

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2010 / 2011

(Formerly Girraween Amateur Athletics Club 1980 - 1996)

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

*Presented at the 33rd Annual General Meeting
20th June, 2011*

GIRRAWEE ATHLETICS CLUB Inc



ANNUAL REPORT 2010/2011

(Formerly Girrawee Amateur Athletics Club 1980 - 1996)

(Formerly Greystanes / Girrawee Amateur Athletics Club 1978 - 1980)

Presented at the 33rd Annual General Meeting

20th June, 2011

Toongabbie Sports and Bowling Club



ANNUAL REPORT 2010 / 2011
OF
GIRRAWEE ATHLETICS CLUB Inc

Presented at the 33rd Annual General Meeting

Held at

Toongabbie Sports and Bowling Club

On

Monday 20th June 2011.

Contents

President's Report	
Honour Board	
Life Members	
20 Year Medallists	
15 Year Members	
10 Year Medallists	
Hon. Auditor	
Senior Executive Committee Record	
Club Competition Champions	
Club Committee	
Membership	
Committee Reports	
Secretary	
Registrar	
Treasurer	
Income and Expenditure	
Summer Canteen and Fund Raising Report	
Coaching	
Summer Competition	
Club Competition Champions	
New Records	
Winter Competition Report	
Representative Award	
Publicity	
Emails, the Results and News	
CV Kelly Ground Records	



GIRRAWEEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

Dear Member,

On behalf of your Committee, I have great pleasure in presenting our Club's 33rd Annual Report for the 12 months ended 31st March 2011. We clearly have much to be proud of as Girraween Athletics Club continues to grow and flourish.

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 2010 Winter Competition and the 2010 / 2011 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 5 to 85).

Athletics continues to be a popular sport, as does our Club continue to attract new members. Just as importantly, we have worked hard to increase our rate of retention amongst our current members. In the thirty-three year history of our Club we have been privileged to see over 815 members. Prior to this season, the "10 Year Medallist Club" had 26 members. I am please to announce that this group increased by 30% this season with eight members now celebrating the honour of being awarded "10 Year Medallist". This positive trend should to continue as a large number of our members are also nearing their ten years of membership with Girraween Athletics Club.

Our Club's Committee works tirelessly throughout the season in keeping our Club on "track". We endeavour to continue to grow and provide the best for our members. We are always looking at how we can improve. An area that has been highlighted in the reports that are contained within this Annual Report as well as times throughout the season is the need for increased participation of our membership. This doesn't relate to increased competition but to an increase in the number of members giving of their time to ease the burden of the work undertaken by a smaller group of members. We are fortunate to have a good-sized committee. Nevertheless, there are vacancies with the load taken up by members who carry out their own roles in addition to the extra areas of responsibility that need to be looked after.

With this thought in mind, 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 that is given to our club. Some members have been through difficult times and the support within our club helps in many ways.

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. Many hours of committee members' time is taken up with many and varied duties 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 2011 / 2012 season and to the commitment of representing our Club. In the words and philosophy of our founding member, John Wheeler, we aim to continue to promote athletics “with good, friendly competition and in a social environment”.

Steven Williams
Club President

Message from Joan Wheeler

Thank you very much for the invitation to Girraween Athletic Club's AGM on 20th June. Unfortunately I am not able to attend. I have followed your emails with interest to see that you have had successful year and that the members are doing well in the competitions. I wish you well with the AGM and with the winter and summer seasons.

With best wishes to all the athletes and the Club for another successful year,

Joan Wheeler (wife of our founding member – John Wheeler)



GIRRAWEEEN ATHLETICS CLUB



(Formed September 1978)

C V Kelly Park, Oramzi Road, Girraween

CLUB PATRON

The Hon. Nathan Rees (2010 -)

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

Suresh Raju 2010/11

Lynette Smith 2004/05

Graham Sheargold 2007/08

Steven Williams 2010/11

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

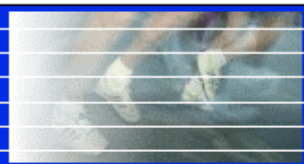
Tony Ward

Public Officer

Viv Manwaring



GIRRAWEEEN ATHLETICS CLUB



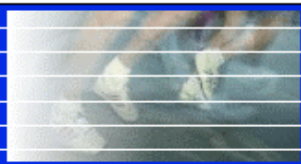
(Formed September 1978)

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
Steven Williams	2010-2011	Jean Davis



GIRRAWEEEN ATHLETICS CLUB



CLUB COMPETITION SUMMER CHAMPIONS

	Jean Davis (Masters)	2010 / 2011	*	Wayne Thurlow (Masters)
*	Venessa Separovich (Snr)	2009 / 2010		Robert Giesler (Masters +)
*	Jean Davis (Masters)	2008 / 2009		Peter Matthews (Masters)
	Andrea Hendley (Masters)	2007 / 2008	*	Wayne Thurlow (Masters)
	Brenda Micallef (U16)	2006 / 2007	*	Wayne Thurlow (Masters)
	Kelly Micallef (U15)	2005 / 2006	*	Stephen Blunden (Masters)
*	Cath Germech (Snr)	2004 / 2005		Robert Giesler (Masters)
*	Andrea Hendley (Masters)	2003 / 2004		Steven Williams (Masters)
	Brenda Micallef (U12)	2002 / 2003	*	Brad Milosevic (U14)
*	Chelsea Austin (U18)	2001 / 2002		= Peter Kimpton (U18)
				= Brad Milosevic (U13)
	Chelsea Austin (U17)	2000 / 2001	*	Suresh Raju (Snr)
	Gemma Austin (U13)	1999 / 2000	*	Steven Williams (Vet)
	Samantha Marshall (Snr)	1998 / 1999	*	Graham Sheargold (Vet)
	Erin Scouller (U15)	1997 / 1998	*	Suresh Raju (Snr)
	Jessica Fisher (U14)	1996 / 1997	*	Stephen Halverson (Vet)
	Jessica Fisher (U13)	1995 / 1996	*	Peter Balinski (U13)
	Linda Balinski (Vet)	1994 / 1995	*	Stephen Muir (U13)
*	Michelle Townsend (Snr)	1993 / 1994		Doug Leabon (Snr)
*	Lynette Smith (Snr)	1992 / 1993		Michael Finucane (Snr)
*	Lynette Smith (Snr)	1991 / 1992		= Michael Finucane (Snr)
				= Viv Manwaring (Vet)
*	Lynette Smith (Snr)	1990 / 1991		Bruce Hogg (U18)
	Stella Mauceri (U17)	1989 / 1990	*	John Doolan (Snr)
	= Elizabeth Knoke (U15)	1988 / 1989	*	Jeff Micallef (U19)
	= Kate Rada (U15)			
	Jackie Wheeler (Snr)	1987 / 1988	*	Viv Manwaring (Vet)
*	= Jackie Wheeler (Snr)	1986 / 1987		Michael Jamieson (U14)
	= Deborah Mulhall (Snr)			
	Jackie Wheeler (U20)	1985 / 1986	*	Peter Kropman (U18)
*	Jackie Wheeler (U19)	1984 / 1985		Frank Soballa (U17)
	Kellie Fenech (U14)	1983 / 1984	*	Peter Kropman (U14)
	Kellie Fenech (U14)	1982 / 1983	*	Phillip Fenech (U15)
	Deborah Mulhall (U16)	1981 / 1982	*	Phillip Fenech (U14)
	Jackie Wheeler (U15)	1980 / 1981	*	Michael McHugh (U14)
*	= Catherine Downer (U13)	1979 / 1980		Ralph Downer (U15)
	= Jackie Wheeler (U14)			
*	Joanne Kendall (U13)	1978 / 1979		Simon Gemmell (U14)

* Denotes overall
Champion/s

GIRRAWEE ATHLETICS CLUB Inc

CLUB COMMITTEE 2010 / 2011

<u>Patron</u>	The Hon. Nathan Rees	June 2010
<u>President</u>	Steven Williams	Elected AGM June 2010
<u>Secretary</u>	Jean Davis	Elected AGM June 2010
<u>Treasurer</u>	Vince Adams	Elected AGM June 2010
<u>Registrar</u>	Graham Sheargold	Elected AGM June 2010
<u>Public Officer</u>	Viv Manwaring	Appointed 2005
<u>Fund Raising</u>	Judy Milosevic Brad Milosevic Lauren Sinclair Carly Eager Lisa Grant	Elected AGM May 2010 Elected AGM May 2010 Elected AGM May 2010 Elected AGM May 2010 Elected AGM May 2010
<u>Summer Competition</u>	Stephen Blunden	Elected AGM June 2010
<u>Winter Competition</u>	Robert Eager	Elected AGM June 2010
<u>Club Records</u>	Jean Davis & Stephen O'Donnell	Elected AGM June 2010
<u>Coaching Co-ordinator</u>	Vacant	
<u>Publicity Officer</u>	Vacant Michael Christie (GAP)	Carried out duties during 2010 / 2011
<u>Canteen Manager</u>	Vacant Wayne Thurlow	Carried out duties during 2010 / 2011
<u>ANSW Delegate</u>	Geoff Sheargold Graham Sheargold	Elected AGM June 2010 Elected AGM June 2010
<u>Park Trust Delegate</u>	George Milosevic Peter Matthews	Elected AGM June 2010 Elected AGM June 2010
<u>General Committee</u>	Wayne Thurlow George Milosevic Lynette Smith	Elected AGM May 2010 Elected AGM May 2010 Elected AGM May 2010

MEMBERSHIP 2010 / 2011

MEN: 80

U2

Ben O'Donnell

U5

Daniel O'Donnell

U10

Sam Ferguson

U12

Jamie Bratovic
Nathanael Falzon
Katelyn Free
Tayla Jobson
Rochelle Mackenzie
Jye Perrott
Caitlyn Thurlow

U13

Shadi Bahlawan
Faith Estil
Ashley Harris

Bradley Matthews
Bethany Parker
Connor Vernon
Joel Wheatley

U14

Luke Jobson
Jeremy Massanga
Thomas Norton
Dale Parker
Ashley Thurlow
Ashlee Tait

U15

Joshua Dunn
Katelyn Matthews
Ajay Mohan
Rebecca Norton

WOMEN: 40

U16

Rebecca Gay
Brooke Hojel
Clare Sibraa
Annalise Slerri

U17

Corinna Moore

U18

Taylor Doyle
Stephanie Russell

U19

Abuzar Abdelrahim

SENIORS (20+)

Stacey Argent
Andrew Armitage

Stephen Clark

Brendan Correy
Carly Eager

Tim Evans

Richard Frost
Amanda Giesler
Lyndsay Glohe

Lisa Grant

Erin Grogan

Michael Grogan
Nicholas Hanna
Michael Hehir
Michael Kammerer
Peter Kimpton
Mark Laird
Amanda Macdonald
Danny Martins
Brad Milosevic
Matthew Modini
Scott Mortimer
Clara Moussa
Geoff Sheargold
Adam Sinclair
Lauren Sinclair
Kylie Smythe
Paul Tleige
Brendan Weyland
Caitlyn White

TOTAL: 120

MASTERS

(Men 40+, Women 35+)

John Allan
Andrew Armitage
Ed Bratovic
Lilliana Busic
Michael Christie
Jean Davis
Margaret Ferguson
Shane Ferguson
Michael Free
Darren Gould
Mark Ingram
Rachel Ingram
Wayne Jeff
Heidi Juhart
Graciela Lamas
Richard Lamas
Kathleen Matthews
Peter Matthews
Gary Micallef
Stephen O'Donnell
David Perry
Lynette Smith
Robyn Smith

Matthew Stenning

Wayne Thurlow

Jill Woodruff
Ray Yorke

MASTERS PLUS

(Men & Women 50+)

Vincent Adams
Cheryl Argent
Mark Atwood
Steven Blunden
Robert Eager
Michael Evans

Andrew Free

Rob Giesler
Clive Kidson
Roger Mar
Stephen Mifsud
George Milosevic
Judy Milosevic
Mick Parker
Stephen Parkins
Suresh Raju

Terry Rose

Katrina Russell
Gregory Sargeant

Graham Sheargold

Steven Williams

GOLDEN OLDIES

(Men & Women 60+)

Denis Andrew
Phillip Bowden
Joseph Butler
Robert Field
Eddie Makki
Vivian Manwaring
Keith Mayhew
Raminder Singh

SECRETARY'S REPORT

This year has been another great year for GAC. We have had some great performances this year. Many members placed in their chosen events at the Met Wests Cross Country during winter. This was followed by a good performances at CV Kelly Park each Saturday and by members representing the club at ANSW meets. It was great to see some new faces at the Club this year and to see so many families participating. There was an increased number of LA's competing each week from an increased number of clubs with was great to see. Hopefully you will return again next summer.

I would like to thank the club members who helped on the course during winter and those that assisted each Saturday during Summer. Without your help, the program would not run as smoothly as it does. I would also like to thank the club members who donated their time to assist with the various fund raising events. Your help has enabled our fees to stay at a reasonable level.

Thanks also to the committee, time is very limited and your contribution is appreciated. In particular, thank you to Steve Williams.

Jean Davis
Club Secretary

REGISTRAR'S REPORT

Our registrations for 2010/2011 totalled 90. This is only 8 less than last year and we have done extremely well to maintain our current athletes.

While the on-line registration system continues to evolve we recommend that our members utilise this system to enhance registration efficiency , this year we had a total or 39 online registrations.

A total of 24 Little A's registered with seniors this season and attended our summer competition a trend that the Committees of both Seniors and Little A's will continue to develop over the coming seasons.

Open members	41
Club members	6
Dual Athletes	24
Winter members	9
Aged	5
Under 14	3
Under 18	1
Under 20	1

Graham Sheargold
Registrar

Treasurer's Report

Thanks to our Club's Committee and participants for providing another enjoyable and successful year of athletics.

The year began with \$8,313.33 in the bank and finished with \$7,397.65 and no outstanding liabilities. Our Club's financial position is healthy.

Fundraising Activities conducted this year included sales of training shirts, singlets and socks, tracksuits etc (profits \$1,722) and a Christmas raffle (\$188). We again this year had a number of Club members man the gates at the NSW All Schools Athletics meet, which raised \$675 for the Club. Unfortunately, this money was not banked by ANSW in time for this year and will appear in next year's accounts. 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 (\$1,339.24), Canteen (\$332.85) and Athletes Ground Fees (\$1,170.15). There was a donation of \$301 from Pendle Inn which is gratefully received. Thanks to Wayne for the added time he spent keeping the canteen running this year.

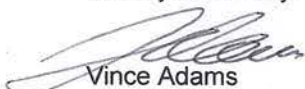
The Committee's decision of previous years to move more funds to Investment deposits has seen the interest for this year grow to \$282.32 from \$112.87 of last year.

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 trophies (\$2075.66), which should carry us through for coming years.

This year we have paid 2 years worth of Park Trust fees totaling \$2,520 (\$1200 for 2009 and @1,320 for 2010).

For the Athletics New South Wales Relays events, the Committee decided to cover the majority of costs of registration for members participating for the Club. This year we also conducted a raffle to raise funds to assist Taylor Doyle.

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
6 June 2011

Income/Expense Comparison by Category - 2011

1/05/2011

1/04/2009 through 31/03/2011 (in Australian Dollars)
St. George Bank Accounts 111-528-203 (Cheque) and 0000348427507 (Term Deposit)

Page 1

Category Description	1/04/2009- 31/03/2010	1/04/2010- 31/03/2011	Amount Difference
INCOME			
Bank Interest	112.87	282.32	169.45
Canteen Income	960.40	739.65	-220.75
Chocolate Drive	2,952.40	0.00	-2,952.40
Clothing Sale	355.00	1,722.00	1,367.00
Donation	2.00	301.00	299.00
Event volunteers	577.50	0.00	-577.50
Ground fees	1,255.40	1,170.15	-85.25
Raffle	181.00	466.00	285.00
Registration manual	2,519.50	3,612.00	1,092.50
Registration Refund	94.00	0.00	-94.00
Registrations Relays	140.00	0.00	-140.00
Regos ANSW online	1,987.00	3,838.06	1,851.06
Unpaid Cheque Write off-Cheque unrepresented...	0.00	5.45	5.45
TOTAL INCOME	11,137.07	12,136.63	999.56
EXPENSES			
Uncategorised	0.00	0.00	0.00
Bank charges	38.25	58.10	-19.85
Business Expenses	2,892.33	470.65	2,421.68
Canteen Expenses	508.35	406.80	101.55
Catering	457.94	204.10	253.84
Chocolate Drive Expenses	1,439.90	0.00	1,439.90
Electricity	342.96	235.14	107.82
Equipment	0.00	242.89	-242.89
IMG Online Fee	115.04	50.82	64.22
Insurance-Insurance	745.50	793.00	-47.50
Park Trust Fees	101.00	2,520.00	-2,419.00
Registration Relays	0.00	475.00	-475.00
Rego ANSW Manual	712.50	3,149.50	-2,437.00
Rego ANSW Online	1,549.00	2,910.50	-1,361.50
Rego Refund	70.00	130.00	-60.00
Trophies	836.75	2,047.75	-1,211.00
Winter BBQ	-654.11	0.00	-654.11
TOTAL EXPENSES	9,155.41	13,694.25	-4,538.84
OVERALL TOTAL	1,981.66	-1,557.62	-3,539.28
Balance Carried Forward	6,331.67	8,313.33	
Account Balance	8,313.33	6,755.71	

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 Accounts (Cheque \$3,266.10, Term Deposit \$4,131.55)	\$7,397.65
less unrepresented cheque No 329 dated 28/03/11 to GLAC	641.94
Bank Accounts Balance	6,755.71
Plus 10 Training shirts @ \$25 each (unsold)	250.00
Plus 22 Singlets @ \$30 each (unsold)	660.00
Plus 5 Pair Socks @\$6.50 (unsold)	32.50
Liabilities	NIL
NETT ASSETS	\$7,698.21

Accountant

A.M. WATCO

B BVS


6/6/2011

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

High Jump: 1 x cross bar

Tapes: 2 x 100m
1 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) (Borrowed by GLAC)
2 boxes heat sensitive printer paper for Seiko (Borrowed by GLAC)

Starting Blocks:	2 sets	Mini Training Hurdles:	x 5
Starter guns:	2	Starter caps:	8 boxes
Ear protectors:	1 set		
Starter's signaller:	1		
Safety Glasses:	1 pair		

Miscellaneous: 1 cabana
3 club banners
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: Mesh x9 + x22
Socks: x 5 pairs
Training Shirts: x10

FUNDRAISING REPORT

MONEY! Today all families, industries, commerce and governments need money to survive. It is the same for all sporting clubs including Girraween Athletics Club.

What it is all about? Girraween Athletics is a non-profit club and has always one of the lowest fees of all athletics clubs, due to the area demographics for affordability for its members.

Funds are required for new equipment, Council ground fees, water and electricity charges, repairs and maintenance, state relay fees, trophies, insurances, line marking paint and equipment and AGM facilities expenses. Just to mention some of the main recurring costs. Therefore, **fundraising is crucial for the existence of GAC.**

This year fundraising has not been strong and as high as previous years gains. Yet through a few dedicated members managed to raise a profit of **\$1,163.00.**

\$300.00 ANZAC Day manning a barbecue for the Pendle Inn "Two-up" day.

\$675.00 NSW All Schools championships gate keeping volunteers at Homebush.

\$188.00 Annual Christmas Raffle at C.V. Kelly summer competition.

For the benefits, being involved in fund raising was not a difficult task and in all events was a rather pleasurable and enjoyable social activity. The Fundraising Committee would like to thank those who got involved in this years successful result.

Finally, on the behalf of the Fundraising Committee many thanks must go to those members for there support and contribution.

The 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

SUMMER COMPETITION REPORT

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2010 / 2011 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. Competition days consist of both grading weeks and all other weeks excluding modified weeks. In the event that a competition week is cancelled all athletes will have this week allocated as attended, however the competition week must be cancelled prior to any track or field event being held.

The summer competition categories are:

- Under 20;
- Senior (20 to 39 years male);
- Senior (20 to 34 years female);
- Masters (40 to 59 years + male);
- Masters (35 to 59 years + female);
- Golden Oldies (60 years +); and
- Visitors.

There are 1st, 2nd and 3rd places available within each summer competition category, catering for men and women. From these placings, 1st, 2nd and 3rd summer champion awards are 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 summer season.

Summer Club Champion

Congratulations to **Wayne Thurlow** who is our 2010 / 2011 season's **Club Champion**. This is Wayne's third summer club champion award. Wayne has trained well to improve over the season and completed a fantastic season with 94.5 points Wayne is an excellent friendly competitor who has steadily improved throughout the season.

Summer Male and Female Champions

The men's competition was won by **Wayne Thurlow** with 94.5. **Michael Grogan** accomplished another great season gaining 2nd place on a creditable 78.5 points with another fine athlete, and relative newcomer **Stephen Clark**, gaining 3rd place on 77 points. Congratulations and well done.

The women's competition was won by **Jean Davis**. This is Jean's second women's champion award and we hope she continues with her fine efforts each season. Jean scored 67 points, with **Robyn Smith**, gaining 2nd place with 53 points. In 3rd place was **Lilliana Busic**, who has also performed well gaining 42.5 points.

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 following tables display the age category winners:

Under 20				
	<u>Men</u>	<u>Points</u>	<u>Women</u>	Points
1st	Joel Wheatley	51	Katelyn Free	19
2nd				
3rd				
Seniors				
1st	Michael Grogan	78.5	Lisa Grant	24
2nd	Stephen Clark	77		
3rd				
Masters				
1st	Wayne Thurlow	94.5	Jean Davis	67
2nd	Roger Mar	64.5	Robyn Smith	53
3rd	Steven Blunden	62	Lilliana Busic	42.5
Golden Oldies				
1st				
2nd				
3rd				

Summer Visitor Champion

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**. Accomplished a great season and gaining 2nd place was **Lachlan Beasley** and **Hayley Armitage**, gaining 3rd place. 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 2010 / 2011 Summer Competition.

Stephen O'Donnell

SEASON 2010/11 REPRESENTATIVE AWARDS

*Congratulations to all members who represented the State at National Championships and the club at State Championships, State Relays, Club Premiership and Allcomers events throughout the year. Our winners of the Representative Awards this year are **Brad Milosevic** (Open), **Taylor Doyle** (Underage) and **Lynette Smith** (Masters).*

OPEN TOTAL POINTS

Brad Milosevic	86
Nicholas Hanna	83
Lynette Smith	48
Matt Stenning	48
Taylor Doyle	24
Rob Geisler	19
Paul Tleige	19
Brendan Weyland	12
Vince Adams	10
Steve Blunden	10
Steve Clark	10
Andrew Free	10
Michael Grogan	10
Peter Matthews	10
Rebecca Norton	7
Mick Parker	7
Raminder Singh	7
Ashlee Tait	7
Ed Bratovic	5
Brooke Hojel	5
Heidi Juhart	5
Danny Martins	5
Jye Perrott	5
David Perry	5
Katrina Russell	5
Greg Sargeant	5
Robyn Smith	5
Joel Wheatley	5
Andrew Armitage	2
Shane Gallard	2
Bethany Parker	2

UNDERAGE TOTAL POINTS

Taylor Doyle	112
Ashlee Tait	65
Gordon Allan	39
Corrina Moore	20

MASTERS TOTAL POINTS

Lynette Smith	402
Matt Stenning	65
Steve Clark	34
Rob Giesler	15

POINTS TABLE

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>Top 10</u>	<u>Top 20</u>	<u>Other</u>	<u>Scored By</u>
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

PUBLICITY OFFICER'S REPORT

Girraween Athletics Club Publicity Report 2010-2011

This year's publicity report covers the period April 2010 through to March 2011. It should be noted that the club is still without a publicity officer. Hopefully this can be rectified in the near future. I have endeavoured, over the preceding twelve months, to keep a record of our athletes achievements within this timeframe. This report is essentially a summation of their achievements within this period.

The 2010 West Metropolitan cross-country season was another successful season for Girraween's athletes. While in terms of numbers the heights of 2009 were not reached, it was still a successful season for our athletes. Around forty-two Girraween athletes on average competed each afternoon across the three events, with a highest number of fifty-three appearing at Ermington early on in the season. Once the West Metropolitan awards were handed out in September, twenty-five athletes from Girraween had won awards across various age categories in the short, medium and long distance races. A great achievement, when in many of the categories competition was fierce.

A number of Girraween athletes also competed in the Sydney Marathon Clinic series of races held at Smithfield over the 2009/2010 season which concluded in June 2010. This series of events held from October through to June continues to attract a large number of runners who compete over the 5km, 10km and 21/25/30km distances. The Girraween athletes who compete regularly at Smithfield are always keen for more of their club mates to join them there. This season Rachel Ingram, Terry Rose, Michael Christie and Joe Butler were successful in picking up awards in various categories. It was a very successfully run event and continues to go from strength to strength.

The winter of 2010 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 Road Championships at Homebush, the State Cross Country Relays at Miranda (where for the second year in a row conditions were atrocious), the NSW Long Cross Country at Cambewarra, State Relays at Wollongong, Short Course Cross Country at Dundas, State Half Marathon at Lake Gillawarna. The event at Dundas saw Peter Matthews pick up a bronze medal in the 45-49 category in the 7.5km race. Peter's category was very competitive. This was the first time in many a long year that a Girraween athlete had picked up a state individual medal, and it was a tremendous achievement. In the same race, Brad Milosevic placed eighth in the open category, a fine effort. He is certainly one athlete to watch. Again the relays illustrated the ethos that is behind Girraween Athletics and that is to give everyone a run who wants to. It reinforces the successful philosophy that is Girraween Athletics' strength.

The winter of 2010 also saw Girraween athletes compete in many fun runs and other events outside the scope of West Metropolitan and NSW sanctioned events. Events such as the Australian Masters Athletics Championships in Perth (well done to Lynette Smith and Raminder Singh), the Mothers Day Classic in Parramatta Park, the SMH Half Marathon in Sydney, Blacktown City Fun Runs, Heart of the Lake at Lake Gillawarna, Sydney Striders 10km series, Great NOSH Footrace, Sri Chinmoy series of runs, Mini Mosman Runs, Gold Coast Half Marathon, Cooks River 10km, Westlink M7 Cities Marathon, Bay Run, City to Surf (a big Girraween contingent at this event), Adelaide Half Marathon, Mudgee Half Marathon. This is a brief list, but does illustrate that our athletes are prepared to travel far and wide and really test themselves over a variety of courses and distances.

With the onset of the warmer weather, Girraween's summer Saturday afternoon track season ran from September 2010 through March 2011 at C V Kelly Park at Girraween. This summer series of track and field meetings continues to be very popular with both club members and visitors alike. 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 is to be hoped that more of our athletes take advantage of this and in doing so gain the confidence to compete at interclub when that series takes place over the summer months.

In November 2010, the annual State Track Relays were held at Sydney Olympic Park Athletics Track at Homebush. Girraween entered a small number of teams across a number of events. Whilst no medals were forthcoming, our athletes acquitted themselves very well and really enjoyed the rare opportunity to compete at such a top class athletics venue against top class competition - something that occurs infrequently.

The summer of 2010/2011 also saw Girraween athletes compete at a number of NSW events. Girraween's younger athletes including Brooke Hojel, Corrina Moore, Rebecca Norton, Ashlee Tait, Bethany Parker, Taylor Doyle and Gordon Allen competed successfully and flew the flag well at a number of championship events and it is to be hoped that they all return for next summer's season. Our senior athletes including Lynette Smith, Nicholas Hanna, Brad Milosevic, Matt Stenning, Rob Giesler, Paul Tleige, Mick Parker, Raminder Singh were also spotted from time to time at NSW interclub or NSW permit events and in often difficult conditions competed very admirably.

Throughout the 2010/2011 summer season Girraween athletes competed in a large number of other events such as Westpac Hills Fun Run, Clive Graham Fun Run, Sri Chinmoy series of runs, Sydney Running Festival events, Lap of the Lake Marathon, Rouse Hill Town Centre Fun Runs, St Marys community fun run's, Fisher's Ghost, Central Coast Half, Resolution

Run, Malta Marathon, Six Foot track and at time of writing still competing in the SMC series at Smithfield. Again many of our athletes showed great versatility and endurance in competing in these events in often trying conditions.

The annual Blacktown/Girraween Challenge was held in conjunction with a Blacktown City Athletics NSW permit meet at Blacktown Olympic Park at the end of February 2011. On this evening there was a large contingent of Girraween athletes who represented the club well over a series of events. On this occasion, Blacktown City Athletics Club was successful in regaining the trophy and is to be congratulated on this achievement. It is to be hoped that this event will be held again next summer, but the format will be revisited as it is felt that an event such as this deserves to be held as a standalone meet and should not be overwhelmed or swallowed up by a larger event, which was the case here.

There have been so many highlights over the last twelve months from all the athletes who wore the Girraween blue at some stage. All our athletes always gave their best when representing Girraween and this is what counts. It's always hard to pick out any highlights but there are some worth mentioning. Taylor Doyle's achievement in being selected for the Australian team for the Special Olympics to be held in Athens in June/July 2011 is an extraordinary achievement by a young lady whose potential is unlimited. As a club we are all very proud of her efforts and that was shown by the way the club supported the fund-raising efforts to send her to Athens. We wish her all the best and will be watching her efforts with great anticipation. Lynette Smith's high level of achievement consistently over a long period was something to behold and she remains as graceful and humble as ever and a credit to her sport. Brad Milosevic continues to develop as an athlete and has made great strides over the last twelve months. He is continually improving and we are all watching his progress eagerly as he continues to develop into one of this country's up and coming talents over the longer distances. It is also great to see Geoff Sheargold make a fine return from injury and he is continuing to make great strides as well. Lisa Grant and Michael Free continue to amaze with their orienteering and rogaining efforts and they have some amazing tales to tell as well, adding another dimension to their athletic achievements.

In conclusion, it has been a great twelve months. Our athletes continue to amaze and inspire across the board. It continues to be this writer's wish that someone can step into the breach as this club's publicity officer, so that our athletes' achievements can be broadcast outside the confines of this great club and to the wider community - as they certainly deserve it.

Michael Christie
Honorary Publicity Officer
Girraween Associated Press

DETAILED WINTER RESULTS

CLUB COMPETITION POINT SCORES WINTER 2010

SHORT DISTANCE					MEDIUM DISTANCE					LONG DISTANCE				
Female					Female					Female				
Name		Age at 31/12/10	Club Age Category	Final Point Score	Name		Age at 31/12/10	Club Age Category	Final Point Score	Name		Age at 31/12/10	Club Age Category	Final Point Score
Katrina	Russell	55	Master	282	Jean	Davis	37	Master	357	Margaret	Ferguson	41	Master	57
Heidi	Juhart	37	Master	265	Rachael	Ingram	42	Master	346					
Jill	Woodruff	41	Master	255	Stacey	Argent	20	Senior	266					
Stephanie	Russell	18	U19	238	Kylie	Smythe	27	Senior	174					
Lauren	Sinclair	22	Senior	192	Ashleigh	Thurlow	13	U20	84					
Caitlin	White	23	Senior	117	Rochelle	Mackenzie	11	U20	80					
Amanda	Macdonald	23	Senior	57	Katelyn	Matthews	14	U20	0					
Lynette	Smith	40	Master	30										
Male					Male					Male				
Name		Age at 31/12/10	Club Age Category	Final Point Score	Name		Age at 31/12/10	Club Age Category	Final Point Score	Name		Age at 31/12/10	Club Age Category	Final Point Score
David	Perry	48	Master	385	Ed	Bratovic	42	Master	415	Peter	Matthews	48	Master	438
Wayne	Thurlow	44	Master	364	Stephen	Parkins	50	Master	391	Vivian	Manwaring	63	Golden Oldie	391
Terry	Rose	58	Master	315	Michael	Christie	48	Master	386.5	Mark	Ingram	48	Master	349
Danny	Martins	26	Senior	311	Andrew	Free	52	Master	333	Michael	Free	44	Master	343
Jamie	Bratovic	35	U12M	304	Joseph	Butler	73	Golden Oldie	296	Clive	Kidson	59	Master	321
Gregory	Sargeant	11	Master	297	Darren	Gould	47	Master	263	Robert	Eager	58	Master	281
Stephen	O'Donnell	46	Master	286	Sam	Ferguson	9	U20	232	Graham	Sheargold	55	Master	268
Michael	Grogan	50	Senior	267	Richard	Lamas	48	Master	203	Abuzar	Abdelrahim	18	U19M	240
Vincent	Adams	54	Master	237	Jye	Perrott	12	U20	131	Steven	Williams	54	Master	200
Roger	Mar	55	Master	228	Mark	Atwood	51	Master	100	Shane	Ferguson	41	Master	174
Stephen	Mifsud	52	Master	100	Brad	Milosevic	21	Senior	75	Denis	Andrew	62	Golden Oldie	126
Adam	Sinclair	21	Senior	65	Wayne	Jeff	45	Master	55	Richard	Frost	36	Senior	70
Eddie	Makki	62	Golden Oldie	40	Bradley	Matthews	12	U20	42	Steven	Blunden	50	Master	61
Connor	Vernon	13	U14	28						Michael	Kammerer	41	Master	30
John	Allan	47	Master	22						Michael	Hehir	52	Master	26

Met West Long Event

Name	Nominated	Winter Age at 31/12/10	Gender	West Met Age	Haberfield 27-3-10		Concord 3-4-10		Rydalmere 10-4-10		Smi thfield 17-4-10		Ermi ngton 8-5-10		Dundas 15-5-10		Winston Hills 22-5-10		North Ryde 5-6-10		Bella Vista 12-6-10		Prospect 26-6-10		Emu Plains 3-7-10		Ermington 24-7-10		Greystanes 31-7-10		Bella Vista 21-8-10			
					8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points	8km	Points
Ferguson, Margaret	L	41	F	40+		0		0	48.25	30		0		0		0		0		0		0		0		0		0		0		0		0
Abdelrahim, Abuzar	L	18	M	U20	30.33	30		0		0	30.28	30	31.19	30	30.33	30	30.35	30	31.55	30	31.45	30		0		0		0		0		0		0
Frost, Richard	L	36	M	30+		0		0	37.23	22		0		0	40.59	26		0		0		0		0		0		0		0		0		0
Kammerer, Michael	L	41	M	40+		0		0	29.28	30		0		0		0		0		0		0		0		0		0		0		0		0
Ferguson, Shane	L	41	M	40+		0		0	36.09	23	33.48	27	33.46	28		0		0	36.57	28	35.37	28	33.10	29		0		0		0		0		0
Free, Michael	L	44	M	40+	33.38	28		0	32.27	28	34.16	26	34.55	27	35.08	28	35.28	28		0		0	35.38	28	46.56	29	35.01	28		0	36.13	30		0
Matthews, Peter	L	48	M	45+	32.25	29			30.55	29	31.59	29	31.46	29	31.35	29	31.18	29	33.43	29	31.55	29	31.00	30	40.58	30	31.22	30	31.44	30				
Ingram, Mark	L	48	M	45+	39.47	23		0	38.33	21	39.46	22	42.59	23		0	43.01	25		0	41.15	25	42.12	24	56.28	27		0	44.02	25	48.46	28		0
Blunden, Steven	L	50	M	50+		0		0	45.07	19	44.33	21	46.45	21		0		0		0		0		0		0		0		0		0		0
Hehir, Michael	L	52	M	50+		0	51.39	26		0		0		0		0		0		0		0		0		0		0		0		0		0
Williams, Steven	L	54	M	50+	46.57	21	42.48	27		0		0		0		0	41.28	26		0		0	40.05	25		0	40.14	26	40.57	26		0		0
Sheargold, Graham	L	55	M	55+	33.58	27		0	33.11	27	33.39	28		0		0		0	37.41	27		0		0		0	34.52	29	36.08	29		0		0
Eager, Robert	L	58	M	55+	44.07	22		0	44.27	20		0	43.37	22	44.55	25	44.09	24	46.57	24	44.14	24		0	58.40	26		0	44.54	24		0		0
Kidson, Clive	L	59	M	55+	35.15	26	37.27	30	34.18	26	35.47	24	36.07	26	37.01	27		0	39.49	25	36.53	27	37.02	27		0		0	37.21	28		0		0
Andrew, Denis	L	62	M	60+	35.29	25	38.13	29	34.45	25	37.38	23	38.06	24		0		0		0		0		0		0		0		0		0		0
Manwaring, Vivian	L	63	M	60+	37.03	24	38.32	28	35.02	24	34.45	25	36.45	25		0	37.07	27	38.49	26	38.01	26	37.41	26	48.43	28	37.16	27		0	39.52	29		0
Bratovic, Ed	M	42	M	40+											36.32												38.51							
Lamas, Richard	M	48	M	45+	44.05																													
Parkins, Stephen	M	50	M	50+					39.42						41.02								39.51				40.03							
Atwood, Mark	M	51	M	50+					42.36											45.26		43.11		56.51										
Bratovic, Jamie	S	11	M	U12															45.01															
Martins, Danny	S	26	M	20+									36.54		37.59		37.36										38.50		38.49	14				
Grogan, Michael	S	35	M	30+											37.14												36.17							
Thurlow, Wayne	S	44	M	40+							40.51		38.35																					
O'Donnell, Stephen	S	46	M	45+	39.43		41.55		38.18		38.57						43.35						40.19						42.22					
Perry, David	S	48	M	45+							37.00		37.20		39.32		39.03				39.18				49.14				36.57					
Sargeant, Gregory	S	50	M	50+			43.49						43.12						45.52		42.46						43.53		42.43		43.50			
Mifsud, Stephen	S	52	M	50+																			39.41		56.20									
Mar, Roger	S	54	M	50+							45.48																		50.33					
Grant, Lisa	No	25	F	20+																	40.43						38.00		39.39					
Sheargold, Geoff	no	24	M	20+																									33.26					

Met West Medium Event

Name	Nominated	Winter Age at 31/12/10	Gender	West Met Age	Haberfield 27-3-10	Points	Concord 3-4-10	Points	Rydalmere 10-4-10	Points	Smithfield 17-4-10	Points	Emmington 8-5-10	Points	Dundas 15-5-10	Points	Winston Hills 22-5-10	Points	North Ryde 5-6-10	Points	Bella Vista 12-6-10	Points	Prospect 26-6-10	Points	Emu Plains 3-7-10	Points	Emmington 24-7-10	Points	Greystanes 31-7-10	Points	Bella Vista 21-8-10	Points
					4km		4km		4km		4km		4km		5km		4km		4km		4km		4km		5km		4km		4km		4km	
Mackenzie, Rochelle	M	11	F	U12		0		0	31.59	25		0		0	33.09	28		0		0		0		0		0		0		0		0
Thurlow, Ashleigh	M	13	F	U14		0	22.48	29	26.01	28		0		0		0		0		0		0		0	32.30	27		0		0		0
Argent, Stacey	M	20	F	20+		0		0	24.40	30	20.18	29	20.10	30	27.50	30		0	23.29	29	21.16	29		0	26.27	30	21.48	30	22.38	29		0
Smvthe, Kylie	M	27	F	20+		0		0	30.27	26	23.58	27	24.33	26	33.34	26	23.22	28		0	24.51	27		0		0		0		0		0
Davis, Jean	M	37	F	30+	18.22	30		0	28.12	27	19.12	30	20.36	29	28.30	29	20.45	30	22.17	30	20.50	30	21.19	30	27.13	29	21.59	29	20.11	30	23.00	30
Ingram, Rachael	M	42	F	40+	20.24	29	22.10	30	25.22	29	21.50	28	21.45	28		0	21.34	29		0	22.18	28	22.15	29	30.46	28		0		0		0
Ferguson, Sam	M	9	M	U12		0		0	23.03	24	18.43	29	18.55	29		0	18.32	28	20.21	28	19.35	27	18.49	27		0		0		0		0
Matthews, Bradley	M	12	M	U13	16.40	28		0		0		0		0		0		0		0		0		0		0		0		0		0
Perrott, Jye	M	12	M	U13	14.12	30	18.19	28		0	14.19	30		0		0		0		0		0		0		0		0		0		0
Bratovic, Ed	M	42	M	40+	15.32	29	17.03	30	18.21	30		0	16.12	30	22.08	30	16.30	30	17.19	30	16.32	30	15.41	30		0	16.28	30	17.02	30	17.48	30
Jeff, Wayne	M	45	M	45+		0	19.33	26	19.51	29		0		0		0		0		0		0		0		0		0		0		0
Gould, Darren	M	47	M	45+	19.40	24	20.38	24	22.33	26	19.52	27		0	27.23	28		0	22.07	26	20.36	25		0	25.58	28	19.46	28		0		0
Christie, Michael	M	48	M	45+	18.21	26	18.20	27	23.02	25	21.20	26		0	27.41	27		0		0		0		0		0	21.21	24	21.32	26		0
Lamas, Richard	M	48	M	45+	18.56	25	19.47	25	22.12	27	19.22	28	19.13	28	28.02	26	20.12	27	21.14	27	20.11	26	20.11	26	26.28	27	20.00	27		0		0
Parkins, Stephen	M	50	M	45+	17.47	27	18.18	29	21.20	28		0		0	24.22	29		0	18.57	29	18.27	28	17.33	28	22.48	29	17.46	29	18.45	28	18.50	28
Atwood, Mark	M	51	M	50+		0	20.57	23		0		0	20.47	27	29.04	25		0		0		0		0		0	21.12	25		0		0
Free, Andrew	M	52	M	50+	23.17	23		0		0	22.28	25	22.48	26	31.11	24	22.02	26	22.50	25	21.32	24	20.32	25	26.52	26	20.42	26	20.41	27	21.09	27
Butler, Joseph	M	73	M	65+		0	28.21	22	30.53	22	26.05	24		0	38.03	23	25.47	25	27.41	24	25.40	23		0		0	24.48	23	24.53	25	26.10	26
Ferguson, Margaret	L	41	F	65+									24.25	14	33.28	14																
Ferguson, Shane	L	41	M	40+											33.29																	
Free, Michael	L	44	M	40+																											21.19	
Ingram, Mark	L	48	M	45+	14.56																											
Matthews, Peter	L	48	M	45+			20.36																									
Shearnold, Graham	L	55	M	55+																			16.01	15								
Sindair, Lauren	S	22	F	20+																			16.06									
Russell, Katrina	S	55	F	55+					27.59		22.25		22.39		30.54								22.01		29.14						24.40	
Bratovic, Jamie	S	11	M	U12					23.47	12			19.14						19.29													
Sindair, Adam	S	21	M	20+													17.59	15														
Martins, Danny	S	26	M	20+			18.42		20.35																22.11	15					18.22	15
Grogan, Michael	S	35	M	35+									26.28		24.15		17.42				17.52		17.10		23.25		18.50					
Thurlow, Wayne	S	44	M	40+					21.33		17.52		16.40		23.37												16.30					
O'Donnell, Stephen	S	46	M	45+			20.14						20.02		26.17		20.06												20.13			
Perry, David	S	48	M	45+	19.38		18.16		20.06		16.53		26.27		24.18		17.31				17.55	15	17.21		23.20				17.23	15		
Sargeant, Gregory	S	50	M	50+	20.33		20.22		23.28		20.05		20.03		26.22		20.11		21.25		19.56						19.39		20.21		21.00	
Mifsud, Stephen	S	52	M	50+																			18.05		25.19				18.03			
Mar, Roger	S	54	M	50+					23.52		20.37		20.56								22.10				29.38	13	21.38					
Rose, Terry	S	58	M	55+					22.56														19.51				19.35					

Met West Short Event

Name	Nominated	Winter Age at 31/12/20	Gender	West Met Age	Haberfield	Concord		Rydalmere	Smithfield	Ermington	Dundas	Winston Hills	North Ryde	Bella Vista	Prospect	Emu Plains	Ermington	Greystanes	Bella Vista													
					27-3-10	3-4-10		10-4-10	17-4-10	8-5-10	15-5-10	22-5-10	5-6-10	12-6-10	26-6-10	3-7-10	24-7-10	31-7-10	21-8-10													
					2km	2km		2km	2km	2.5km	2km	2km	2km	2km	2km	2km	2km	2km	2km													
Russell, Stephanie	S	18	F	U20		0	0	9.39	29	0	9.14	30	0	0	0	9.19	30	9.43	30	9.27	29	9.12	30	9.46	30							
Sinclair, Lauren	S	22	F	20+		0	15.42	29	13.17	26	13.17	27	15.33	27	15.12	29	0	0	13.22	27		0	0	0	0							
Macdonald, Amanda	S	23	F	20+	9.32	30	0	9.57	28	9.26	30	0	0	0	0	0	0	0	0	0	0	0	0	0	0							
White, Caitlin	S	23	F	20+		0	0	0	0	0	0	0	0	0	10.27	29	0	10.52	28		0	0	0	0	0							
Juhart Heidi	S	37	F	30+		0	0	9.34	30	0	0	0	13.53	30	10.21	30	10.29	30	9.52	30	9.37	29	9.59	29	9.38	28						
Smith, Lynette	S	40	F	40+		0	0	0	0	0	0	0	0	0	0	0	0	0	9.04	30		0	0	10.32	29							
Woodruff, Jill	S	41	F	40+	10.42	29	11.47	30	0	10.49	28	11.52	28	16.19	28	0	12.41	29	12.07	28	0	0	0	12.08	28	13.50	27					
Russell, Katrina	S	55	F	55+		0	0	10.24	27	9.54	29	10.12	29	14.19	29	0	0	0	10.19	28	10.57	27	10.27	27	10.48	29	11.22	28				
Bratovic, Jamie	S	11	M	U12	7.57	26	8.46	25	0	0	8.36	25	11.31	26	8.11	27	8.45	29	9.09	25	8.31	23	0	0	8.38	25	11.23	25				
Vernon, Connor	S	13	M	U14	7.43	28	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0					
Sinclair, Adam	S	21	M	20+		0	15.21	21	0	7.28	30	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0					
Martins, Dannv	S	26	M	20+		0	8.19	28	7.36	30	0	7.29	30	10.25	30	8.08	28	0	0	7.43	27	0	7.48	29	0	0	0					
Grogan, Michael	S	35	M	30+		0	0	0	0	0	7.53	28	10.45	28	7.50	29	0	7.14	30	7.35	28	8.04	29	7.52	28	8.04	28	0				
Thurlow, Wayne	S	44	M	40+	7.39	30	8.06	30	7.56	28	7.37	29	7.42	29	10.30	29	7.47	30	7.53	30	7.44	29	7.20	29	7.45	30	7.44	30	7.36	30	8.03	30
O'Donnell, Stephen	S	46	M	45+	7.56	27	8.37	27	8.27	26	8.07	27	8.44	24	11.50	24	8.52	24	8.48	28	8.46	26	8.50	22	8.52	27	8.59	25	8.39	24	9.34	28
Allan, John	S	47	M	45+		0	0	0	12.33	22	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0				
Perry, David	S	48	M	45+	7.40	29	8.09	29	7.49	29	7.46	28	8.08	27	11.00	27	8.14	26	0	0	0	7.56	26	8.22	28	8.15	27	0	0	0	0	
Sargeant, Gregory	S	50	M	50+	7.58	25	8.38	26	8.18	27	8.08	26	8.27	26	11.34	25	8.38	25	8.53	27	8.37	27	8.09	24	8.57	26	8.25	26	8.26	27	8.48	29
Mifsud, Stephen	S	52	M	50+		0	0	0	0	0	0	0	0	0	0	0	0	0	8.02	25	9.19	25	0	0	8.33	26		0	0	0		
Mar, Roger	S	54	M	50+		0	0	9.17	24	9.16	24	9.31	22	0	0	0	10.21	23	0	0	0	10.00	23	9.53	23		0	0	0	0		
Adams, Vincent	S	55	M	55+	9.08	22	9.54	23	0.00	0	9.27	23	9.38	21	13.18	20	10.02	22	10.07	25	0.00	0	9.47	20	0.00	0	0.00	0	0.00	0	11.02	26
Rose, Terry	S	58	M	55+	8.20	24	9.24	24	8.40	25	8.44	25	9.02	23	12.20	21	9.32	23	9.22	26	9.21	24	8.54	21	0	9.26	24	0	9.46	27	0	
Makki, Eddie	S	62	M	60+		0	0	0	0	12.26	20	0	12.23	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Smythe, Kylie	M	18	F	20+	11.13	14																										
Ingram, Rachael	M	41	F	40+	12.10		13.22		11.09		13.26		14.14		13.49					12.11												
Ferguson, Sam	M	44	M	U10									12.10	11																		
Perrott, Jve	M	48	M	U12															7.14	15	7.00	15										
Matthews, Bradley	M	48	M	U12															8.35	14												
Bratovic, Ed	M	9	M	40+																												
Lamas, Richard	M	12	M	45+				8.57		8.46				10.15	11											9.21		10.04		10.35	12	
Free, Andrew	M	12	M	50+																							9.34					
Abdelrahim, Abuzar	M	27	M	U20															9.10													
Ferguson, Shane	L	42	M	40+																												
Free, Michael	L	42	M	40+			7.55						12.11	12					8.05								7.46	15				
Ingram, Mark	L	48	M	45+	13.58		13.19	11	9.56		13.12		14.13						14.07	12				12.08			11.42	11	12.35		13.25	
Matthews, Peter	L	52	M	45+															8.40													

Championship Events																																	
Name	Event	Winter Age	Gender	Age Categories	Ramsgate (Novice) 24-4-10 4K	invitational Fun Points	Ramsgate (Novice) 24-4-10 2K	invitational Fun Points	Ramsgate (Novice) 24-4-10 4K Womens	Event Points	Ramsgate (Novice) 24-4-10 10K Male	Novice Points	Olympic Park ANSW	Points	Miranda	Points	Nowra (Willandra) 12 km Open	Points	Woolongong NSW Road Relay	Points	Upjohn Park Short Course 2km Fun	Fun Points	Upjohn Park Short Course U11 1500m	Points	Upjohn Park Short Course 5km	Women (25+) Points	Upjohn Park Short Course 7.5km Open	men and 25+ men Points	City to Surf	Non Point Scoring	Half Marathon	Points	
Abdelrahim, Abuzar	L	18	M	U20									37.35	19	14.39	11																	
Frost, Richard	L	36	M	30+															17.41	22									75.03				
Free, Michael	L	44	M	40+									42.53	23	15.46	15			16.05	26													
Matthews, Peter	L	48	M	45+							40.43	30	38.07	20	15.02	12	52.14	27	14.26	29							30.17	27	56.08				
																			14.39														
Ingram, Mark	L	48	M	45+							50.08	25							17.51	21							38.04	24			0.09	27	
Williams, Steven	L	54	M	50+															18.03	19							39.42	30	68.52				
Sheargold, Graham	L	55	M	55+							43.49	29	42.04	21	16.32	18			16.00	28					21.55	30			62.01				
Eager, Robert	L	58	M	55+			10.58	13							21.41	28	53.17	28	19.43	17							41.35	29	83.32				
Kidson, Clive	L	59	M	55+									46.07	26	17.50	22	62.21	29	17.03	23									65.45				
Manwaring, Vivian	L	63	M	60+							47.13	27	44.35	25	17.56	24			17.58	20									71.06				
Mackenzie, Rochelle	M	11	F	U12															23.32	27													
Davis, Jean	M	37	F	30+											21.57	30																	
Ingram, Rachael	M	42	F	40+					22.27	30									21.31	28					28.19	30					2:02.19	30	
Ferguson, Sam	M	9	M	U10																			6.22	29									
Perrott, Jye	M	12	M	U12											15.16	13																	
Bratovic, Ed	M	42	M	40+	15.58		8.18	15							15.28	14					12.58	15					35.48	28	94.51				
															16.06																		
Gould, Darren	M	47	M	45+											21.40	27																	
Christie, Michael	M	48	M	45+	20.26		11.20	14					51.50	29	19.57	25			19.41	18							44.15	23					
Parkins, Stephen	M	50	M	50+							49.23	26	47.41	27	17.55	23	62.43	30									36.36	25	67.31				
															19.00																		
Free, Andrew	M	52	M	50+											22.39	29			19.52	16									80.46				
Butler, Joseph	M	73	M	65+											25.40	30									33.26	29			95.05				

Championship Events Continued

Name	Event	Winter Age	Gender	Age Categories	Ramsgate (Novice) 24-4-10 4K	Invitational Fun Run Points	Ramsgate (Novice) 24-4-10 2K	Invitational Fun Run Points	Ramsgate (Novice) 24-4-10 4K Womens	Event Points	Ramsgate (Novice) 24-4-10 10K Male	Novice Points	Olympic Park ANSW	Points	Miranda	Points	Nowra (Willandra) 12 km Open	Points	Wodlongong NSW Road Relay	Points	Upjohn Park Short Course 2km Fun Run	Points	Upjohn Park Short Course U11 1500m	Points	Upjohn Park Short Course 5km Women (25-)	Points	Upjohn Park Short Course 7.5km Open Men and 25-1000m	Points	City to Surf	Non Point Scoring	Half Marathon	Points
Russell, Stephanie	S	18	F	U20															19.34	30												
White, Caitlin	S	23	F	20+					25.05	29																		87.24				
Russell, Katrina	S	55	F	55+															20.52	29												
Bratovic, Jamie	S	11	M	U12																	12.58		7.26	30					94.50			
Martins, Danny	S	26	M	20+			8.08	15					42.57	24	16.50	20			16.02	27									67.45			
Grogan, Michael	S	35	M	35+											16.27	17											34.05	29	69.00		0.07	30
Thurlow, Wayne	S	44	M	40+							46.32	28	42.47	22	16.10	16																
O'Donnell, Stephen	S	46	M	45+											17.33	21													69.29			
Perry, David	S	48	M	45+											16.35	19			16.35	25							34.22	26	70.25		0.07	29
Sargeant, Gregory	S	50	M	50+																									70.41			
Mifsud, Stephen	S	52	M	50+															16.35	24									67.17			
Mar, Roger	S	54	M	50+									52.27	30													43.46	28	79.45		0.09	28
Adams, Vincent	S	55	M	55+											20.10	26																
Rose, Terry	S	58	M	55+									49.04	28															79.23			
Makki, Eddie	S	62	M	60+																									79.29			
Milosevic, Brad	no	21	M	20+	12.25	15									12.17	10	42.32	26	11.55	30							24.33	30				
Sheargold, Geoff	no	24	M	20+																									87.24			
Raju, Suresh	no	51	M	50+																									83.00			
Mayhew, Keith	no	67	M	60+																									79.27			

Detailed Summer Results

Club Competition Point Scores 2010 / 2011

Wayne Thurlow	94.5	Tim Evans	20
Michael Grogan	78.5	Katelyn Free	19
Stephen Clark	77	Michael Free	18
Jean Davis	67	Rebecca Norton	18
Roger Mar	64.5	Taylor Doyle	16
Steven Blunden	62	Raminder Singh	13
Rob Giesler	61	Nathaniel Falzon	13
Michael Christie	57	Amanda Giesler	12
Andrew Free	56	Stephen Parkins	11
Peter Matthews	54.5	Matthew Stenning	11
Robyn Smith	53	Connor Vernon	11
Joel Wheatley	51	Caitlin Thurlow	11
Stephen O'Donnell	45	Ray Yorke	10
Lilliana Busic	42.5	Joseph Butler	9
Mick Parker	41	Ashleigh Thurlow	9
Steven Williams	40	Katrina Russell	8
Andrew Armitage	39	Lynette Smith	8
Scott Mortimer	37	Lauren Sinclair	8
Michael Evans	36	Thomas Norton	7
David Perry	34	Lyndsay Glohe	6
Danny Martins	33	Luke Jobson	6
Brendon Weyland	31	Daniel O'Donnell	5
Jye Perrott	29.5	Robert Field	4
Vincent Adams	29	Terry Rose	4
Mark Laird	29	Graham Sheargold	4
Gregory Sargeant	26	Geoff Sheargold	4
Heidi Juhart	25	Corrina Moore	4
Lisa Grant	24	Ashlee Tait	4
Bethany Parker	23	Jamie Bratovic	4
Bradley Matthews	22.5	Ben O'Donnell	2
Ed Bratovic	21	Keith Mayhew	1
Dale Parker	21		

Note Registered members who did not compete in the summer competition are not listed in these point scores

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

WINTER COMPETITION – 2010

2010 was once again an enjoyable and successful season.

I would like to give special thanks this year to Steve O'Donnell and Michael Christie for helping me with the task gathering the athletes times and also recording and tabulating the athletes pointscores. The task was made much less onerous and pleasurable thanks to the help and assistance I received from both of them.

As in other years our Clubs' athletes participated in both the West Metropolitan Road and Cross-Country running series and seven of the Championship events held by Athletics NSW.

EXPLANATION OF THE WINTER CLUB COMPETITION POINT SCORE – 2010

The point score was based on participation in the various West Metropolitan Zone and ANSW 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 21 events being 14 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 21 being 10 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.

Where an athlete failed 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 :

- 10 from 14 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 13 events.

2010 WEST METROPOLITAN TROPHY WINNERS

The 2010 awards were presented at the West Metropolitan Series Presentation Day – West Auburn – Saturday 4th September, 2010.

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

2km

W20U	Stephanie Russell	1 st
W40+	Heidi Juhart	1 st
	Jill Woodruff	2 nd
W55+	Katrina Russell	1 st
M12U	Jamie Bratovic	2 nd
M30+	Michael Grogan	1 st
M40+	Wayne Thurlow	1 st
M45+	David Perry	1 st
	Stephen O'Donnell	2 nd
M50+	Greg Sargeant	1 st
M55+	Terry Rose	1 st
	Vince Adams	2 nd

4km

W20+	Stacey Argent	1 st
W30+	Jean Davis	1 st
W40+	Rachel Ingram	2 nd
M10U	Sam Ferguson	2 nd
M45+	Michael Christie	2 nd
	Darren Gould	3 rd
M50+	Stephen Parkins	3 rd
M65+	Joe Butler	2 nd (equal)

8km

M40+	Michael Free	2 nd
M45+	Peter Matthews	1 st
M55+	Clive Kidson	2 nd
	Robert Eager	3 rd
M60+	Viv Manwaring	2 nd

The following pages contain lists of the 2010 Club trophy winners and a list of our Club athletes' times and their point scores for the 2010 season.

Robert Eager
Winter Competition Manager
15 June 2010

Winter Club Trophy Winners 2010 season

Long

<u>Male</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20		No Eligible Competitor	
Senior		No Eligible Competitor	
Master	1st	Matthews, Peter	438
	2nd	Ingram, Mark	349
	3rd	Kidson, Clive	321
Golden Oldie	1st	Manwaring, Vivian	391

<u>Female</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20		No Eligible Competitor	
Senior		No Eligible Competitor	
Master		No Eligible Competitor	
Golden Oldie		No Eligible Competitor	

Medium

<u>Male</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20		No Eligible Competitor	
Senior		No Eligible Competitor	
Master	1st	Bratovic, Ed	415
	2nd	Parkins, Stephen	391
	3rd	Christie, Michael	386
Golden Oldie	1st	Butler, Joseph	296

<u>Female</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20		No Eligible Competitor	
Senior		No Eligible Competitor	
Master	1st	Davis, Jean	413
	2nd	Ingram, Rachael	346
Golden Oldie		No Eligible Competitor	

Short

<u>Male</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20	1st	Bratovic, Jamie	297
Senior	1st	Martins, Danny	311
	2nd	Grogan, Michael	304
Master	1st	Perry, David	385
	2nd	Thurlow, Wayne	364
	3rd	Rose, Terry	315
Golden Oldie		No Eligible Competitor	

<u>Female</u>	<u>Place</u>	<u>Name</u>	<u>Points</u>
U20		No Eligible Competitor	
Senior		No Eligible Competitor	
Master	1st	Russell, Katrina	282
Golden Oldie		No Eligible Competitor	

2010/2011 Season New Records

Club track and field Competition

Event	Time Distance Height	Name	Age Group	Previous Record Holder	Time Distance Height	Year
100m	13.38	Corrina Moore	Under 17 Female	= Nicole Page = Jackie Wheeler	13.40 13.40	92/93 82/83
100m	12.71	Rebecca Norton	Under 14 Female	Rebecca Deane	13.00	92/93
100m	13.53	Lynette Smith	Masters (35-49) Female	Lynette Smith	14.00	07/08
1500m (W)	10:34.00	Steven Blunden	Masters Plus (50-59) Male	No Previous Record		
1500m (W)	7:37.78	Michael Grogan	Senior (20-39) Male	Robert McGaughey	07:51.5	90/91
3000m	10:35.62	Vivian Manwaring	Golden Oldies (60-69) Male	Keith Mayhew	11:18.7	04/05
3000m	10:54.62	Graham Sheargold	Masters Plus (50-59) Male	Graham Sheargold	11:26.9	05/06
High	1.27	Steven Blunden	Masters Plus (50-59) Male	Rob Giesler	1.21	09/10
High	1.50	Lynette Smith	Masters (35-49) Female	Smith, Lynette	1.50	07/08
Long Jump	4.17	Lynette Smith	Masters (35-49) Female	Smith, Lynette	4.16	09/10
Long Jump	4.56	Steven Blunden	Masters Plus (50-59) Male	Rob Giesler	4.50	09/10
Triple Jump	9.30	Steven Blunden	Masters Plus (50-59) Male	Rob Giesler	8.58	09/10
Triple Jump	9.37	Lynette Smith	Masters (35-49) Female	Smith, Lynette	9.09	09/10
Shot Put	8.59	Bethany Parker (3kg)	Under 12 Female	Danielle Goodin (3kg)	7.27	03/04
Shot Put	10.62	Dale Parker (3kg)	Under 13 Male	Michael Chaffen (3kg)	7.67	04/05
Shot Put	6.74	Katrina Russell	Masters Plus (50-59) Female	Russell, Katrina	6.55	07/08
Discus	28.46	Bethany Parker (750g)	Under 12 Female	Danielle Goodin (750g)	18.33	03/04
Discus	34.9	Lynette Smith (1kg)	Masters (35-49) Female	Lynette Smith (1kg)	34.76	06/07
Javelin	38.46	Lynette Smith (600g)	Masters (35-49) Female	Lynette Smith (600g)	37.00	09/10
Javelin	24.24	Bethany Parker (400g)	Under 12 Female	= Brenda Micallef (400g) = Danielle Goodin (400g)	13.37 13.37	03/04 03/04
Javelin	26.40	Joel Wheatley (600g)	Under 12 Male	Andrew McIlwaine (600g)	84/85	24.56
Modified Competition New Records						
60m	8.01	Rob Giesler	Masters Plus (50-59) Male	Vince Adams	8.10	06/07
60m	9.04	Joel Wheatley	Under 12 Male	Matthew Beattie	93/94	9.70
60m	7.80	Thurlow, Wayne	Masters (40-49) Male	=Steven Williams =Robert Giesler	7.80 7.80	01/02 06/07
300m	45.69	Rob Giesler	Masters Plus (50-59) Male	Rob Giesler	46.51	09/10
300m	52.00	Joel Wheatley	Under 12 Male	Stephen Muir	93/94	65.80
Scissor High	1.62	Tim Evans	Senior (20-39) Male	David Beattie	1.61	01/02
Scissor High	1.27	Rob Giesler	Masters Plus (50-59) Male	Rob Giesler	1.20	09/10

GIRRAWEE ATHLETICS CLUB

C V KELLY PARK GROUND RECORDS AS AT 31 MARCH 2011

<u>MEN</u>				<u>WOMEN</u>			
<u>OPEN</u>				<u>OPEN</u>			
S Mallard (NEP)	91/92	10.7	100 =	Rebecca Deane	93/94	12.7	
			100 =	Leanne Saliba	90/91	12.7	
Gary Howard	04/05	23.5	= 200	Heidi Novosell (G)	83/84	26.9	
Ernie Leseberg	04/05	23.5	= 200				
Gary Howard	04/05	51.5	400	Rachel Pederson (BLK)	07/08	1:01.0	
Craig Downie	84/85	2:01.9	800	Susannah Hartgers (TW)	83/84	2:24.0	
R Hamill (RH)	85/86	4:11.1	1500	Katie-Ellen French	00/01	4:59.5	
Craig Downie	86/87	9:04.2	3000	Katie-Ellen French	00/01	10:56.9	
Bruce Hogg	91/92	16:17.4	5000	Katie-Ellen French	00/01	18:55.4	
Adam Rutter (SYP)	02/03	6:07.0	1500W	Lisa Grant	02/03	6:49.6	
Adam Rutter (SYP)	02/03	12:49.2	3000W	Lisa Grant (SU)	05/06	13:57.3	
Robert Kropman	92/93	16.2	110H/100H	Lynette Smith	93/94	17.6	
Robert Kropman	92/93	28.1	200H	Catherine Downer	82/83	33.3	
David Tarbotton (CBT)	82/83	59.2	400H	Tracey Wheeler	84/85	1:14.6	
Nathan Manwaring	92/93	6-50	LJ	Nicole Page	93/94	5-13	
Craig Willetts	92/93	14-17	TJ	Natalie Deegan	93/94	10-65	
Craig Willetts	93/94	1-91	HJ	Vera Abramas (STG)	85/86	1-66	
Robert Kropman (7.26kg)	92/93	13-95	SP	Lynette Smith (4KG)	09/10	10-51	
Robert Kropman (2kg)	91/92	42-08	DIS	Sue Read (NC) (1kg)	89/90	39-66	
Robert Kropman (800g)	90/91	56-72	JAV	Lynette Smith (600g)	03/04	38-60	

BLK: Blacktown 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+)

VETERAN PLUS (80+)

<u>VETERANS (70 – 79)</u>				<u>VETERANS (70 – 79)</u>			
Don Porter	08/09	14.9	100				
Don Porter	08/09	34.0	200				
Joe Butler	07/08	1:37.9	400				
Joe Butler	07/08	3:49.6	800				
Joe Butler	07/08	7:29.7	1500				
Joe Butler	07/08	15:34.1	3000				
Joe Butler	07/08	28:47.9	5000				
			1500W				
			3000W				
Don Porter	08/09	3.31	LJ				
Don Porter	08/09	6.74	TJ				
			HJ				
			SP				
			DIS				
			JAV				

GOLDEN OLDIES (60-69)

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

MASTER PLUS (50 – 59)

Rob Giesler	09/10	12.8	100
Rob Giesler	09/10	28.10	200
Steve Willams	06/07	1:06.3	400
Graham Sheargold	07/08	2:32.4	800
Graham Sheargold	07/08	5:12.5	1500
Graham Sheargold	05/06	11:26.9	3000
Steven Blunden	10/11	10:34.00	1500W
			3000W
Graham Sheargold	05/06	19:41.5	5000
Steven Blunden	10/11	4.56	LJ
Steven Blunden	10/11	9.30	TJ
Steven Blunden	10/11	1.27	HJ
Lajos Joni	05/06	11-85	SP
Lajos Joni	05/06	36-28	DIS
Lajos Joni	09/10	29-64	JAV

MASTERS (40-49)

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

GOLDEN OLDIES (60-69)

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	09/10	14:37.37
Katrina Russell	08/09	28:49.9
Katrina Russell	08/09	3.11
Katrina Russell	10/11	6.74
Katrina Russell	09/10	17-92
Katrina Russell	07/08	16-65

MASTERS (35-49)

Lynette Smith	10/11	13.53
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	07/08	13:09.0
Terri Baraniak	89/90	22:08.0
Lynette Smith	10/11	8:17.8
Lynette Smith	10/11	4.17
Lynette Smith	10/11	9.37
Lynette Smith	07/08	1-50
Lynette Smith	10/11	1-50
Lynette Smith (4kg)	09/10	10-51
Lynette Smith (1kg)	10/11	34.9
Lynette Smith (600g)	10/11	38.46

SENIOR (20 – 39)

Gary Howard	02/03	10.9	100
Gary Howard	04/05	23.5	= 200
Ernie Leseberg	04/05	23.5	= 200
Gary Howard	04/05	51.5	400
Craig Downie	84/85	2:01.9	800
Michael Finucane	91/92	4:18.7	1500
Craig Downie	86/87	9:04.2	3000
Craig Downie	84/85	16:25.7	5000
Michael Grogan	10/11	7:37.78	1500W
			3000W
Robert Kropman	92/93	16.2	110H/100H
Robert Kropman	92/93	28.1	200H
Bob Broadhurst	82/83	1:09.9	400H
Jeff Micallef	90/91	6-26	= LJ
Peter Murray	91/92	6-26	= LJ
Peter Kropman	88/89	13-23	TJ
Craig Willetts	93/94	1-91	HJ
Robert Kropman (7.26kg)	92/93	13-95	SP
Robert Kropman (2kg)	91/92	42-08	DIS
Robert Kropman (800g)	90/91	56-72	JAV

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

U/20

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

U/19

Jackie Wheeler	84/85	13.8
Nicole Page	94/95	28.5
Jackie Wheeler	84/85	1:04.6
Katie French	04/05	2:28.1
Lisa Grant	03/04	5:42.0
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	100
Phillip Fenech	85/86	24.6	200
Jamie Sherson	06/07	53.5	400
Jamie Sherson	06/07	2:03.6	800
Jamie Sherson	06/07	4:18.9	1500
Bruce Hogg	91/92	9:16.5	3000
Bruce Hogg	91/92	16:17.4	5000
Peter Kimpton	01/02	8:27.9	1500W
Peter Kimpton	01/02	17:50.1	3000W
Peter Kropman	85/86	16.0	110H/100H
Peter Kropman	85/86	29.1	200H
Peter Kropman	85/86	1:03.6	400H
Nathan Manwaring	92/93	6-50	LJ
Tim Evans	03/04	13-36	TJ
Shane Hanlon	91/92	1-89	HJ
Sam Setrallah (5kg)	04/05	11-55	SP
Greg Howard (1.5kg)	84/85	38-78	DIS
Andrew Grace (700g)	84/85	45-28	JAV

U/18

Nicole Page	93/94	13.2
Jackie Wheeler	83/84	28.3
Jackie Wheeler	83/84	1:03.4
Jackie Wheeler	83/84	2:41.1
Susan Ireland	02/03	5:36.2
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	100 =
Phillip Fenech	84/85	24.1	200
Phillip Fenech	84/85	53.8	400
Jon Hetherington	84/85	2:08.9	800
Bruce Hogg	90/91	4:31.4	1500
Bruce Hogg	90/91	9:33.1	3000
Bruce Hogg	90/91	16:49.0	5000
Adam Sinclair	05/06	9:21.2	1500W
Matthew Jenkin	00/01	19:40.0	3000W
Kurt Quinlivan	92/93	16.2	110H/100H
Phillip Fenech	84/85	28.8	200H
Peter Kropman	84/85	1:02.9	400H
Phillip Fenech	84/85	6-37	LJ
Timothy Evans	02/03	12-53	TJ
Shane Hanlon	90/91	1-83	HJ
Brendan Evans (5kg)	04-05	11-58	SP
Greg Howard (1.5kg)	83/84	39-72	DIS
Robert Kropman (700g)	85/86	53-76	JAV

U/17

Nicole Page	10/11	13.38
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
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	100 =
			100 =
Phillip Fenech	83/84	24.3	200
Phillip Fenech	83/84	53.6	400
Andrew Baraniak	90/91	2:11.0	800
Andrew Baraniak	90/91	4:32.3	1500
Andrew Baraniak	90/91	9:37.9	3000
Paul Sewell	88/89	18:12.0	5000
Paul Sewell	88/89	9:54.0	1500W
			3000W
David Gallo	86/87	14.9	100H/90H
Phillip Fenech	83/84	29.1	200H
Phillip Fenech	83/84	1:05.1	400H
Chris Saliba	89/90	6-11	LJ
Irwin Burbage	99/00	12-19	TJ
Peter Kropman	83/84	1-73	HJ
Tristan Manwaring (4kg)	00/01	12-47	SP
Greg Howard (1kg)	82/83	44-30	DIS
Jon Hetherington (700g)	83/84	44-14	JAV

U/16

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

U/15

Michael McHugh	81/82	12.0
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	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

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

U/14

Ilia Gill	81/82	12.1
Ilia Gill	81/82	25.6
Andrew Scully	99/00	58.4
Reece Diaz	04/05	2:18.4
Nathan Schmid	91/92	4:52.0
Stephen Muir	95/96	10:42.0
Brent Balinski	94/95	18:33.6
Brent Balinski	94/95	8:00.0

Michael Jamieson	86/87	15.1
Phillip Fenech	81/82	34.0
Nicholas Potten	83/84	1:10.4
Liam Correy-Yorke	02/03	5-59
Barry Prasetya	83/84	10-67
Ilia Gill	81/82	1-76
Reece Diaz (3kg)	04/05	9-67
Andrew McIlwaine (1kg)	86/87	48-50
Andrew McIlwaine (600g)	86/87	52-84

U/14

100	Rebecca Norton	10/11	12.71
200	Rebecca Deane	92/93	28.3
400	Rebecca Deane	92/93	1:03.8
800	Katie-Ellen French	99/00	2:27.1
1500	Katie-Ellen French	99/00	5:17.7
3000	Katie-Ellen French	99/00	11:01.9
5000	Susan Ireland	98/99	19:33.9
1500W	Lisa Grant	98/99	6:55.6
3000W	Julie Grant	01/02	18:14.2
90H/80H	Rebecca Deane	92/93	13.3
200H	Rebecca Deane	92/93	32.5
400H	Catherine Kropman	84/85	1:21.9
LJ	Linda Atkins	79/80	4-73
TJ	Catherine Kropman	84/85	9-90
HJ	Jessica Fisher	96/97	1-57
SP	Steffany Dunn (3kg)	06/07	8-45
DIS	Natalie Avellino (1kg)	84/85	34-22
JAV	Ashley Micallef (400g)	01/02	21-61

U/13

Ivica Mikic	79/80	13.1	100
Ilia Gill	80/81	27.0	200
Michael Ryan	78/79	1:05.0	400
Reece Diaz	03/04	2:30.6	800
Reece Diaz	03/04	5:09.3	1500
Nathan Schmid	90/91	10:49.0	3000
Nathan Schmid	90/91	18:12.2	5000
Peter Balinski	95/96	9:20.3	1500W
			3000W
Chris Saliba	86/87	14.5	90H/80H
Chris Saliba	86/87	37.9	200H
Warren Dempsey	84/85	1:18.1	400H
Rodney Scarr	78/79	4-97	LJ
Chris Saliba	86/87	9-88	TJ
Ilia Gill	80/81	1-66	HJ
Dale Parker (3kg)	10/11	10.62	SP
Andrew McIlwaine (1kg)	85/86	37-71	DIS
Andrew McIlwaine (600g)	85/86	32-51	JAV

U/13

Rebecca Norton	09/10	13.13
Rebecca Norton	09/10	28.15
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

Jye Perrott	10/11	12.9	100
Jye Perrott	09/10	27.91	200
Jye Perrott	10/11	1:02.67	400
Jye Perrott	10/11	2:27.36	800
Nathan Schmid	89/90	4:59.6	1500
Peter Balinski	94/95	11:05.9	3000
Peter Balinski	94/95	19:43.5	5000
Connor Vernon	08/09	9:30.0	1500W
			3000W
Matthew Beattie	93/94	15.3	90H/80H
Jeff Micallef	81/82	36.9	200H
Michael Wheeler	83/84	1:22.0	400H
Jye Perrott	09/10	4-57	LJ
Jye Perrott	10/11	10.10	TJ
Ilia Gill	79/80	1-55	HJ
Michael Chaffen (3kg)	04/05	7-79	SP
Andrew McIlwaine (1kg)	84/85	31-08	DIS
Joel Wheatley (600g)	10/11	26.4	JAV =

U/12

Ashlee Tait	09/10	13.76
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
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
Bethany Parker (750g)	10/11	28.46
Bethany Parker (400g)	10/11	24.24

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

ARCHIVED RECORDS

These are events that are not held as part of the club programme any more.

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

CLUB WINTER CHAMPIONS

Prior to 2002, only males competing in the long event and females competing in the middle event were considered in the pointscore for Winter Champion. From 2002, the system was changed with age category competitions within each of the short, medium and long events.

<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)	1998	Kevin Casey (Vet)
.=Zulay Sastre (U14)	1998	
-	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)

MODIFIED PROGRAM RECORDS AS AT 31 MARCH 2011

4 x 100M RELAY

OPEN MEN	46.64	(02/03)	OPEN WOMEN	55.0	(93/94)
Marcus Bakes (U18)	Timothy Evans (U17)		Nicole Page (U18)	Linda Hatherly (U17)	
Gary Howard (Sen)	Ernest Leseberg (Sen)		Sandra Narezzi (U15)	Melissa Briggs (U13)	
OPEN MIXED	55.8	(06/07)	U20 MIXED	56.5	(04/05)
Amanda Giesler	Mel Dunn		Jemma Austin	Jessica Ward	
Matt Dunn	Brad Milosevic		Tim Evans	Scott Mortimer	
40+ MEN	55.9	(06/07)	35+ MEN	53.8	(03/04)
Stephen Parkins	Gary Micallef		Rob Giesler	Stephen Parkins	
Steven Williams	Rob Giesler		Darren Gould	Steven Williams	
U20 MEN	49.2	(03/04)	U20 WOMEN	63.2	(06/07)
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)	Wayne Jeff (Sen)		Bruce Hogg (U18)	
Craig Willetts (U18)	Garry Dempsey (U17)		Shane Hanlon (U17)	
Nathan Manwaring (U17)	Andrew Baraniak (U16)			
OPEN WOMEN	1:50.5	(84/85)		
Jackie Wheeler (U19)	Tracey Connors (U17)		Tracey Wheeler (U17)	
Michelle Cauchi (U15)	Natalie Avellino (U14)		Catherine Kropman (U14)	
Jackie Neil (U14)	Tracy Scorer (U14)			
OPEN MIXED	1:46.2	(94/95)		
(minimum 3 women)				
John Dwyer (Vet)	Stephen Halverson (Vet)		Garry Dempsey (Sen)	
Lynette Smith (Sen)	Paul Weymark (U20)		Nicole Page (U19)	
Adrian Grogan (U18)	Sandra Narezzi (U16)			

<u>Open Men</u>				<u>Open Women</u>		
Ernie Leseberg	02/03	07.00	60M Sprint	Nicole Page (NEP)	95/96	08.10
Andrew Scully (BLK)	02/03	00:37.00	300M Unlaned	Lynette Smith	99/00	00:44.70
Gary Howard	03/04	02:50.80	1000M	Katie-Ellen French	00/01	03:11.20
Bruce Hogg	93/94	04:35.80	1 Mile	Kim Pitzing	84/85	05:53.00
Michael Kammerer	02/03	06:18.20	2000M	Katie-Ellen French	00/01	07:04.00
Robert Kropman	92/93	31.66	SP Throw 2.724kg	Lynette Smith	93/94	16.92
Tim Evans	03/04	1.65	Scissor HJ	Lynette Smith	93/94	1.45
Robert Kropman	92/93	2.84	Standing LJ	= Catherine Kropman	92/93	2.30
			Standing LJ	= Lynette Smith	93/94	2.30

<u>Veteran (70-79) Male</u>				<u>Veteran (70-79) Female</u>			
Don Porter	08/09	09.50	60M Sprint	Vacant Record			
Joe Butler	08/09	01:10.00	300M Unlaned	Vacant Record			
Joe Butler	07/08	04:59.80	1000M	Vacant Record			
Joe Butler	07/08	08:25.50	1 Mile	Vacant Record			
Joe Butler	07/08	10:03.30	2000M	Vacant Record			
Vacant Record		0.00	SP Throw 2.724kg	Vacant Record			
Vacant Record		0.00	Scissor HJ	Vacant Record			
Don Porter	08/09	1.64	Standing LJ	Vacant Record			

<u>Golden Oldies (60-69) Male</u>				<u>Golden Oldies (60-69) Female</u>			
Robert Field	07/08	09.10	60M Sprint	Vacant Record			
Keith Mayhew	03/04	00:52.50	300M Unlaned	Vacant Record			
Keith Mayhew	03/04	03:24.60	1000M	Vacant Record			
Keith Mayhew	03/04	05:46.90	1 Mile	Vacant Record			
Keith Mayhew	03/04	07:29.30	2000M	Vacant Record			
Keith Mayhew	03/04	12.74	SP Throw 2.724kg	Vacant Record			
Keith Mayhew	03/04	1.15	Scissor HJ	Vacant Record			
Keith Mayhew	03/04	1.71	Standing LJ	Vacant Record			

<u>Masters Plus (50-59) Male</u>				<u>Masters Plus (50-59) Female</u>			
Rob Giesler	10/11	08.01	60M Sprint	Katrina Russell	05/06	09.80	
Rob Giesler	10/11	00:45.69	300M Unlaned	Katrina Russell	05/06	00:57.60	
Graham Sheargold	05/06	03:27.90	1000M	Katrina Russell	05/06	04:39.40	
Dennis Andrew	05/06	06:24.40	1 Mile	Vacant Record			
Graham Sheargold	05/06	07:29.60	2000M	Katrina Russell	05/06	10:32.30	
Lajos Joni	06/07	25.50	SP Throw 2.724kg	Katrina Russell	05/06	7.24	
Rob Giesler	10/11	1.27	Scissor HJ	Katrina Russell	05/06	1.05	
Lajos Joni	08/09	2.39	Standing LJ	Katrina Russell	05/06	1.86	

<u>Masters (40-49) Male</u>				<u>Masters (35-49) Female</u>			
Steven Williams	01/02	07.80	60M Sprint	Andrea Hendley	04/05	09.00	
Robert Giesler	06/07	07.80	60M Sprint				
Wayne Thurlow	10/11	07.80	60M Sprint				
Steven Williams	99/00	00:42.20	300M Unlaned	Lynette Smith	09/10	00:48.38	
Keith Mayhew	98/99	03:10.40	1000M	Lynette Smith	05/06	03:50.10	
Bill Flanagan	02/03	05:19.80	1 Mile	Lynette Smith	05/06	06:40.60	
Bill Flanagan	02/03	06:54.80	2000M	Jean Davis	09/10	9:24.65	
Stephen Parkins	08/09	20.69	SP Throw 2.724kg	Lynette Smith	06/07	16.55	
Stephen O'Donnell	04/05	1.45	Scissor HJ	Lynette Smith	09/10	1.40	
Stephen O'Donnell	06/07	2.53	Standing LJ	Andrea Hendley	03/04	2.03	

<u>Senior (20-39) Male</u>				<u>Senior (20-34) Female</u>			
Ernie Leseberg	02/03	07.00	60M Sprint	Amanda Giesler	04/05	08.30	
Gary Howard	03/04	00:37.60	300M Unlaned	Lynette Smith	99/00	00:44.70	
Gary Howard	03/04	02:50.80	1000M	Lynette Smith	99/00	03:20.40	
Craig Downie	87/88	04:46.70	1 Mile	Lynette Smith	00/01	05:58.70	
Michael Kammerer	02/03	06:18.20	2000M	Lisa Grant	09/10	07:39.54	
Robert Kropman	92/93	31.66	SP Throw 2.724kg	Lynette Smith	93/94	16.92	
Tim Evans	10/11	1.62	Scissor HJ	Lynette Smith	93/94	1.45	
Robert Kropman	92/93	2.84	Standing LJ	= Catherine Kropman	92/93	2.30	
			Standing LJ	= Lynette Smith	93/94	2.30	

U20 Male				U20 Female		
= Nathan Manwaring	93/94	07.50	60M Sprint	Jemma Austin	04/05	09.10
= Tim Evans	04/05	07.50	60M Sprint			
Paul Weymark	94/95	00:40.00	300M Unlaned	Lisa Grant	03/04	00:54.30
Matthew Modini	08/09	03:09.50	1000M	Vikki Savage	99/00	03:44.60
Bruce Hogg	93/94	04:35.80	1 Mile	Lisa Grant	04/05	07:05.40
			2000M	Lisa Grant	03/04	08:34.40
Nathan Manwaring	93/94	20.55	SP Throw 2.724kg	Tracey Wheeler	86/87	14.54
= Nathan Manwaring	93/94	1.60	Scissor HJ	Chelsea Austin	02/03	1.20
= Timothy Evans	04/05	1.60	Scissor HJ			
Peter Kimpton	02/03	2.79	Standing LJ	Chelsea Austin	02/03	2.03

U19 Male				U19 Female		
= Tim Evans	03/04	07.50	60M Sprint	Nicole Page	95/96	08.20
= Brendan Weyland	04/05	07.50	60M Sprint			
= Tim Evans	03/04	00:40.20	300M Unlaned	Nicole Page	94/95	00:52.90
= Matthew Graham	00/01	00:40.20	300M Unlaned			
Brad Milosevic	06/07	02:50.90	1000M	Lisa Grant	02/03	03:47.70
Bruce Hogg	92/93	04:54.20	1 Mile	Jackie Wheeler	84/85	06:23.00
Brad Milosevic	06/07	06:13.10	2000M	Vacant Record		
Jeff Micallef	88/89	24.60	SP Throw 2.724kg	Tracey Wheeler	85/86	16.29
Timothy Evans	03/04	1.65	Scissor HJ	Nicole Page	94/95	1.25
Peter Kimpton	02/03	2.78	Standing LJ	Nicole Page	94/95	2.16

U18 Male				U18 Female		
= Nathan Manwaring	91/92	07.40	60M Sprint	Nicole Page	93/94	08.20
= David Beattie	96/97	07.40	60M Sprint			
David Beattie	96/97	00:40.40	300M Unlaned	Lisa Grant	01/02	00:49.80
Brad Milosevic	05/06	02:57.20	1000M	Lisa Grant	01/02	03:40.00
Bruce Hogg	91/92	04:47.60	1 Mile	Kate Stockings	00/01	06:26.30
Matthew Graham	99/00	06:44.20	2000M	Charlotte Stenning	08/09	09:33.10
Peter Kropman	85/86	23.86	SP Throw 2.724kg	Veronica Sestic	92/93	12.78
Timothy Evans	02/03	1.61	Scissor HJ	Nicole Page	93/94	1.35
Nathan Manwaring	91/92	2.71	Standing LJ	Nicole Page	93/94	2.13

U17 Male				U17 Female		
David Beattie	95/96	07.50	60M Sprint	Linda Hatherly	93/94	08.50
David Beattie	95/96	00:39.90	300M Unlaned	Kate Stockings	00/01	00:50.00
Jamie Sherson	04/05	02:56.60	1000M	Kate Stockings	00/01	03:47.00
Ron Irving	85/86	04:56.40	1 Mile	Carly Eager	03/04	08:15.10
Matthew Graham	98/99	06:37.70	2000M	Kate Stockings	00/01	09:22.90
Robert Kropman	86/87	27.24	SP Throw 2.724kg	Tracey Wheeler	84/85	14.66
Timothy Evans	02/03	1.65	Scissor HJ	= Linda Hatherly	93/94	1.26
			Scissor HJ	= Lee Westwood	91/92	1.26
David Beattie	95/96	2.52	Standing LJ	Nicole Page	92/93	2.25

U16 Male				U16 Female		
Peter Hogan	96/97	07.70	60M Sprint	Natalie Pellizzari	04/05	08.30
Peter Hogan	96/97	42.60	300M Unlaned	Natalie Pellizzari	04/05	00:45.30
Adam Sinclair	03/04	03:13.17	1000M	Kate Stockings	99/00	03:35.50
Paul Sewell	88/89	05:01.10	1 Mile	Katrina Ward	90/91	06:14.00
Bradley Milosevic	03/04	06:52.90	2000M	Stacey Argent	04/05	08:45.10
Robert Kropman	85/86	26.99	SP Throw 2.724kg	Natalie Avellino	85/86	13.53
David Beattie	94/95	1.56	Scissor HJ	Natalie Deegan	93/94	1.30
Christopher Flower	00/01	2.66	Standing LJ	Sandra Narezzi	94/95	2.22

U15 Male				U15 Female			
Matthew Dux	95/96	07.90	60M Sprint	Sandra Narezzi	93/94	08.60	
Matthew Dux	95/96	00:43.90	300M Unlaned	Vikki Savage	94/95	00:51.50	
Reece Diaz	04/05	03:10.50	1000M	Katie-Ellen French	00/01	03:11.20	
Andrew Baraniak	89/90	04:44.30	1 Mile	Kim Pitzing	84/85	05:53.00	
Andrew Blunden	05/06	07:04.20	2000M	Katie-Ellen French	00/01	07:04.00	
Robert Kropman	83/84	18.80	SP Throw 2.724kg	Dianne Kidd	90/91	12.91	
David Hatherly	93/94	1.45	Scissor HJ	Sandra Narezzi	93/94	1.20	
Stephen Hinwood	93/94	2.44	Standing LJ	Sandra Narezzi	93/94	2.21	

U14 Male				U14 Female			
Andrew Scully	99/00	07.80	60M Sprint	Sandra Narezzi	92/93	09.00	
Andrew Scully	99/00	00:42.00	300M Unlaned	Helen Sestic	92/93	00:48.50	
Reece Diaz	03/04	03:19.00	1000M	Helen Sestic	92/93	03:35.50	
Stephen Muir	95/96	05:30.70	1 Mile	Susan Ireland	98/99	06:07.70	
Bradley Milosevic	02/03	07:21.10	2000M	Zulay Sastre	98/99	08:07.50	
Andrew McIlwaine	86/87	21.34	SP Throw 2.724kg	Jessica Ward	99/00	9.84	
Stephen Muir	95/96	1.25	Scissor HJ	Lisa Grant	98/99	1.20	
Andrew Scully	99/00	2.28	Standing LJ	Sandra Narezzi	92/93	2.08	

U13 Male				U13 Female			
Damien Murray	96/97	08.80	60M Sprint	= Melissa Briggs	93/94	09.00	
			60M Sprint	= Jessica Fisher	95/96	09.00	
Connor Vernon	10/11	00:44.52	300M Unlaned	Stacey Argent	02/03	00:52.20	
Brent Balinski	93/94	03:32.60	1000M	Stacey Argent	02/03	03:43.90	
Nathan Schmid	90/91	05:37.00	1 Mile	Vacant Record			
Danny Martins	96/97	08:44.50	2000M	Stacey Argent	02/03	07:48.90	
Jason Irvine	84/85	13.16	SP Throw 2.724kg	Melissa Briggs	93/94	9.19	
Matthew Beattie	94/95	1.35	Scissor HJ	Jessica Fisher	94/95	1.35	
Damien Murray	96/97	2.05	Standing LJ	Melissa Briggs	93/94	2.17	

U12 Male				U12 Female			
Joel Wheatley	10/11	9.04	60M Sprint	Shindhu Raju	96/97	09.70	
Jye Perrot	10/11	00:50.6	300M Unlaned	= Natalia Sestic	92/93	00:58.00	
			300M Unlaned	= Shindhu Raju	96/97	00:58.00	
Peter Balinski	93/94	03:48.00	1000M	Natalia Sestic	92/93	04:08.00	
Gerard Mahony	89/90	05:37.00	1Mile	Melissa Briggs	92/93	06:50.50	
Jye Perrot	10/11	8.54	2000M	Shindhu Raju	96/97	09:34.80	
Wayne Mulhall	84/85	7.83	SP Throw 2.724kg	Natalia Sestic	93/94	5.72	
Stephen Muir	93/94	1.05	Scissor HJ	Natalia Sestic	92/93	1.05	
Joel Wheatley	10/11	2.07	Standing LJ	Shindhu Raju	96/97	1.78	

BLK: Blacktown

NEP: Nepean