

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2022/2023

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

Presented at the 45th Annual General Meeting  
30th May, 2023



ANNUAL REPORT 2022 / 2023

OF

GIRRAWEEEN ATHLETICS CLUB Inc

Presented at the 44th Annual General Meeting

Held at

Toongabbie Community Centre

On

30<sup>th</sup> May, 2023.

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GIRRAWEEEN ATHLETICS CLUB Inc.

## PRESIDENT'S REPORT

On behalf of the Committee, I have the pleasure of presenting our club's annual report for the 12 months ending 31 March 2023. This marks the end of our 45th season of providing athletics at CV Kelly Park and participating in athletics, cross country and road running across the state, country and the world. Over these years the club has produced some great athletes but we are best known for friendly local competition.

It is hard to believe that five years ago we were celebrating 40 years and are now half way to our next milestone. Our sister club Girraween Little Athletics Centre celebrated that milestone this year bringing together athletes and officials from past and present for a great dinner at Hudsons at Seven Hills. Those present included Joan Wheeler, the widow of our founding President, her daughter Tracey (former Australian goalkeeper and Olympian), Lesley Fenech, Hans Kropman, Viv Manwaring and Jim Irving (father of our current track speedster Daniel Irving).

We are currently competing in winter competition and are enjoying good attendances at the West Met Cross Country and a resurgence in events like the Sydney 10. We also had a great summer of competition both at home and away. We particularly had a good turnout in the Australian Masters Championships with silver medals to Geoff Sheargold (2) and Ashley Micallef and bronze to Raminder Singh. We also had numerous placings just outside the medals. Speaking of great athletes, it was great to see Taylor Doyle return to CV Kelly Park this summer. She retired from para-athletic competition several years ago but has decided to put her spikes on again to chase her dreams. We wish her all the best in those endeavours. Our dual athletes continued to perform well. In the Australian Junior Athletics Championships Annisha Reader came away with gold in the U14 Women's Discus and bronze in the Hammer Throw, Kajan Srisivaeaswaran placed 4th in the U18 Hammer Throw, Joel Byatt placed 7th in the U17 5000m Race Walk, Kavan Tharmanesan placed 8th in the U14 Javelin, and Laelia Byatt placed 13th in the U18 5000m Race Walk.

On behalf of all members I would like to congratulate Graham Sheargold and acknowledge his 30 years of continuous membership and service with Girraween Athletics Club. Graham is the first athlete in our club's history to achieve this honour.

Finally I'd like to thank our great Committee for all of the work they do behind the scenes to run this great club. Without them and the many volunteers who assist to run events we wouldn't be able to do what we do.

I look forward to the rest of our winter 2023 season, our fundraising barbecue at the State Short Course Cross Country Relays this weekend and our upcoming 46th summer athletics season.

Wayne Thurlow  
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 30 -YEAR MEMBERS

Graham Sheargold - 2022

### REGISTERED 25 -YEAR MEMBERS

Bob Sewell – 2002    Vivian Manwaring – 2011    Lynette Smith – 2015  
Graham Sheargold - 2017    Steven Williams - 2020

### 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  
Bradley Milosevic - 2022  
Geoffrey Sheargold - 2022  
Jean Davis – 2022  
Stephen O'Donnell - 2022  
Gary Micallef - 2022

### 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  
Heidi Juhart - 2022  
Andrew Free - 2022

### 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  
Nicholas Hanna - 2015  
David Perry - 2016  
Mchael Grogan - 2017  
Raminder Singh - 2018  
Rodney Zammit - 2019  
Ben O'Donnell - 2022  
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  
Taylor Doyle – 2016  
Daniel O'Donnell - 2018  
Ed Bratovic - 2018  
Ashley Micallef - 2022  
Christopher Flower - 2022  
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  
Gary Micallef - 2014  
Heidi Juhart - 2016  
Jill Woodruff - 2017  
Peter Matthews - 2018  
Stephen Mifsud - 2018  
Lynette Gillies - 2022

### HON. AUDITOR

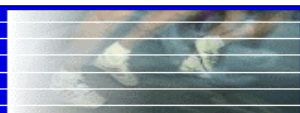
Tony Ward ~ 1996 - Present  
Previous Patrons - Nathan Rees

### 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
Wayne Thurlow	2020-2021	Katrina Russell
Wayne Thurlow	2021-2022	Katrina Russell
Wayne Thurlow	2022-2023	Katrina Russell



# GIRRAWEEEN ATHLETICS CLUB



## CLUB COMPETITION SUMMER CHAMPIONS \* DENOTES overall Champion

	Ashleigh Farrugia	2022/2023	* Tipene Robinson
	Ashley Micallef (Snr)	2021 / 2022	* Thomas List (Seniors)
	Ashley Micallef (Snr)	2020 / 2021	* Steven Williams (Golden Oldies)
	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)
v	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)



# GIRRAWEEN ATHLETICS CLUB



GIRRAWEEN ATHLETICS CLUB Inc

CLUB COMMITTEE 2022 / 2023

<b><u>Club Patron:</u></b>	Michelle Rowland	Appointed 2015
<b>President:</b>	Wayne Thurlow	
<b>Secretary:</b>	Katrina Russell	
<b>Treasurer:</b>	Heidi Juhart	
<b>Public Officer:</b>	Katrina Russell	
<b>Registrar:</b>	Graham Sheargold	
<b>Coaching Co-ordinator:</b>	Rod Zammit	
<b>Summer Competition Manager:</b>	Tipene Robinson	
<b>Winter Competition Manager:</b>	Ashley Micallef / Jason Cutajar	
<b>Club Records Officer:</b>	Ashley Micallef	
<b>ANSW Delegates:</b>	Wayne Thurlow & Graham Sheargold	
<b>Parks Delegates:</b>	Wayne Thurlow & Rod Zammit	Appointed
<b>Fundraising Officer:</b>	Vacant	
<b>Canteen Manager:</b>	George Milosevic)	
<b>Uniform Officer:</b>	Kristy Zammit	No committee meetings
<b>Webmaster:</b>	Steven Williams	
<b>Communication &amp; Publicity Officer:</b>	Michael Christie	
<b>General Committee:</b>	Diane Celnikier, Gary Micallef Greg Sargeant Stephen O'Donnell Daniel Irving Garry Womsley	

## REGISTRAR'S REPORT

### REGISTERED ATHLETES FOR GIRRAWEEEN ATHLETICS CLUB

TOTAL NUMBER OF REGISTERED ATHLETES 70

DUAL ATHLETES 23

SENIOR ATHLETES 47

#### Dual Athletes

##### Males

Bhushan, Adya  
Bussier, Tyler  
Byatt, Joel  
Dasgupta, Sumeet  
FARRUGIA, Nathan  
Gale, Jack  
Khan, Faris  
Kimpton, Joshua  
Kimpton, Zac  
O'Brien, Aidan  
O'Donnell, Ben  
O'Donnell, Daniel  
Shailesh, Sai Sravan  
Shrestha, Neelesh  
Shrestha, Nirvan  
Srisivaeaswaran, Kajanan  
Tharmanesan, Avilash  
Tharmanesan, Kavim

##### Females

Byatt, Laelia  
Corvalan Sotomayor, Laura  
Farrugia, Ashleigh  
Farrugia, Katherine  
JAIN, Hitanshi  
Reader, Annisha  
Reader, Tasha  
Robinson, Mikayla  
Shailesh, Sai Sraddha  
Tharmanesan, Keshika

##### Male Seniors

Byatt, Damon  
Carr, Dominic  
Christie, Michael  
Cutajar, Jason  
Eager, Robert  
Evans, Michael  
Goldsworthy, Brandon  
Irving, Daniel  
Kammerer, Michael  
List, Thomas  
Mar, Roger  
Micallef, Gary  
Mifsud, Stephen  
Milliss, Mark

##### Male Seniors

Moffitt, Nathan  
O'Donnell, Stephen  
Robinson, Tipene  
Sargeant, Gregory  
Sheargold, Geoff  
Sheargold, Graham  
Sinclair, Adam  
Singh, Raminder  
Spadaro, David  
Thurlow, Wayne  
Williams, Steven  
Womsley, Garry  
Zammit, Rodney  
Zammit, Zachary

##### Female Seniors

Celnikier, Diane  
D'vine, Lauren  
Davis, Jean  
Doyle, Taylor  
Grant, Lisa  
Greenwood, Claire  
Heath, Vija-Louise  
Juhart, Heidi  
Micallef, Ashley  
Moloney, Maureen  
O'Brien, Jessica  
Russell, Katrina  
Smith, Lynette

Graham Sheargold  
Registrar

## **SECRETARY'S REPORT**

Winter 2022 returned to mostly normal.

Many GAC athletes competed in WestMet and also the Winter NSWAthletics events. Quite a few medals were won!

Summer 2022/23 at CV Kelly also returned to usual with quite a good turnout of club members and visitors. RFJ also was able to go ahead this year with over \$1000 raised going to the Cancer Ward at Westmead Hospital. Good to catch up with Steve Clark and Jess's family.

Winter 2023 has started with WestMet and NSWAthletics with a busy calendar of events.

During the year the GAC committee has been working on quite a few tasks. These include an update of our Child Safety policy, review of the Strategic Plan 2022-2026, review of our club's affiliation with NSWAthletics and finally an update of our club's Constitution document. This is an ongoing process.

A big thankyou to the committee members who have worked on these reviews and their input. Also for committee members continued attendance at the committee meetings.

Our next AGM is 30<sup>th</sup> May 2023 at 7pm. Venue TBC.

Katrina Russell  
**Secretary**

## TREASURER'S REPORT

### Income/Expenses Comparison by Category 2023

#### Income/Expenses Comparison by Category 2023

Category Description	1/4/21 - 31/3/22	1/4/22 - 31/3/23	Amt Difference
<b>INCOME</b>			
Bank Interest	\$0.00	\$0.00	\$0.00
Canteen Income	\$0.00	\$0.00	\$0.00
Clothing Sales	\$365.00	\$120.00	-\$245.00
Ground fees	\$1,185.18	\$1,262.00	\$76.82
Relay registrations	\$0.00	\$0.00	\$0.00
Registrations ANSW online	\$1,650.00	\$2,175.00	\$525.00
Sausage Sizzle sales/fund raising	\$490.00	\$2,328.60	\$1,838.60
<b>TOTAL INCOME</b>	<b>\$3,690.18</b>	<b>\$5,885.60</b>	<b>\$2,195.42</b>
<b>EXPENSES</b>			
Affiliation Fees ANSW	\$1,212.50	\$800.00	-\$412.50
Business Expenses	\$289.14	\$431.83	\$142.69
Park /Council fees	\$344.00	\$258.75	-\$85.25
Registration Relays	\$251.42	\$440.19	\$188.77
Trophies	\$302.35	\$245.90	-\$56.45
Clothing	\$0.00	\$280.00	\$280.00
<b>TOTAL EXPENSES</b>	<b>\$2,399.41</b>	<b>\$2,456.67</b>	<b>\$57.26</b>
<b>OVERALL TOTAL</b>	<b>\$1,290.77</b>	<b>\$3,428.93</b>	<b>\$2,138.16</b>

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

<b>ASSETS</b>			
Bank account			\$20,475.51
Plus 8 new 2023 singlets @ \$35.00 ea			\$280.00
Plus 5 newish singlets @\$32.70			\$163.50
Plus 24 old singlets @\$30.00			\$720.00
Plus 7 polo shirts @\$21.70			\$151.90
Plus 7 jackets @\$33.50			\$234.50
Plus 3 white shirts @ \$30.00			\$90.00
Liabilities (None)			
<b>NETT ASSETS</b>			<b>\$22,115.41</b>

## **SUMMER COMPETITION REPORT**

The summer competition started with a bang on Saturday 17<sup>th</sup> September with a fantastic turnout of 38 athletes. We had an amazing 83 athletes across the age categories compete during the 2022-2023 Summer competition. This is a 25% increase on the previous season.

The weather was definitely not on our side this year with 7 washouts. In total we only managed 13 weeks of competition and 2 weeks of modified family-friendly, fun events.

Our point scoring system is as followed:

The first week A and B for each athlete is a non-scoring, grading round. This is because there needs to be an initial result before points and PBs can be awarded.

- 1 point is awarded for participation, including a foul result. However, a DNF (Did Not Finish) is a 0 point score.
- An additional half point is awarded for equaling a PB and
- An additional point for any PB achieved.

The best four events each week (max 8 points) are counted for each athlete and points accumulate over the season. At the end of the season, the four lowest point scoring weeks are subtracted from each athlete's total (in this case 4 washouts). From this, the season's Club Champion is determined as well as age category winners and the champion visitor.

In addition to this, athletes also need to have completed at least 50% of all competition days held during the season to be eligible for rewards. 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 events being held.

There were 20 point weeks of competition which means an athlete is eligible for Club Champion and Age Category winners if they competed in 10. As there were 7 weeks cancelled from the total, all athletes have those weeks credited toward obtaining the 10 week threshold.

<b>The Summer 2022/2023 Competition Categories</b>
Open (male and female)
Under 20 (male and female)
Senior (20-39 years male)
Senior (20-34 year female)
Masters (40-49 years male)
Masters (35-49 years female)
Masters Plus (50-59)
Golden Oldies (60-69)
Veteran (70-79)
Visitors

There are 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place awards available within each summer competition category, catering for men, women and children. The highest award- Club Champion, is presented to the male or female who has scored the highest total points for the summer season.

### **SUMMER CLUB CHAMPION**

This year's Summer Club Champion participated in 95% of all point scoring rounds and modified weeks. Missing only 1 week of competition, representing Girraween in the NSW Masters Competition. They scored an amazing total of 61 out of a possible 88 points after the 4 worst weeks were subtracted, an incredible 11 points more than second place. Even more impressive this year's champion scored 2 perfect point scoring weeks.

This year's Summer Club Champion is Tipene Robinson. It was a challenging season for Ti as he completed the Blackmores marathon the day after our first week of competition. Challenged himself by completing his first trail race, the UTA 11 where he picked up an injury (Peroneal Tendonitis). Competing in the Half Marathon distance at SMC once a month and participating at weekly Parkrun events. He went on to complete the Six Foot track Marathon at the conclusion of the Summer Competition. Amazing effort, well done!

## SUMMER MALE CHAMPION

There were 52 male athletes compete throughout the season. The men's competition was won by Tipene Robinson with 61 points. Second place goes to Daniel Irving with a credible 50 points and Third place to Roger Mar on 45, great effort all round!

## SUMMER FEMALE CHAMPION

There were 32 female athletes compete throughout the season, this accounts for 39%. The female competition was won by Ashleigh Farrugia with 52 points, Sai Sraddha Shailesh 2<sup>nd</sup> place this season on a credible 50 points and Mikayla Robinson achieved 3<sup>rd</sup> place on 36 points. Congratulations and well done!

The following table displays the age category winners:

<b>Male</b>		<b>Under 20's</b>		<b>Female</b>	
1 <sup>st</sup>	Sai Sravan Shailesh	51	Ashleigh Farrugia	52	
2 <sup>nd</sup>			Sai Sraddha Shailesh	50	
3 <sup>rd</sup>					
<b>Male 20-39</b>		<b>Seniors</b>		<b>Female 20-34</b>	
1 <sup>st</sup>	Tipene Robinson	61	Lauren D'Vine	16	
2 <sup>nd</sup>	Daniel Irving	50	Ashley Micallef	14	
3 <sup>rd</sup>	Adam Sinclair	40	Taylor Doyle	4	
<b>Male 40-49</b>		<b>Masters</b>		<b>Female 35-49</b>	
1 <sup>st</sup>			Jean Davis	29	
2 <sup>nd</sup>			Claire Greenwood	7	
3 <sup>rd</sup>					
<b>Male 50-59</b>		<b>Masters Plus</b>		<b>Female 50-59</b>	
1 <sup>st</sup>	Dominic Carr	32	Heidi Juhart	1	
2 <sup>nd</sup>	Stephen O'Donnell	31			
3 <sup>rd</sup>					
<b>Male 60-69</b>		<b>Golden Oldies</b>		<b>Female 60-69</b>	
1 <sup>st</sup>	Roger Mar	45	Diane Celnikier	2	
2 <sup>nd</sup>	Michael Christie	40			
3 <sup>rd</sup>	Michael Evans	24			

## **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 that qualify for dual membership.

With our Summer competition known as Girraween All comers, we attract regular visitors from other clubs and dual athletes from Girraween Little A's and acknowledge the contribution from regular visiting athletes.

These athletes may be the key to the success of our club in the future to come.

The Summer Visitor competition was another close one. The Summer Visitor Champion is Chloe Farrugia finishing the season on with 50 points. Congratulations and well done, Chloe!

1 <sup>st</sup>	Chloe Farrugia	50
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Congratulations to all members and visitors for your enthusiasm, positive energy, dedication and participation during a year with many obstacles, restrictions and uncertainties.

## **NEW RECORDS**

A huge congratulations to the following athlete who etched her name into the history books. Well Deserved!

Firstname	Surname	Record	Age Group	Event	Firstname	Surname	Previous
Annisha	Reader	30.51	U13 Girls	Javelin	Laura	Corvalan	18.45

## **100% ATTENDANCE**

There was only 1 athlete that competed in all point scoring weeks.

Well done and congratulations Michael Christie.

## **SPECIAL MENTION**

Many thanks to all those who assisted in the setup and organization of events and the volunteers including but not limited to: starters, time keepers, scribes and walking judges. Without your efforts the season would not have been as successful as it was.

Tipene Robinson  
**Summer Competition Manager**

## **Girraween Athletics Club 2022-2023 Summer Representative Awards**

This is the seventh series of Girraween Athletics Club Representative Awards since they were re-introduced for the 2016-2017 summer season. This current season ran from September 2022 to April 2023. It was the first summer season un-interrupted since the 2018-2019 season. The previous three seasons were impacted upon by the pandemic in some way shape or form. There was a total of twenty-five events where our athlete's scored points during the season. Five out of the six athletes who received awards were dual athletes. Here are the award winners for the 2022-2023 season.

### **Men's**

1st	Kavin Tharmanesan	212 pts
2nd	Kajanan Srisivaeaswaran	149.50 pts
3rd	Tyler Bussier	121.50 pts

### **Women's**

1st	Annisha Reader	501 pts
2nd	Laelia Byatt	123 pts
3rd	Taylor Doyle	105 pts

Congratulations to our winners who all represented Girraween Athletics Club with distinction over a wide variety of events across the 2022-2023 season. It was a remarkable achievement by all concerned.

**Michael Christie (GAP)**

## WINTER COMPETITION 2022

The Girraween Athletics Winter Season commenced on March 26<sup>th</sup> 2022 at the first West Met Cross Country event at George Kendall Riverside Park, Ermington.

The winter season awards are divided in to two categories, the Club Awards and the Representative Awards. Here is an explanation of how they work.

### Explanation of the Girraween Athletics Club Winter Competition Point Score

The point score is based on participation in the West Metropolitan Cross Country (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. 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 category to the slowest i.e. first finisher is allocated the maximum 30 points, second gets 29 points, third gets 28 points etc.

### 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 9 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 Age Groups:

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

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

	<b>Female</b>	<b>Female</b>	<b>Female</b>	<b>Male</b>	<b>Male</b>	<b>Male</b>
<b>Under 20</b>	Short	Middle	Long	Short	Middle	Long

<b>Senior</b>	Short	Middle	Long	Short	Middle	Long
<b>Master</b>	Short	Middle	Long	Short	Middle	Long
<b>Master +</b>	Short	Middle	Long	Short	Middle	Long
<b>Golden Oldie</b>	Short	Middle	Long	Short	Middle	Long
<b>Veteran</b>	Short	Middle	Long	Short	Middle	Long

The 2022 Girraween West Met Points Results are:

### SHORT DISTANCE

Category	Place	Name	Points
<b>Female Under 20</b>	1st	Sai Sraddha Shailesh	270
	2nd	Rosemary Zammit	263
<b>Male Under 20</b>	1 <sup>st</sup>	Sai Sravan Shailesh	270
<b>Male Senior</b>	1 <sup>st</sup>	Tipene Robinson	263
<b>Male Master +</b>	1 <sup>st</sup>	Wayne Thurlow	262
<b>Male Golden Oldie</b>	1st	Michael Christie	256

### Middle Distance

Category	Place	Name	Points
<b>Female Master</b>	1st	Jean Davis	267
<b>Female Golden Oldie</b>	1 <sup>st</sup>	Katrina Russell	269
<b>Male Under 20</b>	1 <sup>st</sup>	Nathan Farrugia	256
	2nd	Ben O'Donnell	228
<b>Male Senior</b>	1 <sup>st</sup>	Thomas List	270
<b>Male Master +</b>	1 <sup>st</sup>	Rodney Zammit	264
	2nd	Stephen O'Donnell	211
<b>Male Golden Oldie</b>	1st	Greg Sargeant	257
	2nd	Graham Sheargold	247
	3rd	Mark Milliss	223

### Long Distance

Category	Place	Name	Points
<b>Male Senior</b>	1 <sup>st</sup>	Geoff Sheargold	267

	2nd	Jason Cutajar	260
<b>Male Golden Oldie</b>	1st	Robert Eager	259

### Girraween Athletics Winter Representative Point Score

To be eligible for a Representative award, athletes must have completed at 50% of 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.

There were 2 people that completed 50% or more of events.

The winner of Representative Points is Graham Sheargold on 344.62 with Michael Christie in 2<sup>nd</sup> place on 226.02

The overall Winter Club Champion is Graham Sheargold

I have attached PDF versions of the results, the first page is West Met and second page Rep points. I will also share it through Google Docs

If you have any questions, please let me know

# INSERT PDF HERE

**Ashley Micallef**  
**Winter Club Manager**

## **Girraween Athletics Club Publicity Report 2021-2022**

This year's publicity report covers the period April 2022 to April 2023. It is the first twelve-month period where athletics was directly unaffected by the pandemic, lockdowns etc since the years 2018-2019. Whilst the health issues that have arisen from this period remain a constant in the background, it was heart-warming to see a full program of athletics once again. I have endeavoured to collate a record of our athlete's achievements over this timeframe. This report is essentially a summation of this.

The 2022 West Met Cross-Country season was the first full season of cross-country since 2019. The season ran from March through to August 2022. The incredible amount of rain that enveloped Sydney in March and April 2022 had a big impact on the state of the courses and where events could be held. David Archbold, convenor of West Met Cross-Country did a sterling job in ensuring that the season was able to progress. The number of athletes remained close to that of 2021. An average of eighteen Girraween athletes competed each week with a highest number of twenty-eight competing at Upjohn Park Rydalmere in early May. When West Met awards were handed out in September, athletes from Girraween picked up a total of seventeen awards all up across the three distances, made up of five in the Short-Distance, nine in the Medium-Distance and three in the Long-Distance event. The importance of the Girraween presence to West Met cannot be understated, with the club's athletes prominent at every West Met event held over the winter season.

Numerous Girraween members and friends also competed at the SMC Road Race series held at Smithfield over the 2021-2022 season which conclude in May 2022. This event continues to attract runners and numbers were on the improve once again. Runners compete over the 2km, 5km, 10km and 21/30km distances. Girraween members and friends are always keen for more of their clubmates to join them. This season Michael Kammerer, Alison Shaw, Geoff Sheargold, Jason Cutajar, Tipene Robinson, Stephen O'Donnell, Garry Womsley, Stephen Mifsud, Gary Micallef, Michael Christie, Mairead Connolly, Sai Sravan Shailesh, Sai Sraddha Shailesh and Graham Sheargold were all spotted at Smithfield over the SMC season. After awards were presented at the awards dinner in July 2022, Sai Sravan Shailesh, Sai Sraddha Shailesh, Garry Womsley, Michael Christie, Stephn Mifsud, Mairead Connolly, Geoff Sheargold, Jason Cutajar, Tipene Robinson, Michael Kammerer and Alison Shaw picked up awards.

The 2022 ANSW representative winter season saw the first full winter season since 2019. Girraween had representatives at all events, although at one or two numbers were small. It was gratifying to see Girraween athletes putting their hands up to represent the club at these events. The Men's 4 x 4km 60+ plus team of Katrina Russell, Michael Christie, Graham Sheargold and Mark Milliss picked up a bronze medal at the Road Relays at Ourimbah in July, whilst Katrina Russell also picked up a bonze medal in the Short Course XC Championships at Bathurst in August. Joel Byatt picked up gold and Laelia Byatt a silver in the NSW Long Walks Championships held at Chipping Norton in August. Congratulations to these athletes and to all Girraween members who represented the club at these ANSW winter events in 2022.

There were also many events outside the West Met and sanctioned ANSW events over the winter of 2022, the first time since 2019 that many of these events were able to be held. Girraween members and friends participated in events such as parkrun, Western Districts Joggers and Harriers, Newcastle Running Festival, Canberra Times Running Festival, Lindfield Fun Run, Mother's Day Classic, SMH Half Marathon, LA's NSW Family Fun Run Festival, Australian Federation of Race Walking Clubs Carnival, Campbelltown Joggers 1000m & 3000m series, Western Sydney Marathon, NSW Throwers Club, Village Roadshow Theme Parks Gold Coast Marathon, Southern Cross University 10km, Tradies Sutherland to Surf, Real Insurance Sydney Harbour 10km, M7 Westlink Blacktown City Running Festival, Sun Herald City to Surf, Australian Masters Indoor Throwing Championships and the Mudgee Running Festival. Once again it showed the amazing versatility of Girraween's members and friends in tackling such a variety of events.

Girraween's summer Saturday afternoon track and field season ran from September 2022 through to March 2023 at C V Kelly Park Girraween. Whilst the program was affected by rain early in the season, with three consecutive Saturdays missed due to inclement weather and the poor state of the track, by and large it was a relatively successful season. It was the first time that the Girraween All Comers program appeared on the ANSW calendar. This led to many enquiries and visitors turning up to compete, which was most gratifying. The state of the ground however remains poor. The summer competition remains an important

proving ground for Girraween members at all levels wanting to improve their skills and try out new events in a friendly and competitive environment. Sadly, facilities are still stuck in the 1970's. They remain an embarrassment. All one can say that this is incredibly sad for all future users of C V Kelly Park, both summer and winter. On a lighter note, it was gratifying that Girraween Athletics Club was able to host the annual Run4Jess event in March 2023. It was the 10th anniversary of this event and remains a lovely tribute to our late friend Jess. Girraween's members and friends who stepped up to help on the day did an amazing job and we thank everyone for their efforts.

The State Relays were held at Campbelltown in November and Girraween were represented by three teams over the weekend. The Men's 4 x 100m 160+ Relay team of Diane Celnikier, Jason Cutajar, Katrina Russell and Tipene Robinson picked up a well-deserved and rare bronze medal in their event. Thank you to all Girraween athletes who represented the club over the weekend. It remains important that Girraween has a presence at these events.

On another positive note the 2022-2023 summer season saw Girraween athletes compete at NSW inter-club and permit meets with all senior and dual athletes doing a fine job. This again was the first complete summer season since that of 2018-2019. Tyler Bussier, Neelesh Srestha, Garry Womsley, Laura Corvalan Sotomayor, Sumeet Dasgupta, Kajanan Srisivaeaswaran, Laelia Byatt, Danny Martins, Geoff Sheargold, Annisha Reader, Nathan Farrugia, Taylor Doyle, Joel Byatt, Tasha Reader and Kavin Tharmanesan all did a superb job representing Girraween across the summer months at these events.

Throughout the 2022-2023 summer season Girraween members and friends competed at many events. These included parkrun, Western Districts Joggers and Harriers, Sydney Half Marathon, Festival of the Feet, Campbelltown Joggers 1000m & 3000m series, NSWCHSS, Blackmores Sydney Running Festival, NSW All Schools, SMC Road Race Series, Sri Chinmoy Canberra Trail 100km Ultra, Billabergia Benelong Bridge Run, Sri Chinmoy Centennial Park, Three Bridges Run, Ryd-Eastwood Leagues Fun Run, Janssen Bondi to Manly Ultra 80km, The Run Port Stephens, NSW Illawarra Track Challenge, NSW Throwers Club, Australia Day Aquathon Wollongong, Athletics ACT Championships, NSW Masters, World Cross Country Championships Bathurst, NSW Junior Championships, NSW Masters Throws, NSW Open Championships, Australian Masters, Six Foot Track, Australian Junior Athletics Championships. It is a testament to all Girraween members and friends who are prepared to compete in a wide variety of events such as these listed. This was the first twelve-month period of uninterrupted athletics since 2018-2019 and it was most gratifying to see so many of Girraween athletes rising to the challenge. The ongoing achievements of the club's dual athletes were a highlight. All these athletes are to be congratulated. Five out of the six awards for the 2022-2023 Summer Representative awards were won by dual athletes. If there was one highlight that stood out over the previous twelve month's it was the performance of Annisha Reader at the recently completed Australian Junior Championships in Brisbane. Annisha won a gold and bronze medal in two of her throwing events. It's not everyday that Girraween has an Australian champion in their ranks and Anisha deserves a massive congratulations from all our members and friends. We wish our dual athletes all the best as they continue in their sport and when they step to the senior ranks.

In conclusion, it has been another remarkable twelve months for Girraween Athletics Club. The club has continued to operate well coming out of the pandemic. It has been an absolute privilege to chronicle the achievements of the club's athletes over this timeframe. We know Girraween is not a large club in terms of membership and resources. It continues to shine thanks to the ongoing support of its members, friend's and supporters. Long may this be so.

**Michael Christie (GAP)**