

GIRRAWEE ATHLETICS CLUB Inc



ANNUAL REPORT 2018/2019

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

*Presented at the 41st Annual General Meeting
28th May 2019
Toongabbie Community Hall*



ANNUAL REPORT 2018 / 2019
OF
GIRRAWEE ATHLETICS CLUB Inc

Presented at the 41st Annual General Meeting

Held at

Toongabbie Community Hall

On

Tuesday 28th May 2019.

Contents

President's Report

Honour Board

Life Members

25 Year Medallists

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

Summer Competition

Club Competition Champions

New Records

Winter Competition Report

Representative Award

Publicity

CV Kelly Ground Records (*excluded -waiting on processing of 2013/2014 data*)



GIRRAWEEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

On behalf of the Committee, I once again have the pleasure of presenting our Club's Annual Report for the 12 months ending 31 March 2019. Thanks to those involved in its preparation particularly Steve Williams. Winter 2018 again saw Girraween as a major force in the West Met Cross Country and some great results in other events. Summer 2018/2019 was very exciting. We maintained good attendance rates throughout and welcomed many new members and visitors. Michael Grogan did a great job once again coordinating competition and setting up each week. Thanks to Judy Milosevic for yet again coordinating the Christmas raffle and those involved in collecting, collating and calculating results.

We celebrated our 40th Birthday. Our club has a rich and well recorded history. Our 40th Anniversary dinner was a great night at the Fox Hills Golf Club where we had 40 years of history displayed all over the windows of the auditorium. There were so many wonderful memories and stories on display and many more stories shared by those in attendance including Joan Wheeler, the widow of our founding President John Wheeler, Lesley Fenech, Hans Kropman and Jim Irving. In attendance were some of our greatest athletes including Taylor Doyle, Brad Milosevic, Lynette Smith and Lisa Grant.

We welcomed numerous new members who have really engaged with the club through both competition and training. On the latter note, in the vein of former President Bob Sewell, our Coaching Coordinator Michael Grogan has revitalised our coaching program with many promising results in both summer and winter. Athletes like Nikil Redipali and new member Tony Coles have been excelling in competition as a result. We also welcomed new second generations including Daniel Irving and Ashley Micallef.

Congratulations to Lauren Tisdale and Brad Milosevic who have been selected in the Australian Team in the Oceania Area Championships to be held in Townsville from the 25-28 June 2018. Lauren is set to represent in the Under 18 pole vault while Brad is to compete in the 10,000 metres event. We wish both success in their respective events.

Things are looking bright for the next few years. We have some talented and committed athletes, a great committee and some exciting ground developments ahead. In 2019/2020 Cumberland Council with our assistance will be developing plans and sourcing funding for a new amenities block and grandstand along the home straight of the circular track. Subject to funding works are scheduled to commence in 2020/2021. The current toilets, change rooms and canteen will be demolished and reclaimed as parking while the lower carpark will be torn up and turf will be laid to extend the front field. The new entry to the ground will be between the boundary line and the playground. The new facility will have underground storage for each of the clubs including ours. This should be completed to lock up stage requiring internal storage and internal fabrication which is unfunded. Over the next few years we will be increasing our fundraising efforts. We will need the support of our members to assist with Bunnings barbecues, running the canteen at the Short Course Cross Country Championships, with volunteer rebates at athletics and community events and other initiatives. Thanks to those who have already and will in the future get involved in these important fundraising activities your generosity and commitment will continue to make this great club and our facilities better into the future. Thanks to Judy and George Milosevic for organising the recent Bunnings Smithfield fundraiser and to those who gave up valuable time on Mother's Day.

Wayne Thurlow
Club President



GIRRAWEEEN ATHLETICS CLUB

Formed September 1978 - CV Kelly Park, Oramzi Road, Girraween

CLUB PATRON - Michelle Rowland

LIFE MEMBERS

John Wheeler – 1986 (Died 1997)
Bob Sewell – 1988 (Died 2017)
Vivian Manwaring – 1997
Lynette Smith – 2006
Stephen Halverson – 2003

Graham Sheargold – 2009
Steven Williams – 2012
Michael Christie – 2016
George Milosevic – 2016
Wayne Thurlow – 2016

REGISTERED 25-YEAR MEMBERS

Bob Sewell – 2002
Vivian Manwaring – 2011
Lynette Smith – 2015
Graham Sheargold - 2017

REGISTERED 20-YEAR MEMBERS

Bob Sewell – 1997
Vivian Manwaring – 2006
Lynette Smith – 2009
Graham Sheargold – 2012
Steven Williams – 2015
Lisa Grant - 2018

REGISTERED 15 -YEAR MEMBERS

Bob Sewell – 1992
Vivian Manwaring – 2001
Graham Sheargold – 2007
Phil Bowden – 2009 (Died 2016)
Richard Frost – 2010
Suresh Raju – 2010
Steven Williams – 2010
Lisa Grant – 2013
Gary Micallef – 2014
Robert Giesler – 2014
Brad Milosevic – 2015
Robert Eager – 2015
Geoffrey Sheargold - 2016
Michael Kammerer – 2016
Vincent Adams – 2016
Jean Davis – 2017
Stephen O'Donnell - 2017
Carly Eager – 2017
Michael Free – 2017
Stephen Parkins 2017
Michael Christie – 2018
Roger Mar – 2018
George Milosevic – 2018
Gregory Sargeant – 2018
Wayne Thurlow - 2018
Terry Rose - 2018
Greg Sargeant - 2018

REGISTERED 10-YEAR MEMBERS

Jackie Wheeler - 1988
Bob Sewell - 1988
Paul Sewell - 1991
Vivian Manwaring - 1997
Stephen Halverson - 2003
Vikki Savage - 2005
Suresh Raju - 2005
Lisa Grant - 2008
Gary Micallef - 2009
Carly Eager - 2010
Eddie Makki - 2010
Joseph Butler – 2011
Jean Davis – 2012
Clive Kidson – 2013
Roger Mar – 2013
Wayne Thurlow – 2013
Danny Martins - 2014
David Perry - 2016
Michael Grogan - 2017
Daniel O'Donnell - 2018
Ed Bratovic - 2018

Tracey Wheeler - 1988
John Doolan - 1989
Robert Kropman - 1993
Lynette Smith - 2000
Graham Sheargold - 2003
Richard Frost - 2005
Wayne Jeff - 2005
Chelsea Kimpton - 2008
Vince Adams - 2010
Robert Eager - 2010
Bradley Milosevic - 2010
Michael Free – 2011
Stephen O'Donnell – 2012
George Milosevic – 2013
Terry Rose – 2013
Katrina Russell – 2014
Nicholas Hanna - 2015
Andrew Free - 2016
Jill Woodruff - 2017
Peter Matthews - 2018

Deborah Mulhall - 1988
Peter Kropman - 1989
Catherine Kropman - 1993
Michael Kammerer - 2003
Phil Bowden - 2004
Steven Williams - 2005
Keith Mayhew - 2007
Robert Giesler - 2009
Stacey Argent - 2010
Amanda Giesler - 2010
Geoffrey Sheargold - 2010
Michael Evans – 2011
Stephen Parkins – 2012
Michael Christie – 2013
Greg Sargeant - 2013
Judy Milosevic - 2014
Taylor Doyle – 2016
Heidi Juhart - 2016
Raminder Singh - 2018
Stephen Mifsud - 2018

HON. AUDITOR

Tony Ward ~ 1996 - Present

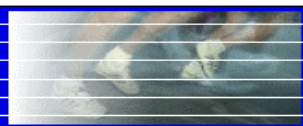
PUBLIC OFFICERS

Viv Manwaring ~ 2005 – 2016 Katrina Russell ~ 2016 – Present

Previous Patrons - Nathan Rees

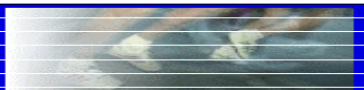


GIRRAWEEEN ATHLETICS CLUB



(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
Steven Williams	2011-2012	Jean Davis
Steven Williams	2012-2013	Katrina Russell
Wayne Thurlow	2013-2014	Katrina Russell
Wayne Thurlow	2014-2015	Katrina Russell
Wayne Thurlow	2015-2016	Katrina Russell
Wayne Thurlow	2016-2017	Katrina Russell
Wayne Thurlow	2017-2018	Katrina Russell
Wayne Thurlow	2018-2019	Katrina Russell

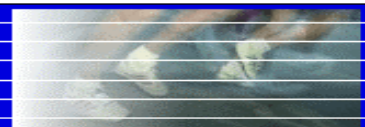


CLUB COMPETITION SUMMER CHAMPIONS * Denotes overall Champion/s

Ashley Micallef (Snr)	2018 / 2019	* Wayne Thurlow (Masters+)
Jean Davis (Masters)	2017 / 2018	* Wayne Thurlow (Masters+)
Jean Davis (Masters)	2016 / 2017	* Nathan Moffit (Under 20)
Jean Davis (Masters)	2015 / 2016	* Wayne Thurlow (Masters)
Jean Davis (Masters)	2014 / 2015	* Michael Grogan (Seniors)
Helen Ozols	2013 / 2014	* Wayne Thurlow (Masters)
Robyn Smith	2012 / 2013	* Wayne Thurlow (Masters)
Jean Davis (Masters)	2011 / 2012	* Stephen Parkins (Masters +)
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)



GIRRAWEEEN ATHLETICS CLUB



GIRRAWEEEN ATHLETICS CLUB Inc

CLUB COMMITTEE 2017 / 2018

<u>Club Patron</u>	Michelle Rowland	Appointed 2015
<u>President</u>	Wayne Thurlow	Elected AGM June 2018
<u>Secretary</u>	Katrina Russell	Elected AGM June 2018
<u>Treasurer</u>	Heidi Juhart	Elected AGM June 2018
<u>Registrar</u>	Graham Sheargold	Elected AGM June 2018
<u>Public Officer</u>	Katrina Russell	Appointed 2016
<u>Fund Raising</u>	Judy Milosevic	Elected AGM June 2018
<u>Summer Competition</u>	Michael Grogan	Elected AGM June 2018
<u>Winter Competition</u>	Michael Grogan	Elected AGM June 2018
<u>Club Records</u>	Stephen O'Donnell	Elected AGM June 2018
<u>Coaching Co-ordinator</u>	Michael Grogan	Elected AGM June 2018
<u>Publicity Officer</u>	Michael Christie (GAP)	Elected AGM June 2018
<u>Canteen Manager</u>	-	Vacant
<u>ANSW Delegate</u>	Graham Sheargold Brad Milosevic	Elected AGM June 2018 Elected AGM June 2018
<u>Park Trust Delegate</u>	Wayne Thurlow	Elected AGM June 2018
<u>Uniform Officer</u>	Judy Milosevic	Elected AGM June 2018
<u>Webmaster</u>	Steven Williams	Elected AGM June 2018
<u>General Committee</u>	Geoff Sheargold Lynette Clark George Milosevic Vince Adams David Perry Lisa Grant	Elected AGM June 2018 Elected AGM June 2018 Elected AGM June 2018 Elected AGM June 2018 Elected AGM June 2018 Elected AGM June 2018
<u>Junior Committee</u>	Nathan Moffitt	Elected AGM May 2017

REGISTRAR'S REPORT

REGISTERED ATHLETES FOR THE 2018/2019 SEASON

TOTAL NUMBER OF REGISTERED ATHLETES

Men **49** Women **21** Total **70**

DUAL ATHLETES – Please note that at time of print ANSW was not able to provide this information.

MEN UNDER 14

Daniel O'Donnell
Ben O'Donnell
Zachary Zammit

WOMEN UNDER 14

Hayley Zammit
Rosemary Zammit

MEN UNDER 20

Dylan Nagle
Brad Carr
Daniel Irving
Rushi Pipalia

WOMEN UNDER 20

Amy Carr
Edrea Carr
Tayla Jobson

MEN SENIORS

Claudio Corvalan
Nick Hanna
William Hickling
Michael Kammerer
Daryl King
Oliver Pepin
Brad Milosevic
Kuntal Shah
Geoff Sheargold
Tipene Robinson

WOMEN SENIORS

Linda Baumgartner
Taylor Doyle
Lisa Grant
Ashley Micallef
Falguni Shah
Kristy Zammit

MEN MASTERS

Ed Bratovic
Dominic Carr
Shane Clubb
Michael Grogan
Graham O'Brien
Peter Matthews
David Otte
Rod Zammit

WOMEN MASTERS

Jean Davis
Heidi Juhart
Mischelle Otte
Alison Shaw
Lynette Smith

MEN MASTERS PLUS

Michael Christie
Tony Coles
Michael Evans
Michael Free
Rob Giesler
Gary Micallef
Mark Milliss
Stephen Mifsud
Stephen O'Donnell
Steve Oldridge
Stephen Parkins
David Perry
Greg Sargeant
Wayne Thurlow

WOMEN MASTERS PLUS

Lillian Busic
Sharon Free

MEN GOLDEN OLDIES

Vince Adams
Andrew Free
Robert Eager
Terry Rose
Roger Mar
George Milosevic
Graham Sheargold
Steven Williams

WOMEN GOLDEN OLDIES

Lynette Clark
Judy Milosevic
Katrina Russell

MEN VETERANS

Dennis Andrew
Raminder Singh

Graham Sheargold
Registrar

SECRETARY'S REPORT 2018/2019

Girraween Athletics Club's 40th Anniversary last November was a great success! There was a mixing of past and present members which added to the historical significance of the event. We all enjoyed the recollections of past and present members and also the visual display of the club's history in the form of posters. A big thankyou to all involved in the organization of the 40th Anniversary!

Congratulations to all who participated in the winter and summer events. It's a bonus to win a medal and achieve P.B.s otherwise members can enjoy the exercise and the camaraderie of the club. Thank you to Summer and Winter Managers for their hard work!

Thanks to Michael Christie who keeps us all updated of everybody's achievements with the regular Newsletters.

Another Run For Jess was held in March 2019 and again was well attended and raised funds for ward C5C, Westmead Hospital. Thank you to Lynette Clark who is always integral to the success of this event.

Our thoughts and best wishes go to Lynette who is currently in hospital.

The President and I and the GAC committee look forward to seeing you at the up and coming AGM for 2019.

Katrina Russell
Club Secretary

TREASURER'S REPORT

Income/Expenses Comparison by Category 2019

Category Description	1/4/17 - 31/3/18	1/4/18 - 31/3/19	Amt Difference
INCOME			
ANSW refund	\$566.00	\$0.00	\$566.00
Bank Interest	\$6.12	\$6.19	\$0.07
Canteen Income	\$170.05	\$150.80	-\$19.25
Clothing Sales	\$40.00	\$340.00	\$300.00
Ground fees	\$1,153.05	\$1,134.95	-\$18.10
Xmas Raffle	\$239.00	\$202.00	-\$37.00
Relay registrations	\$179.50	\$250.00	\$70.50
Registrations ANSW online	\$2,099.98	\$2,740.50	\$640.52
Sausage Sizzle sales	\$2,381.70	\$211.00	-\$2,170.70
40th Anniversary dinner	\$0.00	\$2,296.00	\$2,296.00
40th Anniversary Shirt sales	\$0.00	\$1,575.00	\$1,575.00
40th Anniversary Mugs	\$0.00	\$175.00	\$175.00
TOTAL INCOME	\$6,835.40	\$9,081.44	\$3,378.04
EXPENSES			
Affiliation Fees ANSW	\$762.30	\$750.00	\$12.30
Business Expenses	\$751.00	\$220.95	\$530.05
IMG Online Fees	\$89.00	\$120.73	-\$31.73
Park /Council fees	\$1,650.00	\$480.00	\$1,170.00
Registration Relays	\$342.00	\$0.00	\$342.00
Trophies	\$261.08	\$2,267.31	-\$2,006.23
Clothing	\$0.00	\$551.84	-\$551.84
40th Anniversary dinner	\$0.00	\$2,108.00	-\$2,108.00
40th Anniversary expenses	\$0.00	\$435.80	-\$435.80
40th Anniversary Shirt sales	\$0.00	\$1,565.30	-\$1,565.30
40th Anniversary Mugs	\$0.00	\$175.00	-\$175.00
TOTAL EXPENSES	\$3,855.38	\$8,674.93	-\$4,819.55
OVERALL TOTAL	\$2,980.02	\$406.51	-\$1,441.51

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

ASSETS

Bank account	\$6,456.94
Plus 24 singlets @\$30.00	\$720.00
Plus 9 polo shirts @\$21.70	\$195.30
Plus 16 jackets @\$33.50	\$536.00
Liabilities (None)	
NETT ASSETS	\$7,908.24

Heidi Juhart
Treasurer

FUND RAISING REPORT

This year we only had one small fundraising event where the funds raised went wholly to Girraween Athletics club. That was the Christmas Raffle.

We started selling tickets a little earlier than in previous years and we raised approximately \$200.00.

Thank you to everyone who supported the raffle by either purchasing tickets or donating prizes. Your support is very much appreciated by myself and the Club.

Our second big fundraiser was the annual event Run for Jess where the money raised was donated directly to the Westmead Medical Research Foundation. A big thankyou to Lynette Clark for her organisation and coordination of the event.

Thank you to all the volunteers and people who made this a successful and worthwhile event.

The members of Girraween Athletics Club are very generous and are always ready to lend a hand.

Hopefully through the coming year GAC can be more successful in raising much needed funds to help support our Club.

Judy Milosevic
The Fundraising Committee.

SUMMER COMPETITION REPORT

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2018/2019 season enjoyed a good number of members competing at CV Kelly Park.

This season the weather, with rain and heat caused the cancelation of cancel Four days of competition.

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 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.

There were 19 point weeks of event which means a competitor is eligible for club champion and category winners if they competed in 9 (rounded up from 9.5). As there were 4 weeks cancelled from the total, each competitor has those weeks credited toward obtaining the 10 week threshold.

The summer 2018/2019 competition categories
Open (male and female)
Under 20 (male and female)
Senior (20 to 39 years male)
Senior (20 to 34 years female)
Masters (40 to 9 years + male)
Masters (35 to 49 years + female)
Masters Plus (50 to 59)
Golden Oldies (60 -69)
Veteran (70-79)
Visitors

There are 1st, 2nd and 3rd places are available within each summer competition category, catering for men and women. From these placing's, 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

The summer competition points were slightly lower this year but slightly closer together as well, with only three points separating first and second. The winner this year showed continued form of previous years and gained a well-deserved win. It is usually a very tight competition with only 4 or so points separating first and second and third. This year was a bit broader; from first to third place was a 35 point spread.

Wayne Thurlow was the winner by 3 points at 117 points.

Congratulations to **Wayne Thurlow** who is our 2018 / 2019 season's **Club Champion**. This is Wayne's eighth year as summer Club Champion. Wayne is a fine athlete and had a great season.

Summer Male and Female Champions

The men's competition was won by to **Wayne Thurlow** with 117 points.

Daniel Irving accomplished this season 2nd place on a creditable 114 points and **Michael Grogan**, gaining 3rd place again this year on 97 points. Congratulations and well done.

It should be noted, Daniel Irving is a newcomer to this club competition and had a very successful season. Daniel quietly achieves and when reducing the point to the best four event for each week. Daniel's score was reduced by 8 points against Wayne Thurlow's 6 points. Great effort Daniel.

The women's competition was won by **Ashley-Micallef** with 71 points. **Jean Davis** accomplished 2nd place this season on a creditable 64 points and **Lynette Clark** gained 3rd place this year on 49. Congratulations and well done.

The following tables display the age category winners:

<u>Under 20</u>				
1st	Daniel Irving	114		
2nd	Ben O'Donnell	70		
3rd	Daniel O'Donnell	47		
<u>Seniors</u>				
1st	Ti Robinson	55	Ashley Micallef	71
2nd	Shane Clubb	18		
3rd				
<u>Masters</u>				
1st	Michael Grogan	97	Jean Davis	89
2nd	Claudio Corvalan	66	Heidi Juhart	8
3rd				
<u>Masters Plus</u>				
1st	Wayne Thurlow	124		
2nd	Stephen O'Donnell	84		
3rd	Michael Christie	83		
<u>Golden Oldies</u>				
1st	Andrew Free	82	Lynette Clark	49
2nd	Steven Williams	46		
3rd	Roger Mar	41		
<u>Veteran</u>				

Summer Visitor Champion

With Girraween being one of the few 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 **Chloe Grogan** as female visitors champion.

With our Summer Competition known as Girraween All comers, 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 2018 / 2019 Summer Competition.

Many thanks to all those who assisted in the collection and input of results every week and the organisation of competition weeks.

Stephen O'Donnell

Detailed Summer Results

Club Competition Point Scores

Wayne-Thurlow	117	Nathan-Moffitt	19
Daniel-Irving	108	Shane-Clubb	18
Michael-Grogan	87	Claudio-Corvalan	18
Andrew-Free	82	Nikil-Redipali	15
Ashley-Micallef	71	Tayla-Jobson	14
Ben-O'Donnell	70	Katrina-Russell	14
Gary-Micallef	67	Renata-Busic	13
Katherine-Farrugia	66	William-Hickling	12
Jean-Davis	64	Lynette-Smith	12
Ashleigh-Farrugia	59	Samuel-Dunn	11
Stephen-O'Donnell	59	Mia -Robson	10
Ti-Robinson	55	Hayley-Zammit	10
Lynette-Clark	49	Adriana-Busic	10
Daniel-O'Donnell	47	Heidi-Juhart	8
Steven-Williams	46	David-Perry	8
Michael-Christie	45	Amy-Carr	8
Dominic-Carr	44	Peter-Matthews	8
Vincent-Adams	42	Noah-Dunn	7
Roger-Mar	41	Graham-Sheargold	7
Robert-Giesler	39	Rosemary-Zammit	6
Michael-Evans	32	Alex-Thuaux	5
Rodney-Zammit	28	Teagan-Neich	5
Gregory-Sargeant	25	Kobi-Mckeon	5
Mikayla-Robinson	21	Nicholas-Tarros	5
Raminder-Singh	20	Lilliana-Busic	5
Dylan-Nagle	19		
Visitors			
Nick-Terranova	37	Chloe-Grogan	76
Zac-Zammit	17	Chloe-Farrugia	33
Cristobal-Corvalan	13	Laura-Corvalan	21
Graham-Allomes	5	Diane-Celiniker	8
Peter-Tarros	7	Keisha-Allen	7
		Tasha-Reader	6

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

Last Name	First Name	Gender	100M	200M	400M	800M	1500M	3000M	5000M	3000M Walk	1500M Walk	Long Jump	Triple Jump	High Jump	Shot Put	Javelin	Discus
Baumgartner	Jayden	Male			1:29.44		6:39.70							0.91		13.97	
Byrne	Peter	Male						12:32.62									
Caceis	Nico	Male					6:37.77										
Carr	Dominic	Male	13.90	28.90	1:07.02	2:49.71	6:08.93		26:07.79			4.34	9.79	1.31	7.12	28.96	18.84
Christie	Michael	Male	21.18	46.81	1:51.74	4:14.59	8:26.15	20:25.71									
Clark	Steven	Male														30.30	27.83
Clubb	Shane	Male	20.07	38.40	1:16.58	3:02.05	6:42.91	13:32.79	22:12.79			3.34			3.99		
Corvalan	Claudio	Male	13.46	33.58			7:56.65								9.62	29.10	22.57
Corvalan	Cristobal	Male	15.85													29.54	17.85
Dunn	Noah	Male		59.05								2.04					3.22
Dunn	Samuel	Male		40.67		5:08.63						2.52			4.36		14.93
Elkin	David	Male		26.09								4.77	10.64				
Evans	Michael	Male													7.95	21.40	24.75
Free	Andrew	Male	19.02	40.49	1:28.20	3:32.35	7:39.71	17:07.87							6.10	18.31	21.97
Giesler	Robert	Male		30.00	1:09.93	3:36.01	8:18.99	20:39.22				3.79	8.32		7.51	15.55	21.67
Grogan	Michael	Male	15.10	32.70	1:13.97	0:..	7:10.90	14:34.44	26:34.89			3.71	7.11		7.83	25.75	20.78
Hickling	William	Male	15.77	37.90			7:44.46					3.50					14.83
Irving	Daniel	Male	13.19	28.16	1:04.49	2:27.60	4:54.08	10:45.66	19:16.47			4.80	9.91		8.62	22.68	
Mar	Roger	Male	18.29	42.05	1:45.34	4:22.94	10:17.14								4.86	13.34	12.20
Martins	Danny	Male					5:45.90										
Matthews	Peter	Male					5:49.14	12:34.97	22:05.63								
Mckeon	Kobi	Male	13.44		1:12.21									1.26			10.42
Micallef	Gary	Male	18.58	42.75	1:47.95	4:19.61	9:07.48	20:05.12	35:39.21			2.59			6.88	17.37	19.96
Moffitt	Nathan	Male	13.96	27.40	1:02.38	2:39.42						4.27	9.05	1.21	6.91	21.48	
Nagle	Dylan	Male	12.55	25.43	1:02.72	2:32.70	5:42.60	15:15.81				5.73	11.85	1.50	7.46		20.92
Neich	Brendon	Male		44.38								3.41			12.28		38.39
O'Brien	Adam	Male	20.26													1.44	
O'Brien	Graham	Male	28.26											0.75		22.35	
O'Donnell	Ben	Male	21.46	52.16	1:47.12	4:20.46	10:23.15					2.32	4.30	0.91	4.68	9.39	9.93
O'Donnell	Daniel	Male	17.13	37.65	1:25.95	2:59.28	10:24.25	16:06.00				3.30	6.98	1.16	5.16	9.28	17.77
O'Donnell	Stephen	Male	15.24	33.54	1:21.56	3:18.00	7:33.84	17:10.00	29:20.01			4.07	8.58	1.26	7.16	26.72	20.65
Perry	David	Male			1:26.00		6:38.71	14:01.43	22:27.73								
Redipali	Nikil	Male					4:38.36	10:21.40	18:20.73								

Last Name	First Name	Gender	100M	200M	400M	800M	1500M	3000M	5000M	3000M Walk	1500M Walk	Long Jump	Triple Jump	High Jump	Shot Put	Javelin	Discus
Robinson	Ti	Male	14.54	32.00	1:11.37	3:04.98	6:59.68		35:39.56			3.68		1.31	7.80	17.84	18.80
Sargeant	Gregory	Male	17.83		1:21.98	3:14.57	6:40.89	15:32.35	27:36.53								
Sheargold	Geoff	Male					4:55.28										
Sheargold	Graham	Male			1:31.03	3:37.49	7:26.83	20:39.22	27:15.41								
Singh	Raminder	Male													8.09	20.37	25.31
Srisivaeas	Kajanan	Male	16.27											1.21		23.02	25.59
Tarros	Nicholas	Male	13.73	31.28								4.72	9.40			19.95	
Tarros	Peter	Male	13.45	26.54		2:58.88						4.60	8.53	1.40		28.40	
Terranova	Nick	Male	23.06	49.32	1:18.05	2:54.41	5:52.37	13:18.86	21:31.85			2.31	5.50	0.90	7.51	21.04	21.40
Tgill	Jashabgo	Male														14.05	
Thuaux	Alex	Male	21.29	38.74	2:01.14		8:39.60		36:15.35								
Thurlow	Wayne	Male	14.90	34.31	1:19.35	3:14.67	6:34.89	14:20.09	27:29.04			3.78	8.65	1.30	7.73	9.38	19.71
Williams	Steven	Male	21.28	40.85	1:21.50	3:24.86	7:47.24					3.12			7.80	21.61	25.70
Zammit	Rodney	Male	18.11		1:29.22		11:45.98		21:42.14						7.40	21.00	16.91
Zammit	Zac	Male	21.11		2:00.13		8:34.42								3.78	4.69	8.99

Modified PB

Last Name	First Name	Gender	60M	300M	1000M	2000M	1Mile	Standing LongJump	Modified ShotPut	Scissor HighJump
Carr	Amy	Female		1:11.18				1.59	6.32	0.90
Carr	Edrera	Female		1:09.86				1.62	5.33	1.05
Davis	Jean	Female	12.27	1:14.67	5:18.00			1.70	7.13	1.00
Juhart	Heidi	Female				11:22.92				
Zammit	Hayley	Female			5:00.58				5.56	
Zammit	Rosemary	Female			6:27.37				4.40	
Adams	Vincent	Male	9.56	54.48	5:29.08			1.94	9.76	
Carr	Dominic	Male		46.60	4:10.00			2.42	15.83	1.20
Christie	Michael	Male	14.61	1:33.64	5:38.18	12:44.59				
Corvalan	Claudio	Male	8.60	49.96	4:46.00			2.47	17.85	
Evans	Michael	Male	23.20					1.74	12.76	
Free	Andrew	Male	11.65	1:04.01	4:57.78			1.31		
Giesler	Robert	Male	8.84	48.88				2.24		
Grogan	Michael	Male		1:04.37	4:50.00				18.08	
Irving	Daniel	Male	8.24	44.47	3:08.87	6:44.68		2.09	16.34	
Micallef	Gary	Male	11.88	1:14.11	6:13.77			1.72	11.83	
O'Donnell	Ben	Male	14.51	1:37.51	7:30.00			1.50	3.31	0.95
O'Donnell	Daniel	Male	11.19	1:07.14	3:58.00			1.92	6.38	1.10
O'Donnell	Stephen	Male	16.08	1:36.15	6:30.00			2.36	12.25	1.20
Perry	David	Male			4:39.83	9:16.26				
Sargeant	Gregory	Male	11.06	1:01.65	4:18.00	9:25.68				
Thurlow	Wayne	Male	11.68	1:14.51	4:39.00	9:56.87		2.15	15.19	
Williams	Steven	Male	10.71	1:00.01	4:58.04	11:15.63		2.10	16.24	
Zammit	Rodney	Male			6:28.34	14:05.03			16.98	
Zammit	Zac	Male			6:08.46	14:05.03			3.80	

Stephen O'Donnell

Girraween Athletics Club 2017-2018 Summer Representative Awards

This is the third series of Girraween Athletics Club Summer Representative Awards since they were re-introduced for the 2016-2017 season after a long absence. The current season ran from September 2018 through to the Australian Championships in early April 2019. There were a total of twenty-one events where our athletes scored points during this period. Here are the winners for the 2018-2019 summer season.

Men's

1st	Neelesh Srestha	163.25 pts
2nd	Brad Milosevic	150 pts
3rd	Dominic Carr	110.75 pts

Women's

1st	Jessie Wong	271.75 pts
2nd	Lauren Tisdale	165.25 pts
3rd	Vithussa Srisivaeaswaran	118 pts

Congratulations to our winners who all represented Girraween Athletics Club with distinction over a wide variety of events across the 2018-2019 summer season. Thank you to Andrew Free who assisted with the collating of this points-score across the 2018-2019 summer season.

Michael Christie (GAP)

WINTER COMPETITION 2018

In the Winter Competition we have registered athletes who compete for both Club and Representative Awards in a great variety of events. The Club awards are based upon the results in the West Metropolitan Cross Country series (West Met XC) and the Representative Awards are based on results in specific Athletics NSW events plus the City to Surf and any higher representative honours. Girraween Athletics Club was represented in many Athletics NSW running events across the winter calendar for 2018 on road, track and cross country and I would commend you to the highly informative newsletters from GAP (Michael Christie) for a comprehensive view of the performances of all Girraween athletes.

Club Awards

There were a total of 45 point scoring races in the West Met competition in 2018 and we had at least one Girraween athlete compete in every race. In total we had 37 different competitors run a total 315 times across the 45 West Met point scoring races.

Explanation of the Club Competition Point Score.

As noted above the point score is based on participation in the West Met XC Events. 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 West Met XC events on offer. This season that was a minimum of 8 events.

In West Met XC there are three races, Short, Medium and Long distances races open to all age groups. At the beginning of the season athletes must nominate an event. Point scoring is determined as follows:

We divide the races into six categories.

Short Distance - Female	Middle Distance – Female	Long Distance – Female
Short Distance - Male	Middle Distance – Male	Long Distance – Male

Points are awarded from the fastest Girraween finisher in each of the above categories to the slowest i.e. first finisher is allocated the maximum 30 points, second gets 29 points, third gets 28 points etc. If athletes do not participate in their nominated event but participate in another event, they received half points for one event only based on the same point scoring criteria as above, e.g. if 3rd fastest time normally receives 28 points, they would receive 14 points.

Calculating Total Points

To allow those who miss the occasional run to still be competitive in the point score, the final score will be made of the competitor's best 10 events of the season, meaning that if an athlete runs in all West Met XC races, their lowest scoring races will be omitted from the final total.

The total points are then allocated into our club age groups:

	Female	Male
Under 20	< 20 years old	< 20 years old
Senior	20 – 34 years old	20 – 39 years old
Master	35 – 49 years old	40 – 49 years old
Master +	50 – 59 years old	50 – 59 years old
Golden Oldie	60 – 69 years old	60 – 69 years old
Veteran	70 years old plus	70 years old plus

Placings of first, second and third are then awarded in the following groups:

	Female	Female	Female	Male	Male	Male
Under 20	Short	Middle	Long	Short	Middle	Long
Senior	Short	Middle	Long	Short	Middle	Long
Master	Short	Middle	Long	Short	Middle	Long

Master +	Short	Middle	Long	Short	Middle	Long
Golden Oldie	Short	Middle	Long	Short	Middle	Long
Veteran	Short	Middle	Long	Short	Middle	Long

The results of the Club awards are as follows, congratulations to all recipients.

Girraween Winter Club Championship Results 2018				
Short Distance				
Age Group		Place	Name	Points
Female	Under 20	1st	Rosemary Zammit	285
Female	Masters	1st	Jean Davis	299
Male	Under 20	1st	Ben O'Donnell	287
Male	Under 20	2nd	Zach Zammit	281
Male	Masters Plus	1st	Gregory Sargeant	300
Male	Masters Plus	2nd	Mark Milliss	284
Male	Golden Oldies	1st	Rodger Mar	211
Middle Distance				
Age Group		Place	Name	Points
Female	Under 20	1st	Chloe Grogan	300
Female	Under 20	2nd	Hayley Zammit	276
Male	Under 20	1st	Daniel O'Donnell	270
Male	Masters	1st	Rodney Zammit	300
Male	Masters	2nd	Michael Grogan	274
Male	Masters Plus	1st	David Perry	293
Male	Masters Plus	2nd	Stephen O'Donnell	262
Male	Masters Plus	3rd	Michael Christie	257
Long Distance				
Age Group		Place	Name	Points
Male	Golden Oldies	1st	Robert Eager	292

Apart from our Club awards the athletes were also competing in the West Met XC competition, resulting in the following awards, congratulations to all recipients and thank you for representing Girraween.

Girraween Athletics Club West Met Trophy Winners 2018				
Short Distance				
Age Group		Place	Name	Points
Female	Under 10	2nd	Rosemary Zammit	79
Female	45+	1st	Jean Davis	99
Male	55+	2nd	Gregory Sargeant	90
Male	60+	3rd	Rodger Mar	63
Middle Distance				
Age Group		Place	Name	Points
Female	Under 12	2nd	Chloe Grogan	77
Female	Under 14	1st	Hayley Zammit	82
Male	Under 14	3rd	Daniel O'Donnell	73
Male	40+	2nd	Michael Grogan	86
Male	45+	1st	Rodney Zammit	93
Male	50+	2nd	Stephen O'Donnell	79
Male	55+	1st	David Perry	91
Male	55+	3rd	Michael Christie	72
Long Distance				
Age Group		Place	Name	Points
Male	65+	3rd	Robert Eager	82

Representative Awards

These awards are in recognition of those Girraween athletes that represent the club in Athletics NSW, high recognition events and who have performed well enough to gain higher representative honours.

Explanation of the Winter Representative Point Score

The point score was based on participation in the Athletics NSW events listed below and the iconic City to Surf.

1	Waratah St George Classic (State Novice Cross Country)	7 or 10 km
2	Greater Bank Sydney 10	10 km
3	Waratah XC Relays (Cross Country Relays)	4 x 4 km
4	Waratah XC Challenge (Long Course Cross Country)	8 or 10 km
5	Waratah Short Course (Short Course Cross Country)	4 x 4km
6	Waratah Street Relays (Road Relays)	5 or 7.5 km
7	City To Surf	14 km
8	Waratah Sydney Half Marathon (NSW Half Marathon)	21.1 km

In addition, participation in Australian and International events for which Girraween athletes qualify will be included. For example, in the past, participation in the Australian Cross Country Championships and IAAF Marathon has been recognised as this would normally make it difficult for an athlete to compete in some of the other events.

To be eligible for a Representative award, athletes must have completed at least four events (including higher representative honours).

Point scoring is determined as follows:

The performance in each race will be given a score out of 100 based on the WMA (World Masters Athletics) age grading tables for that distance. The WMA tables are intended to give athletes of all ages a chance to compete on a level playing field by adjusting their performance for age differences.

The total points across all events will be totalled and first, second and third places awarded in male and female categories if the minimum number of events are completed.

In a very tight point score the results of the Representative awards are as follows, congratulations to all recipients.

Girraween Winter Representative Results 2018			
Male	1st	Graham Sheargold	318
Male	2 nd	Robert Eager	307
Male	3 rd	Geoff Sheargold	298

Following are the full results for Girraween athletes competing in the races included in the Club and Representative Awards.

2018 Short Distance Results

		WM1	WM2	WM3	WM4	WM5	WM6	WM7	WM8	WM9	WM10	WM11	WM12	WM13	WM14	WM15
		M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S
Clark	Amelia						12 54									
Clark	Karen		10 9	12 19												
Clark	Lynette					13 12	13 40						13 49			
Corvalan	Claudio	10 50														
Corvalan	Cristobel	10 33														
Corvalan	Laura	11 32														
Davis	Jean	10 17	9 28	10 42			10 14	10 4		11 18	11 33	10 5		11 11		11 7
Grogan	Michael	14 23	12 26	11 21	13 43	10 53	12 35	11 5	10 54	11 44	11 26	10 27	11 6		10 43	
Juhart	Heidi				11 2		11 14	10 27				11 12			10 45	10 56
Mar	Rodger	13 48				13 29	13 51				14 13		12 39	13 2	12 55	12 57
Milliss	Mark			12 14	11 4	10 59	11 18	10 15	19 31		11 43	12 21			10 28	10 42
Moffitt	Nathan												7 37			
O'Donnell	Ben	10 58	11 1	10 41			10 52	9 51		11 43	12 38	11 -		12 8		12 10
O'Donnell	Daniel		11 2													
O'Donnell	Stephen	10 34	12 23	11 29			11 3	9 52		11 52	11 36	11 16				
Perry	David	10 9	8 53	11 32		10 52		11 50	11 29	11 53	11 28		11 9			9 57
Russell	Katrina				12 22			11 4								12 44
Sargeant	Greg	9 30	8 43	9 47	9 25	9 42	9 24	9 15			10 33		9 20	9 45	9 46	9 34
Sheargold	Geoff			7 9												
Sotomayor	Cristina	10 59														
Thurlow	Wayne	8 18														13 1
Williams	Steve	10 7			9 43											
Zammit	Hayley													15 12		
Zammit	Rod	10 21	9 24		17 23	11 58	15 17	15 14	17 22		17 20	14 51	15 17			12 19
Zammit	Rosemary				17 22		15 16	15 13	17 21		17 19	14 50	15 12	15 11	13 7	13 -
Zammit	Zachary	14 21	12 25	11 29	13 42	11 54	12 34		12 24		12 39	11 11	11 12	12 26	11 31	12 1

2018 Middle Distance Results

		WM1	WM2	WM3	WM4	WM5	WM6	WM7	WM8	WM9	WM10	WM11	WM12	WM13	WM14	WM15
		M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S	M S
Christie	Michael	25 18				24 36		24 9	33 10	26 36	27 19	24 51	23 14	26 29	24 7	24 33
Clark	Steve		17 18	18 47												
Corvalan	Claudio	24 11														
Eager	Carly	22 32														
Grogan	Chloe		20 28	22 8	20 46	21 41	20 14	19 18	26 21	21 4	21 49	20 36	20 10	22 13	20 18	
Grogan	Michael	21 9	20 35	22 21	20 57	21 47	20 44	19 39	27 24	21 35	21 50	20 56	20 44	22 14	21 36	
Milliss	Mark				26 45		26 52	24 22	37 26		27 40	26 47				25 26
O'Donnell	Daniel	20 50		19 29			18 17	17 52		19 57	19 48	19 49		22 22		19 30
O'Donnell	Stephen	22 34	19 44	22 20			22 21	22 2		22 12	22 38	22 47		22 25		24 32
Parkins	Stephen	20 55			19 33	20 35	20 10	19 8	26 1		21 36			21 31		
Perry	David	18 17	17 7	18 43	17 39	18 13		17 27	24 36	19 15	19 47		19 11	20 2	19 19	20 55
Russell	Katrina				24 1		24 48	23 6		26 21	27 18					
Sargeant	Greg	24 42	22 11		22 38	23 20	23 20	23 21					22 36			
Sheargold	Geoff			14 51												
Sheargold	Graham													21 36		
Thurlow	Wayne	19 7														
Williams	Steve	23 31														
Zammit	Hayley	23 55	23 22		23 37	24 25	23 2				22 37	22 10	21 1			23 10
Zammit	Rod	23 56	16 15	17 55	16 39	17 17	17 57		23 3		19 7	17 30	17 22	18 9	18 1	23 1

2018 Long Distance Results

[illegible]

21-4-18 XCC St George Classic incorporating NSW Novice Championships**Mixed 7km All Comers**

1st	Brad Milosevic	20:55
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Men's 10km Novice

61st	Graham Sheargold	55:37
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5-5-18 Greater Bank Sydney 10 (Incorporating NSW Road Championships) Homebush**10km - Men**

114th	Geoff Sheargold	36:06.99
261st	Nicholas Hanna	41:01:03
316th	Rod Zammit	43:53.60
343rd	Stephen Mifsud	44:52:02
353rd	Adam Etherington	45:07.73
433rd	Michael Free	49:22.99
440th	Graham Sheargold	50:16.92
462nd	Stephen Parkins	52:05.86
472nd	Michael Grogan	52:56.89
500th	Robert Eager	56:15.55

10km - Women

64th	Lisa Grant	42:46.91
190th	Maisie Stone	56:36.04
257th	Lynette Clark	1:13:23.08

26-5-18 ANSW Waratah Series Cross Country Relays**55+ Male 4 x 4km – 9th place**

Stephen Parkins	21:35	
Rob Eager	22:07	
Graham Sheargold	21:01	
Mark Milliss	24:21	Total: 1:29:05
David Perry	1 9:21	

23-6-18 ANSW Waratah Series XCC Challenge incorporating NSW Cross Country Championships**65-69 Male 8km**

12th	Robert Eager	46:33
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8-7-18 ANSW NSW Short Course Cross Country Championships**Open Male 7.5km**

5th	Brad Milosevic	23:15
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21-7-18 ANSW Waratah Series Street Relays**Open Male 4 x 4km**

Brad Milosevic	11:46
Nicholas Hanna	16:05

Girraween "B" – 14th place

Geoff Sheargold	13:43
Michael Grogan	20:25
Brad Milosevic	11:53
Nicholas Hanna	16:06

Total: 1:02:07

55+ Male 4 x 4km

Graham Sheargold	19:53	9th (West Met)
Michael Christie	22:48	
Robert Eager	20:40	
Bob Warmoll	24:14	Total: 1:27:35

12-8-18 Sun Herald City to Surf 14km

187th	Geoff Sheargold	51:39
2428th	Lisa Grant	1:02:06
5133rd	Danny Martins	1:06:43
7767th	Stephen Mifsud	1:10:13
13779th	Graham Sheargold	1:17:03
17536th	Rob Eager	1:20:51
19719th	Greg Sargeant	1:23:00
27823rd	Maisie Stone	1:31:39
30584th	Mark Milliss	1:35:05
30785th	Terry Rose	1:35:20
39852nd	Cristobel Corvalan	1:50:24
39857th	Claudio Corvalan	1:50:25
40622nd	Lynette Clark	1:52:08
42597th	Laura Corvalan	1:56:42
42606th	Cristina Sotomayor	1:56:43

26-8-18 NSW Sydney Half incorporating NSW Half Marathon Championships

Open Male

26th	Geoff Sheargold	1:19:00
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16-9-18 Blackmores Marathon incorporating NSW Marathon Championships

Open Male

487th	Nicolas Hanna	3:24:44
2411th	Suresh Raju	5:20:25

Girraween Athletics Club Publicity Report 2018-2019

This year's publicity report covers the period from late April 2018 through to early April 2019, the club's fortieth season. I have endeavoured over the last twelve months to collate a record of our athlete's achievements within this timeframe. This report is essentially a summation of their achievements within this period.

Before we start summarising the athletics, it's worth mentioning that on November 3 2018, Girraween Athletics Club held its 40th anniversary celebration. It was a very special evening. We were thrilled to welcome Joan Wheeler, widow of our founder John Wheeler all the way from Perth as well as a number of well know identities from the earliest days of the club in Mr and Mrs Kropman, Mrs Fenech and Mr Irving and it meant a lot to our members and friends to have these early members of the club present and it added to the atmosphere of the evening. A number of the clubs greatest ever athletes including Taylor Doyle, Lisa Grant, Lynette Smith and Brad Milosevic were also present and it was a nice touch to see them mingling with our members and friends, particularly our younger members. It was a night to remember.

The 2018 West Metropolitan cross-country season was a successful one for Girraween's athletes. The number of participants was substantially down however from 2017, but it must be said this was also reflected in the reduced numbers from other clubs to. Approximately on average, twenty-one Girraween athletes competed each Saturday afternoon with a highest number of thirty-three at Ermington on the first day of the season. Once the West Metropolitan awards were handed out in September, thirteen athletes from Girraween won awards across the various age categories, in the short, medium and long distance runs. This was less than 2017, again a reflection of the reduced numbers participating. The majority, eight were gained in the medium distance event. This was a fine achievement.

A number of Girraween athletes also competed in the SMC Road series held at Greystanes over the 2017/2018 season which was concluded in May 2018. Held from September through to May, this Sydney running institution continues to attract runners, although in less numbers then previous seasons. They compete over the 5km, 10km and 21/30km distances. The Girraween athletes who compete regularly at Greystanes are always keen for more of their club mates to join them. This season, Rod Zammit, Carol Adams, Michael Grogan, Mischelle Otte, David Otte, Stephen Mifsud, Steve Oldridge, Jason Oldridge, Michael Christie, Ed Bratovic, Terry Rose, Andrew Free, Suresh Raju and David Perry were all spotted at Greystanes at various stages of the SMC season. At the presentation held in July 2018, Steve Mifsud, Steve Oldridge, Terry Rose and Rod Zammit picked up awards and legendary Australian Paralympian Louise Sauvage was the guest speaker and the audience were rapt to hear about Louise's extraordinary career as a competitor and coach. It was a very special evening.

The winter of 2018 also saw a number of our athletes at NSW events. Girraween athletes were present at the NSW Cross Country Novice at Ramsgate, NSW Road Championships at Homebush, NSW Cross Country Relays at Miranda, NSW Cross Country Championships at Nowra, NSW Short Course Cross Country Championships at West Dapto and the NSW Road Relay Championships at Ourimbah. While in 2018 there were no team medals, all Girraween's athletes acquitted themselves well across these events.

Winter 2018 also saw many Girraween athletes and friends compete at many fun runs and other events outside the scope of West Metropolitan and NSW sanctioned events. Events such as parkrun (various locations), Sydney Striders 10km, Hapalua Half-Marathon Hawaii, Australian Running Festival, SMC Greystanes, Macarthur Lions Anzac Run, Mother's Day Classic, SMH Half Marathon, Western Sydney Marathon, NSW Throwers Club, Portland Track Classic, Portland, Oregon USA, Mini-Mos Community Fun Run, Bankstown Winter Track and Field, Gold Coast Marathon, Festival of the Feet, Winery Running Festival, Westlink M7 Blacktown Running Festival, Real Insurance Sydney Harbour 10km and 5km, The Bay Run, Sun-Herald City to Surf, Mudgee Running Festival, NSW Masters Pre-

Departure Meet, Sydney Half-Marathon & Greater Bank Run. This is an exhausting list, demonstrating once again the remarkable versatility of our members and friends all year round.

Girraween's Saturday summer afternoon track and field season ran from September 2018 through to March 2019 at C V Kelly Park Girraween. Four meets were lost due to the state of the track after some inclement weather. It has been six years since the club returned from Gipps Road at Greystanes and the state of the ground has not improved over this time due to the fact that the appropriate drainage has not been put in. This remains a major disappointment and at time of writing there is no indication when this will be rectified. In saying this when the club meets were held, they were generally well supported although as is usual numbers did fall away towards the end of the season. At times the club also hosted visitors from elsewhere and they received a hospitable Girraween welcome. This competition continues to be an important proving ground for Girraween athletes at 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 athletes are able to take advantage of this competition in coming seasons.

Late November 2018 saw the annual NSW Track and Field Relays held at SOPAC. Five teams represented Girraween. There were no medals this year, but in some cases the teams went close and there were a number of gutsy performances from Girraween's athletes at these relays. It remains important that Girraween continues to be represented at these relays into the future. All members enjoyed the opportunity to compete at such a top-class facility and in this type of competition. The summer of 2018/2019 also saw Girraween athletes compete at a number of ANSW Inter-Club and Permit meets with all Girraween's junior and senior athletes doing a fine job. Neelesh Srestha, Rob Giesler, Kajanjan Srisivaeaswaran, Claudio Corvalan, Jessie Wong, Vithussa Srisivaeaswaran, Taylor Doyle, Bianca N Cameron, Randy N Cameron, Cristobel Corvalan, Lojana Vijeyratnam, Lauren Tisdale, Kayaln Anderson-Prasad, Brad Milosevic, Dylan Nagle, Stephen O'Donnell, Dominic Carr, Michael Grogan, Steve Williams, Vince Adams, Nicholas Hanna and Puja Srestha all did a superb job representing Girraween across the summer months.

Throughout the 2018/2019 summer season, Girraween athletes and friends competed in a large number of other events such as parkrun(various locations), Sydney Striders 10km, Marathon du Medoc (France), Blackmores Sydney Running Festival, Cross Country Challenge, SMC Greystanes, Broken Marathon, Melbourne Marathon Festival, SMC Milers Club, Three Bridges Run, Carcoar Cup Running Festival, Fishers Ghost Fun Run Mingara One Fitness Central Coast Half Marathon & 10km, Australian All Schools Championships, Zatopek 10, NSW Club Championships, Albie Thomas Night of Miles, Australian World XC Trials, Sun Run, NSW Masters Championships, Kyoto (Japan) Marathon, NSW Junior and Para Championships, Orange Running Festival, SIX Foot Track, NSW Open Championships, Lake Biwa Mainichi (Japan) Marathon, ANSW All Comers, Sri Chinmoy and RunWest. As you can see our athletes do not stop for summer, they keep on going.

Over the previous twelve months there have been many highlights from our athletes who represented Girraween. All our athletes gave their best when representing Girraween and this is what counts. The highlights came from a mixture of our up and coming junior athletes and experienced athletes. Lauren Tisdale had a breakout season in her chosen specialty, the pole vault, which is a highly specialised event. Given that she is relatively new to the discipline she made extraordinary progress with her three pb's towards the end of the season. This was a wonderful achievement. Lauren did not achieve these pb's at a minor meet, where there were hardly any spectators, but at major championships when the pressure was on and she had to perform. Lauren did so and given that she is competing at the U17 level at time of writing, she has enormous potential in the sport and we wish her well. Another of our junior athletes in Jessie Wong in her chosen specialty the hurdles, also made great strides and is certainly an athlete to watch and has amazing versatility performing very well in the long jump as well at major championships. There is little doubt Jessie can go a long way in the sport, the main decision facing her will be what events she specialises in. We wish her all the best. Brad Milosevic had a busy twelve months competing in a myriad number of events and in most cases been very competitive at the elite level winning the NSW All Comers 7km at Ramsgate and the Greater Sydney 5km and obtaining top ten places in races as varied as the Gold Coast Half Marathon, the Blackmores Sydney 10km, the

Melbourne Half Marathon and the Zatopek 10. Brad has a busy twelve months ahead and we wish him well in his ongoing quest to progress in his chosen event, the marathon.

In conclusion, it's been another remarkable and long remembered twelve months in Girraween Athletics Club fortieth season. Whether it be the coming together for the club's fortieth anniversary celebrations in November 2018 or the effort that our members and friends put in, in organising the seventh R4J event in March 2019, another success and a fitting tribute to Jess, or the efforts by all our athletes over such a wide variety of events, the list is endless. There are so many great memories and it's been a privilege to revisit these. Our athletes continue to inspire us all. Long may this continue.

Michael Christie GAP

