00, C. Manning, J. L.  
 1475739525896764129280000m: I. Grant 6345679961356085755904:00, C. Manning, J. L.  
 2951479051793528258560000m: I. Grant 12691359922712171511808:00, C. Manning, J. L.  
 5902958103587056517120000m: I. Grant 25382719845424343023616:00, C. Manning, J. L.  
 11805916207174113034240000m: I. Grant 50765439690848686047232:00, C. Manning, J. L.  
 23611832414348226068480000m: I. Grant 101530879381697372094464:00, C. Manning, J. L.  
 47223664828696452136960000m: I. Grant 203061758763394744188928:00, C. Manning, J. L.  
 94447329657392904273920000m: I. Grant 406123517526789488377856:00, C. Manning, J. L.  
 188894659314785808547840000m: I. Grant 812247035053578976755712:00, C. Manning, J. L.  
 377789318629571617095680000m: I. Grant 1624494070107157953511424:00, C. Manning, J. L.  
 755578637259143234191360000m: I. Grant 3248988











## Girraween Athletics Club President's Speech 30<sup>th</sup> Anniversary Dinner

Good evening everyone and may I extend a warm welcome to everyone present. Congratulations and Happy 30<sup>th</sup> Birthday to Girraween Athletics Club.

My name is Steve Williams. I have been associated with Girraween Athletics Club for 13 years, participating in the summer and winter competitions. For the past 6 years, I have had the honour of being elected as President of Girraween Athletics Club.

I would like to speak with you firstly about the history of our great club.

We have been fortunate to have founding members who were meticulous in the keeping of records and relevant information concerning the Senior Club. I didn't have the pleasure of meeting John Wheeler who was our founding President and presented with Life Membership in 1986. However, having spent many hours reading through our archives, I have learnt that our success has been built on the legacy, which John, Joan, and indeed, the whole Wheeler family have left our club.

Our club was initially named Greystanes / Girraween Amateur Athletics Club. Girraween was placed after Greystanes in the original naming, following the toss of a coin to settle the argument. History was created at 2 p.m. on Saturday, 30<sup>th</sup> September, 1978 when the first Club competition took place.



Less than two years later, the club was renamed as Girraween Amateur Athletics Club due to Greystanes forming their own club in 1980. It is interesting to note that the Greystanes club didn't survive the test of time and folded in 1987. Our club was changed to its current name of Girraween Athletics Club during the lead up to the Sydney Olympics. Athletics NSW took the word Amateur from our name. In the years following our 25<sup>th</sup> Anniversary, we applied to the Dept of Fair Trading and were successful in becoming an Incorporated Club.

Taking another step back in time, following the introduction of steeplechase equipment in 1983/84, Girraween was the best equipped club in the western suburbs. John Wheeler's role as Regional Coaching Director for NSWAAA gave him the insight to the make-up of the other clubs. He believed that Girraween was head and shoulders above the other clubs in regards to facilities, club operation and athletes' preparation.

During the club's first ten years, membership was strong reaching 80 in 1984. However, the strength of our membership was in the younger members. In 1980, for example, 67 of the 72 members were school students.

When the Little Athletics age limit was changed from 12 to 15 our membership plummeted. The club celebrated its 10<sup>th</sup> birthday with very low registrations and this became an even greater concern when NSWAAA declared that clubs must have a minimum number of 20 members. The legend still lives that Life Member, Bob Sewell, tried to register his dog to keep the membership above 20.



Although things looked grim during that period of time, competition still took place and the committee remained positive. Their persistence was rewarded with Girraween being the only Sydney club to increase in membership in 1990. Membership more than doubled during the following year and this was certainly helped by the introduction of dual membership.

In the years since then, membership has fluctuated from season to season with apparent influence from the Olympics Games. Membership once again gained momentum in 2002 and 2003 with record breaking seasons. In 2004 (an Olympic year) we finally registered our 100<sup>th</sup> member for the season eventually registering 114 members that year. During the two seasons following we again had membership levels above 100.

We have enjoyed the membership of many talented and successful athletes over the years. They include members who went on to represent Australia in soccer, Netball and also at the Paralympics. Our current membership also includes





great talent with Athletes competing well at State and National levels and many looking forward to the World Masters in Sydney next year.

In one of John Wheeler's early reports, he stated, "Many clubs are formed with the hope that they will eventually become elite clubs, but many of them fade away after a few years."

Girraween is still here and growing strongly because so many of John Wheeler's ideals are with us today. While our members strive for success, they also participate because they enjoy the social environment provided by our club. John Wheeler formed our club hoping to provide for "friendly competition". It is this "air" of "friendly competition" which still forms the heart and soul of Girraween Athletics Club.

On this night of celebration, Girraween Athletics Club also reflects on the contribution and tireless assistance which has been given to us by Girraween Little A's since our inception.

It is a great working relationship which we enjoy with Wayne Thurlow, President of Little A's and their committee. Although we are two clubs, in many ways we work as one.

It is only fitting to read another of John Wheeler's quotes which is taken from his very first President's report:

"We are grateful to Girraween Little Athletics for the use of their equipment and canteen, and assisting in training during the season. We look forward to a continuing association in the years ahead."

We have certainly achieved that goal!

Finally, I would like to congratulate all members past and present for the contributions you have made to our club, no matter how big or small. I also thank our members' families for allowing us to put our bodies through so much pain week after week ... but, yes we do enjoy it. We are also fortunate to currently have quite a strong working committee with committee members continuing with the tradition ideals of our club while initiating new ideas and looking to the future.

Thank you once again for your attendance tonight and Happy 30<sup>th</sup> Anniversary Girraween Athletics Club.

**Steven Williams**  
**Club President**

## **Girraween Little Athletics Club - President's Speech 30<sup>th</sup> Anniversary Dinner**



The relationship between the Girraween Little Athletics Centre and the Girraween Athletics Club, I am told, has not always been the best.

I imagine that it was at its best when a Girraween Little Athletics parent named John Wheeler and a group of others formed the Greystanes-Girraween Amateur Athletics Club. At the time Girraween Little Athletics Centre was five years old having been formed in 1973. It has been great to catch up with John's widow Joan, a great friend of both clubs.

Around four years ago mid-season, when my predecessor moved to Bathurst and I took on the role, Steve Williams and I had a conversation about how we could further develop the relationship between our two clubs. From there a chain of events have occurred that continues to strengthen our ties.

We work together to maintain our ground through line markings and working bees. We are also working together through the Parks Committee to develop a Plan of Management for the ground. We are preparing for the expansion of our circular track to a true 400 metre eight lane track, new lighting and ultimately the construction of a new amenities building and other things.

For several years the seniors were invited to conduct demonstration events at our Centre Championships while the little A's final scores were tallied. Two seasons ago we expanded this to become a Seniors Pentathlon with its own point score. Numerous little athletes compete at seniors on Saturday afternoon including javelin and 3000 walks which are not available on Friday nights.

A few years ago representatives from both committees sat together to align our coaching programs so that little athletes and seniors can attend coaching conducted by either club. Our middle distance children train with Garry Womsley and



our seniors attend sprints, throws and jumps coaching sessions with little athletics coaches. Both clubs have winter and summer coaching programs open to all athletes and we are in the early stages of implementing programs for the development of core motor skills.

For the last three seasons our canteen has been integrated with most purchases managed through the little athletics club. This has benefited both clubs.

For the last two seasons the senior club have attended the little athletics pre-season registration days serving as a conduit for member re-registration and attracting new members. As a result, this season we have new dual registrations and little athletics parents are starting to join as well.

Over the last two seasons our Committees have agreed to develop the generic 'Girraween Athletics' brand opening a joint market with bulk buying benefits.

As we move beyond the 30<sup>th</sup> anniversary of this great club, our two clubs continue to work together to explore joint coaching initiatives. We will further expand the Girraween brand and promote dual registration and progression from little athletics to senior athletics.

I would like to thank Steve Williams, my very good friend, for sharing a dream and assisting in making it a reality. Four years down the track neither of us expected things to move so fast or develop exactly the way it has. We both owe a debt of gratitude to our respective committees and our members for allowing progress.

As a member of this club, I thank the committee and other members for making athletics at C V Kelly Park such a fun and enjoyable experience week after week. Not only do we compete together but each Saturday afternoon we share a warm, friendly and often hilarious environment where the camaraderie is as important as the fitness and competition.

On behalf of the Committee and members of the Girraween Little Athletics Centre, I congratulate the Committee and members of this great club on 30 years of friendly and enjoyable competition.

Thank you.

**Wayne Thurlow**

**President Girraween Little Athletics Club**

## Premier Barefoot Bowls With Girraween

NSW Premier, the Hon. Nathan Rees displayed his talent for lawn bowls at Girraween Athletics Club's 30<sup>th</sup> Anniversary celebrations last Sunday.

Premier Rees, a member of Girraween Athletics Club during 2001 / 2002, showed that his athletic prowess was not limited to track and field events. His first bowl brought applause from everyone involved, with one of the best bowls for the day at Toongabbie Sports and Bowling Club.

Premier Rees also addressed a gathering of 85 dinner guests as part of Girraween's celebration of 30 years of athletics at CV Kelly Park, Girraween. The guests included members past and present including Joan Wheeler, wife of the founding member, John Wheeler. Joan had travelled from Western Australia for the special occasion.

The Premier expressed his thanks and gratitude to everyone involved, including coaches and volunteers, but especially the officials. Premier Rees explained that he has fond memories of his time in athletics and acknowledged the vital role undertaken by all officials.

Girraween Athletics Club was established in 1978 and in recent seasons has enjoyed record levels of membership, with members aged from 10 to 83 years of age.

John Wheeler formed Girraween Athletics Club hoping to provide for "friendly competition". It is this "air" of "friendly competition" which still forms the heart and soul of the club.



# GIRRAWEE ATHLETICS CLUB

## C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2009

### MEN

#### OPEN

|                         |       |         |                              |
|-------------------------|-------|---------|------------------------------|
| S Mallard (NEP)         | 91/92 | 10.7    | <b>100 =</b><br><b>100 =</b> |
| Gary Howard             | 04/05 | 23.5    | = <b>200</b>                 |
| Ernie Leseberg          | 04/05 | 23.5    | = <b>200</b>                 |
| Gary Howard             | 04/05 | 51.5    | <b>400</b>                   |
| Craig Downie            | 84/85 | 2:01.9  | <b>800</b>                   |
| R Hamill (RH)           | 85/86 | 4:11.1  | <b>1500</b>                  |
| Bruce Hogg              | 93/94 | 4:35.8  | <b>1 Mile</b>                |
| Craig Downie            | 86/87 | 9:04.2  | <b>3000</b>                  |
| Bruce Hogg              | 91/92 | 16:17.4 | <b>5000</b>                  |
| Adam Rutter (SYP)       | 02/03 | 6:07.0  | <b>1500W</b>                 |
| Adam Rutter (SYP)       | 02/03 | 12:49.2 | <b>3000W</b>                 |
| Robert Kropman          | 92/93 | 16.2    | <b>110H/100H</b>             |
| Robert Kropman          | 92/93 | 28.1    | <b>200H</b>                  |
| David Tarbotton (CBT)   | 82/83 | 59.2    | <b>400H</b>                  |
| Nathan Manwaring        | 92/93 | 6-50    | <b>LJ</b>                    |
| Craig Willetts          | 92/93 | 14-17   | <b>TJ</b>                    |
| Craig Willetts          | 93/94 | 1-91    | <b>HJ</b>                    |
| Robert Kropman (7.26kg) | 92/93 | 13-95   | <b>SP</b>                    |
| Robert Kropman (2kg)    | 91/92 | 42-08   | <b>DIS</b>                   |
| Robert Kropman (800g)   | 90/91 | 56-72   | <b>JAV</b>                   |

### WOMEN

#### OPEN

|                        |       |         |
|------------------------|-------|---------|
| Rebecca Deane          | 93/94 | 12.7    |
| Leanne Saliba          | 90/91 | 12.7    |
| Heidi Novosell (G)     | 83/84 | 26.9    |
| Rachel Pederson (BLK)  | 07/08 | 1:01.0  |
| Susannah Hartgers (TW) | 83/84 | 2:24.0  |
| Katie-Ellen French     | 00/01 | 4:59.5  |
| Kim Pitzing            | 84/85 | 5:53.0  |
| Katie-Ellen French     | 00/01 | 10:56.9 |
| Katie-Ellen French     | 00/01 | 18:55.4 |
| Lisa Grant             | 02/03 | 6:49.6  |
| Lisa Grant (SU)        | 05/06 | 13:57.3 |
| Lynette Smith          | 93/94 | 17.6    |
| Catherine Downer       | 82/83 | 33.3    |
| Tracey Wheeler         | 84/85 | 1:14.6  |
| Nicole Page            | 93/94 | 5-13    |
| Natalie Deegan         | 93/94 | 10-65   |
| Vera Abramas (STG)     | 85/86 | 1-66    |
| Natalie Avellino (4kg) | 86/87 | 10-32   |
| Sue Read (NC) (1kg)    | 89/90 | 39-66   |
| Lynette Smith (600g)   | 03/04 | 38-60   |

BLK: Blacktown CBT: Campbelltown G: Greystanes NC: North Canberra NEP: Nepean PAR: Parramatta  
RH: Ryde-Hornsby STG: St George SYP: Sydney Pacific SU: Sydney Uni TW: Tiger Wests

### VETERAN PLUS (80+)

#### VETERANS (70 – 79)

|            |       |         |               |
|------------|-------|---------|---------------|
| Don Porter | 08/09 | 14.9    | <b>100</b>    |
| Don Porter | 08/09 | 34.0    | <b>200</b>    |
| Joe Butler | 07/08 | 1:37.9  | <b>400</b>    |
| Joe Butler | 07/08 | 3:49.6  | <b>800</b>    |
| Joe Butler | 07/08 | 7:29.7  | <b>1500</b>   |
| Joe Butler | 07/08 | 8:25.5  | <b>1 Mile</b> |
| Joe Butler | 07/08 | 15:34.1 | <b>3000</b>   |
| Joe Butler | 07/08 | 28:47.9 | <b>5000</b>   |
| Don Porter | 08/09 | 3.31    | <b>LJ</b>     |
| Don Porter | 08/09 | 6.74    | <b>TJ</b>     |

### VETERAN PLUS (80+)

#### VETERANS (70 – 79)





**GOLDEN OLDIES (60-69)**

|                      |       |         |               |
|----------------------|-------|---------|---------------|
| John Dwyer           | 00/01 | 14.4    | <b>100</b>    |
| John Dwyer           | 00/01 | 31.9    | <b>200</b>    |
| Keith Mayhew         | 04/05 | 1:09.2  | <b>400</b>    |
| Keith Mayhew         | 04/05 | 2:32.3  | <b>800</b>    |
| Keith Mayhew         | 03/04 | 5:15.3  | <b>1500</b>   |
| Keith Mayhew         | 03/04 | 5:46.9  | <b>1 Mile</b> |
| Keith Mayhew         | 04/05 | 11:18.7 | <b>3000</b>   |
| Keith Mayhew         | 05/06 | 19:55.4 | <b>5000</b>   |
| Keith Mayhew         | 03/04 | 3-20    | <b>LJ</b>     |
| Keith Mayhew         | 03/04 | 6-19    | <b>TJ</b>     |
| Ram Swami            | 00/01 | 1-14    | <b>HJ</b>     |
| Viv Manwaring (5kg)  | 07/08 | 8-08    | <b>SP</b>     |
| John Dwyer (1kg)     | 00/01 | 29-14   | <b>DIS</b>    |
| Viv Manwaring (600g) | 07/08 | 28.91   | <b>JAV</b>    |

**GOLDEN OLDIES (60-69)****MASTER PLUS ( 50 – 59)**

|                  |       |         |               |
|------------------|-------|---------|---------------|
| Vince Adams      | 07/08 | 12.9    | <b>100</b>    |
| Vince Adams      | 05/06 | 29.0    | <b>200</b>    |
| Steve Williams   | 06/07 | 1:06.3  | <b>400</b>    |
| Graeme Sheargold | 07/08 | 2:32.4  | <b>800</b>    |
| Graeme Sheargold | 07/08 | 5:12.5  | <b>1500</b>   |
| Dennis Andrew    | 05/06 | 6:24.4  | <b>1 Mile</b> |
| Graeme Sheargold | 05/06 | 11:26.9 | <b>3000</b>   |
| Graeme Sheargold | 05/06 | 19:41.5 | <b>5000</b>   |
| Rob Stepanovich  | 07/08 | 3-87    | <b>LJ</b>     |
| Viv Manwaring    | 05/06 | 8-33    | <b>TJ</b>     |
| Vince Adams      | 05/06 | 1-20    | = <b>HJ</b>   |
| Viv Manwaring    | 05/06 | 1-20    | = <b>HJ</b>   |
| Lajos Joni       | 05/06 | 11-85   | <b>SP</b>     |
| Lajos Joni       | 05/06 | 36-28   | <b>DIS</b>    |
| Lajos Joni       | 05/06 | 28-81   | <b>JAV</b>    |

**MASTER PLUS ( 50 – 59)**

|                 |       |         |
|-----------------|-------|---------|
| Katrina Russell | 05/06 | 15.5    |
| Katrina Russell | 05/06 | 35.5    |
| Katrina Russell | 05/06 | 1:18.4  |
| Katrina Russell | 06/07 | 3:14.0  |
| Katrina Russell | 06/07 | 6:44.5  |
| Katrina Russell | 08/09 | 28:49.9 |
| Katrina Russell | 08/09 | 3.11    |
| Katrina Russell | 07/08 | 6-55    |
| Katrina Russell | 07/08 | 16-74   |
| Katrina Russell | 07/08 | 16-65   |

**MASTERS (40-49)**

|                     |       |         |                  |
|---------------------|-------|---------|------------------|
| Wayne Thurlow       | 07/08 | 12.2    | <b>100</b>       |
| Wayne Thurlow       | 06/07 | 26.6    | <b>200</b>       |
| Viv Manwaring       | 90/91 | 58.9    | <b>400</b>       |
| Jon O'Brien         | 04/05 | 2:20.6  | <b>800</b>       |
| Bruce Harrison      | 96/97 | 4:47.4  | <b>1500</b>      |
| Bill Flanagan       | 02/03 | 5:19.8  | <b>1 Mile</b>    |
| Bruce Harrison      | 96/97 | 10:24.8 | <b>3000</b>      |
| Bruce Harrison      | 96/97 | 18:08.7 | <b>5000</b>      |
| Steve Blunden       | 08/09 | 9:53.0  | <b>1500W</b>     |
| Gary Micallef       | 04/05 | 22:31.5 | <b>3000W</b>     |
| Steven Williams     | 98/99 | 24.6    | <b>110H/100H</b> |
| Viv Manwaring       | 87/88 | 31.8    | <b>200H</b>      |
| Viv Manwaring       | 88/89 | 5-25    | <b>LJ</b>        |
| Viv Manwaring       | 88/89 | 10-83   | <b>TJ</b>        |
| Stephen Halverson   | 94/95 | 1-55    | <b>HJ</b>        |
| Lajos Joni (7.26kg) | 04/05 | 10-62   | <b>SP</b>        |
| Lajos Joni (2kg)    | 04/05 | 30-86   | <b>DIS</b>       |
| Jon O'Brien (800g)  | 04/05 | 40-59   | <b>JAV</b>       |

**MASTERS (35-49)**

|                      |       |         |
|----------------------|-------|---------|
| Lynette Smith        | 07/08 | 14.0    |
| Lynette Smith        | 07/08 | 29.3    |
| Lynette Smith        | 05/06 | 1:07.3  |
| Lynette Smith        | 07/08 | 2:43.0  |
| Lynette Smith        | 05/06 | 5:53.9  |
| Lynette Smith        | 05/06 | 6:40.6  |
| Lynette Smith        | 07/08 | 13:09.0 |
| Terri Baraniak       | 89/90 | 22:08.0 |
| Andrea Hendley       | 03/04 | 11:38.3 |
| Lynette Smith        | 07/08 | 4-05    |
| Lynette Smith        | 07/08 | 8-28    |
| Lynette Smith        | 07/08 | 1-50    |
| Lynette Smith (4kg)  | 07/08 | 10-22   |
| Lynette Smith (1kg)  | 06/07 | 34-76   |
| Lynette Smith (600g) | 08/09 | 34.54   |

**SENIOR (20 – 39)**

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

**SENIOR (20 – 34)**

|                      |       |         |
|----------------------|-------|---------|
| 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 |
| Lisa Grant           | 08/09 | 7:14.8  |
| Lisa Grant           | 08/09 | 14:50.9 |
| 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)  | 05/06 | 37-10   |
| Lynette Smith (600g) | 03/04 | 38-60   |



**U/20**

|                         |       |         |                  |
|-------------------------|-------|---------|------------------|
| Damien Beckhouse        | 92/93 | 11.6    | = <b>100</b>     |
| Tim Evans               | 05/06 | 11.6    | = <b>100</b>     |
| Jason Willetts          | 93/94 | 23.9    | <b>200</b> =     |
|                         |       |         | <b>200</b> =     |
| Jeff Micallef           | 89/90 | 53.4    | <b>400</b>       |
| Garry Moran             |       | 2:10.9  | <b>800</b>       |
| Bruce Hogg              | 93/94 | 4:31.7  | <b>1500</b>      |
| Bruce Hogg              | 93/94 | 4:35.8  | <b>1 Mile</b>    |
| Matthew Graham          | 01/02 | 10:13.9 | <b>3000</b>      |
| Bruce Hogg              | 93/94 | 17:29.0 | <b>5000</b>      |
| Peter Kimpton           | 03/04 | 10:00.7 | <b>1500W</b>     |
|                         |       |         | <b>3000W</b>     |
| Peter Kropman           | 86/87 | 16.9    | <b>110H/100H</b> |
| Tim Evans               | 04/05 | 28.0    | <b>200H</b>      |
| Garry Moran             |       | 1:04.4  | <b>400H</b>      |
| Jeff Micallef           | 89/90 | 6-48    | <b>LJ</b>        |
| Craig Willetts          | 92/93 | 14-17   | <b>TJ</b>        |
| Damien Beckhouse        | 92/93 | 1-81    | <b>HJ</b>        |
| Robert Kropman (6kg)    | 89/90 | 12-26   | <b>SP</b>        |
| Robert Kropman (1.75kg) | 89/90 | 35-50   | <b>DIS</b>       |
| Robert Kropman (800g)   | 89/90 | 46-40   | <b>JAV</b>       |

**U/20**

|                       |       |         |
|-----------------------|-------|---------|
| Catherine Kropman     | 90/91 | 14.0    |
| Jackie Wheeler        | 85/86 | 29.0    |
| Christine Wearne      | 06/07 | 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 |
| Tracey Wheeler        | 87/88 | 25:35.0 |
| 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    | <b>100</b>       |
| Paul Manton            | 84/85 | 23.9    | <b>200</b>       |
| Jeff Micallef          | 88/89 | 53.0    | <b>400</b>       |
| Bruce Hogg             | 92/93 | 2:08.2  | <b>800</b>       |
| Jamie Sherson          | 07/08 | 4:28.8  | <b>1500</b>      |
| Bruce Hogg             | 92/93 | 4:54.2  | <b>1 Mile</b>    |
| Bruce Hogg             | 92/93 | 9:21.9  | <b>3000</b>      |
| Matthew Graham         | 00/01 | 16:56.6 | <b>5000</b>      |
| Peter Kimpton          | 02/03 | 8:15.2  | <b>1500W</b>     |
| Michael Jones          | 01/02 | 24:50.1 | <b>3000W</b>     |
| Peter Kropman          | 86/87 | 16.2    | <b>110H/100H</b> |
| Peter Kropman          | 86/87 | 28.2    | <b>200H</b>      |
| Peter Kropman          | 86/87 | 1:01.2  | <b>400H</b>      |
| Peter Kropman          | 86/87 | 6-46    | <b>LJ</b>        |
| Craig Willetts         | 91/92 | 13-20   | <b>TJ</b>        |
| Peter Kropman          | 86/87 | 1-82    | <b>HJ</b>        |
| Brendan Evans (6kg)    | 05/06 | 11-17   | <b>SP</b>        |
| Brendan Evans (1.75kg) | 06/07 | 29-76   | <b>DIS</b>       |
| Andrew Grace (800g)    | 85/86 | 49-34   | <b>JAV</b>       |

**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 |
| 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    | <b>100</b>       |
| Phillip Fenech      | 85/86 | 24.6    | <b>200</b>       |
| Jamie Sherson       | 06/07 | 53.5    | <b>400</b>       |
| Jamie Sherson       | 06/07 | 2:03.6  | <b>800</b>       |
| Jamie Sherson       | 06/07 | 4:18.9  | <b>1500</b>      |
| Bruce Hogg          | 91/92 | 4:47.6  | <b>1 Mile</b>    |
| Bruce Hogg          | 91/92 | 9:16.5  | <b>3000</b>      |
| Bruce Hogg          | 91/92 | 16:17.4 | <b>5000</b>      |
| Peter Kimpton       | 01/02 | 8:27.9  | <b>1500W</b>     |
| Peter Kimpton       | 01/02 | 17:50.1 | <b>3000W</b>     |
| Peter Kropman       | 85/86 | 16.0    | <b>110H/100H</b> |
| Peter Kropman       | 85/86 | 29.1    | <b>200H</b>      |
| Peter Kropman       | 85/86 | 1:03.6  | <b>400H</b>      |
| Nathan Manwaring    | 92/93 | 6-50    | <b>LJ</b>        |
| Tim Evans           | 03/04 | 13-36   | <b>TJ</b>        |
| Shane Hanlon        | 91/92 | 1-89    | <b>HJ</b>        |
| Sam Setrallah (5kg) | 04/05 | 11-55   | <b>SP</b>        |
| Greg Howard (1.5kg) | 84/85 | 38-78   | <b>DIS</b>       |
| Andrew Grace (700g) | 84/85 | 45-28   | <b>JAV</b>       |

**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 |
| 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    | <b>100 =</b>     |
|                       |       |         | <b>100 =</b>     |
| Phillip Fenech        | 84/85 | 24.1    | <b>200</b>       |
| Phillip Fenech        | 84/85 | 53.8    | <b>400</b>       |
| Jon Hetherington      | 84/85 | 2:08.9  | <b>800</b>       |
| Bruce Hogg            | 90/91 | 4:31.4  | <b>1500</b>      |
| Ron Irving            | 85/86 | 4:56.4  | <b>1 Mile</b>    |
| Bruce Hogg            | 90/91 | 9:33.1  | <b>3000</b>      |
| Bruce Hogg            | 90/91 | 16:49.0 | <b>5000</b>      |
| Adam Sinclair         | 05/06 | 9:21.2  | <b>1500W</b>     |
| Matthew Jenkin        | 00/01 | 19:40.0 | <b>3000W</b>     |
| Kurt Quinlivan        | 92/93 | 16.2    | <b>110H/100H</b> |
| Phillip Fenech        | 84/85 | 28.8    | <b>200H</b>      |
| Peter Kropman         | 84/85 | 1:02.9  | <b>400H</b>      |
| Phillip Fenech        | 84/85 | 6-37    | <b>LJ</b>        |
| Timothy Evans         | 02/03 | 12-53   | <b>TJ</b>        |
| Shane Hanlon          | 90/91 | 1-83    | <b>HJ</b>        |
| Brendan Evans (5kg)   | 04-05 | 11-58   | <b>SP</b>        |
| Greg Howard (1.5kg)   | 83/84 | 39-72   | <b>DIS</b>       |
| Robert Kropman (700g) | 85/86 | 53-76   | <b>JAV</b>       |

**U/17**

|                       |       |         |
|-----------------------|-------|---------|
| Nicole Page           | 92/93 | 13.4    |
| Jackie Wheeler        | 82/83 | 13.4    |
| Tracey Connors        | 84/85 | 28.4    |
| Natalie Pellizzari    | 06/07 | 1:04.8  |
| 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 |
| 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    |
| Shari Apikotoa (4kg)  | 05/06 | 9-91    |
| Tracey Wheeler (1kg)  | 84/85 | 32-62   |
| Tracey Wheeler (600g) | 84/85 | 32-50   |

**U/16**

|                         |       |         |
|-------------------------|-------|---------|
| Shaun Wearne            | 99/00 | 11.6    |
| Phillip Fenech          | 83/84 | 24.3    |
| Phillip Fenech          | 83/84 | 53.6    |
| Andrew Baraniak         | 90/91 | 2:11.0  |
| Andrew Baraniak         | 90/91 | 4:32.3  |
| Paul Sewell             | 88/89 | 5:01.1  |
| Andrew Baraniak         | 90/91 | 9:37.9  |
| Paul Sewell             | 88/89 | 18:12.0 |
| Paul Sewell             | 88/89 | 9:54.0  |
| David Gallo             | 86/87 | 14.9    |
| Phillip Fenech          | 83/84 | 29.1    |
| Phillip Fenech          | 83/84 | 1:05.1  |
| Chris Saliba            | 89/90 | 6-11    |
| Irwin Burbage           | 99/00 | 12-19   |
| Peter Kropman           | 83/84 | 1-73    |
| Tristan Manwaring (4kg) | 00/01 | 12-47   |
| Greg Howard (1kg)       | 82/83 | 44-30   |
| Jon Hetherington (700g) | 83/84 | 44-14   |

**U/16**

|                 |                        |       |         |
|-----------------|------------------------|-------|---------|
| <b>100 =</b>    | Jackie Wheeler         | 81/82 | 13.4    |
| <b>100 =</b>    | Linda Hatherly         | 93/94 |         |
| <b>200</b>      | Jackie Wheeler         | 81/82 | 28.9    |
| <b>400</b>      | Jackie Wheeler         | 81/82 | 1:05.1  |
| <b>800</b>      | Jackie Wheeler         | 81/82 | 2:36.0  |
| <b>1500</b>     | Jackie Wheeler         | 81/82 | 5:35.0  |
| <b>1 Mile</b>   | Katrina Ward           | 90/91 | 6:14.0  |
| <b>3000</b>     | Katie-Ellen French     | 00/01 | 11:11.6 |
| <b>5000</b>     | Kim Pitzing            | 85/86 | 20:12.0 |
| <b>1500W</b>    | Lisa Grant             | 00/01 | 7:20.4  |
| <b>3000W</b>    | Lisa Grant             | 00/01 | 16:21.3 |
| <b>100H/90H</b> | Catherine Downer       | 82/83 | 15.7    |
| <b>200H</b>     | Catherine Downer       | 82/83 | 33.3    |
| <b>400H</b>     | Tracey Wheeler         | 83/84 | 1:16.4  |
| <b>LJ</b>       | Tracey Wheeler         | 83/84 | 5-01    |
| <b>TJ</b>       | Natalie Deegan         | 93/94 | 10-65   |
| <b>HJ</b>       | Lynette Smith          | 86/87 | 1-58    |
| <b>SP</b>       | Natalie Avellino (4kg) | 86/87 | 10-32   |
| <b>DIS</b>      | Natalie Avellino (1kg) | 86/87 | 33-78   |
| <b>JAV</b>      | Tracey Wheeler (600g)  | 83/84 | 30-18   |

**U/15**

|                         |       |         |
|-------------------------|-------|---------|
| Michael McHugh          | 81/82 | 12.0    |
| Ilia Gill               | 82/83 | 24.7    |
| Phillip Fenech          | 82/83 | 57.2    |
| Andrew Baraniak         | 89/90 | 2:08.1  |
| Andrew Baraniak         | 89/90 | 4:24.0  |
| Andrew Baraniak         | 89/90 | 4:44.3  |
| Andrew Baraniak         | 89/90 | 9:34.7  |
| Andrew Baraniak         | 89/90 | 16:50.0 |
| Brent Balinski          | 95/96 | 8:00.5  |
| Nicholas Potten         | 84/85 | 15.8    |
| Michael McHugh          | 81/82 | 31.2    |
| Michael Wheeler         | 86/87 | 1:07.8  |
| Franky Wong             | 98/99 | 5-78    |
| Michael McHugh          | 81/82 | 11-61   |
| Ilia Gill               | 82/83 | 1-81    |
| Andrew Blunden (4kg)    | 06/07 | 8-49    |
| Andrew McIlwaine (1kg)  | 87/88 | 48-50   |
| Andrew McIlwaine (600g) | 87/88 | 52-84   |

**U/15**

|                 |                        |       |         |
|-----------------|------------------------|-------|---------|
| <b>100 =</b>    | Rebecca Deane          | 93/94 | 12.7    |
| <b>100 =</b>    | Leanne Saliba          | 90/91 | 12.7    |
| <b>200</b>      | Rebecca Deane          | 93/94 | 27.5    |
| <b>400</b>      | Tracey Wheeler         | 82/83 | 1:06.3  |
| <b>800</b>      | Katie-Ellen French     | 00/01 | 2:26.5  |
| <b>1500</b>     | Katie-Ellen French     | 00/01 | 4:59.5  |
| <b>1 Mile</b>   | Kim Pitzing            | 84/85 | 5:53.0  |
| <b>3000</b>     | Katie-Ellen French     | 00/01 | 10:56.9 |
| <b>5000</b>     | Katie-Ellen French     | 00/01 | 18:55.4 |
| <b>1500W</b>    | Lisa Grant             | 99/00 | 7:06.0  |
| <b>3000W</b>    | Carly Eager            | 01/02 | 25:36.6 |
| <b>100H/90H</b> | Rebecca Deane          | 93/94 | 14.6    |
| <b>200H</b>     | Rebecca Deane          | 93/94 | 33.4    |
| <b>400H</b>     | Tracey Wheeler         | 82/83 | 1:17.7  |
| <b>LJ</b>       | Linda Atkins           | 80/81 | 4-94    |
| <b>TJ</b>       | Sarah Ferguson         | 86/87 | 10-28   |
| <b>HJ</b>       | Tracey Wheeler         | 82/83 | 1-59    |
| <b>SP</b>       | Kelly Micallef (3kg)   | 04/05 | 9-22    |
| <b>DIS</b>      | Natalie Avellino (1kg) | 85/86 | 34-38   |
| <b>JAV</b>      | Tracey Wheeler (600g)  | 82/83 | 30-00   |

**U/14**

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

**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 |
| 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    |
| Steffany Dunn (3kg)    | 06/07 | 8-45    |
| Natalie Avellino (1kg) | 84/85 | 34-22   |
| Ashley Micallef (400g) | 01/02 | 21-61   |

**U/13**

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

**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 |
| 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    | <b>100</b>     |
| Ilia Gill               | 79/80 | 29.0    | <b>200</b>     |
| Michael Wheeler         | 83/84 | 1:07.2  | <b>400</b>     |
| Nathan Schmid           | 89/90 | 2:33.0  | <b>800</b>     |
| Nathan Schmid           | 89/90 | 4:59.6  | <b>1500</b>    |
| Gerard Mahony           | 89/90 | 5:37.0  | <b>1 Mile</b>  |
| Peter Balinski          | 94/95 | 11:05.9 | <b>3000</b>    |
| Peter Balinski          | 94/95 | 19:43.5 | <b>5000</b>    |
| Connor Vernon           | 08/09 | 9:30.0  | <b>1500W</b>   |
|                         |       |         | <b>3000W</b>   |
| Matthew Beattie         | 93/94 | 15.3    | <b>90H/80H</b> |
| Jeff Micallef           | 81/82 | 36.9    | <b>200H</b>    |
| Michael Wheeler         | 83/84 | 1:22.0  | <b>400H</b>    |
| Ilia Gill               | 79/80 | 4-46    | <b>LJ</b>      |
| Jeff Micallef           | 81/82 | 8-87    | <b>TJ</b>      |
| Ilia Gill               | 79/80 | 1-55    | <b>HJ</b>      |
| Michael Chaffen (3kg)   | 04/05 | 7-79    | <b>SP</b>      |
| Andrew McIlwaine (1kg)  | 84/85 | 31-08   | <b>DIS</b>     |
| Andrew McIlwaine (600g) | 84/85 | 24-56   | <b>JAV =</b>   |
|                         |       |         | <b>JAV =</b>   |

**U/12**

|                        |       |         |
|------------------------|-------|---------|
| Danielle Goodin        | 03/04 | 14.3    |
| Linda Hemmerling       | 80/81 | 30.3    |
| Linda Hemmerling       | 80/81 | 1:10.1  |
| Kellie Fenech          | 81/82 | 2:48.0  |
| Catherine Kropman      | 82/83 | 5:42.0  |
| Melissa Briggs         | 92/93 | 6:50.5  |
| Stacey Argent          | 01/02 | 12:12.2 |
| Stacey Argent          | 01/02 | 21:42.4 |
| Brenda Micallef        | 03/04 | 10:01.2 |
| Brenda Micallef        | 03/04 | 22:25.1 |
| Melissa Briggs         | 92/93 | 16.8    |
| Melissa Briggs         | 92/93 | 40.2    |
| Catherine Kropman      | 82/83 | 1:35.0  |
| Tracey Wheeler         | 78/79 | 4-35    |
| Catherine Kropman      | 82/83 | 8-75    |
| Melissa Briggs         | 92/93 | 1-42    |
| Danielle Goodin (3kg)  | 03/04 | 7-27    |
| Danielle Goodin (750g) | 03/04 | 18-33   |
| Brenda Micallef (400g) | 03/04 | 13-37   |
| Danielle Goodin        | 03/04 | 13-37   |

**NOTE: Where an event is not listed in an age group, a record has not yet been set**

**ARCHIVED RECORDS**

|                      |                            |                   |                  |                            |                   |       |        |
|----------------------|----------------------------|-------------------|------------------|----------------------------|-------------------|-------|--------|
| <b>Open</b>          | <b>800m Steeplechase</b>   | Kevin Junor (PAR) | 84/85            | 2:19.0                     | Yvette Jaeger     | 84/85 | 2:53.6 |
| <b>Masters (40+)</b> | <b>800m Steeplechase</b>   | Bob Sewell        | 87/88            | 3:17.7                     |                   |       |        |
| <b>Senior</b>        | <b>800m Steeplechase</b>   | John Doolan       | 86/87            | 2:52.5                     | Jackie Wheeler    | 86/87 | 3:21.0 |
| <b>U20</b>           | <b>800m Steeplechase</b>   | Peter Kropman     | 87/88            | 3:21.0                     | Jackie Wheeler    | 85/86 | 3:17.0 |
| <b>U19</b>           | <b>800m Steeplechase</b>   | Peter Kropman     | 86/87            | 2:30.9                     | Jackie Wheeler    | 84/85 | 3:24.0 |
| <b>U18</b>           | <b>800m Steeplechase</b>   | Mark Irving       | 85/86            | 2:32.1                     | Tracey Connors    | 85/86 | 3:15.6 |
| <b>U17</b>           | <b>800m Steeplechase</b>   | Mark Irving       | 84/85            | 2:28.0                     | Tracey Wheeler    | 84/85 | 3:19.9 |
| <b>U16</b>           | <b>800m Steeplechase</b>   | Peter Kropman     | 83/84            | 2:41.9                     | Tracey Wheeler    | 83/84 | 4:10.0 |
| <b>U15</b>           | <b>800m Steeplechase</b>   | Shane Ferguson    | 84/85            | 2:43.7                     | Cherie Madden     | 86/87 | 3:31.0 |
| <b>U14</b>           | <b>800m Steeplechase</b>   | Warren Dempsey    | 85/86            | 2:56.0                     | Catherine Kropman | 84/85 | 3:32.0 |
| <b>U13</b>           | <b>800m Steeplechase</b>   | Stephen Mooney    | 84/85            | 3:09.3                     | Catherine Kropman | 83/84 | 3:44.0 |
| <b>U12</b>           | <b>800m Steeplechase</b>   | Dale Berryman     | 83/84            | 3:21.0                     |                   |       |        |
| <b>U19 SP</b>        | Jeff Micallef (5.449kg)    | 13-49             | <b>U15 SP</b>    | Dianne Kidd (2.724kg)      | 12-28             |       |        |
| <b>U19 Dis</b>       | Damien Beckhouse (1.5kg)   | 39-78             | <b>U14 SP</b>    | Natalie Avellino (2.724kg) | 12-91             |       |        |
| <b>U18 SP</b>        | Robert Kropman (5.449kg)   | 13-63             | <b>U14 Jav</b>   | Natalie Avellino (600g)    | 30-44             |       |        |
| <b>U17 SP</b>        | Robert Kropman (4.535kg)   | 14-20             | <b>U13 SP</b>    | Natalie Avellino (2.724kg) | 12-20             |       |        |
| <b>U16 SP</b>        | Robert Kropman (4.535kg)   | 13-58             | <b>U13 Dis</b>   | Natalie Avellino (1kg)     | 33-04             |       |        |
| <b>U15 SP</b>        | Andrew McIlwaine (3.632kg) | 16-18             | <b>U13 Jav</b>   | Natalie Avellino (600g)    | 23-76             |       |        |
| <b>U14 SP</b>        | Andrew McIlwaine (3.632kg) | 14-88             | <b>U12 SP</b>    | Natalie Avellino (2.724kg) | 8-51              |       |        |
| <b>U13 SP</b>        | Andrew McIlwaine (2.724kg) | 14-22             | <b>U12 Dis</b>   | Natalie Avellino (1kg)     | 18-70             |       |        |
| <b>U12 SP</b>        | Andrew McIlwaine (2.724kg) | 12-15             | <b>U12 Jav =</b> | Tracey Wheeler (600g)      | 15-06             |       |        |
|                      |                            |                   | <b>U12 Jav =</b> | Amy Van Trier (600g)       | 15-06             |       |        |



# MODIFIED PROGRAM RECORDS AS AT 31 MARCH 2009

## 60M SPRINT

|                  |       |     |                     |                    |       |     |
|------------------|-------|-----|---------------------|--------------------|-------|-----|
| Ernie Leseberg   | 02/03 | 7.0 | <b>OPEN</b>         | Nicole Page (NEP)  | 95/96 | 8.1 |
|                  |       |     | <b>VETERAN PLUS</b> |                    |       |     |
| Don Porter       | 08/09 | 9.5 | <b>VETERANS</b>     |                    |       |     |
| Robert Field     | 07/08 | 9.1 | <b>GOLDEN O</b>     |                    |       |     |
| Vince Adams      | 06/07 | 8.1 | <b>MASTER PLUS</b>  | Katrina Russell    | 05/06 | 9.8 |
| Steven Williams  | 01/02 | 7.8 | <b>= MASTERS</b>    | Andrea Hendley     | 04/05 | 9.0 |
| Robert Giesler   | 06/07 | 7.8 | <b>= MASTERS</b>    |                    |       |     |
| Ernie Leseberg   | 02/03 | 7.0 | <b>SENIOR</b>       | Amanda Giesler     | 04/05 | 8.3 |
| Nathan Manwaring | 93/94 | 7.5 | <b>= U20</b>        | Jemma Austin       | 04/05 | 9.1 |
| Tim Evans        | 04/05 | 7.5 | <b>= U20</b>        |                    |       |     |
| Tim Evans        | 03/04 | 7.5 | <b>= U19</b>        | Nicole Page        | 95/96 | 8.2 |
| Brendan Weyland  | 04/05 | 7.5 | <b>= U19</b>        |                    |       |     |
| Nathan Manwaring | 91/92 | 7.4 | <b>= U18</b>        | Nicole Page        | 93/94 | 8.2 |
| David Beattie    | 96/97 | 7.4 | <b>= U18</b>        |                    |       |     |
| David Beattie    | 95/96 | 7.5 | <b>U17</b>          | Linda Hatherly     | 93/94 | 8.5 |
| Peter Hogan      | 96/97 | 7.7 | <b>U16</b>          | Natalie Pellizzari | 04/05 | 8.3 |
| Matthew Dux      | 95/96 | 7.9 | <b>U15</b>          | Sandra Narezzi     | 93/94 | 8.6 |
| Andrew Scully    | 99/00 | 7.8 | <b>U14</b>          | Sandra Narezzi     | 92/93 | 9.0 |
| Damien Murray    | 96/97 | 8.8 | <b>U13 =</b>        | Melissa Briggs     | 93/94 | 9.0 |
|                  |       |     | <b>U13 =</b>        | Jessica Fisher     | 95/96 | 9.0 |
| Matthew Beattie  | 93/94 | 9.7 | <b>U12</b>          | Shindhu Raju       | 96/97 | 9.7 |

## 300M UNLANED

|                     |       |      |                     |                    |       |      |
|---------------------|-------|------|---------------------|--------------------|-------|------|
| Andrew Scully (BLK) | 02/03 | 37.0 | <b>OPEN</b>         | Lynette Smith      | 99/00 | 44.7 |
|                     |       |      | <b>VETERAN PLUS</b> |                    |       |      |
| Joe Butler          | 08/09 | 70.0 | <b>VETERAN</b>      |                    |       |      |
| Keith Mayhew        | 03/04 | 52.5 | <b>GOLDEN O</b>     |                    |       |      |
| Vince Adams         | 07/08 | 47.1 | <b>MASTER PLUS</b>  | Katrina Russell    | 05/06 | 57.6 |
| Steven Williams     | 99/00 | 42.2 | <b>MASTER</b>       | Lynette Smith      | 06/07 | 48.5 |
| Gary Howard         | 03/04 | 37.6 | <b>SENIOR</b>       | Lynette Smith      | 99/00 | 44.7 |
| Paul Weymark        | 94/95 | 40.0 | <b>U20</b>          | Lisa Grant         | 03/04 | 54.3 |
| Tim Evans           | 03/04 | 40.2 | <b>= U19</b>        | Nicole Page        | 94/95 | 52.9 |
| Matthew Graham      | 00/01 | 40.2 | <b>= U19</b>        |                    |       |      |
| David Beattie       | 96/97 | 40.4 | <b>U18</b>          | Lisa Grant         | 01/02 | 49.8 |
| David Beattie       | 95/96 | 39.9 | <b>U17</b>          | Kate Stockings     | 00/01 | 50.0 |
| Peter Hogan         | 96/97 | 42.6 | <b>U16</b>          | Natalie Pellizzari | 04/05 | 45.3 |
| Matthew Dux         | 95/96 | 43.9 | <b>U15</b>          | Vikki Savage       | 94/95 | 51.5 |
| Andrew Scully       | 99/00 | 42.0 | <b>U14</b>          | Helen Sestic       | 92/93 | 48.5 |
| Matthew Beattie     | 94/95 | 50.6 | <b>U13</b>          | Stacey Argent      | 02/03 | 52.2 |
| Stephen Muir        | 93/94 | 56.8 | <b>U12 =</b>        | Natalia Sestic     | 92/93 | 58.0 |
|                     |       |      | <b>U12 =</b>        | Shindhu Raju       | 96/97 | 58.0 |

## 1000M

|                     |       |        |                    |                    |       |        |
|---------------------|-------|--------|--------------------|--------------------|-------|--------|
| Gary Howard         | 03/04 | 2:50.8 | <b>OPEN</b>        | Katie-Ellen French | 00/01 | 3:11.2 |
| <b>VETERAN PLUS</b> |       |        |                    |                    |       |        |
| Joe Butler          | 07/08 | 4:59.8 | <b>VETERAN</b>     |                    |       |        |
| Keith Mayhew        | 03/04 | 3:24.6 | <b>GOLDEN O</b>    |                    |       |        |
| Graeme Sheargold    | 05/06 | 3:27.9 | <b>MASTER PLUS</b> | Katrina Russell    | 05/06 | 4:39.4 |
| Keith Mayhew        | 98/99 | 3:10.4 | <b>MASTER</b>      | Lynette Smith      | 05/06 | 3:50.1 |
| Gary Howard         | 03/04 | 2:50.8 | <b>SENIOR</b>      | Lynette Smith      | 99/00 | 3:20.4 |
| Matthew Modini      | 08/09 | 3:09.5 | <b>U20</b>         | Vikki Savage       | 99/00 | 3:44.6 |
| Brad Milosevic      | 06/07 | 2:50.9 | <b>U19</b>         | Lisa Grant         | 02/03 | 3:47.7 |
| Brad Milosevic      | 05/06 | 2:57.2 | <b>U18</b>         | Lisa Grant         | 01/02 | 3:40.0 |
| Jamie Sherson       | 04/05 | 2:56.6 | <b>U17</b>         | Kate Stockings     | 00/01 | 3:47.0 |
| Adam Sinclair       | 03/04 | 3:13.7 | <b>U16</b>         | Kate Stockings     | 99/00 | 3:35.5 |
| Reece Diaz          | 04/05 | 3:10.5 | <b>U15</b>         | Katie-Ellen French | 00/01 | 3:11.2 |
| Reece Diaz          | 03/04 | 3:19.0 | <b>U14</b>         | Helen Sestic       | 92/93 | 3:35.5 |
| Brent Balinski      | 93/94 | 3:32.6 | <b>U13</b>         | Stacey Argent      | 02/03 | 3:43.9 |
| Peter Balinski      | 93/94 | 3:48.0 | <b>U12</b>         | Natalia Sestic     | 92/93 | 4:08.0 |

## 2000M

|                     |       |         |                    |                    |       |         |
|---------------------|-------|---------|--------------------|--------------------|-------|---------|
| Michael Kammerer    | 02/03 | 6:18.2  | <b>OPEN</b>        | Katie-Ellen French | 00/01 | 7:04.0  |
| <b>VETERAN PLUS</b> |       |         |                    |                    |       |         |
| Joe Butler          | 07/08 | 10:03.3 | <b>VETERAN</b>     |                    |       |         |
| Keith Mayhew        | 03/04 | 7:29.3  | <b>GOLDEN O</b>    |                    |       |         |
| Graeme Sheargold    | 05/06 | 7:29.6  | <b>MASTER PLUS</b> | Katrina Russell    | 05/06 | 10:32.3 |
| Bill Flanagan       | 02/03 | 6:54.8  | <b>MASTER</b>      | Andrea Hendley     | 02/03 | 10:24.2 |
| Michael Kammerer    | 02/03 | 6:18.2  | <b>SENIOR</b>      | Leanne Bourke      | 96/97 | 7:48.0  |
|                     |       |         | <b>U20</b>         | Lisa Grant         | 03/04 | 8:34.4  |
| Brad Milosevic      | 06/07 | 6:13.1  | <b>U19</b>         |                    |       |         |
| Matthew Graham      | 99/00 | 6:44.2  | <b>U18</b>         | Charlotte Stenning | 08/09 | 9:33.1  |
| Matthew Graham      | 98/99 | 6:37.7  | <b>U17</b>         | Kate Stockings     | 00/01 | 9:22.9  |
| Bradley Milosevic   | 03/04 | 6:52.9  | <b>U16</b>         | Stacey Argent      | 04/05 | 8:45.1  |
| Andrew Blunden      | 05/06 | 7:04.2  | <b>U15</b>         | Katie-Ellen French | 00/01 | 7:04.0  |
| Bradley Milosevic   | 02/03 | 7:21.1  | <b>U14</b>         | Zulay Sastre       | 98/99 | 8:07.5  |
| Danny Martins       | 96/97 | 8:44.5  | <b>U13</b>         | Stacey Argent      | 02/03 | 7:48.9  |
|                     |       |         | <b>U12</b>         | Shindhu Raju       | 96/97 | 9:34.8  |

## 4 x 100M RELAY

|                    |                       |                |                       |                       |                |
|--------------------|-----------------------|----------------|-----------------------|-----------------------|----------------|
| <b>OPEN MEN</b>    | <b>46.64</b>          | <b>(02/03)</b> | <b>OPEN WOMEN</b>     | <b>55.0</b>           | <b>(93/94)</b> |
| Marcus Bakes (U18) | Timothy Evans (U17)   |                | Nicole Page (U18)     | Linda Hatherly (U17)  |                |
| Gary Howard (Sen)  | Ernest Leseberg (Sen) |                | Sandra Narezzi (U15)  | Melissa Briggs (U13)  |                |
| <b>OPEN MIXED</b>  | <b>55.8</b>           | <b>(06/07)</b> | <b>U20 MIXED</b>      | <b>56.5</b>           | <b>(04/05)</b> |
| Amanda Giesler     | Mel Dunn              |                | Jemma Austin          | Jessica Ward          |                |
| Matt Dunn          | Brad Milosevic        |                | Tim Evans             | Scott Mortimer        |                |
| <b>40+ MEN</b>     | <b>55.9</b>           | <b>(06/07)</b> | <b>35+ MEN</b>        | <b>53.8</b>           | <b>(03/04)</b> |
| Stephen Parkins    | Gary Micallef         |                | Rob Giesler           | Stephen Parkins       |                |
| Steven Williams    | Rob Giesler           |                | Darren Gould          | Steven Williams       |                |
| <b>U20 MEN</b>     | <b>49.2</b>           | <b>(03/04)</b> | <b>U20 WOMEN</b>      | <b>63.2</b>           | <b>(06/07)</b> |
| Marcus Bakes (U19) | Brendan Evans (U16)   |                | Caitlin Dunn          | Steffany Dunn (U14)   |                |
| Tim Evans (U18)    | Scott Mortimer (U18)  |                | Brenda Micallef (U15) | Danielle Goodin (U15) |                |

## 8 x 100M RELAY

### **OPEN MEN 1:39.7 (90/91)**

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

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

Bruce Hogg (U18)  
Shane Hanlon (U17)

### **OPEN WOMEN 1:50.5 (84/85)**

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

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

Tracey Wheeler (U17)  
Catherine Kropman (U14)

### **OPEN MIXED 1:46.2 (94/95)** (minimum 3 women)

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

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

Garry Dempsey (Sen)  
Nicole Page (U19)

## STANDING LJ

Robert Kropman 92/93 2-84

Don Porter 08/09 1.64

Keith Mayhew 03/04 1-71

Lajos Joni 08/09 2.39

Stephen O'Donnell 06/07 2-53

Robert Kropman 92/93 2-84

Peter Kimpton 02/03 2-79

Peter Kimpton 02/03 2-78

Nathan Manwaring 91/92 2-71

David Beattie 95/96 2-52

Christopher Flower 00/01 2-66

Stephen Hinwood 93/94 2-44

Andrew Scully 99/00 2-28

Damien Murray 96/97 2-05

Matthew Beattie 93/94 1-85

**OPEN =** Catherine Kropman 92/93 2-30  
**OPEN =** Lynette Smith 93/94 2-30

### **VETERAN PLUS**

### **VETERAN**

### **GOLDEN O**

### **MASTER PLUS**

### **MASTER**

### **SENIOR =**

### **SENIOR =**

### **U20**

### **U19**

### **U18**

### **U17**

### **U16**

### **U15**

### **U14**

### **U13**

### **U12**

Katrina Russell 05/06 1-86

Andrea Hendley 03/04 2-03

Catherine Kropman 92/93 2-30

Lynette Smith 93/94 2-30

Chelsea Austin 02/03 2-03

Nicole Page 94/95 2-16

Nicole Page 93/94 2-13

Nicole Page 92/93 2-25

Sandra Narezzi 94/95 2-22

Sandra Narezzi 93/94 2-21

Sandra Narezzi 92/93 2-08

Melissa Briggs 93/94 2-17

Shindhu Raju 96/97 1-78



**SCISSORS HJ**

|                   |       |      |                     |                 |       |      |
|-------------------|-------|------|---------------------|-----------------|-------|------|
| Tim Evans         | 03/04 | 1-65 | <b>OPEN</b>         | Lynette Smith   | 93/94 | 1-45 |
|                   |       |      | <b>VETERAN PLUS</b> |                 |       |      |
|                   |       |      | <b>VETERAN</b>      |                 |       |      |
| Keith Mayhew      | 03/04 | 1-15 | <b>GOLDEN O</b>     |                 |       |      |
| Vince Adams       | 06/07 | 1-15 | <b>MASTER PLUS</b>  | Katrina Russell | 05/06 | 1-05 |
| Stephen O'Donnell | 04/05 | 1-45 | <b>MASTER</b>       | Lynette Smith   | 06/07 | 1-30 |
| David Beattie     | 01/02 | 1-61 | <b>SENIOR</b>       | Lynette Smith   | 93/94 | 1-45 |
| Nathan Manwaring  | 93/94 | 1-60 | <b>= U20</b>        | Chelsea Austin  | 02/03 | 1-20 |
| Timothy Evans     | 04/05 | 1-60 | <b>= U20</b>        |                 |       |      |
| Timothy Evans     | 03/04 | 1-65 | <b>U19</b>          | Nicole Page     | 94/95 | 1-25 |
| Timothy Evans     | 02/03 | 1-61 | <b>U18</b>          | Nicole Page     | 93/94 | 1-35 |
| Timothy Evans     | 02/03 | 1-65 | <b>U17 =</b>        | Linda Hatherly  | 93/94 | 1-26 |
|                   |       |      | <b>U17 =</b>        | Lee Westwood    | 91/92 | 1-26 |
| David Beattie     | 94/95 | 1-56 | <b>U16</b>          | Natalie Deegan  | 93/94 | 1-30 |
| David Hatherly    | 93/94 | 1-45 | <b>U15</b>          | Sandra Narezzi  | 93/94 | 1-20 |
| Stephen Muir      | 95/96 | 1-25 | <b>U14</b>          | Lisa Grant      | 98/99 | 1-20 |
| Matthew Beattie   | 94/95 | 1-35 | <b>U13</b>          | Jessica Fisher  | 94/95 | 1-35 |
| Stephen Muir      | 93/94 | 1-05 | <b>U12</b>          | Natalia Sestic  | 92/93 | 1-05 |

**2.724kg SHOT PUT "THROW"**

|                  |       |       |                     |                  |       |       |
|------------------|-------|-------|---------------------|------------------|-------|-------|
| Robert Kropman   | 92/93 | 31-66 | <b>OPEN</b>         | Lynette Smith    | 93/94 | 16-92 |
|                  |       |       | <b>VETERAN PLUS</b> |                  |       |       |
|                  |       |       | <b>VETERAN</b>      |                  |       |       |
| Keith Mayhew     | 03/04 | 12-74 | <b>GOLDEN O</b>     |                  |       |       |
| Lajos Joni       | 06/07 | 25-50 | <b>MASTER PLUS</b>  | Katrina Russell  | 05/06 | 7-24  |
| Stephen Parkins  | 08/09 | 20-69 | <b>MASTER</b>       | Lynette Smith    | 06/07 | 16-55 |
| Robert Kropman   | 92/93 | 31-66 | <b>SENIOR</b>       | Lynette Smith    | 93/94 | 16-92 |
| Nathan Manwaring | 93/94 | 20-55 | <b>U20</b>          | Tracey Wheeler   | 86/87 | 14-54 |
| Jeff Micallef    | 88/89 | 24-60 | <b>U19</b>          | Tracey Wheeler   | 85/86 | 16-29 |
| Peter Kropman    | 85/86 | 23-86 | <b>U18</b>          | Veronica Sestic  | 92/93 | 12-78 |
| Robert Kropman   | 86/87 | 27-24 | <b>U17</b>          | Tracey Wheeler   | 84/85 | 14-66 |
| Robert Kropman   | 85/86 | 26-99 | <b>U16</b>          | Natalie Avellino | 85/86 | 13-53 |
| Robert Kropman   | 83/84 | 18-80 | <b>U15</b>          | Dianne Kidd      | 90/91 | 12-91 |
| Andrew Mcllwaine | 86/87 | 21-34 | <b>U14</b>          | Jessica Ward     | 99/00 | 9-84  |
| Jason Irvine     | 84/85 | 13-16 | <b>U13</b>          | Melissa Briggs   | 93/94 | 9-19  |
| Wayne Mulhall    | 84/85 | 7-83  | <b>U12</b>          | Natalia Sestic   | 93/94 | 5-72  |
| Hans Kropman     | 86/87 | 21-09 | <b>OFFICIAL</b>     |                  |       |       |

BLK: Blacktown

NEP: Nepean