



**GIRRAWEEEN
ATHLETICS CLUB**



ANNUAL REPORT 2009/2010

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

*Presented at the 32nd Annual General Meeting
15th June, 2010
at Toongabbie Sports and Bowling Club*

GIRRAWEEEN ATHLETICS CLUB Inc



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ANNUAL REPORT 2009 / 2010
OF
GIRRAWEE ATHLETICS CLUB Inc

Presented at the 32nd Annual General Meeting

Held at

Toongabbie Sports and Bowling Club

On

Tuesday 15th June 2010.

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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 32nd Annual Report for the 12 months ended 31st March 2010. We clearly have much to be proud of as Girraween Athletics Club continues to grow and flourish.

I am pleased to announce that we achieved record membership with 120 members registering during the 2009 / 2010 season. It is an encouraging fact that our retention levels have continued to rise in recent years. 49% of our 2009 / 2010 membership has been with our Club for 5 years or more whereas historically only 12% of the membership has recorded membership of greater than 5 years.

This Annual Report highlights the wonderful season that has been enjoyed by our club and its membership. Included are our committee reports, comprehensive reports of the 2009 Winter Competition and the 2009 / 2010 Summer Competition, Publicity and Club Records. This report reflects on the past season with our members' participation in various events almost as diverse as the range in ages of club members (from 3 to 83).

I would like to thank our members and our committee for their support as our Club would not continue to flourish without the hard work, dedication and passion they give our club. I know we are all very proud of our Club.

During the season we had a change within the committee when our former secretary, Garry Womsley, changed clubs. I would like to acknowledge the work and dedication Garry devoted to our Club during his six years with Girraween Athletics Club. Thank you, Garry! Your time and efforts were very much appreciated.

We were blessed when Jean Davis stepped forward as our new Secretary. Being a busy mum, we are fortunate that Jean took on the role in which she proves to be very competent.

Vince Adams has continued to keep our Club in great shape financially. Besides working tirelessly to keep things in order, Vince continues to present measures, which can save our Club money as well as earning better interest in the bank. One of the main purchases this year was a professional line marking machine. Used in conjunction with the same type of machine purchased by Girraween Little A's, the time taken for marking the lanes and sectors at CV Kelly Park has been dramatically reduced.

Graham Sheargold, our Registrar, has been kept busy processing record levels of registrations. Graham is most efficient in this area, processing applications quickly and keeping an informed and up-to-date register of our members as well as keeping up-to-date with his knowledge of the newer online registration systems.

Steven Blunden has continued with his fine role as our Summer Competition Manager spending many hours inputting data and keeping track of our PBs. Steven would also like to thank the large number of members who assisted with the Summer Competition acting as officials, time keeping or helping to set up equipment or pack up at the end of the day. The assistance with these duties was, and is always, very much appreciated.

We are fortunate that Stephen O'Donnell took on the role of Club Records Officer during the summer season. Stephen's expert knowledge in computer systems has helped to automate and organise the data relating to our PBs, points and records. Stephen has also spent a great deal of time fine-tuning methods which will also assist with the winter times and point scores.

Rob Eager is our Winter Competition organiser. This role carries a large area of responsibility and we are fortunate that Rob is efficient and effective. This is a stressful and time-consuming job and Rob has once again been thorough in his presentation of the results.

Brad Milosevic has developed into one of our leading elite athletes. We were very pleased when he took on the role of Coaching Co-ordinator with the assistance of Suresh Raju. The training program developed by these members became a great tool for members who utilised and training nights.

Garry Womsley wrote extensively about our athletes' performances as his role as Publicity Officer. When Garry moved on, Michael Christie (Girraween Associated Press - GAP) displayed his flair for writing and we were once again kept well informed about our athlete's performances in a range of competitions. With the completion of each and every competition we looked forward to reading Michael's reports.

Our Fund Raising Committee entered a new era this year with a large group of our younger members stepping forward to help contribute with our Club management. Thank you Brad Milosevic, Stacey Argent, Adam Sinclair, Lauren Sinclair, Lisa Grant, Carly Eager and Nick Hanna for your great efforts in raising funds for our Club.

For the second year we were officially without a Canteen Manager. However, due to his good nature, Wayne Thurlow fulfilled the role to provide a service to our athletes on Saturday afternoons and for this we are very appreciative.

Peter Matthews and George Milosevic have represented Girraween Athletics Club very well as our Park Trust Delegates. They have attended a number of meetings and have provided good local knowledge in helping the Park Trust to function effectively.

George Milosevic has also spent a great deal of time keeping a record of results sent by email. He has done a great job in his presentation of our "Emails, the Results and News" section of this report which includes a great selection of his photographs.

Geoff Sheargold, our NSW Delegate, has continued to help promote our Club in many areas. As another of our younger members working on the committee, Geoff's efforts in this arena are also very much appreciated.

Cheryl Argent and Wayne Thurlow were General Committee members. The experience they have gained from involvement with clubs over the years has helped to bring further expertise into the running of our Club.

Thank you also to Viv Manwaring, our Public Officer and to Tony Ward, our honorary auditor.

On behalf of our Club, I extend our congratulations and best wishes to Father Denis Andrew who has been elected as Australian Provincial of Carmelite priests. We also send our regards to Lajos Joni who has also been called upon for promotional duties with a mining company in Western Australia.

The athletic accomplishments of our members during the 2009 / 2010 is summarised far better than I could express and are found in our Publicity Report. Congratulations everyone!

In closing, 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. As you can read from the content above, many hours of committee members' time is taken up with many and varied duties out which occur behind the scenes. On behalf of all members, I sincerely thank our committee for the continued dedication they have for our Club.

We look forward to continued success and wish all members 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 2010 / 2011 season and to the commitment of representing our Club as we continue to promote athletics with good, friendly competition and in a social environment.

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

Lynette Smith – 2009/10

15-YEAR MEMBERS

Bob Sewell - 1998/99
Vivian Manwaring - 2006/07
Phil Bowden 2009/10

Lynette Smith 2004/05
Graham Sheargold 2007/08

10-YEAR MEDALLISTS

Jackie Wheeler - 1988
Bob Sewell - 1988
Paul Sewell - 1991
Vivian Manwaring - 1997
Stephen Halverson -2003
Vikki Savage - 2005
Suresh Raju - 2006
Lisa Grant - 2008
Gary Micallef - 2010

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
Michael Kammerer - 2003
Phil Bowden - 2004
Steven Williams - 2006
Keith Mayhew - 2007
Robert Giesler - 2010

HON. AUDITOR

Tony Ward

Public Officer

Viv Manwaring



GIRRAWEEEN ATHLETICS CLUB



(Formed September 1978)

C V Kelly Park, Oramzi Road, Girraween

President	Year	Secretary
John Wheeler	1978-1979	John Wheeler
John Wheeler	1979-1980	John Wheeler
John Wheeler	1980-1981	John Wheeler
John Wheeler	1981-1982	John Wheeler
John Wheeler	1982-1983	John Wheeler
John Wheeler	1983-1984	John Wheeler
John Wheeler	1984-1985	John Wheeler
John Wheeler	1985-1986	John Wheeler
John Wheeler	1986-1987	John Wheeler
John Wheeler	1987-1988	John Wheeler
Bob Sewell	1988-1989	Viv Manwaring
Bob Sewell	1989-1990	Viv Manwaring
Bob Sewell	1990-1991	Viv Manwaring
Bob Sewell	1991-1992	Viv Manwaring
Bob Sewell	1992-1993	Viv Manwaring
Bob Sewell	1993-1994	Viv Manwaring
Bob Sewell	1994-1995	Viv Manwaring
Bob Sewell	1995-1996	Viv Manwaring
Bob Sewell	1996-1997	Viv Manwaring
Graham Sheargold	1997-1998	Viv Manwaring
Bob Sewell	1998-1999	Viv Manwaring
Bob Sewell	1999-2000	Viv Manwaring
Bob Sewell	2000-2001	Viv Manwaring
Bob Sewell	2001-2002	Viv Manwaring
Bob Sewell	2002-2003	Lynette Smith
Steven Williams	2003-2004	Lynette Smith
Steven Williams	2004-2005	Garry Womsley
Steven Williams	2005-2006	Garry Womsley
Steven Williams	2006-2007	Garry Womsley
Steven Williams	2007-2008	Garry Womsley
Steven Williams	2008-2009	Garry Womsley
Steven Williams	2009-2010	Garry Womsley / Jean Davis

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 J14)	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

*	Venessa Separovich (Snr)	2009 / 2010	Robert Giesler (Masters +)
*	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		
*	J14)	1979 / 80	Ralph Downer (U15)
*	Joanne Kendall (U13)	1978 / 79	Simon Gemmell (U14)

* Denotes overall Champion/s

GIRRAWEE ATHLETICS CLUB Inc

CLUB COMMITTEE 2009 / 2010

<u>President</u>	Steven Williams	Elected AGM May 2009
<u>Secretary</u>	Garry Womsley Jean Davis	Elected AGM May 2009 Appointed October 2009
<u>Treasurer</u>	Vince Adams	Elected AGM May 2009
<u>Registrar</u>	Graham Sheargold	Elected AGM May 2009
<u>Public Officer</u>	Viv Manwaring	Appointed 2005
<u>Fund Raising</u>	Brad Milosevic Stacey Argent Adam Sinclair Lauren Sinclair Carly Eager Nick Hanna Lisa Grant	Elected AGM May 2009 Elected AGM May 2009 Elected AGM May 2009 Elected AGM May 2009 Elected AGM May 2009 Elected AGM May 2009 Elected AGM May 2009
<u>Summer Competition</u>	Stephen Blunden	Elected AGM May 2009
<u>Winter Competition</u>	Robert Eager	Elected AGM May 2009
<u>Club Records</u>	Jean Davis & Stephen O'Donnell	Elected AGM May 2009
<u>Coaching Co-ordinator</u>	Brad Milosevic	Appointed 2009
<u>Publicity Officer</u>	Garry Womsley	Elected AGM May 2009
<u>Canteen Manager</u>	Vacant Wayne Thurlow	Carried out duties during 2009 / 2010
<u>ANSW Delegate</u>	Geoff Sheargold Garry Womsley	Elected AGM May 2009 Elected AGM May 2009
<u>Park Trust Delegate</u>	George Milosevic Peter Matthews	Elected AGM May 2009 Elected AGM May 2009
<u>Junior Committee</u>	Geoff Sheargold	Elected AGM May 2009
<u>General Committee</u>	Wayne Thurlow	Elected AGM May 2009

MEMBERSHIP 2009 / 2010

Men: 76

Veterans Plus (80+)

Phillip Bowden

Masters Plus (50 - 59)

Antoinette Misford
Clive Kidson
George Milosevic
Graham Sheargold
Katrina Russell
Lajos Joni
Mark Attwood
Michael Evans
Michael Hehir
Rob Giesler
Robert Eager
Roger Mar
Stephen Mifsud
Steven Williams
Suresh Raju
Terry Rose
Vincent Adams

Masters (40-49 Male, 35-49 Female)

Brendan Davies
Cathy Duffy
Darren Gould
David Perry
Ed Bratovic
Garry Womsley
Gary Micallef
Graceila Lamas
Gregory Sargeant
Heidi Juhart
Hiam Elias
James Kirk
Jean Davis
Jill Woodruff
Kathleen Matthews
Louise Elliot-Watson
Lynette Smith
Mark Ingram
Matthew Stenning
Michael Christie
Michael Free
Mubarak Syed
Peter Matthews
Rachel Ingram
Rebecca Misfud
Richard Lamas
Stephen O'Donnell
Stephen Parkins
Steven Blunden
Teresa Truman
Wayne Thurlow

Women: 44

VeTerans (70 - 79)

Joseph Butler

Seniors (20-39 Male, 20-34 Female)

Adam Sinclair
Amanda Giesler
Andrew Ellis
Brad Milosevic
Cait White
Carly Eager
Chelsea Kimpton
Cheri Womsley
Chris Flower
Christine Wearne
Clara Moussa
Danny Martins
Erin Grogan
Geoff Sheargold
Jack Howard
Khudbuddin Syed
Kylie Smythe
Lauren Sinclair
Lisa Grant
Mark Amin
Matthew Paton
Michael Finucane
Michael Grogan
Nicholas Hanna
Peter Kimpton
Renae Islaub
Renee Juhart
Richard Frost
Robert Kropman
Venessa Separovich
Zachary Elliot-Watson

Under 20

Matthew Modini
Paul Tleige
Stacey Argent

Under 19

Under 18

Stephanie Russell
Taylor Doyle

Total Members: 120

Golden Oldies (60 - 69)

Denis Andrew
Eddie Makki
Keith Mayhew
Ken Scalley
Raminder Singh
Robert Field
Vivian Manwaring

Under 17

Cecilia Hidajht
Christopher O'Donnell

Under 16

Corrina Moore

Under 15

Arvind Sriram Mahapatra
Dhrrlon Singh
Diljeet Singh
Joseph Hidajat

Under 14

Ajay Mohan
Bradley Elliot-Watson
Caitlin Dunn
James Elliot-Watson
Jonas Williams
Katelyn Matthews
Mitchell Truman
Rebecca Norton
Salomon Welch

Under 13

Ashlee Tait
Ashleigh Thurlow
Connor Vernon
Ethan-Corey Womsley
Shadi Bahlawan

Under 12

Bradley Matthews
Claire Duffy
Daniel O'Donnell
Jye Perrott
Kayley Truman
Rochelle MacKenzie

SECRETARY'S REPORT

Taking on the Secretary role this year was my own personal challenge. Unfortunately, I could not dedicate enough time to this role or get my email system working well enough to do it justice. Thank you to Steve Williams for assisting in this area.

2009/10 was another successful year for Girraween Athletics Club and its members. We had great performances during local competitions and successful results at a State, National and International level this year. I hope these great achievements continue into the 2010/11 competition. Good luck!

Jean Davis
Club Secretary

REGISTRAR'S REPORT

Our registrations for 2009/2010 totalled 120. This is the Club's highest membership level in its history. This is a fantastic achievement for our Club, as the average number of members in other NSW athletics clubs is 76.

The 2009 / 2010 registration period was changed to commence from the beginning of the Summer competition. Previously registrations were taken at the completion of the Summer season and the commencement of the Winter season.

While the on-line registration system has continued to evolve, we recommend more of our members utilise this system to enhance registration efficiency.

A total of 15 Little A's registered with Seniors this season and attended our summer competition. Committees of both Seniors and Little A's wish to continue to develop this trend over the coming seasons.

Outlined below are the categories and results of this year's registrations:

Men	76
Women	44
Under 12	6
Under 13	5
Under 14	9
Under 15	4
Under 16	1
Under 17	2
Under 18	2
Under 20	3
Seniors	31
Masters	31
Masters Plus	17
Golden Oldies	7
Veterans	1
Veterans Plus	1

We look forward to building upon this wonderful result next season.

Graham Sheargold
Registrar

TREASURER'S REPORT

Treasurer's Report

Thanks to our Club's Committee and participants for providing another very enjoyable year of athletics and a good year financially.

The year began with \$6,331.67 in the bank and finished with \$8,313.33 and no outstanding liabilities. Our Club's financial position is healthy with income exceeding expenses by \$1,981.66

Fundraising Activities conducted this year included a Chocolate Drive (profit \$1,512.50), Event volunteer (profit \$577.50), sales of training shirts, singlets and socks (profits \$355.00) and a raffle (\$181). Thank you to all who supported by purchasing items and volunteering to this year's fundraising activities.

We also received profits from On line and manual Registration Fees (\$2,245.00), Canteen (\$152.05) and Athletes Ground Fees (\$1,255.40). Thanks to Wayne for the added time he spent keeping the canteen running this year.

Last year, the Committee decided to move more funds to Investment deposits, which has seen the interest for this year grow to \$112.87 from \$43.41 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 and printing of AGM reports. This year we incurred large costs for the purchase of the line marking machine (\$2075.66).

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
15 May 2010

Income/Expense Comparison by Category - 2010

1/04/2008 through 31/03/2010 (in Australian Dollars)
St. George Bank Accounts 111-528-203 and 0000348427507

19/04/2010

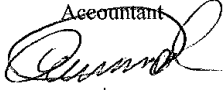
Page 1

Category Description	1/04/2008- 31/03/2009	1/04/2009- 31/03/2010	Amount Difference
INCOME			
Anniversary 30th	-1,024.59	0.00	1,024.59
Bank Interest	43.41	112.87	69.46
Canteen Income	1,228.20	960.40	-267.80
Chocolate Drive	3,917.00	2,952.40	-964.60
Clothing Sale	736.50	395.00	-341.50
Donation	0.00	2.00	2.00
Event volunteers	1,405.00	577.50	-827.50
Ground fees	763.75	1,255.40	491.65
Raffle	69.00	181.00	112.00
Registration ANSW online	2,253.00	1,987.00	-266.00
Registration manual	8,009.45	2,519.50	-5,489.95
Registration Refund	0.00	94.00	94.00
Registrations Relays	187.50	140.00	-47.50
TOTAL INCOME	17,588.22	11,177.07	-6,411.15
EXPENSES			
Bank charges	28.65	38.25	-9.60
Business Expenses	872.84	2,892.33	-2,019.49
Canteen Expenses	621.00	508.35	112.65
Catering	0.00	457.94	-457.94
Chocolate Drive Expenses	1,920.16	1,439.90	480.26
Clothing			
Other Clothing-Clothing	1,152.00	40.00	1,112.00
TOTAL Clothing	1,152.00	40.00	1,112.00
Donations	50.00	0.00	50.00
Electricity	604.84	342.96	261.88
Equipment	12.00	0.00	12.00
IMG Online Fee	22.10	115.04	-92.94
Insurance-Insurance	656.00	745.50	-89.50
Park Trust Fees	1,320.00	101.00	1,219.00
Registration Relays	412.50	0.00	412.50
Rego ANSW Manual	6,445.50	712.50	5,733.00
Rego ANSW Online	1,810.50	1,549.00	261.50
Rego Refund	49.00	70.00	-21.00
regos to new Year	282.95	0.00	282.95
Trophies	258.20	836.75	-578.55
Winter BBQ	0.00	-654.11	654.11
TOTAL EXPENSES	16,518.24	9,195.41	7,322.83
OVERALL TOTAL	1,069.98	1,981.66	911.68
Balance Carried Forward	5,261.69	6,331.67	
Account Balance	6,331.67	8,313.33	

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

ASSETS :

Bank Account \$8,417.68 less unrepresented cheques totalling \$104.35 = \$8,313.33.
33 Singlets (unsold) \$ 990.00
7 Pair Socks (unsold) \$ 45.50
Liabilities NIL
NETT ASSETS \$9,453.18

Accountant

TONY WARD B.Sus
16/5/2010

Vince Adams
Treasurer

Girraween Athletics Club Equipment (Stored at CV Kelly Park)

Line marking machine (professional model)

Competition standard hurdles – 60

Distance marker for hurdles

Transporter for steeples

Steeple jump for training

Trolley for discuses / shot puts

Trolley (green) for general equipment

Senior relay batons x 6

Mini Hurdles x5

Javelin set up tape

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

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

1 x 3kg

1 x 2kg

1 x 2.724kg (6lb) for modified program

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

Starter guns: 2

Ear protectors: 1 set

Starter's signaller: 1

Safety Glasses: 1 pair

Mini Training Hurdles: x 5

Starter caps: 11 boxes

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 22

Socks: x 7 pairs

FUNDRAISING REPORT

Another successful year was had in terms of fundraising activities for the club. Girraween Athletics club is a non profit organisation and it is important that we continue to rely on various fundraising efforts throughout the year to continue to offer competition all year round for our members.

The first minor fundraising effort from the committee and the club was the jelly bean guessing competition. This was held at the very beginning of the 2009 winter season. Girraween members and members of the wider athletics community enjoyed guessing how many jelly beans were in the jar. This proved to be a success and raised \$200 for the club. Many thanks go to Carly eager for her work and organisation in this event.

Once again the chocolate fundraiser was our major fundraiser for the year with a profit of **\$1,512.50**.

The club also ran 2 Barbecues during the winter season the first being at the state short course championships held at Upjohn Park in Dundas and the second at Pendle Hill Inn.

We also volunteered our services at the ANSW All schools athletics championships held at Sydney Olympic Park Athletics centre at the beginning of the summer season. Working at this event earned us a **total of \$577.50** for the club over four days of service.

Finally during the 2009/2010 summer competition we raised \$181 from our annual Christmas raffle.

Our fundraising total of over \$2000 was an outstanding result. Many thanks must go to all members on behalf of the fundraising committee for your support.

Thank you ... see you soon park side or elsewhere.

The 2009/2010 Fundraising Committee.

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 support our members and 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 sometimes 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 \$152.05. 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 during the Blacktown / Girraween (and Hills) Annual Challenge.

Wayne Thurlow
General Committee Member

COACHING CO-ORDINATOR'S REPORT

Suresh and I stepped forward to help coordinate training for the senior club and to help take some load off the little A's based coaches who were working overtime trying to fit everything in. We aimed at catering for a more middle to long distance based training for those members who regularly compete in the longer events, older little A's who may have school and zone distance events and anyone who just wanted to improve on their fitness and PB's.

Numbers started out very promising with many new faces coming along, some long time members also returning and occasionally the influx of little A's joining in boosted numbers some nights. However numbers dropped slowly throughout the year due to various commitments. The core group stayed together through the hot and humid nights and continued training and all improved as the season went on which was very motivating.

Due to the small numbers seniors training has since been combined with Little A's training on Monday and Wednesday nights. A big thank you to Wayne for helping out here.

Thank you Suresh for your efforts and **ALL** who helped out throughout the year and those who came for a run at one point or another it was good to see you all.

Brad Milosevic
Coaching Co-ordinator

SUMMER COMPETITION REPORT

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2009 / 2010 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). 1st, 2nd and 3rd places are available within each category, catering for men and women. From these placings, 1st, 2nd and 3rd awards have been presented to the top three men and women. The highest award, Club Champion, is presented to the male or female who has scored the highest total of points for the season.

Congratulations to **Venessa Separovich** who is our 2009 / 2010 season's **Club Champion**. This is Venessa first club champion award. Venessa has trained well and completed a fantastic season with 82 points Venessa is an excellent friendly competitor who has steadily improved throughout the season. Rob Giesler accomplished another great season gaining 2nd place on a creditable 69 points with another fine athlete, Wayne Thurlow gaining 3rd place on 63 points. Congratulations and well done. All of these athletes not only had outstanding seasons on the field they also were fantastic assistance in setting up and packing up event equipment and managing the canteen. The club thanks you for these great efforts

The women's competition was won well by **Venessa Separovich**. This is Venessa's first women's champion award and we hope she continues with her fine efforts each season. Venessa scored 82 points, with Jean Davis, once again gaining 2nd place with 61 points. In 3rd place was Chelsea Kimpton, who has also performed well gaining 49 points.

The following tables display the age category winners:

Under 20				
	<i>Men</i>		<i>Women</i>	
1st	Matthew Modini	35	Stephanie Russell	44.0
Seniors				
1st	Grogan, Michael	56	Venessa Separovich	82
2nd	Martins, Danny	43	Chelsea Kimpton	49
Masters				
1st	Rob Giesler	69	Jean Davis	61
2nd	Wayne Thurlow	63		
3rd	Peter Matthews	60		

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 again this year as **Champion Visitor**. Fred Daniels, who has won Champion Visitor for a number of years was placed first in the 70+ visitors age group and Jamie Bratovic and Joel Wheatley were placed equal first in the Senior age group. With our Summer Competition known as Girraween Allcomers, we attract regular visitors from other clubs and non dual athletes from Girraween Little Athletic and acknowledge the contribution from regular visiting athletes.

Congratulations to all members and visitors for your enthusiasm and dedication to athletics during the 2009 / 2010 Summer Competition.

Stephen O'Donnell

NEWS

Ashlee on fast track to top

BRYN KAY

AT 13, Ashlee Tait is determined to be a star athlete, even if it means sacrificing one sport to pursue another.

Until this year Ashlee was a top netballer, but that all changed when she decided to ditch the netball shoes and stick with the track spikes full-time after she found it hard balancing the two.

"I dropped playing representative netball because it took up too much time training and it meant I didn't have my best year last year because I didn't even make the state championships," she said.

But that all changed this year when Ashlee established herself as one of the best 13-year-old athletes in the country.

She is also the *Advocate's* 2010 Junior Sports Star nominee for this week.

Ashlee has hit the ground running in 2010, taking out a host of podium placings at both the state and national level.

Her standout performances include a gold in the under-14 girls 100m event at the NSW Junior and Youth Championships in February, along with a bronze in the 200m and a silver in the 200m hurdles.

She then stepped up a notch to win gold in the 100m at the Australian Junior Championships last March, and also bagged a silver in the 200m, bronze in the





MAJOR SPONSOR



Kings Langley's Ashlee Tait is prepared to make any sacrifice be a top class athlete.
Picture: ISABELLA LETTINI

80m hurdles and gold in the NSW 'A' 4x100m relay team.

"Yeah I was really surprised to do as well as I did," she said.

While in previous years Ashlee has seen herself as primarily a hurdler, she now considers herself

to be more of a sprinter, joking that she will have to find a sprinter to look up to, after previously looking up to the Australia's Sally McLellan who took silver in the 100m hurdles at the 2008 Beijing Olympics.

The awards are sponsored by Rebel Sports and our sponsor, Supa Centa, Castle Hill.

 Know any top local sports? Tell us all about them at blacktownadvocate.com.au

2009/2010 Season New Records

Club track and field Competition

Event	Time Distance	Name	Age Group	Previous Holder	Previous Record	Year
100M	12.80	Rob Giesler	Masters Plus (50-59) Male	Vince Adams	12.9	07/08
100M	13.13	Rebecca Norton	Under 13 Female	Melissa Briggs	13.8	93/94
100M	13.18	Jye Perrott	Under 12 Male	Llia Gill	13.3	79/80
100M	13.76	Ashlee Tait	Under 12 Female	Danielle Goodin	14.3	03/04
200M	28.10	Rob Giesler	Masters Plus (50-59) Male	Vince Adams	29	05/06
200M	28.15	Rebecca Norton	Under 13 Female	Tania Ringhof	29.1	78/79
200M	27.91	Jye Perrott	Under 12 Male	Llia Gill	29.0	79/80
400M	65.33	Jye Perrott	Under 12 Male	Michael Wheeler	67.2	83/84
800M	02:30.08	Jye Perrott	Under 12 Male	Nathan Schmid	02:33.00	89/90
3000M	14:37.37	Katrina Russell	Masters Plus (50-59) Female	No previous record		
Long Jump	4.50	Rob Giesler	Masters Plus (50-59) Male	Rob Stepanovich	3.87	07/08
Long Jump	4.57	Jye Perrott	Under 12 Male	Llia Gill	4.46	79/80
Long Jump	4.16	Lynette Smith	Masters (35-49) Female	Lynette Smith	4.05	07/08
Triple Jump	8.58	Rob Giesler	Masters Plus (50-59) Male	Viv Manwaring	8.33	05/06
Triple Jump	9.92	Jye Perrott	Under 12 Male	Jeff Michallef	8.87	81/82
Triple Jump	9.09	Lynette Smith	Masters (35-49) Female	Lynette Smith	8.28	07/08
				Vince Adams	1.20	05/06
High Jump	1.21	Rob Giesler	Masters Plus (50-59) Male	Viv Manwaring	1.20	05/06
Discus	17.92	Katrina Russell	Masters Plus (50-59) Female	Katrina Russell	16.74	07/08
Shot Put	10.51	Lynette Smith (4KG)	Masters (35-49) Female	Lynette Smith (4kg)	10.22	07/08
Shot Put	10.51	Lynette Smith (4KG)	Open Female	Natalie Avellino (4kg)	10.32	86/87
Javelin	29.64	Lajos Joni	Masters Plus (50-59) Male	Lajos Joni	28.81	05/06
Javelin	37.00	Lynette Smith (600g)	Masters (35-49) Female	Lynette Smith (600g)	34.54	08/09

Modified Competition

Event	Time Distance	Name	Age Group	Previous Holder	Previous Record	Year
300M Unlaned	00:46.51	Rob Giesler	Masters Plus (50-59) Male	Vince Adams	00:47.10	07/08
300M Unlaned	00:48.38	Lynette Smith	Masters (35-49) Female	Lynette Smith	00:48.50	06/07
Scissor High Jump	1.20	Rob Giesler	Masters Plus (50-59) Male	Vince Adams	1.15	06/07
2000M	09:24.65	Jean Davis	Masters (35-49) Female	Andrea Hendley	10:24.20	02/03
2000M	07:39.54	Lisa Grant	Senior (20-35) Female	Leanne burke	07:48.00	96/97
Scissor High Jump	1.40	Lynette Smith	Masters (35-49) Female	Lynette Smith	1.30	06/07

Detailed Summer Results

Club Competition Point Scores 2090 / 2010

Venessa Separovich	85.5	Mubarak Syed	12
Rob Giesler	76.5	Caitlin Thurlow	12
Wayne Thurlow	63	Erin Grogan	11
Jean Davis	61	Geoff Sheargold	11
Peter Matthews	60	Jonah Stenning	10
Michael Grogan	56	Michael Finucane	9
Roger Mar	56	Terry Rose	9
Steven Blunden	51	Connor Vernon	9
Chelsea Kimpton	49	Joseph Butler	8
Stephen O'Donnell	48	Stephanie Russell	8
Steven Williams	48	Graham Sheargold	8
Michael Christie	47	Lynette Smith	8
Vincent Adams	43	Heidi Juhart	7
Danny Martins	43	Clive Kidson	7
Nathaneal Stenning	39	Ashleigh Thurlow	7
Cecilia Hidajat	37	Joseph Hidajat	6
Michael Hehir	35	Lajos Joni	6
Matthew Modini	35	Keith Mayhew	6
Matthew Stenning	34	Abuzar Abdelrahim	5
Michael Evans	33	Shadi Bahlawan	5
Stephen Parkins	33	Denis Andrew	4
Peter Kimpton	32	Katelyn Matthews	4
Lauren Sinclair	30	Robert Eager	3
Stacey Argent	24	Daniel O'Donnell	3
Katrina Russell	23	Cheryl Argent	2
Lisa Grant	21	Vivian Manwaring	2
Bradley Matthews	21	Corrina Moore	2
David Perry	21	Ashlee Tait	2
Gregory Sargeant	21	Robert Kropman	1
Chris Flower	20.5	Brad Melosevic	1
Kathleen Matthews	20	Jill Woodruff	1
Jye Perrott	19	Taylor Doyle	0
Rebecca Norton	18	Carly Eager	0
Robert Field	17	Jack Howard	0
Michael Free	17	Renae Islaub	0
Suresh Raju	16	Arvind Sriram Mahapatra	0
Adam Sinclair	15.5	Christopher O'Donnell	0
Ed Bratovic	14	Dhrrllon Singh	0
Raminder Singh	14	Diljeet Singh	0
Amanda Giesler	13	Christine Wearne	0
Gary Micallef	12	Salomon Welch	0
Khudbuddin Syed	12		

Stephen O'Donnell and Stephen Blunden
Summer Competition, Point Score & Records Organisers

WINTER COMPETITION – 2009

2009 was an enjoyable and successful season. Girraween had 70 registered athletes who competed in the West Metropolitan road and cross-country running series and Championships.

EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE FOR 2009

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

Competition for males and females is 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 are included in the Short, Medium or Long distance category based on the distance they nominated at the commencement of the season.

Where an athlete fails to notify the Winter Competition Manager of a nomination the athlete was allocated a category at the managers' discretion.

Points were awarded from the fastest finisher to the slowest ie 1st 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 3rd 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.

Below is a list of the 2009 Club trophy winners and a list of our Club athletes times and their point scores for the 2009 season:

GIRRAWEE ATHLETICS CLUB TROPHY WINNERS 2009

LONG

Male

SENIOR	MICHAEL GROGAN	360
SENIOR	MARK AMIN	319
SENIOR	GEOFF SHEARGOLD	295

MASTER	PETER MATHEWS	405
MASTER	MICHAEL FREE	338
MASTER	GARY WOMSLEY	310

GOLDEN OLDIE	DENNIS ANDREW	275
GOLDEN OLDIE	KEN SCALLEY	267
GOLDEN OLDIE	JOE BUTLER	175

Female

SENIOR	LISA GRANT	330
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MEDIUM

Male

U20	ETHAN WOMSLEY	222
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MASTER	MICHAEL CHRISTIE	366
MASTER	RICHARD LAMAS	304
MASTER	DAVID PERRY	283

Female

SENIOR	JEAN DAVIS	312
SENIOR	CARLY EAGER	234

MASTER	RACHEL EVANS-INGRAM	269
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SHORT

Male

SENIOR	DANNY MARTINS	250
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MASTER	WAYNE THURLOW	391
MASTER	ED BRATOVIC	347
MASTER	TERRY ROSE	308

DETAILED WINTER RESULTS

CLUB COMPETITION POINTSCORES – WINTER 2009

First Name	Last Name	Male / Female	Age (31/12/09)	Age (West Met)	Age (Girra)	Nominated Distance	Points
SHORT DISTANCE							
Male							
Wayne	Thurlow	Male	43	40-49	Master	S	391
Ed	Bratovic	Male	41	40-49	Master	S	347
Terry	Rose	Male	57	50-59	Master	S	308
Greg	Sargeant	Male	49	40-49	Master	S	297
Roger	Mar	Male	53	50-59	Master	S	293
Stephen	O'Donnell	Male	45	40-49	Master	S	280
Andrew	Ellis	Male	20	U21	U21	S	268
Adam	Sinclair	Male	20	U21	U21	S	259
Danny	Martins	Male	25	Senior	Senior	S	250
Stephen	Mifsud	Male	51	50-59	Master	S	250
James	Kirk	Male	45	40-49	Master	S	195
Vince	Adams	Male	54	50-59	Master	S	179
Eddie	Makki	Male	61	60+	Gold Old	S	171
Steven	Blunden	Male	49	40-49	Master	S	168
Bradley	Elliot-Watson	Male	14	U15	U15	S	144
James	Elliot-Watson	Male	14	U15	U15	S	121
Connor	Vernon	Male	12	U13	U13	S	30
Female							
Renee	Juhart	Female	34	30-39	Senior	S	258
Jill	Woodruff	Female	40	40-49	Master	S	240
Antoinette	Mifsud	Female	40	40-49	Master	S	239
Heidi	Juhart	Female	39	30-39	Senior	S	237
Rebecca	Mifsud	Female	10	U11	U11	S	228
Katrina	Russell	Female	54	50-59	Master	S	221
Stephanie	Russell	Female	17	U18	U18	S	199
Lauren	Sinclair	Female	21	Senior	Senior	S	193
Louise	Elliot-Watson	Female	29	Senior	Senior	S	179
Hiam	Ellias	Female	41	40-49	Master	S	149
Graciela	Lamas	Female	42	40-49	Master	S	148
Claire	Duffy	Female	9	U10	U10	S	133
Cait	White	Female	22	Senior	Senior	S	59
Teresa	Truman	Female	42	40-49	Master	S	27

MEDIUM DISTANCE Male

Michael	Christie	Male	47	40-49	Master	M	366
Richard	Lamas	Male	47	40-49	Master	M	304
David	Perry	Male	47	40-49	Master	M	283
Zachary	Elliot-Watson	Male	38	30-39	Senior	M	254
Ethan	Womsley	Male	12	U13	U13	M	222
Vivian	Manwaring	Male	62	60+	Gold Old	M	189
Darren	Gould	Male	46	40-49	Master	M	156
Ryan	Noble	Male	12	U13	U13	M	98
Jonas	Williams	Male	14	U15	U15	M	75
Suresh	Raju	Male	50	50-59	Master	M	0

Female

Jean	Davis	Female	36	30-39	Senior	M	312
Rachel	Evans-Ingram	Female	41	40-49	Master	M	269
Carly	Eager	Female	21	Senior	Senior	M	234
Stacey	Argent	Female	19	U20	U20	M	233
Rochelle	MacKenzie	Female	10	U11	U11	M	143
Cathy	Duffy	Female	37	30-39	Senior	M	103

LONG DISTANCE

Male

Peter	Mathews	Male	47	40-49	Master	L	405
Michael	Grogan	Male	34	30-39	Senior	L	360
Michael	Free	Male	43	40-49	Master	L	338
Mark	Amin	Male	36	30-39	Senior	L	319
Garry	Womsley	Male	46	40-49	Master	L	310
Geoff	Sheargold	Male	23	Senior	Senior	L	295
Denis	Andrew	Male	61	60+	Gold Old	L	275
Ken	Scalley	Male	61	60+	Gold Old	L	267
Graham	Sheargold	Male	54	50-59	Master	L	256
Clive	Kidson	Male	58	50-59	Master	L	245
Stephen	Parkins	Male	49	40-49	Master	L	243
Robert	Eager	Male	57	50-59	Master	L	241
Mark	Ingram	Male	47	40-49	Master	L	232
Steven	Williams	Male	53	50-59	Master	L	205
Joseph	Butler	Male	72	65+	Gold Old	L	175
Lonnie	Balinski	Male	62	60+	Gold Old	L	145
Nicholas	Hanna	Male	22	Senior	Senior	L	119
Brad	Milosevic	Male	20	U21	U21	L	90
Brendan	Davies	Male	-	-	-	L	89
Richard	Frost	Male	35	30-39	Senior	L	87
Matthew	Paton	Male	27	Senior	Senior	L	82

Female

Lisa	Grant	Female	24	Senior	Senior	L	330
Linda	Balinski	Female	52	50-59	Master	L	260
Kylie	Smythe	Female	26	Senior	Senior	L	86
Renae	Islaub	Female	34	30-39	Senior	L	0

Sun Sport



Back from abyss

By John Macdonald

LAIJOS Joni thought his athletics career had gone down the mine when he was just 29.

A serious accident had derailed his dream of throwing the discus at the Commonwealth Games.

The medical opinion was he'd never compete again; his dream was just to regain his health.

"I was testing the gas and exhaust on a train at an underground mine in Lithgow," the 54-year-old Blacktown man said.

"I was the canary. The train jumped off the main track.

"There were no brakes and the runaway train wouldn't stop. I had to jump off."

He suffered severe back injuries, and a broken hand and wrist.

It would be two years before Joni could return to the laboratory and he had a family to support.

"My back was bad, I had severe headaches and was on so much medication," said the 185cm-tall industrial chemist, then employed by the coal industry to test gas.

"My weight dropped from 100kg to 67kg."

Joni had taken his athletics seriously. He'd been a regular competitor at Henley Field, had won a country championship and was within a few metres of reaching the Commonwealth Games standard.

"It was very shattering," he said, pun unintended. "I had been very fit and didn't drink and smoke."

When he was well enough, Joni satisfied himself with the cerebral pursuit of chess – "It was all I could do" – though the techniques needed for the throwing sports require far more skill than picking up weights and heaving them.

Then 16 years after the accident, Joni made an advance.

He didn't heave weights but found he could lift them again.

Progress was in metres rather than great leaps forward, but metre by metre he started to heave those weights.

Joni has now competed in two World Masters Games and is training for his third, which starts in Sydney in November.

He's entered the lot: the shot put, discus, hammer throw, weight throw and the pentathlon, which includes those four plus the javelin.

He didn't enter the individual javelin because "I'd be lucky to be in the top 25".

He's still lucky.

"I loved doing athletics," he said of life until the accident derailed him.

Joni isn't dreaming gold medals in the 50-54 category.

"There'll be ex-Olympians competing," he said, but he's already a winner.

He's doing what he loves again.

	Male / Female	Age (31/12/09)	Age (West Met)	Age (Girra)	Nominated Distance	4/04/2009 1st West Met Richard Murden Res.Haberfield Time [Short = 2k] [Medium = 4k] [Long = 8k]	4/04/2009 1st West Met Richard Murden Res.Haberfield Points	11/04/2009 2nd West Met Queen Elizabeth Park Concord Time [Short = 2k] [Medium = 4k] [Long = 8k]	11/04/2009 2nd West Met Queen Elizabeth Park Concord Points	18/04/2009 3rd West Met Rydalmere (Nth Parra River) Time [Short = 2k] [Medium = 5k] [Long = 10k]	18/04/2009 3rd West Met Rydalmere (Nth Parra River) Points	25/04/2008 4th West Met Smithfield Time [Short = 2k] [Medium=5k] [Long = 10k]	25/04/2008 4th West Met Smithfield Points
						1		2		3		4	
Connor Vernon	M	12	U13	U13	S	0.00	0	0.00	0	0.00	0	0.00	0
Bradley Elliot-Watson	M	14	U15	U15	S	8.27	23	0.00	0	0.00	0	10.09	19
James Elliot-Watson	M	14	U15	U15	S	9.12	21	0.00	0	0.00	0	9.00	22
Andrew Ellis	M	20	U21	U21	S	0.00	0	6.32	30	6.22	30	6.30	30
Adam Sinclair	M	20	U21	U21	S	7.37	29	7.40	28	7.00	29	0.00	0
Danny Martins	M	25	Senior	Senior	S	0.00	0	8.09	27	7.28	27	7.50	28
Ed Bratovic	M	41	40-49	Master	S	7.07	30	7.36	29	7.16	28	7.31	29
Wayne Thurlow	M	43	40-49	Master	S	7.55	28	8.13	26	7.44	26	7.57	27
Stephen O'Donnell	M	45	40-49	Master	S	8.26	26	10.33	22	8.38	22	9.25	21
James Kirk	M	45	40-49	Master	S	0.00	0	9.02	23	8.21	25	8.25	26
Greg Sargeant	M	49	40-49	Master	S	8.17	27	8.51	25	8.29	24	8.36	24
Steven Blunden	M	49	40-49	Master	S	0.00	0	0.00	0	0.00	0	0.00	0
Stephen Mifsud	M	51	50-59	Master	S	0.00	0	0.00	0	0.00	0	8.26	25
Roger Mar	M	53	50-59	Master	S	8.59	24	0.00	0	9.20	21	9.26	20
Vince Adams	M	54	50-59	Master	S	9.17	22	0.00	0	9.30	20	0.00	0
Terry Rose	M	57	50-59	Master	S	8.28	25	8.54	24	8.31	23	8.41	23
Eddie Makki	M	61	60+	Gold Old	S	0.00	0	13.03	21	0.00	0	12.56	18
Claire Duffy	F	9	U10	U10	S	15.17	22	0.00	0	11.05	26	11.12	27
Rebecca Mifsud	F	10	U11	U11	S	12.00	24	0.00	0	0.00	0	12.36	25
Stephanie Russell	F	17	U18	U18	S	0.00	0	0.00	0	10.31	28	0.00	0
Lauren Sinclair	F	21	Senior	Senior	S	0.00	0	15.11	25	13.21	24	0.00	0
Cait White	F	22	Senior	Senior	S	0.00	0	0.00	0	10.07	29	0.00	0
Louise Elliot-Watson	F	29	Senior	Senior	S	11.54	25	13.55	26	11.38	25	0.00	0
Renee Juhart	F	34	30-39	Senior	S	9.50	28	10.40	29	0.00	0	10.15	28
Heidi Juhart	F	39	30-39	Senior	S	9.15	29	10.01	30	0.00	0	9.27	29
Jill Woodruff	F	40	40-49	Master	S	11.19	26	12.03	27	10.33	27	11.25	26
Antoinette Mifsud	F	40	40-49	Master	S	14.01	23	0.00	0	0.00	0	15.07	24
Hiam Elias	F	41	40-49	Master	S	0.00	0	0.00	0	13.47	23	0.00	0
Graciela Lamas	F	42	40-49	Master	S	8.43	30	11.19	28	8.40	30	9.18	30
Teresa Truman	F	42	40-49	Master	S	9.53	27	0.00	0	0.00	0	0.00	0
Katrina Russell	F	54	50-59	Master	S	0.00	0	0.00	0	0.00	0	0.00	0

	2/05/2009 [Champ 1] NSW Road Ch'ship Sydney Olympic Park Time [Ch'ship 10k]	2/05/2009 [Champ 1] NSW Road Ch'ship Sydney Olympic Park Points	9/05/2009 [Special 1] NSW Novice Ramsgate Time [Novice 10k]	9/05/2009 [Special 1] NSW Novice Ramsgate Points	16/05/2009 5th West Met George Kendall Riverside Res. Time [Short = 2k] [Medium = 4k] [Long = 8k]	16/05/2009 5th West Met George Kendall Riverside Res. Points	23/05/2009 6th West Met Upjohn Park Dundas Time [Short = 2k] [Medium = 4k] [Long = 8k]	23/05/2009 6th West Met Upjohn Park Dundas Points	30/05/2009 [Relay 1] NSW X Country Relays Miranda Time [4k]	30/05/2009 [Relay 1] NSW X Country Relays Miranda Points	6/06/2009 7th West Met Col Sutton Park Winston Hills Time [Short = 2k] [Medium = 4k] [Long = 8k]
	5		6		7		8		9		10
Connor Vernon	11.33 (2.5k)	30	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Bradley Elliot-Watson	0.00	0	0.00	0	9.57	18	9.31	23	0.00	0	10.11
James Elliot-Watson	0.00	0	0.00	0	0.00	0	10.19	20	0.00	0	0.00
Andrew Ellis	35.34 (10k)	29	0.00	0	6.38	30	6.39	30	14.16 (4k)	29	6.34
Adam Sinclair	0.00	0	0.00	0	17.27 (4k)	15	7.46	29	17.40 (4k)	21	0.00
Danny Martins	0.00	0	0.00	0	8.35	27	0.00	0	18.11 (4k)	18	0.00
Ed Bratovic	0.00	0	0.00	0	7.29	29	7.47	28	16.24 (4k)	27	7.39
Wayne Thurlow	43.49 (10k)	20	43.43 (10k)	24	7.44	28	8.10	27	16.44 (4k)	26	7.43
Stephen O'Donnell	0.00	0	0.00	0	8.57	22	0.00	0	18.55 (4k)	13	9.00
James Kirk	0.00	0	0.00	0	8.40	25	9.07	25	0.00	0	0.00
Greg Sargeant	0.00	0	0.00	0	8.30	23	0.00	0	20.33 (4k)	8	8.56
Steven Blunden	0.00	0	0.00	0	9.16	21	0.00	0	18.58 (4k)	12	9.27
Stephen Mifsud	0.00	0	0.00	0	8.36	26	8.39	26	0.00	0	8.40
Roger Mar	53.21	17	0.00	0	9.39	20	10.00	22	20.12 (4k)	9	0.00
Vince Adams	0.00	0	9.31 (2k)	15	9.47	19	10.01	21	23.17 (4k)	1	0.00
Terry Rose	0.00	0	0.00	0	8.43	24	9.19	24	18.36 (4k)	16	9.09
Eddie Makki	0.00	0	0.00	0	12.50	17	0.00	0	22.07 (4k)	1	12.54
Claire Duffy	0.00	0	0.00	0	0.00	0	9.37	30	0.00	0	11.14
Rebecca Mifsud	0.00	0	0.00	0	0.00	0	13.21	24	0.00	0	15.11
Stephanie Russell	0.00	0	0.00	0	10.52	28	0.00	28	0.00	0	0.00
Lauren Sinclair	0.00	0	0.00	0	13.43	24	15.55	21	0.00	0	0.00
Cait White	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Louise Elliot-Watson	0.00	0	0.00	0	13.21	25	11.49	25	0.00	0	11.36
Renee Juhart	0.00	0	0.00	0	10.06	29	0.00	0	0.00	0	10.06
Heidi Juhart	0.00	0	0.00	0	0.00	0	10.06	29	0.00	0	9.23
Jill Woodruff	0.00	0	0.00	0	11.14	27	11.41	26	0.00	0	11.45
Antoinette Mifsud	0.00	0	0.00	0	14.40	23	15.09	22	0.00	0	14.27
Hiam Elias	0.00	0	0.00	0	0.00	0	14.13	23	0.00	0	0.00
Graciela Lamas	0.00	0	0.00	0	9.15	30	0.00	0	0.00	0	0.00
Teresa Truman	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Katrina Russell	0.00	0	0.00	0	12.25	26	11.38	27	0.00	0	0.00

	6/06/2009 7th West Met Col Sutton Park Winston Hills Points	13/06/2009 8th West Met North Ryde Common North Ryde Time [Short = 2k] [Medium = 4k] [Long = 8k]	13/06/2009 8th West Met North Ryde Common (Macquarie Hospital) North Ryde Points	20/06/2009 [Champ 2] NSW X Country Champs Nowra Time [12k]	20/06/2009 [Champ 2] NSW X Country Champs Nowra Points	27/06/2009 9th West Met Crestwood Reserve Baulkham Hills Time [Short = 2k] [Medium = 4k] [Long = 8k]	27/06/2009 9th West Met Crestwood Reserve Baulkham Hills Points	4/07/2009 10th West Met Prospect Res. Time [Short=2k] [Medium=4k] [Long=8k]	4/07/2009 10th West Met Prospect Res. Points	11/07/2009 [Relay 2] NSW Road Relay Champs 4k Flagstaff Hill Wollongong Time
		11		12		13		14		15
Connor Vernon	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Bradley Elliot-Watson	22	10.56	21	0.00	0	0.00	0	10.13	18	0.00
James Elliot-Watson	0	9.03	24	0.00	0	10.48	19	12.33	15	0.00
Andrew Ellis	30	0.00	0	0.00	0	0.00	0	6.47	30	0.00
Adam Sinclair	0	0.00	0	0.00	0	8.15	26	8.03	27	16.39 (4k)
Danny Martins	0	19.16 (4k)	14	0.00	0	8.41	25	7.46	28	0.00
Ed Bratovic	29	7.38	30	0.00	0	7.49	28	0.00	0	0.00
Wayne Thurlow	28	8.00	29	58.38 (12k)	27	7.44	29	7.29	29	15.32 (4k)
Stephen O'Donnell	25	9.01	25	0.00	0	8.45	24	8.25	26	0.00
James Kirk	0	0.00	0	0.00	0	0.00	0	8.47	22	0.00
Greg Sargeant	26	8.49	26	0.00	0	8.46	23	8.40	23	0.00
Steven Blunden	23	9.14	23	0.00	0	0.00	0	9.10	21	0.00
Stephen Mifsud	27	8.44	28	0.00	0	8.14	27	0.00	0	0.00
Roger Mar	0	10.01	22	70.45 (12k)	23	10.16	20	9.43	20	19.49 (4k)
Vince Adams	0	0.00	0	0.00	0	0.00	0	9.58	19	0.00
Terry Rose	24	8.45	27	0.00	0	9.06	21	8.28	24	17.46 (4k)
Eddie Makki	21	13.16	20	0.00	0	12.54	18	12.12	16	0.00
Claire Duffy	28	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Rebecca Mifsud	23	14.19	24	0.00	0	13.06	27	0.00	0	0.00
Stephanie Russell	0	11.12	27	0.00	0	0.00	0	0.00	0	0.00
Lauren Sinclair	0	15.23	23	0.00	0	14.03	25	13.01	26	0.00
Cait White	0	0.00	0	0.00	0	10.42	30	0.00	0	0.00
Louise Elliot-Watson	26	0.00	0	0.00	0	0.00	0	12.34	27	0.00
Renee Juhart	29	9.42	29	0.00	0	0.00	0	10.02	29	0.00
Heidi Juhart	30	9.36	30	0.00	0	0.00	0	9.13	30	0.00
Jill Woodruff	25	11.11	28	0.00	0	11.37	28	0.00	0	0.00
Antoinette Mifsud	24	16.19	22	0.00	0	14.44	24	0.00	0	0.00
Hiam Elias	0	14.08	25	0.00	0	13.46	26	0.00	0	0.00
Graciela Lamas	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Teresa Truman	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Katrina Russell	0	11.55	26	0.00	0	11.29	29	10.33	28	0.00

	11/07/2009 [Relay 2] NSW Road Relay Champs 4k Flagstaff Hill Wollongong Points	18/07/2009 [Champ 3] NSW X Country Champs (Short) 5k & 7.5k Upjohn Park Time	18/07/2009 [Champ 3] NSW X Country Champs (Short) 5k & 7.5k Upjohn Park Points	25/07/2009 11th West Met River Road Reserve Emu Plains Time [Short=2k] [Medium=5k] [Long=10k]	25/07/2009 11th West Met River Road Reserve Emu Plains Points	1/08/2009 12th West Met Cowells Lane Ermington Time [Short=2k] [Medium=5k] [Long=10k]	1/08/2009 12th West Met Cowells Lane Ermington Points	9/08/2009 City to Surf 14K Sydney to Bondi Time [Non Pointscoring]	9/08/2009 City to Surf 14K Sydney to Bondi [Non Pointscoring]	15/08/2009 13th West Met Gipps Rd Greystanes Time [Short=2k] [Medium=5k] [Long=8k]
		16		17		18		19		20
Connor Vernon	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Bradley Elliot-Watson	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
James Elliot-Watson	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Andrew Ellis	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Adam Sinclair	22	0.00	0	0.00	0	7.55	27	0.00	0	8.04
Danny Martins	0	0.00	0	8.01	28	7.54	28	72.58 (14k)	0	0.00
Ed Bratovic	0	0.00	0	7.48	29	7.46	29	0.00	0	7.34
Wayne Thurlow	24	0.00	0	7.45	30	7.42	30	0.00	0	7.44
Stephen O'Donnell	0	0.00	0	8.44	26	8.43	24	70.21 (14k)	0	8.34
James Kirk	0	0.00	0	8.52	25	0.00	0	0.00	0	8.40
Greg Sargeant	0	37.58 (7.5k)	21	8.30	27	8.32	25	71.33 (14k)	0	8.26
Steven Blunden	0	0.00	0	9.43	23	9.39	23	126.09 (14k)	0	9.40
Stephen Mifsud	0	0.00	0	10.01	22	8.20	26	67.45 (14k)	0	8.03
Roger Mar	13	41.38 (7.5k)	19	10.07	21	10.07	22	80.26 (14k)	0	9.35
Vince Adams	0	0.00	0	10.45	20	10.18	21	0.00	0	9.41
Terry Rose	17	23.58 (5k)	28	9.32	24	0.00	0	74.58 (14k)	0	0.00
Eddie Makki	0	0.00	0	13.04	19	0.00	0	79.15 (14k)	0	12.35
Claire Duffy	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Rebecca Mifsud	0	0.00	0	12.23	27	13.34	28	0.00	0	13.11
Stephanie Russell	0	0.00	0	10.29	29	10.11	30	0.00	0	9.44
Lauren Sinclair	0	0.00	0	0.00	0	14.50	25	0.00	0	0.00
Cait White	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Louise Elliot-Watson	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Renee Juhart	0	0.00	0	10.11	30	0.00	0	0.00	0	11.26
Heidi Juhart	0	0.00	0	0.00	0	0.00	0	0.00	0	9.21
Jill Woodruff	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Antoinette Mifsud	0	0.00	0	14.35	25	14.11	27	0.00	0	14.05
Hiam Elias	0	0.00	0	14.02	26	14.14	26	0.00	0	0.00
Graciela Lamas	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Teresa Truman	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Katrina Russell	0	0.00	0	10.41	28	10.42	29	0.00	0	10.38

	15/08/2009 13th West Met Gipps Rd Greystanes Points	16/08/2009 [Special 2] NSW Half Marathon Champs - Bankstown Time [Short=2k] [Medium=5k] [Long=8k]	16/08/2009 [Special 2] NSW Half Marathon Champs - Bankstown Points	22/08/2009 Trevor Lonard H'cap Rydalmere Time [Short=2k] [Medium=4k] [Long=8k] [Non Pointscoring]	22/08/2009 Trevor Lonard H'cap Rydalmere [Non Pointscoring]	29/08/2009 West Met Prospect Reservoir Time [Short=2k] [Medium=4k] [Long=8k] [Non Pointscoring]
		21		22		23
Connor Vernon	0	0.00	0	0.00	0	0.00
Bradley Elliot-Watson	0	0.00	0	0.00	0	0.00
James Elliot-Watson	0	0.00	0	0.00	0	0.00
Andrew Ellis	0	0.00	0	6.32	0	0.00
Adam Sinclair	27	0.00	0	0.00	0	0.00
Danny Martins	0	0.00	0	7.54	0	7.56
Ed Bratovic	30	0.00	0	7.44	0	0.00
Wayne Thurlow	29	0.00	0	0.00	0	0.00
Stephen O'Donnell	25	0.00	0	8.21	0	8.33
James Kirk	24	0.00	0	8.15	0	0.00
Greg Sargeant	26	0.00	0	8.14	0	8.09
Steven Blunden	22	0.00	0	0.00	0	0.00
Stephen Mifsud	28	20.45 (5k)	15	0.00	0	0.00
Roger Mar	23	131.35 (21k)	22	10.11	0	0.00
Vince Adams	21	0.00	0	0.00	0	0.00
Terry Rose	0	0.00	0	8.50	0	0.00
Eddie Makki	20	0.00	0	0.00	0	10.13
Claire Duffy	0	0.00	0	0.00	0	0.00
Rebecca Mifsud	26	0.00	0	0.00	0	0.00
Stephanie Russell	29	0.00	0	0.00	0	0.00
Lauren Sinclair	0	0.00	0	12.56	0	0.00
Cait White	0	0.00	0	0.00	0	0.00
Louise Elliot-Watson	0	0.00	0	0.00	0	0.00
Renee Juhart	27	0.00	0	10.07	0	0.00
Heidi Juhart	30	0.00	0	0.00	0	0.00
Jill Woodruff	0	0.00	0	0.00	0	0.00
Antoinette Mifsud	25	0.00	0	0.00	0	0.00
Hiam Elias	0	0.00	0	0.00	0	0.00
Graciela Lamas	0	0.00	0	0.00	0	0.00
Teresa Truman	0	0.00	0	0.00	0	0.00
Katrina Russell	28	0.00	0	9.59	0	0.00

	Male / Female	Age (31/12/09)	Age (West Met)	Age (Girra)	Nominated Distance	4/04/2009 1st West Met Richard Murden Res.Haberfield Time [Short = 2k] [Medium = 4k] [Long = 8k]	4/04/2009 1st West Met Richard Murden Res.Haberfield Points	11/04/2009 2nd West Met Queen Elizabeth Park Concord Time [Short = 2k] [Medium = 4k] [Long = 8k]	11/04/2009 2nd West Met Queen Elizabeth Park Concord Points	18/04/2009 3rd West Met Rydalmere (Nth Parra River) Time [Short = 2k] [Medium = 5k] [Long = 10k]	18/04/2009 3rd West Met Rydalmere (Nth Parra River) Points	25/04/2008 4th West Met Smithfield Time [Short = 2k] [Medium=5k] [Long = 10k]	25/04/2008 4th West Met Smithfield Points
						1		2		3		4	
Jonas Williams	M	14	U15	U15	M	0.00	0	15.09	30	14.28	30	0.00	0
Zachary Elliot-Watson	M	38	30-39	Senior	M	17.36	29	0.00	0	17.05	29	16.16	30
Darren Gould	M	46	40-49	Master	M	0.00	0	0.00	0	19.05	25	18.59	27
Richard Lamas	M	47	40-49	Master	M	19.20	27	0.00	0	19.40	24	19.47	25
Michael Christie	M	47	40-49	Master	M	17.39	28	18.54	29	18.01	28	18.17	28
David Perry	M	47	40-49	Master	M	17.26	30	18.55	28	18.07	27	0.00	0
Suresh Raju	M	50	50-59	Master	M	0.00	0	0.00	0	0.00	0	0.00	0
Vivian Manwaring	M	62	60+	Gold Old	M	19.24	26	20.19	27	18.41	26	19.13	26
Rochelle MacKenzie	F	10	U11	U11	M	0.00	0	0.00	0	23.42	26	0.00	0
Stacey Argent	F	19	U20	U20	M	19.31	28	0.00	0	19.01	29	20.17	29
Carly Eager	F	21	Senior	Senior	M	19.06	29	0.00	0	19.09	28	18.54	30
Jean Davis	F	36	30-39	Senior	M	23.11	27	22.51	30	22.20	27	22.44	28
Cathy Duffy	F	37	30-39	Senior	M	17.48	30	0.00	0	18.37	30	0.00	0
Rachel Evans-Ingram	F	41	40-49	Master	M	0.00	0	24.35	29	0.00	0	16.46	12

	2/05/2009 [Champ 1] NSW Road Ch'ship Sydney Olympic Park Time [Ch'ship 10k]	2/05/2009 [Champ 1] NSW Road Ch'ship Sydney Olympic Park Points	9/05/2009 [Special 1] NSW Novice Ramsgate Time [Novice 10k]	9/05/2009 [Special 1] NSW Novice Ramsgate Points	16/05/2009 5th West Met George Kendall Riverside Res. Time [Short = 2k] [Medium = 4k] [Long = 8k]	16/05/2009 5th West Met George Kendall Riverside Res. Points	23/05/2009 6th West Met Upjohn Park Dundas Time [Short = 2k] [Medium = 4k] [Long = 8k]	23/05/2009 6th West Met Upjohn Park Dundas Points	30/05/2009 [Relay 1] NSW X Country Relays Miranda Time [4k]	30/05/2009 [Relay 1] NSW X Country Relays Miranda Points	6/06/2009 7th West Met Col Sutton Park Winston Hills Time [Short = 2k] [Medium = 4k] [Long = 8k]
	5		6		7		8		9		10
Jonas Williams	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Zachary Elliot-Watson	0.00	0	0.00	0	17.45	29	17.49	30	18.28 (4k)	17	17.11
Darren Gould	0.00	0	0.00	0	19.34	26	0.00	0	0.00	0	19.11
Richard Lamas	0.00	0	0.00	0	19.38	25	20.20	25	20.47 (4k)	6	19.47
Michael Christie	0.00	0	0.00	0	18.51	28	20.04	26	20.48 (4k)	5	18.52
David Perry	0.00	0	0.00	0	0.00	0	19.42	28	0.00	0	18.56
Suresh Raju	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Vivian Manwaring	0.00	0	0.00	0	19.14	27	19.43	27	20.50 (4k)	4	0.00
Rochelle MacKenzie	12.56 (2.5k)	30	21.36 (4k)	30	22.15	28	0.00	0	0.00	0	0.00
Stacey Argent	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	21.08
Carly Eager	51.16 (10k)	29	0.00	0	20.13	30	21.05	30	0.00	0	0.00
Jean Davis	0.00	0	0.00	0	23.40	27	0.00	0	0.00	0	22.48
Cathy Duffy	0.00	0	0.00	0	0.00	0	24.56	29	0.00	0	11.15 (2k)
Rachel Evans-Ingram	0.00	0	0.00	0	21.42	29	25.30	28	0.00	0	22.13

	6/06/2009 7th West Met Col Sutton Park Winston Hills Points	13/06/2009 8th West Met North Ryde Common North Ryde Time [Short = 2k] [Medium = 4k] [Long = 8k]	13/06/2009 8th West Met North Ryde Common (Macquarie Hospital) North Ryde Points	20/06/2009 [Champ 2] NSW X Country Champs Nowra Time [12k]	20/06/2009 [Champ 2] NSW X Country Champs Nowra Points	27/06/2009 9th West Met Crestwood Reserve Baulkham Hills Time [Short = 2k] [Medium = 4k] [Long = 8k]	27/06/2009 9th West Met Crestwood Reserve Baulkham Hills Points	4/07/2009 10th West Met Prospect Res. Time [Short=2k] [Medium=4k] [Long=8k]	4/07/2009 10th West Met Prospect Res. Points	11/07/2009 [Relay 2] NSW Road Relay Champs 4k Flagstaff Hill Wollongong Time
		11		12		13		14		15
Jonas Williams	0	0.00	0	0.00	0	7.28 (2k)	15	0.00	0	0.00
Zachary Elliot-Watson	30	0.00	0	0.00	0	17.40	30	16.30	30	0.00
Darren Gould	26	19.39	25	0.00	0	19.51	27	0.00	0	0.00
Richard Lamas	25	20.38	24	0.00	0	18.53	29	19.37	28	18.02 (4k)
Michael Christie	28	19.22	26	0.00	0	18.59	28	18.22	29	18.16 (4k)
David Perry	27	19.20	27	0.00	0	0.00	0	8.26 (2k)	13	17.28 (4k)
Suresh Raju	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Vivian Manwaring	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Rochelle MacKenzie	0	0.00	0	0.00	0	0.00	0	22.22	29	0.00
Stacey Argent	30	21.55	30	0.00	0	20.44	30	23.23	27	0.00
Carly Eager	0	0.00	0	0.00	0	21.08	29	0.00	0	0.00
Jean Davis	28	22.49	29	0.00	0	22.21	28	21.12	30	0.00
Cathy Duffy	14	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Rachel Evans-Ingram	29	26.16	28	0.00	0	22.32	27	23.15	28	0.00

	11/07/2009 [Relay 2] NSW Road Relay Champs 4k Flagstaff Hill Wollongong Points	18/07/2009 [Champ 3] NSW X Country Champs (Short) 5k & 7.5k Upjohn Park Time	18/07/2009 [Champ 3] NSW X Country Champs (Short) 5k & 7.5k Upjohn Park Points	25/07/2009 11th West Met River Road Reserve Emu Plains Time [Short=2k] [Medium=5k] [Long=10k]	25/07/2009 11th West Met River Road Reserve Emu Plains Points	1/08/2009 12th West Met Cowells Lane Ermington Time [Short=2k] [Medium=5k] [Long=10k]	1/08/2009 12th West Met Cowells Lane Ermington Points	9/08/2009 City to Surf 14K Sydney to Bondi Time [Non Pointscoring]	9/08/2009 City to Surf 14K Sydney to Bondi [Non Pointscoring]	15/08/2009 13th West Met Gipps Rd Greystanes Time [Short=2k] [Medium=5k] [Long=8k]
		16		17		18		19		20
Jonas Williams	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Zachary Elliot-Watson	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Darren Gould	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Richard Lamas	16	0.00	0	24.25	29	0.00	0	71.22 (14k)	0	19.09
Michael Christie	15	38.44 (7.5k)	20	24.49	28	0.00	0	0.00	0	18.56
David Perry	19	0.00	0	23.54	30	0.00	0	70.15 (14k)	0	18.52
Suresh Raju	0	0.00	0	0.00	0	0.00	0	85.55 (14k)	0	0.00
Vivian Manwaring	0	0.00	0	0.00	0	0.00	0	0.00	0	19.19
Rochelle MacKenzie	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Stacey Argent	0	0.00	0	26.34	30	0.00	0	78.43 (14k)	0	0.00
Carly Eager	0	26.15 (5k)	29	26.45	29	0.00	0	0.00	0	0.00
Jean Davis	0	0.00	0	31.10	28	0.00	0	0.00	0	21.35
Cathy Duffy	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Rachel Evans-Ingram	0	0.00	0	0.00	0	0.00	0	0.00	0	24.48

	15/08/2009 13th West Met Gipps Rd Greystanes Points	16/08/2009 [Special 2] NSW Half Marathon Champs - Bankstown Time [Short=2k] [Medium=5k] [Long=8k]	16/08/2009 [Special 2] NSW Half Marathon Champs - Bankstown Points	22/08/2009 Trevor Lonard H'cap Rydalmere Time [Short=2k] [Medium=4k] [Long=8k] [Non Pointscoring]	22/08/2009 Trevor Lonard H'cap Rydalmere [Non Pointscoring]	29/08/2009 West Met Prospect Reservoir Time [Short=2k] [Medium=4k] [Long=8k] [Non Pointscoring]
		21		22		23
Jonas Williams	0	0.00	0	15.02	0	0.00
Zachary Elliot-Watson	0	0.00	0	0.00	0	0.00
Darren Gould	0	0.00	0	19.43	0	20.09
Richard Lamas	27	0.00	0	18.16	0	0.00
Michael Christie	28	116.48 (21k)	23	19.15	0	19.28
David Perry	29	110.20 (21k)	25	0.00	0	0.00
Suresh Raju	0	0.00	0	0.00	0	0.00
Vivian Manwaring	26	0.00	0	0.00	0	0.00
Rochelle MacKenzie	0	0.00	0	0.00	0	0.00
Stacey Argent	0	0.00	0	0.00	0	20.58
Carly Eager	0	0.00	0	23.13	0	21.32
Jean Davis	30	0.00	0	21.19	0	21.04
Cathy Duffy	0	0.00	0	0.00	0	0.00
Rachel Evans-Ingram	29	128.48 (21k)	30	21.14	0	0.00

	Male / Female	Age (31/12/09)	Age (West Met)	Age (Girra)	Nominated Distance	4/04/2009 1st West Met Richard Murden Res.Haberfield Time [Short = 2k] [Medium = 4k] [Long = 8k]	4/04/2009 1st West Met Richard Murden Res.Haberfield Points	11/04/2009 2nd West Met Queen Elizabeth Park Concord Time [Short = 2k] [Medium = 4k] [Long = 8k]	11/04/2009 2nd West Met Queen Elizabeth Park Concord Points	18/04/2009 3rd West Met Rydalmere (Nth Parra River) Time [Short = 2k] [Medium = 5k] [Long = 10k]	18/04/2009 3rd West Met Rydalmere (Nth Parra River) Points	25/04/2008 4th West Met Smithfield Time [Short = 2k] [Medium=5k] [Long = 10k]	25/04/2008 4th West Met Smithfield Points
						1		2		3		4	
Nicholas Hanna	M	22	Senior	Senior	L	33.01	28	0.00	0	0.00	0	0.00	0
Geoff Sheargold	M	23	Senior	Senior	L	0.00	0	35.58	29	30.54	30	0.00	0
Matthew Paton	M	27	Senior	Senior	L	35.05	25	0.00	0	36.49	23	0.00	0
Michael Grogan	M	34	30-39	Senior	L	33.02	27	36.44	26	33.14	26	0.00	0
Richard Frost	M	35	30-39	Senior	L	0.00	0	0.00	0	36.07	24	0.00	0
Mark Amin	M	36	30-39	Senior	L	0.00	0	36.01	28	0.00	0	16.50 (4k)	15
Michael Free	M	43	40-49	Master	L	32.49	29	34.11	30	32.08	29	32.35	30
Garry Womsley	M	46	40-49	Master	L	33.43	26	36.21	27	34.13	25	35.17	27
Mark Ingram	M	47	40-49	Master	L	0.00	0	44.55	21	41.47	19	16.43 (2k)	9
Peter Mathews	M	47	40-49	Master	L	30.41	30	0.00	0	32.41	28	33.23	29
Stephen Parkins	M	49	40-49	Master	L	38.29	21	0.00	0	40.04	20	41.03	25
Steven Williams	M	53	50-59	Master	L	38.25	22	42.20	22	0.00	0	38.48	26
Graham Sheargold	M	54	50-59	Master	L	0.00	0	0.00	0	33.04	27	33.33	28
Robert Eager	M	57	50-59	Master	L	41.43	20	0.00	0	42.56	18	0.00	0
Clive Kidson	M	58	50-59	Master	L	0.00	0	38.25	25	0.00	0	0.00	0
Denis Andrew	M	61	60+	Gold Old	L	35.59	24	39.16	24	37.58	21	0.00	0
Ken Scalley	M	61	60+	Gold Old	L	38.04	23	40.32	23	37.28	22	0.00	0
Lonnie Balinski	M	62	60+	Gold Old	L	0.00	0	54.16	19	0.00	0	47.01	24
Joseph Butler	M	72	65+	Gold Old	L	0.00	0	50.40	20	0.00	0	47.23	23
Lisa Grant	F	24	Senior	Senior	L	32.05	30	0.00	0	33.02	30	33.55	30
Kylie Smythe	F	26	Senior	Senior	L	44.09	29	0.00	0	44.17	29	46.52	28
Renae Islaub	F	34	30-39	Senior	L	0.00	0	0.00	0	0.00	0	0.00	0
Linda Balinski	F	52	50-59	Master	L	46.58	28	0.00	0	47.59	28	46.44	29

	2/05/2009 [Champ 1] NSW Road Ch'ship Sydney Olympic Park Time [Ch'ship 10k]	2/05/2009 [Champ 1] NSW Road Ch'ship Sydney Olympic Park Points	9/05/2009 [Special 1] NSW Novice Ramsgate Time [Novice 10k]	9/05/2009 [Special 1] NSW Novice Ramsgate Points	16/05/2009 5th West Met George Kendall Riverside Res. Time [Short = 2k] [Medium = 4k] [Long = 8k]	16/05/2009 5th West Met George Kendall Riverside Res. Points	23/05/2009 6th West Met Upjohn Park Dundas Time [Short = 2k] [Medium = 4k] [Long = 8k]	23/05/2009 6th West Met Upjohn Park Dundas Points	30/05/2009 [Relay 1] NSW X Country Relays Miranda Time [4k]	30/05/2009 [Relay 1] NSW X Country Relays Miranda Points	6/06/2009 7th West Met Col Sutton Park Winston Hills Time [Short = 2k] [Medium = 4k] [Long = 8k]
	5		6		7		8		9		10
Nicholas Hanna	41.23 (10k)	25	16.11 (4k)	15	0.00	0	0.00	0	17.29 (4k)	22	34.54
Geoff Sheargold	38.25 (10k)	28	38.59 (10k)	29	0.00	0	34.07	30	15.31 (4k)	28	29.56
Matthew Paton	0.00	0	0.00	0	38.43	24	0.00	0	19.32 (4k)	10	0.00
Michael Grogan	41.57 (10k)	22	0.00	0	36.06	27	40.23	24	18.03 (4k)	19	40.20
Richard Frost	41.31.36 (10k)	24	0.00	0	37.27	25	0.00	0	18.50 (4k)	14	0.00
Mark Amin	0.00	0	43.13	26	33.42	28	34.57	27	16.54 (4k)	25	32.49
Michael Free	39.56 (10k)	26	41.20 (10k)	27	33.11	29	34.49	28	16.54 (4k)	24	33.24
Garry Womsley	42.52 (10k)	21	0.00	0	36.50	26	37.03	26	17.21 (4k)	23	34.25
Mark Ingram	0.00	0	49.41 (10k)	19	39.48	22	25.29 (4k)	12	20.55 (4k)	3	41.17
Peter Mathews	39.30 (10k)	27	39.42 (10k)	28	32.55	30	34.31	29	0.00	0	32.51
Stephen Parkins	0.00	0	47.58 (10k)	21	0.00	0	42.27	22	19.04 (4k)	11	39.17
Steven Williams	45.33 (10k)	19	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Graham Sheargold	41.32.17 (10k)	23	43.24 (10k)	25	0.00	0	37.41	25	17.58 (4k)	20	34.57
Robert Eager	54.47 (10k)	16	59.56 (10k)	14	46.25	19	45.52	19	21.20 (4k)	2	0.00
Clive Kidson	0.00	0	47.06 (10k)	23	38.53	23	0.00	0	18.48 (4k)	15	37.47
Denis Andrew	0.00	0	47.23 (10k)	22	0.00	0	40.44	23	20.34 (4k)	7	39.43
Ken Scalley	46.29 (10k)	18	48.05 (10k)	20	40.28	21	44.03	21	0.00	0	38.37
Lonnie Balinski	0.00	0	0.00	0	44.38	20	45.50	20	0.00	0	43.46
Joseph Butler	59.44	15	0.00	0	49.22	18	54.09	18	25.28 (4k)	1	51.12
Lisa Grant	40.51(10k)	30	0.00	0	34.14	30	0.00	0	0.00	0	32.56
Kylie Smythe	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Renae Islaub	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Linda Balinski	0.00	0	0.00	0	49.07	29	0.00	0	0.00	0	47.35

	6/06/2009 7th West Met Col Sutton Park Winston Hills Points	13/06/2009 8th West Met North Ryde Common North Ryde Time [Short = 2k] [Medium = 4k] [Long = 8k]	13/06/2009 8th West Met North Ryde Common (Macquarie Hospital) North Ryde Points	20/06/2009 [Champ 2] NSW X Country Champs Nowra Time [12k]	20/06/2009 [Champ 2] NSW X Country Champs Nowra Points	27/06/2009 9th West Met Crestwood Reserve Baulkham Hills Time [Short = 2k] [Medium = 4k] [Long = 8k]	27/06/2009 9th West Met Crestwood Reserve Baulkham Hills Points	4/07/2009 10th West Met Prospect Res. Time [Short=2k] [Medium=4k] [Long=8k]	4/07/2009 10th West Met Prospect Res. Points	11/07/2009 [Relay 2] NSW Road Relay Champs 4k Flagstaff Hill Wollongong Time
		11		12		13		14		15
Nicholas Hanna	25	0.00	0	61.59 (12k)	26	0.00	0	0.00	0	15.22 (4k)
Geoff Sheargold	30	31.49	30	0.00	0	30.31	30	0.00	0	13.47 (4k)
Matthew Paton	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Michael Grogan	19	36.44	25	0.00	0	0.00	0	34.49	29	16.55 (4k)
Richard Frost	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Mark Amin	29	33.13	28	0.00	0	33.00	29	0.00	0	0.00
Michael Free	27	33.52	27	55.12 (12k)	28	35.25	27	0.00	0	14.56 (4k)
Garry Womsley	26	35.41	26	0.00	0	0.00	0	35.16	28	16.43 (4k)
Mark Ingram	18	44.04	20	0.00	0	42.45	21	39.09	24	0.00
Peter Mathews	28	33.06	29	54.52 (12k)	29	34.33	28	31.57	30	15.00 (4k)
Stephen Parkins	21	18.36 (4k)	15	64.10 (12k)	25	42.23	22	38.53	25	0.00
Steven Williams	0	42.29	21	69.16 (12k)	24	41.14	23	41.46	23	17.41 (4k)
Graham Sheargold	24	0.00	0	0.00	0	35.38	26	0.00	0	16.26 (4k)
Robert Eager	0	46.02	19	47.54 (8k)	29	44.10	20	43.49	22	19.35 (4k)
Clive Kidson	23	39.46	24	0.00	0	38.10	25	36.45	27	0.00
Denis Andrew	20	39.55	23	42.19 (8k)	30	40.08	24	38.00	26	0.00
Ken Scalley	22	40.44	22	0.00	0	0.00	0	0.00	0	0.00
Lonnie Balinski	17	0.00	0	0.00	0	0.00	0	44.22	21	0.00
Joseph Butler	16	52.12	18	0.00	0	0.00	0	0.00	0	22.26 (4k)
Lisa Grant	30	33.34	30	35.01 (8k)	30	33.14	30	32.42	30	0.00
Kylie Smythe	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Renae Islaub	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Linda Balinski	29	52.01	29	0.00	0	50.56	29	48.56	29	0.00

	11/07/2009 [Relay 2] NSW Road Relay Champs 4k Flagstaff Hill Wollongong Points	18/07/2009 [Champ 3] NSW X Country Champs (Short) 5k & 7.5k Upjohn Park Time	18/07/2009 [Champ 3] NSW X Country Champs (Short) 5k & 7.5k Upjohn Park Points	25/07/2009 11th West Met River Road Reserve Emu Plains Time [Short=2k] [Medium=5k] [Long=10k]	25/07/2009 11th West Met River Road Reserve Emu Plains Points	1/08/2009 12th West Met Cowells Lane Ermington Time [Short=2k] [Medium=5k] [Long=10k]	1/08/2009 12th West Met Cowells Lane Ermington Points	9/08/2009 City to Surf 14K Sydney to Bondi Time [Non Pointscoring]	9/08/2009 City to Surf 14K Sydney to Bondi [Non Pointscoring]	15/08/2009 13th West Met Gipps Rd Greystanes Time [Short=2k] [Medium=5k] [Long=8k]
		16		17		18		19		20
Nicholas Hanna	25	34.03 (7.5k)	23	0.00	0	0.00	0	0.00	0	0.00
Geoff Sheargold	28	29.00 (7.5k)	29	40.34	30	0.00	0	52.36 (14k)	0	0.00
Matthew Paton	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Michael Grogan	20	32.47 (7.5k)	25	44.29	28	35.12	28	0.00	0	35.07
Richard Frost	0	0.00	0	0.00	0	0.00	0	83.56 (14k)	0	0.00
Mark Amin	0	31.43 (7.5k)	26	0.00	0	33.47	29	61.06 (14k)	0	33.59
Michael Free	27	30.40 (7.5k)	27	0.00	0	0.00	0	58.04 (14k)	0	0.00
Garry Womsley	21	0.00	0	0.00	0	0.00	0	63.32 (14k)	0	0.00
Mark Ingram	0	0.00	0	0.00	0	41.40	26	0.00	0	24.35 (4k)
Peter Mathews	26	30.11 (7.5k)	28	41.40	29	32.37	30	58.08 (14k)	0	32.54
Stephen Parkins	0	0.00	0	0.00	0	0.00	0	66.05 (14k)	0	18.33 (4k)
Steven Williams	18	37.27 (7.5k)	22	0.00	0	0.00	0	71.26 (14k)	0	41.52
Graham Sheargold	23	33.00 (7.5k)	24	48.06	27	0.00	0	62.18 (14k)	0	37.42
Robert Eager	14	26.16 (5k)	27	0.00	0	45.38	24	85.30 (14k)	0	45.00
Clive Kidson	0	22.44 (5k)	30	48.17	26	0.00	0	69.00 (14k)	0	0.00
Denis Andrew	0	23.26 (5k)	29	0.00	0	38.37	27	66.16 (14k)	0	0.00
Ken Scalley	0	0.00	0	59.27	25	44.07	25	0.00	0	42.44
Lonnie Balinski	0	0.00	0	0.00	0	0.00	0	78.25 (14k)	0	43.20
Joseph Butler	11	0.00	0	33.46 (5k)	14	0.00	0	104.57 (14k)	0	55.29
Lisa Grant	0	20.00 (5k)	30	42.41	30	34.03	30	57.12 (14k)	0	0.00
Kylie Smythe	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
Renae Islaub	0	0.00	0	0.00	0	0.00	0	93.21 (14k)	0	0.00
Linda Balinski	0	0.00	0	0.00	0	0.00	0	83.55 (14k)	0	49.10

	15/08/2009 13th West Met Gipps Rd Greystanes Points	16/08/2009 [Special 2] NSW Half Marathon Champs - Bankstown Time [Short=2k] [Medium=5k] [Long=8k]	16/08/2009 [Special 2] NSW Half Marathon Champs - Bankstown Points	22/08/2009 Trevor Lonard H'cap Rydalmere Time [Short=2k] [Medium=4k] [Long=8k] [Non Pointscoring]	22/08/2009 Trevor Lonard H'cap Rydalmere [Non Pointscoring]	29/08/2009 West Met Prospect Reservoir Time [Short=2k] [Medium=4k] [Long=8k] [Non Pointscoring]
		21		22		23
Nicholas Hanna	0	0.00	0	0.00	0	0.00
Geoff Sheargold	0	0.00	0	0.00	0	0.00
Matthew Paton	0	0.00	0	0.00	0	0.00
Michael Grogan	28	100.45 (21k)	28	34.11	0	0.00
Richard Frost	0	0.00	0	0.00	0	0.00
Mark Amin	29	0.00	0	33.07	0	0.00
Michael Free	0	0.00	0	0.00	0	0.00
Garry Womsley	0	98.17 (21k)	29	34.57	0	0.00
Mark Ingram	13	111.51 (21k)	24	37.50	0	0.00
Peter Mathews	30	0.00	0	0.00	0	0.00
Stephen Parkins	15	0.00	0	18.14 (4k)	0	18.13 (4k)
Steven Williams	26	0.00	0	0.00	0	0.00
Graham Sheargold	27	0.00	0	0.00	0	0.00
Robert Eager	23	0.00	0	45.05	0	49.43
Clive Kidson	0	103.31 (21k)	27	37.22	0	0.00
Denis Andrew	0	108.21 (21k)	26	0.00	0	0.00
Ken Scalley	25	0.00	0	38.25	0	0.00
Lonnie Balinski	24	0.00	0	41.01	0	0.00
Joseph Butler	22	0.00	0	0.00	0	0.00
Lisa Grant	0	0.00	0	32.31	0	33.32
Kylie Smythe	0	0.00	0	0.00	0	0.00
Renae Islaub	0	0.00	0	0.00	0	0.00
Linda Balinski	30	0.00	0	47.51	0	0.00

2009 WEST METROPOLITAN TROPHY WINNERS

Awards were presented at the West Metropolitan Series Presentation Day – West Auburn – Saturday 5th September, 2009.

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

Short (2k-3k) km: -

Women: -

20+: - Lauren Sinclair (2nd)

30+: - Renee Juhart (1st)

30+: - Heidi Juhart (2nd)

40+: - Jill Woodruff (1st)

50+: - Antoinette Mifsud (1st)

50+: - Katrina Russell (2nd)

Men: -

20+: - Danny Martins (1st)

40+: - Ed Bratovic (1st), Wayne Thurlow (2nd)

45+: - David Perry (1st), Greg Sargeant (2nd), Stephen O'Donnell (3rd)

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

55+: - Terry Rose (1st)

Middle (4k-5k): -

Women: -

U20: - Stacy Argent (2nd)

20+: - Carly Eager (1st),

30+: - Jean Davies (2nd)

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

Men: -

30+: - Zachary Elliot-Watson (3rd)

45+: - Steve Parkins (1st), Michael Christie (2nd), Richard Lamas (3rd)

Long (8k-10k): -

Women: -

20+: - Lisa Grant (1st)

50+: - Linda Balinski (1st)

Men: -

40+: - Michael Free (1st)

45+: - Peter Mathews (2nd)

55+: - Robert Eager (2nd)

60+: - Ken Scalley (2nd), Denis Andrew (3rd),

65+: - Joe Butler (2nd)

Robert Eager
Winter Competition Organise

2010 REPRESENTATIVE AWARDS

OPEN	Total	MASTERS	Total	UNDERAGE	Total
Brad Milosevic	37	Lynette Smith	353	Taylor Doyle	257
Christine Wearne	23	Raminder Singh	353	Ashley Tait	140
Lajos Joni	20	Matt Stenning	51	Rebecca Norton	57
Taylor Doyle	17	Michael Grogan	49	Ajay Mohan	35
Rob Giesler	11	Rob Giesler	36	Christine Wearne	23
Venessa Separovich	9	Lajos Joni	20	Brad Milosevic	22
Michael Christie	7	Michael Christie	7		
Roger Mar	7	Roger Mar	7		
Danny Martins	7	Steve Parkins	7		
Steve Parkins	7	Vince Adams	5		
Vince Adams	5	Steve Blunden	5		
Steve Blunden	5	Michael Free	5		
Chris Flower	5	Michael Hehir	5		
Michael Free	5	Peter Matthews	5		
Michael Hehir	5	David Perry	5		
Peter Kimpton	5	Greg Sargent	5		
Peter Matthews	5	Geoff Sheargold	5		
David Perry	5	Graham Sheargold	5		
Greg Sargeant	5	Steve Williams	5		
Geoff Sheargold	5				
Graham Sheargold	5				
Raminder Singh	5				
Matt Stenning	5				
Steve Williams	5				
Michael Grogan	2				
Rebecca Norton	2				
Lynette Smith	2				
Paul Tliege	2				

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	5	5	5	5	5	5	competition
ANSW All-	2	2	2	2	2	2	competition

The representative award acknowledges those athletes who compete in events outside of the local competition, on behalf of Girraween AC, NSW or Australia. Points are awarded for placings in National and State Championships, as well as attendance at Club Meets (Club Premiership and State Relays) and Allcomers.

Everyone who competes in a Club Meet or Allcomer event gains points in the Open award. These points are then carried over to the applicable age division for that athlete and any State and/or National championships points are then calculated in the age group to which they apply. 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 State or National events.

Congratulations go to this year's award winners: **Open – Brad Milosevic**, who's State 1,500 and 3,000 metre results earned him the points for top place; **Masters - Lynette Smith and Raminder Singh**, amassing points for multiple medals at National and State Championships; and **Underage – Taylor Doyle**, for strong performances at State U23 and AWD competitions in the sprint and jumps events.

PUBLICITY OFFICER'S REPORT

Girraween Athletics Club Publicity Report 2009-2010

Since the publication of last year's annual report, there have been some changes within Girraween Athletics Club. September 2009 saw the last of the sixty-four issues to appear of the latest version of our club newsletter. A big thank you to Garry Womsley (who has since moved on) for all his work in his compilation of this newsletter over a five-year period. It remains a valuable historic record of Girraween Athletics during this time. Since September 2009 the club has not had a publicity officer. This has meant that there have been no Girraween articles/results appearing in either the local or national press. I have taken it upon myself to at least try and keep a record of Girraween athletes' achievements during this time in various events outside the scope of our Saturday afternoon competitions. The period encompassed by this report runs from April 2009 through March 2010.

In regard to appearances by Girraween athletes, the 2009 West Metropolitan cross country season was one of the most successful on record. Just under sixty Girraween athletes on average competed each afternoon across the three events, with a highest number of seventy-five appearing at Rydalmere early on in the season. Once the West Metropolitan awards were handed out in September, an incredible thirty-two athletes from Girraween had won awards across various age categories in the short, medium and long races. A great achievement, when one considers many of these categories are very competitive.

A number of Girraween athletes also competed in the Sydney Marathon Clinic series of races held at Smithfield over the 2008/2009 season, which concluded in June 2009. This series of events held from October through to June continues to attract a large number of runners from all over NSW and sometimes from overseas competing over the 5km, 10km and 21/25/30km distances. Given the shortage of road runs in Sydney over the summer months, this series is highly recommended. The Girraween athletes who compete regularly at Smithfield support this series and are always looking for anybody else who is interested to come out and have a run.

The winter of 2009 also saw a very good representation of our athletes at Athletics NSW events. Girraween athletes were spotted at such events as the NSW Novice Championships at Ramsgate, the State NSW Road Championships at Homebush, The State Cross Country Relays at Miranda (one of the most amazing days, conditions-wise, in recent history), the ANSW Long Course Cross Country at Cambewarra, State Relays at Wollongong, Short Course Cross Country at Dundas, State Half Marathon at Lake Gillawarna. Whilst never winning many medals at these events, the positive aspect of Girraween's participation was that any Girraween athlete who wanted to was able to compete, no matter what standard an individual athlete was at. This reflects favourably on Girraween as an inclusive friendly club, prepared to give anybody a go and underlies the great philosophy of the club, something that all members should be proud of.

Throughout the winter of 2009 Girraween athletes also competed in many fun runs and other events outside the scope of West Metropolitan and ANSW sanctioned events. To name a few they competed in events such as the Australian Master Athletics Championships in Adelaide (well done Lynette Smith, Lajos Joni & Steve Mifsud), the Heart of the Lake Fun Runs at Lake Gillawarna, the SMH Half Marathon in May, the MiniMos fun runs at Mosman, Woodford to Glenbrook in June, Cities Marathon and Half Marathon relay in July, City to Surf in August (a big Girraween contingent at this event), Mt Wilson to Bilpin 35km in August to. This is but a brief list, but does illustrate that our athletes are always prepared to travel far and wide and are well and truly prepared to compete outside their comfort zones.

With the onset of warmer weather, Girraween's Summer Saturday afternoon track season ran from September 2009 through March 2010 at CV Kelly Park. This summer series of track and field meetings continues to be very popular with both club members and visitors. With Girraween being one of the few clubs in Sydney to hold regular club competition on a Saturday afternoon through the summer, this competition continues to be an important proving ground for Girraween athletes of all levels wanting to improve their skills and try out new events in a friendly and competitive environment. It remains an important ongoing component for all Girraween athletes during the summer season.

One of the early highlights of the 2009/2010 season was the onset of the World Masters Games held in Sydney in October. Nine Girraween athletes: Joe Butler, Michael Christie, Bob Field, Michael Free, Michael Grogan, Lajos Joni, Steve Mifsud, Lynette Smith and Matt Stenning competed at these games with varying degrees of success. Lynette Smith and Michael Grogan won medals, with Lynette Smith proving yet again to be one of this country's greatest ever Masters athletes winning - an incredible eight medals across a range of disciplines. Her legend continues to grow. The opportunity to represent their country in an international event was a factor driving the performances of this band of athletes and they enjoyed the opportunity immeasurably. It was a great event and these athletes who competed were left with some priceless memories and some great stories.

During the latter part of 2009, a small band of Girraween athletes also competed overseas. Graham Sheargold ran a half-marathon in London and a marathon in Rheims, France over successive weekends. Steve Mifsud fulfilled a dream and ran his 100th marathon in the New York marathon in early November and enjoyed the experience immensely. Congratulations on this great achievement Steve. Keith Mayhew competed in the Honolulu marathon in Hawaii in December in challenging conditions.

In November, Girraween put forward a number of teams which participated in the Annual State Track relays which were this summer held at the Blacktown Olympic Centre at Rooty Hill. Whilst no medals were forthcoming the small band of Girraween athletes acquitted themselves well in very hot conditions, so much so that a number of events were cancelled on the Sunday, a rare occurrence indeed at this type of meet.

The annual Girraween/Blacktown challenge was held in December and for the first time a number of athletes from Hills athletics club competed and enjoyed the experience. It was a very successful afternoon of friendly competition and is certainly an event that continues to grow in popularity. For the record Girraween were again successful in defending the trophy.

Early December also saw the appearance of Girraween Athletics on local community radio station 2CCFM90.5 through a spot on their Saturday morning sports show, organised by Steve Williams. Steve put together an interesting snapshot of Girraween's history and past and present achievements. By all accounts this spot was well received by this show's large audience through western Sydney.

The summer of 2009/2010 also saw Girraween athletes compete at a number of ANSW events. Girraween's younger athletes including Ashlee Tait, Taylor Doyle, Rebecca Norton, Ajay Mohan, Christine Wearne and Brad Milosevic competed successfully and flew the flag well. Ashlee Tait and Taylor Doyle also competed at National championships and achieved some fine results.

Throughout the 2009/2010 season Girraween athletes also competed in a large number of other events such as the St Mary's Spring Festival fun run, Balmain fun runs, Sri Chinmoy series of runs, Australia Day fun runs at Menai and the Regatta Centre at Penrith, and at time of writing are still taking part in the 2009/2010 SMC series at Smithfield. Five of our athletes, Rob Gielser, Michael Grogan, Raminder Singh, Lynette Smith and Matt Stenning competed at the NSW Masters Athletics championships held at Campbelltown in March, all winning medals. A great achievement with Lynette Smith leading the way picking up another six medals to add to her growing list of achievements.

There have been so many highlights over the last twelve months from all the athletes who represented Girraween at some stage. All athletes always gave their best and wore the royal blue with pride and honour. But it is worth briefly highlighting a few that stood out. First of all the representation week in, week out, at West Met 2009 was a club highlight. The appearance of the Girraween royal blue across all three races each week drew many a favourable comment from many other clubs and it was always a great sight to see the Girraween guys and girls always giving it their best. Lynette Smith's continuing high level of achievement on the national and international stage is something that we as a club are all very proud of. But what makes it extra special is Lynette's humility and modesty about her achievements. She is a wonderful role model for athletes of all ages. The performances of our up and coming younger athletes such as Ashlee Tait and Taylor Doyle to name but a few, is also worthwhile celebrating and their progress will be followed with great anticipation through the years ahead.

The achievements of our athletes who continue to test themselves in so many different types of events continue to inspire. From Lisa Grant and Michael Free's Rogaining exploits (guys just reading about your events is exhausting, I don't know how you do it!!), through to Graham Sheargold's marathon achievements both home and abroad as well as his ongoing battle with the Six-Foot track every March continue to amaze. Our sprinters and field athletes such as Christine Wearne and Matt Stenning are often competing very well in competitions that don't always have the profile they deserve, but their efforts on behalf of Girraween are always very much appreciated. Girraween is indeed fortunate to have such a great collection of athletes amongst its ranks.

In conclusion, it has been a great twelve months and it is this writer's wish that at some point the club finds a publicity officer, so that the achievements of our athletes are broadcast outside the confines of our club and to the wider community. Our athletes deserve it.

Michael Christie
Honorary Publicity Officer
Girraween Associated Press