

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2019/2020

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

*Presented at the 42nd Annual General Meeting
28 November 2020
CV Kelly Park, Girraween*



ANNUAL REPORT 2019 / 2020
OF
GIRRAWEEN ATHLETICS CLUB Inc

Presented at the 42nd Annual General Meeting

Held at

CV Kelly Park, Girraween

On

28 November 2020.

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GIRRAWEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

2019-2020 is a period which will be remembered for a long time. It started ordinarily enough but ended with COVID-19 and the longest committee term in the history of the club. Who would have thought we would have been holding the AGM six months late at the end of November instead of the end of May.

Pre-COVID, winter 2019 was another great cross country season. Congratulations to our members who performed well at West Met and at other events scooping heaps of medals. The West Met presentation in September 2019 was another glorious occasion for the club with many of our members receiving medals or trophies.

Summer 2019/20 was another fantastic season. Attendance at C V Kelly Park was great and so was the atmosphere. Unfortunately, COVID-19 struck towards the end of summer and the world went in to social isolation. We couldn't compete, we couldn't train and we couldn't even exercise except by ourselves or with one other. The casualties including Run for Jess and most of our Winter Cross Country season. In June the restrictions eased allowing up to 20 people to exercise and West Met arose in a new format where participants were able to compete against one another in a virtual capacity. We are indebted to David Archbold who set up courses early each week and gave us up to six days to complete our event and text the times in. Our members embraced the concept. In July, Athletics NSW commenced real competition, congratulations to Brad Milosevic for placing sixth in the cross country Championships at Dapto, to Nick Hanna for winning his age category and to our other athletes who competed.

Summer 2020/2021 was delayed until the third week of October due to the extended winter season and has been well attended. We recently purchased new equipment and took over half a container as our base of operations. Thanks to Gary Micallef for leading this project and thank you to those members who generously donated or serviced equipment.

Thank you to the outgoing committee for your ongoing support in the management of our great club. I also thank our other volunteers without who we would not have been able to run competition. I'd like to make special reference to George and Judy Milosevic who have been pivotal to our fundraising to thank them for among other things organising a string of Bunnings barbecue fundraisers. Both have been stalwarts on the committee for a very long time. George and Judy will not be nominating for the next committee as they want to focus on renovating their home before George retires next year.

The next committee will have the shortest term in the club's history as we realign to the regular season. I encourage members to join or rejoin the committee to continue to lead our great club into the future. We are in a pivotal stage where we are planning for the future of our ground including drainage that will reduce washouts in inclement weather and for the building of a new facility to replace our current buildings. We don't know when these works will be scheduled but we are saving towards fitting out the new facility. Thank you to all of our members for your ongoing support.

Wayne Thurlow
Club President



CERTIFICATE OF AWESOMENESS

Presented to
Wayne Thurlow
for
Volunteering 150 times

100

50



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
Robert Giesler - 2019

REGISTERED 15 -YEAR MEMBERS

Bob Sewell – 1992
Vivian Manwaring – 2001
Lynette Smith - 2006
Graham Sheargold – 2007
Phil Bowden – 2009 (Died 2016)
Steven Williams – 2010
Richard Frost – 2010
Suresh Raju – 2010
Lisa Grant – 2013
Gary Micallef – 2014
Robert Giesler – 2014
Brad Milosevic – 2015
Robert Eager – 2015
Vincent Adams – 2016
Geoffrey Sheargold - 2016

Michael Kammerer – 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
Judy Milosevic - 2018
Gregory Sargeant – 2018
Wayne Thurlow - 2018
Terry Rose - 2018
Katrina Russell - 2019
Michael Evans - 2019

REGISTERED 10-YEAR MEMBERS

John Wheeler - 1988
Deborah Mulhall - 1988
John Doolan - 1989
Robert Kropman - 1993
Michael Kammerer - 2003
Phil Bowden - 2004
Suresh Raju - 2005
Keith Mayhew - 2007
Robert Giesler - 2009
Vince Adams - 2010
Carly Eager - 2010
Eddie Makki - 2010
Joseph Butler – 2011
Jean Davis – 2012
Clive Kidson – 2013
Roger Mar – 2013
Katrina Russell – 2014
David Perry - 2016
Taylor Doyle – 2016
Raminder Singh - 2018
Stephen Mifsud - 2018

Tracey Wheeler - 1988
Bob Sewell - 1988
Paul Sewell - 1991
Vivian Manwaring - 1997
Graham Sheargold - 2003
Richard Frost - 2005
Wayne Jeff - 2005
Chelsea Kimpton - 2008
Gary Micallef - 2009
Robert Eager - 2010
Bradley Milosevic - 2010
Michael Free – 2011
Stephen O'Donnell – 2012
George Milosevic – 2013
Terry Rose – 2013
Wayne Thurlow – 2013
Danny Martins - 2014
Andrew Free - 2016
Mchael Grogan - 2017
Daniel O'Donnell - 2018
Ed Bratovic - 2018

Jackie Wheeler - 1988
Peter Kropman - 1989
Catherine Kropman - 1993
Lynette Smith - 2000
Stephen Halverson - 2003
Steven Williams - 2005
Vikki Savage - 2005
Lisa Grant - 2008
Stacey Argent - 2010
Amanda Giesler - 2010
Geoffrey Sheargold - 2010
Michael Evans – 2011
Stephen Parkins – 2012
Michael Christie – 2013
Gregory Sargeant - 2013
Judy Milosevic - 2014
Nicholas Hanna - 2015
Heidi Juhart - 2016
Jill Woodruff - 2017
Peter Matthews - 2018
Rodney Zammit - 2019

HON. AUDITOR

Tony Ward ~ 1996 - Present

Previous Patrons - Nathan Rees

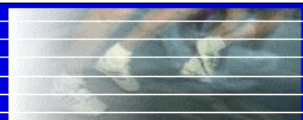
PUBLIC OFFICERS

Viv Manwaring ~ 2005 – 2016

Katrina Russell ~ 2016 – Present



GIRRAWEEEN ATHLETICS CLUB

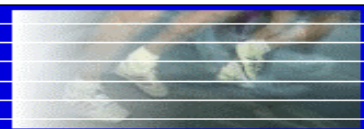


(Formed September 1978)
C V Kelly Park, Oramzi Road, Girraween

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
Wayne Thurlow	2019-2020	Katrina Russell



GIRRAWEEEN ATHLETICS CLUB

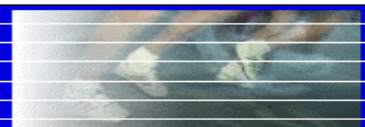


CLUB COMPETITION SUMMER CHAMPIONS * Denotes overall Champion/s

Ashley Micallef (Snr)	2019 / 2020	* Gary Micallef (Masters+)
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 (Masters)	2013 / 2014	* Wayne Thurlow (Masters)
Robyn Smith (Masters)	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 (nee Kropman) (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) / Kate Rada (U15)	1988 / 1989	* Jeff Micallef (U19)
Jackie Wheeler (Snr)	1987 / 1988	* Viv Manwaring (Vet)
* Jackie Wheeler (Snr) / Deborah Mulhall (Snr)	1986 / 1987	Michael Jamieson (U14)
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) / Jackie Wheeler (U14)	1979 / 1980	Ralph Downer (U15)
* Joanne Kendall (U13)	1978 / 1979	Simon Gemmell (U14)



GIRRAWEEEN ATHLETICS CLUB



GIRRAWEEEN ATHLETICS CLUB Inc

CLUB COMMITTEE 2019 / 2020

<u>Club Patron</u>	Michelle Rowland	Appointed 2015
<u>President</u>	Wayne Thurlow	Elected AGM June 2019
<u>Secretary</u>	Katrina Russell	Elected AGM June 2019
<u>Treasurer</u>	Heidi Juhart	Elected AGM June 2019
<u>Registrar</u>	Graham Sheargold	Elected AGM June 2019
<u>Public Officer</u>	Katrina Russell	Appointed 2016
<u>Fund Raising</u>	Vacant	-
<u>Summer Competition</u>	Michael Grogan	Elected AGM June 2019
<u>Winter Competition</u>	Andrew Free Michael Grogan	Elected AGM June 2019 Elected AGM June 2019
<u>Club Records</u>	Stephen O'Donnell	Elected AGM June 2019
<u>Coaching Co-ordinator</u>	Rodney Zammit	Elected AGM June 2019
<u>Publicity Officer</u>	Michael Christie (GAP)	Elected AGM June 2019
<u>Canteen Manager</u>	-	Vacant
<u>ANSW Delegate</u>	Brad Milosevic Wayne Thurlow	Elected AGM June 2019 Elected AGM June 2019
<u>Park Trust Delegate</u>	Wayne Thurlow	Elected AGM June 2019
<u>Uniform Officer</u>	Rodney Zammit	Elected AGM June 2019
<u>Webmaster</u>	Steven Williams	Elected AGM June 2019
<u>General Committee</u>	Gary Micallef Rob Eager Lynette Clark Greg Sargeant Andrew Free David Perry	Elected AGM June 2019 Elected AGM June 2019 Elected AGM June 2019 Elected AGM June 2019 Elected AGM June 2019 Elected AGM June 2019

REGISTRAR'S REPORT

We have a total of 169 members

49 Senior Members

120 Little A Members

SENIOR MEMBERS

Dominic Carr	Lynette Gillies (Clark)	Tipene Robinson
Diane Celnikier	Lisa Grant	Katrina Russell
Michael Christie	Michael Grogan	Gregory Sargeant
Shane Clubb	Nicholas Hanna	Geoffrey Sheargold
Kim Coles	Daniel Irving	Graham Sheargold
Tony Coles	Heidi Juhart	Raminder Singh
Claudio Corvalan	Thomas List	Lynette Smith
Laura Corvalan	Roger Mar	Neelesh Srestha
Jason Cutajar	Ashley Micallef	Wayne Thurlow
Jean Davis	Gary Micallef	Lauren Tisdale
Katelyn Doss-Murdoch	Stephen Mifsud	Steven Williams
Taylor Doyle	Bradley Milosevic	Jessie Wong
Robert Eager	George Milosevic	Rodney Zammit
Michael Evans	Stephen O'Donnell	Tipene Robinson
Christopher Flower	David Otte	Katrina Russell
Chris Foley	Mischelle Otte	Gregory Sargeant
Andrew Free	Stephen Parkins	Geoffrey Sheargold
Robert Giesler	David Perry	Graham Sheargold

LITTLE A MEMBERS

Adamcewicz Audrey	Alderton Luke	Armitage Caidyn Joel
Armitage Zackary	Angurala Deeya	Attard Page
Bailey Mya	Bailey Pania	Bale Holly
Beckett Owen	Bhushan Anvesha	Boyd Tara
Byatt Laelia	Byatt Joel	Caceres Ede Nicolai
Cahill Oliver	Chaudhri Sohum	Clark Amelia
Corvalan Sotomayor Cristobal	Corvalan Sotomayor Laura	Dasgupta Sumeet
De Silva Mark	Dharamdas Madison	Dhinakaran Rushanth
D'Souza Kieve	Elkin David	Erofeyeff Luke
Etikala Saloni	Faller Aidan	Farrugia Katherine
Farrugia Rachel	Farrugia Riley	Fears Chelsie
Flood Austin	Flood Parker	Flucker Elliot
Foley Cooper	Gnanaseelan Jonathan	Gogisetti Ne
Griffin Evan	Grogan Chloe	Grumley Abbey
Grumley Crystal	Hamilton Hannah	Hamilton Liam
Henderson Abeni	Hoswell Georgia	Howard Josh
Howarth Yasmin	Hunt Grace	Kapoor Kuvar
Kaur Simranjeet	Malone Niamh	Manovarnnan Arsha
Manovarnnan Nabethan	Matta Vanshika	McDonald Hannah
McGregor Benjamin	McGregor Dominic	McLachlan Cooper
Morcombe Nathaniel	Mulreaney James	Nader Kayla
Nott Isaac	N.Cameron Bianca	O'Brien Aidan
O'Brien Jessica	O'Donnell Ben	O'Donnell Daniel
Paranthaman Harini	Perrey Adam	Perrey Alexander
Prasad Vihaan	Raguramankumar Raaghav	Raza Mohammad Raiyan
Reader Tasha	Reckerman Dontaye	Reckerman Xanda

Rhodes Madison
Satheeskumar Veneshton
Sheehan Daniel
Simmons Kai
Sivaraj Ethushan
Soballa Kiera
Srisivaeaswaran Kajanan
Stancic Sophie
Sujendran Krithika

Sabu Ben
Shanthakumar Harreshan
Shore Ryan
Singh Sehaj
Sivaruban Varani
Soballa Regan
Srisivaeaswaran Vithussa
Stone Maisie
Sujendran Dhatrika

Saliba Catherine
Sharman Chloe
Shrestha Neelesh
Sivaraj Kokul
Soballa Liesel
Somasundaram Rakshaaiyan
Stancic Harry
Sujendran Deepika
Supaneshan Arthuz

Thanirige Tharuka
Thinesh Jordan
Vijeyaratnam Lojana
Wong Jessie
Zammit-Kaipo Arijana

Tharmanesan Avilash
Tisdale Lauren
Watkins Lucas
Yaghi Emma

Thayaseelan Shuruthi
Umakanthan Abinaya
Williams Breeanna
Yaghi Mya

SECRETARY'S REPORT

Memories of what a normal year in athletics looked like seem distant now since we have all been in the isolation/lockdown phase due to the Corona Virus Pandemic.

Even the Olympics have been postponed until 2021!

The latter half of 2019 went well for GAC with many medals for members in the West Met competition.

During the lockdown, some members have continued to host long distance runs in their own time. This is great to see!

Others of us have continued to work or stayed at home with family and have filled in time with creative ideas or been busy home schooling.

Hopefully as life comes back to a 'new' normal we will be able to compete together once again.

Katrina Russell
Club Secretary



TREASURER'S REPORT

Income/Expenses Comparison by Category 2020

Category Description	1/4/18 - 31/3/19	1/4/19 - 31/3/20	Amt Difference
INCOME			
Bank Interest	\$6.19	\$6.10	-\$0.09
Canteen Income	\$150.80	\$111.25	-\$39.55
Clothing Sales	\$655.00	\$2,970.00	\$2,315.00
Ground fees	\$1,134.95	\$937.05	-\$197.90
Xmas Raffle	\$202.00	\$0.00	-\$202.00
Relay registrations	\$250.00	\$160.00	-\$90.00
Registrations ANSW online	\$2,800.50	\$2,607.78	-\$192.72
Sausage Sizzle sales	\$211.00	\$3,059.10	\$2,848.10
40th Anniversary dinner	\$2,336.00	\$0.00	-\$2,336.00
40th Anniversary Shirt sales	\$1,260.00	\$0.00	-\$1,260.00
40th Anniversary Mugs	\$175.00	\$0.00	-\$175.00
TOTAL INCOME	\$9,181.44	\$9,851.28	\$669.84
EXPENSES			
Affiliation Fees ANSW	\$750.00	\$825.00	\$75.00
Business Expenses	\$220.95	\$369.00	\$148.05
IMG Online Fees	\$120.73	\$0.00	-\$120.73
Park /Council fees	\$480.00	\$344.40	-\$135.60
Registration Relays	\$0.00	\$193.80	\$193.80
Trophies	\$2,267.31	\$303.31	-\$1,964.00
Clothing	\$551.84	\$2,133.85	\$1,582.01
40th Anniversary dinner	\$2,108.00	\$0.00	-\$2,108.00
40th Anniversary expenses	\$435.80	\$0.00	-\$435.80
40th Anniversary Shirt sales	\$1,565.30	\$0.00	-\$1,565.30
40th Anniversary Mugs	\$175.00	\$0.00	-\$175.00
Masters registration	\$0.00	\$200.00	\$200.00
TOTAL EXPENSES	\$8,674.93	\$4,369.36	-\$4,305.57
OVERALL TOTAL	\$506.51	\$5,481.92	\$4,975.41

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

ASSETS

Bank account	\$11,938.86
Plus 8 new singlets @\$32.70	\$261.60
Plus 30 old singlets @\$30.00	\$900.00
Plus 9 polo shirts @\$21.70	\$195.30
Plus 13 jackets @\$33.50	\$435.50
Plus 3 white shirts @ \$30.00	\$90.00
Plus 2 Girraween bags @\$30.00	\$60.00
Liabilities (None)	
NETT ASSETS	\$13,881.26

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	\$655.00	\$615.00
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	\$2,800.50	\$700.52
Sausage Sizzle sales	\$2,381.70	\$211.00	-\$2,170.70
40th Anniversary dinner	\$0.00	\$2,336.00	\$2,336.00
40th Anniversary Shirt sales	\$0.00	\$1,260.00	\$1,260.00
40th Anniversary Mugs	\$0.00	\$175.00	\$175.00
TOTAL INCOME	\$6,835.40	\$9,181.44	\$2,346.04
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	\$506.51	-\$2,473.51

I certify that this income and expenditure statement of Girraween Athletics Club Inc has been checked and is a true and fair representation of it's 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

Accountant
A M Ward BBus


22/3/2020

Heidi Juhart
Treasurer

FUND RAISING REPORT

A year without a fund-raising committee and the Covid-19 pandemic somewhat depleted the Club's ability to raise a substantial amount of money.

Although events such as "Run4Jess" and "Bunnings BBQs" had to be cancelled and there was no "Christmas Raffle" the club raised more than in previous years.

As a final result \$3,021.46 was raised for the year which under the circumstances has been a great year.

A breakdown of raised funds: -

12/5/19 \$515.38 Bunnings BBQ, Smithfield.

3/8/19 \$1,126.00 ANSW XCC Short Course, Upjohn Park.

13/10/19 \$652.45 Bunnings BBQ, Blacktown.

23/2/20 \$420.63 Bunnings BBQ, Northmead.

15/3/20 \$307.00 Bunnings BBQ, Northmead.

The club thanks all the volunteers and people who made this a successful year under trying circumstances.

This was only possible by the joint efforts of members and friends of Girraween Athletics Club making it happen and finally the club is grateful for the generosity of those who are always ready to lend a hand.

Hopefully in the new year the club will have a Fundraising Committee to continue the work and involvement for the prosperity of the club.

George & Judy Milosevic
On the behalf of the Fundraising Committee.



SUMMER COMPETITION REPORT

Girraween Athletics Club has once again enjoyed a highly successful Summer Competition. The 2019/2020 season enjoyed a good number of members competing at CV Kelly Park.

This season the weather, the rain and heat once again caused the cancelation 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 2019/2020 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 was enjoyed by a large number of members with both newer and long term members achieving well. In some of the placings it was a very tight competition with only 0.5 points separating this year's Club Champion and Second Place.

Congratulations to **Gary Micallef**, our 2019 / 2020 **Club Champion**. This is Gary's 17th season of competition with our Club, although his valuable involvement with Girraween exceeds 20 years.

Summer Male and Female Champions

The men's competition was won by to **Gary Micallef** with 110.5 points beating family member Tipene Robinson by 0.5 points. Gary's extra half point came from grit and determination which helped him to equal one of his PBs throughout the season.

Tipene Robinson accomplished this season 2nd place on a creditable 110 points and **Wayne Thurlow**, gaining 3rd place this year on 92 points. Congratulations and well done.

The women's competition is a mirror image of last year's placings. Congratulations to 1st place, **Ashley-Micallef** with 81 points, 10 points better than last year. **Jean Davis** accomplished 2nd place on a creditable 58 points and **Lynette Gillies** gained 3rd place on 48 points.

Congratulations and well done to our athletes who have achieved these wonderful results.



The following tables display the age category winners:

<u>Under 20</u>				
1st	Daniel Irving	74.0	Katherine Farrugia	62.0
2nd	Ben O'Donnell	66.5	Chloe Grogan	57.5
			Katelyn Doss-Murdoch	38.0
<u>Seniors</u>				
1st	Tipene Robinson	110.0	Ashley Micallef	81.0
2nd	Thomas List	84.0		
3rd	Shane Clubb	83.0		
<u>Masters</u>				
1st	Michael Grogan	81.0	Jean Davis	58.0
2nd	Dominic Carr	43.0		
<u>Masters Plus</u>				
1st	Gary Micallef	110.5		
2nd	Wayne Thurlow	92.0		
3rd	Michael Christie	54.0		
<u>Golden Oldies</u>				
1st	Robert Giesler	22.0	Lynette Gillies	48.0

Detailed Summer Results

Club Competition Point Scores

Gary Micallef	110.5	Daniel Irving	74
Tipene Robinson	110	Ben O'Donnell	66.5
Wayne Thurlow	92	Katherine Farrugia	62
Thomas List	84	Chloe Grogan	57.5
Shane Clubb	83	Katelyn Doss-Murdoch	38
Michael Grogan	81	Elliot Flucker	26
Ashley Micallef	81	Daniel O'Donnell	24
Jean Davis	58	Laura Corvalan Sotomayor	19
Christopher Flower	56	David Elkin	4
Michael Christie	54	Cristobal Corvalan Sotomayor	2
Lynette Gillies	48	Tasha Reader	1
Jason Cutajar	48		
Dominic Carr	43		
Stephen O'Donnell	39		
Gregory Sargeant	30		
Rob Giesler	22		
Michael Evans	16		
Claudio Corvalan	15.5		
Diane Celnikier	15		
Heidi Juhart	13		
Graham Sheargold	10		
David Perry	6		
Raminder Singh	6		
Katrina Russell	5		
Lynette Smith	4		
Rodney Zammit	3		
Chris Foley	2		

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

Stephen O'Donnell



Girraween Athletics Club 2019-2020 Summer Representative Awards

This is the fourth 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 2019 through to early March 2020. The season finished early due to the onset of the COVID-19 crisis. There were a total of nineteen events where our athletes scored points during this period. Here are the winners for the 2019-2020 season.

Men's

1st	Rob Giesler	128.50 pts
2nd	Neelesh Srestha	109.50 pts
3rd	Dominic Carr	73.00 pts

Women's

1st	Lauren Tisdale	134.00 pts
2nd	Jessie Wong	109.50 pts
3rd	Laura Corvalan	39.00 pts

Congratulations to our winners who all represented Girraween Athletics Club with distinction over a wide variety of events across the 2019-2020 season. Thank you to Andrew Free who assisted with the collating of this points-score across the 2019-2020 season.

Michael Christie (GAP)



WINTER COMPETITION 2019

In the Winter Competition we have registered athletes who compete for the Club and Representative Awards in a great variety of events. Girraween Athletics Club was represented in many Athletics NSW running events across the winter calendar for 2019 on the cross country trails and road events and I would commend you to the highly informative newsletters from GAP (Michael Christie) for a comprehensive review of the winter performances of all Girraween athletes.

The 2019 winter season started with no great expectations other than the usual enthusiastic presence of Girraween athletes in the West Met races and representative events with the goals of having fun and enjoying club camaraderie. However 2019 turned out to be a stellar season with some historic performances in the representative races and an increase in the number of club awards and West Met trophy haul over the previous season.

In July two men's teams contested the road relays at Ourimbah. In an outstanding effort, the 30+ male team of Brad Milosevic, Nicholas Hanna, Shane Clubb and Stephen O'Donnell ran very well to pick up an unexpected and well deserved bronze medal in their event. It was Girraween's first medal in the Road Relays for over a decade, so it was very exciting for all concerned.

Then on the first Saturday in August it was a remarkable and historic day for the club at the Waratah Series Short Course Cross Country Championships at Upjohn Park, Dundas. In a thrilling day Brad Milosevic won the Men's Open 6km event and was also naturally first in his age category of 30-34. Lisa Grant placed first in her 30-34 age category in the Women's 6km event. Tony Coles placed second in his age group of 55-59 in the Men's 4km event. The team of Graham Sheargold, Andrew Free, Stephen Mifsud and Rob Eager claimed second place in the team event for the 60-69 age group despite most of team carrying various injuries. The team of Brad Milosevic, Geoff Sheargold, Shane Clubb and Tipene Robinson placed third in the team event for the 30-39 age group. That made a total of six medals: 3 Gold (individual), 2 Silver (1 individual, 1 team) and 1 Bronze (team) in the one championship, the greatest achievement for Girraween Athletics Club at a winter championship event in the history of the club.

Representative Awards

The representative awards are based on results in specific Athletics NSW events plus the City to Surf. Any participation at higher representative levels is also taken into account. 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. The point score was based on participation in the Athletics NSW events listed below and the iconic City to Surf. In 2019 the GAC Committee decided to add an exciting new event, the NAB RunWest to the list of eligible events. This proved to be most popular of the events with 19 Girraween athletes taking part.

1	NAB RunWest	31/03/2019	12 km
2	Waratah St George Classic (State Novice Cross Country)	13/04/2019	7 or 10 km
3	Greater Bank Sydney 10	04/05/2019	10 km
4	Waratah XC Relays (Cross Country Relays)	25/05/2019	4 x 4 km
5	Waratah XC Challenge (Long Course Cross Country)	22/06/2019	8 or 10 km
6	Waratah Street Relays (Road Relays)	13/07/2019	4 x 4km
7	Waratah Short Course (Short Course Cross Country)	03/08/2019	4 or 6 km
8	City To Surf	11/08/2019	14 km
9	Waratah Sydney Half Marathon (NSW Half Marathon)	25/08/2019	21.1 km

In addition, any participation in Australian and International events for which Girraween athletes qualified were included. This year participation in the Australian Cross Country, NSW Marathon and Australian Masters Athletics Championships were recognised.

To be eligible for a Representative award, athletes must have completed at least four events (including higher representative honours) to be considered for a representative award. Although there was an increase in female participation this year only one qualified for an award. The male awards were hotly contested this year with fourth through sixth placegetters all within 13 points of third place.

Girraween Winter Representative Results 2019						
1st	Female	Alison Shaw	226 points	Male	Shane Clubb	466 points
2nd				Male	Stephen Mifsud	424 points
3rd				Male	Andrew Free	334 points

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

31-3-19 NAB RunWest 12km

90th	Tony Coles	51:01
270th	Danny Martins	57:08
416th	Shane Clubb	1:00:28
435th	Hannah Hamilton	1:00:52 (2nd in the 12-15 female age group)
548th	David Otte	1:03:00
653rd	David Perry	1:04:38
758th	Stephen Mifsud	1:06:31
902nd	Chloe Grogan	1:08:28 (3rd in the 0-11 female age category)
903rd	Michael Grogan	1:08:28
990th	Carol Adams	1:09:58
1,079th	Andrew Free	1:11:19
1,174th	Terry Rose	1:12:45
1,185th	Tipene Robinson	1:12:53
1,371st	Mischelle Otte	1:15:47
1,448th	Michael Christie	1:16:55
1,836th	Gary Micallef	1:24:29
2,468th	Lynette Clark	1:44:54
3,012th	Mikayla Robinson	2:42:00
3,016th	Ashley Micallef	2:42:03

13-4-19 XCC St George Classic incorporating NSW Novice Championships

Men's 10km Novice

26th	Shane Clubb	47:04.72
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4-5-19 Greater Bank Sydney 10 (Incorporating NSW Road Championships) Homebush

10km – Women

76th	Lisa Grant	43:25.00
276th	Alison Shaw	57:06.61
306th	Mischelle Otte	58:38.51

10km - Men

112th	Geoff Sheargold	35:30.16
265th	Tony Coles	40:12.82
327th	Nicholas Hanna	41:46.22
364th	Shane Clubb	42:57.87
383rd	Rod Zammit	43:24.29
396th	Adam Etherington	43:51.84
473rd	Stephen Mifsud	46:58.06
506th	Wayne Thurlow	48:16.48
562nd	David Otte	50:47.87
588th	Graham Sheargold	51:41.22
596th	Stephen Parkins	52:11.88
636th	Andrew Free	55:16.62
664th	Robert Eager	57:30.01
668th	Terry Rose	57:33.48

25-5-19 ANSW Waratah Series Cross Country Relays

30+ Male 4 x 4km

5th place	Geoff Sheargold	15:18		
	Shane Clubb	19:06		
	Stephen Parkins		22:38	
	Stephen O'Donnell	23:15		Total 1:20:17

50+ Male 4 x 4km

13th place	David Perry	20:32		
	Graham Sheargold	21:37		
	Andrew Free	24:37		
	Mark Milliss	26:42		Total 1:33:28

22-6-19 ANSW Waratah Series XCC Challenge incorporating NSW Cross Country Championships

60-64 Men 8km	Stephen Mifsud	42:47 (5th)
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13-7-19 ANSW Waratah Series Street Relays

30+ Male 4 x 4km 3rd place (Bronze)

Brad Milosevic (12:04), Nicholas Hanna (15:17), Shane Clubb (17:21), Stephen O'Donnell (22:07) Total 1:06:49

60+ Male 4 x 4km 4th place

Stephen Mifsud (18:50), Graham Sheargold (19:26), Andrew Free (20:55), Mark Milliss (24:03) Total 1:23:14

3-8-19 ANSW NSW Short Course Cross Country Championships

Open Men - 6km 1st Brad Milosevic 18:42 (Gold)

30-34 Women - 6km 1st Lisa Grant 27:43 (Gold)

30-34 Men - 6km 1st Brad Milosevic 18:42 (Gold)

6th Geoff Sheargold 22:58

8th Tipene Robinson 31:16

35-39 Men - 6km 7th Shane Clubb 31:04

40-44 Men - 6km 4th Michael Grogan 31:38

45+ Men - 6km 14th Mark Milliss 37:56

55-59 Men - 4km 2nd Tony Coles 16:29 (Silver)

14th Gary Micallef 22:25

60-64 Men - 4km 8th Graham Sheargold 20:24

10th Andrew Free 22:43

12th Stephen Mifsud 24:02

65-69 Men - 4km 6th Rob Eager 24:39

Team 30-39 – Men - 4 x 6km 3rd place (Bronze)

Brad Milosevic 18:42

Geoff Sheargold 22:58

Shane Clubb 31:04

Tipene Robinson 31:16

Team 60-69 – Men - 4 x 4km 2nd place (Silver)

Graham Sheargold 20:24
Andrew Free 22:43
Stephen Mifsud 24:02
Robert Eager 24:39





11-8-19 Sun Herald City to Surf 14km

259th	Geoff Sheargold	52:14
3,341st	Lisa Grant	1:03:16
4,590th	Steve Clark	1:05:26
10,095th	Shane Clubb	1:12:20
13,099th	Graham Sheargold	1:15:34
19,721st	Alison Shaw	1:22:09
20,234th	Gary Micallef	1:22:37
22,721st	Greg Sargeant	1:24:58
27,604th	Robert Eager	1:29:52
29,131st	Terry Rose	1:31:39
30,089th	Stephen Mifsud	1:32:48
31,307th	Ashley Micallef	1:34:17
31,311th	Tipene Robinson	1:34:17
32,934th	Mark Milliss	1:36:23
33,891st	Andrew Free	1:37:37
37,422nd	Suresh Raju	1:42:38
52,381st	Lynette Gillies	2:17:58

25-8-19 ANSW Sydney Half incorporating NSW Half Marathon Championships

141st	Tony Coles	1:28:33
156th	Nicholas Hanna	1:29:22
214th	Rod Zammit	1:33:40
392nd	Wayne Thurlow	1:45:31
417th	Shane Clubb	1:46:48
448th	Michael Grogan	1:48:58
649th	Stephen Mifsud	2:06:52
654th	Alison Shaw	2:07:54

26 to 29-4-19 Australian Masters Athletics Championships

30-34 Male 5000m Track	2nd	Nicholas Hanna	19:11.45
30-34 Male 8000m Cross Country	1st	Nicholas Hanna	34:12.00

24-8-19 Australian Cross Country Championships

Open Male 10km Cross Country	7th	Brad Milosevic	31:00
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15-9-19 NSW Marathon Championships

831st	Rod Zammit	3:37:22
1,874th	Steve Clark	4:04:55
3,665th	Alison Shaw	5:04:52

Club Awards

The club awards are based upon the results in the West Metropolitan Cross Country series consisting of short, middle and long distance races on 15 Saturdays over the winter, a total of 45 races. In 2019 we had at least one Girraween athlete compete in every race. In total we had 35 different competitors run a total 420 times across the series which was a big increase in consistent participation over 2018. Of particular note were the following athletes who competed in all 15 races in their chosen distance: Michael Christie, Gary Micallef and Shane Clubb. It was very heartening to see the famous royal blue and white singlets making such an impact in 2019. Not surprisingly, those consistent efforts lead to an increase in the number of club award winners with 26 recipients this year versus 16 last year. There was also an increase in the West Met trophy haul with Girraween athletes taking home 20 trophies in 2019 versus 13 in 2018. A great effort and tremendous result for all those involved.

Girraween Winter Club Championship Results 2019

Girraween Winter Club Championship Results 2019					
Distance	Category		Place	Name	Points
Short	Female	Under 20	1st	Rosemary Zammit	291
Short	Female	Under 20	2nd	Mikayla Robinson	281
Short	Female	Masters	1st	Jean Davis	300
Short	Male	Under 20	1st	Ben O'Donnell	279
Short	Male	Under 20	2nd	Zach Zammit	268
Short	Male	Masters Plus	1st	Wayne Thurlow	300
Short	Male	Masters Plus	2nd	Gregory Sargeant	292
Short	Male	Golden Oldies	1st	Andrew Free	284
Short	Male	Golden Oldies	2nd	Rodger Mar	261
Distance	Category		Place	Name	Points
Middle	Female	Under 20	1st	Chloe Grogan	300
Middle	Female	Under 20	2nd	Hayley Zammit	230
Middle	Female	Senior	1st	Ashley Micallef	287
Middle	Female	Golden Oldies	1st	Katrina Russell	265
Middle	Male	Under 20	1st	Daniel O'Donnell	248
Middle	Male	Masters	1st	Rodney Zammit	299
Middle	Male	Masters	2nd	Michael Grogan	283
Middle	Male	Masters Plus	1st	David Perry	290
Middle	Male	Masters Plus	2nd	Gary Micallef	263
Middle	Male	Masters Plus	3rd	Michael Christie	251
Middle	Male	Golden Oldies	1st	Stephen Mifsud	251
Middle	Male	Golden Oldies	2nd	Mark Milliss	238
Distance	Category		Place	Name	Points
Long	Male	Senior	1st	Geoff Sheargold	300
Long	Male	Senior	2nd	Tipene Robinson	274
Long	Male	Masters	1st	Shane Clubb	292
Long	Male	Golden Oldies	1st	Graham Sheargold	279
Long	Male	Golden Oldies	2nd	Robert Eager	227

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 2019				
Short Distance				
Category		Place	Name	Points
Female	Under 10	3rd	Rosemary Zammit	78
Female	45+	2nd	Jean Davis	95
Male	Under 10	2nd	Ben O'Donnell	88
Male	50+	2nd	Wayne Thurlow	93
Male	55+	2nd	Gregory Sargeant	93
Male	60+	3rd	Andrew Free	84
Middle Distance				

Age Group		Place	Name	Points
Female	Under 12	2nd	Chloe Grogan	94
Female	30+	1st	Ashley Micallef	91
Female	60+	2nd	Katrina Russell	78
Male	Under 14	2nd	Daniel O'Donnell	75
Male	40+	2nd	Michael Grogan	94
Male	45+	1st	Rodney Zammit	100
Male	55+	1st	David Perry	93
Male	55+	3rd	Gary Micallef	78
Male	60+	1st	Stephen Mifsud	96
Male	60+	2nd	Mark Milliss	93
Long Distance				
Age Group		Place	Name	Points
Male	30+	1st	Geoff Sheargold	98
Male	30+	2nd	Tipene Robinson	89
Male	35+	1st	Shane Clubb	100
Male	60+	3rd	Graham Sheargold	83

Following are the full results for Girraween athletes competing in the West Met Cross Country Series.



2019 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																	
Kim Coles										11	54																						
Jean Davis	11	29	10	33	10	26	12	18	10	46	11	59	10	52																			
Andrew Free	10	56			9	57	11	20	10	3																							
Sharon Free	14	45																															
Michael Grogan										9	47	13	24	9	50	11	35																
Heidi Juhart			11	10			11	7			12	3	15	45	15	12																	
Rodger Mar	14	53	13	24	12	52	13	56	13	32	13	39				13	-	13	39														
Gary Micalciff									13	22																							
Steve Mifsud									10	42	11	10			12	31																	
Ben O'Donnell	11	46	10	47	10	24	11	53	10	45	12	7	10	41			14	4	11	37	11	3	11	7									
Stephen O'Donnell			12	33			12	36	11	47	13	22	11	5					11	37	11	22			11	38	11	26	12	14			
David Perry	13	15			10	13	12	8	10	5			8	48					11	11					9	56							
Mikayla Robinson					18	48	14	53	15	22	13	13	13	13	21	13	21	12	45	13	27	13	20	17	26		12	33	13	9			
Tipene Robinson					14	54	15	23	13	14			12	46	13	25	13	21	17	27						12	34	13	8				
Katrina Russell													12	39			15	58															
Greg Sargeant	9	32	9	5			9	49	9	5	9	56						9	57	9	31	9	17	13	20	10	2	9	1	9	49		
Geoff Sheargold																																	
Wayne Thurlow	9	14	8	42	9	8			9	3	9	22	8	41				9	48	9	27			9	29	12	1	8	52	8	33	8	46
Rod Zammit	14	34	11	53			13	28	12	37	13	20	11	42				12	38	12	39	11	35	17	11	15	22	12	17	13	11		
Rosemary Zammit	14	29	11	52			13	27	12	34	13	19	11	40				12	36	12	34	11	33	17	10	15	21	12	16	13	6		
Zach Zammit	13	39	12	11			12	58	11	46			11	54				12	53			11	21	16	11	13	52	11	25	12	13		

2019 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															
Michael Christie	25	47	23	48	22	44	25	54	23	41	25	24	29	3	33	46	25	54	26	14	27	7	37	53	29	37	28	4	29	30	
Kim Coles																						23	50						24	15	
Jean Davis										23	57																				
Rob Eager																											25	55			
Chris Foley		30	28					30	47																						
Andrew Free					21	38							22	9	30	17						23	32	31	11	21	10				
Chloe Grogan	21	47	20	20	19	40				18	31	22	14	18	56	27	48	21	55	20	44	20	25	26	34	21	29	21	25	20	15
Michael Grogan	21	48	20	21	19	42	24	11	24	20	38	22	35	19	15	27	49	21	58	20	49	20	44	27	38			21	27	21	2
Michael Kammerer			15	49																											
Rodger Mar																44	24														
Ashley Micallef		27	23				26	33	22	27			23	19				24	17	23	36	23	22	31	6		25	3	25	25	
Gary Micallef	28	7	24	56	23	31	27	7	22	37	26	35	22	24	31	24	23	49	23	4	22	59	29	25	22	55	22	56	22	46	
Stephen Mifsud													20	57	26	10	19	43	19	4	19	22	25	41	27	43	22	54	22	18	
Mark Milliss	26	41	24	51			27	38			27	52					26	23	27	9	25	25			27	55	25	33	25	27	
Daniel O'Donnell		19	3	19	4	19	58	18	29	20	9	17	57				20	46	20	44	23	44								23	15
Stephen O'Donnell		25	14				24	1	21	9	24	22	4	22	54	23	29	22	54	23	29				24	6	25	24	23	14	
Stephen Parkins		21	14				23	5					20	13			21	49					27	58							
David Perry	20	4			18	40	20	19	17	41			19	13			19	17	19	19	19		25	52	20	30	20	55	21	26	
Katrina Russell		25	29				27	14	22	59	27	20	23	38			25	44	25	39	25	19					25	50			
Greg Sargeant	23	15	22	27			23	32							32	7	22	27	22	20	22	20					24	2	22	19	
Geoff Sheargold																															
Graham Sheargold																															
Wayne Thurlow	20	17	19	44	20	7				18	13				25	53	19	25								19	41	19	55	19	34
Steven Williams																															
Hayley Zammit	23	11					24	10	18	46	22	28	19	9	29	51					30	-	31	50							
Rod Zammit	23	12	17	21			18	58	16	10	18	53	16	49	22	58	17	29	30	-	30	-	31	51	18	14	20	2	18	2	

Girraween Athletics Club Publicity Report 2019-2020

This year's publicity report covers the period from April 2019 to early March 2020. It is worth noting here that the summer season finished early March 2020, due to the onset of the COVID-19 Pandemic. 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 timeframe.

The 2019 West Metropolitan cross-country season was a successful one for Girraween's athletes. The number of participants was up from 2018 which was nice to see. Approximately on average, twenty-seven Girraween athletes competed each Saturday afternoon with a highest number of thirty-five at Ermington in June. Once the West Metropolitan awards were handed out in September, nineteen athletes from Girraween won awards across the various age categories, in the short, medium and long-distance runs. This was more than 2018, a reflection of the increased numbers from Girraween participating but also of the very consistent performances by Girraween's athletes. The majority, nine were gained in the medium distance event. This was a fine achievement.

Numerous Girraween athletes also competed in the SMC Road Race series held at Greystanes over the 2018/2019 season which was concluded in May 2019. Held from September through to May, this Sydney running institution continues to attract runners, although in less numbers than previous seasons. They compete over the 5km, 10km and 21/30km distances. The Girraween athletes who compete regularly at Smithfield are always keen for more of their club mates to join them. This season, Michael Kammerer, Rod Zammit, Terry Rose, Suresh Raju, Jason Oldridge, Nicholas Hannah, Chloe Grogan, Michael Grogan, Hayley Zammit, Michael Christie, Chris Foley, Graham Sheargold, Geoff Sheargold, Tony Coles, Carol Adams, Alison Shaw and Shane Clubb were all spotted at Greystanes at various stages of the SMC season. At the presentation held in August 2019, Chloe Grogan, Hayley Zammit, Jason Oldridge, Michael Grogan, Steve Oldridge, Michael Christie, Tony Coles, Alison Shaw, Rod Zammit and Stephen Mifsud picked up awards. Australian Ultra Marathon star, Larissa Tichon was the guest speaker and the audience were most interested in hearing about Larissa's career over a distance that is a little different for most of our runners. It was a wonderful evening.

The winter of 2019 also saw a number of our athletes at ANSW 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 Road Relays at Ourimbah and NSW Short Course Cross Country Championships at Dundas. The 30+ Male team of Brad Milosevic, Nick Hannah, Shane Clubb and Stephen O'Donnell won a well-deserved bronze medal at the NSW Road Relays at Ourimbah, the club's first medal at these championships in over a decade. It was a special moment. Yet, it was a precursor of things to come. At the NSW Short Course Championships at Dundas in August, Girraween picked up an incredible six medals, the greatest single day in the club's forty-year history at a Winter Championships. Brad Milosevic won gold in the Men's Open race, another gold in the 30-34 age category and Bronze in the 30-39 team event along with Geoff Sheargold, Shane Clubb and Tipene Robinson. Lisa Grant won a gold in the Women's 30-34 category, Tony Coles won silver in the Men's 55-59 category, and Graham Sheargold, Andrew Free, Stephen Mifsud and Rob Eager won silver in the Men's 60-69 category. It certainly was a day to remember.

Winter 2019 also saw many Girraween athletes and friends compete at many fun runs and other events outside the scope of West Metropolitan and ANSW sanctioned events. Events such as parkrun (various locations), Australian Open/Junior Championships at SOPAC, SMC Greystanes, Australian Running Festival Canberra, Sri Chinmoy (various locations), Australian Masters Melbourne, Mothers-Day classic Parramatta Park, SMH Half Marathon, Runaway Noosa Marathon, Western Sydney Marathon Penrith, Bankstown Winter Track and Field series, Western Sydney Parklands Track Run, Oceania Athletics Championships Townsville, Gold Coast Marathon, Georges River Festival of the Feet, Sutherland Half Marathon, Westlink M7 Blacktown Running Festival, Sun Herald City to Surf, Mudgee Running Festival, Australian Cross Country Championships and the Run NSW Greater Bank Sydney Half Marathon SOPAC. This is an exhausting list, demonstrating once again the remarkable versatility of our members and friends through the winter season.

Girraween's Saturday summer afternoon track and field season ran from September 2019 through to March 2020 at C V Kelly Park Girraween. After Christmas, numerous meets were lost due to the extreme heat in some instances or the damp condition of the ground after heavy summer rain. The state of the ground remains poor as was mentioned in last year's publicity report and to be frank nothing seems to have been done since 2013. With Cumberland Council under severe financial stress it is unlikely that this will change anytime soon, which remains a major disappointment. Before Christmas, these Saturday meets were well supported but did fall away in the New Year. This is a familiar pattern. At times Girraween hosted visitors and they received a warm 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 hoped that more athletes are can take advantage of this competition in coming seasons.

November 2019 saw the annual NSW Track and Field Championships held at Campbelltown. Two teams represented Girraween in the U14 category in the Shot Put and 4 x 800m events. Both teams performed very well, finishing not far outside the medals. The shot-put team consisted of Cristobel Corvalan, Neelesh Srestha, Kajanan Sriswvaeaswaran and Avilash Tharmanesan. The 4 x 800m team was made up of Sumeet Dasgupta, Daniel Sheehan, Neelesh Srestha

and Tharika Thanirige. Girraween should be proud of the boy's efforts. The club does need to decide, if we wish to continue putting teams in these relays due to the ongoing difficulty in encouraging athletes to represent Girraween at this event. It remains to be seen if things may improve moving forward.

Girraween did put in a Men's Masters team in the NSW Club Championships in early December. Shane Clubb, Tipene Robinson, Claudio Corvalan, Rob Giesler, Michael Grogan and Nicholas Hanna made up the team and in all events were very competitive. They finished just outside the medals and were most pleased with their efforts.

The summer of 2019/2020 also saw Girraween athletes compete at ANSW Inter-Club and Permit meets with all Girraween's junior and senior athletes doing a fine job. Brad Milosevic, Jessie Wong, Rob Giesler, Nico Caceres-ede, Lauren Tisdale, Laura Corvalan, Neelesh Srestha, Cristobel Corvalan, Claudio Corvalan, Dominic Carr, Diane Celnikier, Chloe Grogan, Shane Clubb, Michael Grogan, Nikil Redipali and David Elkin all did a superb job representing Girraween across the summer months at these particular events.

Throughout the 2019/2020 summer season, Girraween athletes and friends competed in a large number of other events, such as parkrun (various locations), Blackmores Sydney Running Festival, SMC Smithfield, NSW NSW 10,000m Championships, Forster Running Festival, Mattoni Librec Nature Run in the Czech Republic, Treloar Shield, Melbourne Running Festival, Sri Chinmoy Marathon Relays, Three Bridges Run, Carcoar Cup Running Festival, NSW 3000m Championships, Air New Zealand International Marathon, Eurosport Malta International All Comers, Albie Thomas Night of Miles, Narrabeen All Nighter, NSW Club Championships, Australian All Schools Perth, NSW 5000m Championships, NSW Masters, BBB 10km Wentworth Point, NSW Junior Championships and the UK National Cross-Country Championships. As you can see our athletes keep on going right through the Summer months.

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 that is what counts. Lauren Tisdale had another consistent season in her chosen speciality the Pole Vault. A number of highlights from Lauren include her bronze medal representing Australia at the Oceania Championships in Townsville, her fourth place in the Australian All Schools Championships, her gold medal at the NSW Junior Championships and her very creditable 6th place in the NSW Open Championships. Lauren is continuing to develop as an athlete in the pole vault and we wish her well with it. There is no doubt the sky is the limit so to speak for her. Brad Milosevic had consistent twelve months as he re-works his training regime. As well as that memorable day at Dundas where he picked up three medals, including two gold in the NSW Short Course Cross-Country Championships, he had a very creditable top ten finish at the Australian Cross-Country Championships, a fourth place in the 10km Blackmores Bridge Run and a silver medal in the NSW 10,000m Championships. Given how much athletics has currently been disrupted it will be most interesting see as to the direction Brad heads in with his athletics moving forward. We wish him well.

In conclusion, it's been another remarkable twelve months for Girraween Athletics Club. Whether it's been the club's remarkable fund-raising activities over this time or the remarkable highlights through the winter season of 2019 or the amazing consistency of so many of our athletes in varying event's they have left us with many great memories. It's been a privilege to chronicle this period in the club's history. Girraween is not a large club number's wise, but our athletes continue to inspire.

Michael Christie GAP











