

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2023 / 2024

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

Presented at the 46th Annual General Meeting
21st May, 2024.



ANNUAL REPORT 2023 / 2024

OF

GIRRAWEEEN ATHLETICS CLUB Inc

Presented at the 46th Annual General Meeting

Held at

Toongabbie Community Centre

On

21st May, 2024.

Contents

President's Report

Honour Board

Life Members

25 Year Medallists

20 Year Medallists

15 Year Members

10 Year Medallists

Hon. Auditor

Senior Executive Committee Record

Club Competition Champions

Club Committee

Membership

Committee Reports

Secretary

Registrar

Treasurer

Income and Expenditure

Summer Competition

Club Competition Champions

Winter Competition Report

Representative Award

Publicity



GIRRAWEEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

The 2023-2024 season has drawn to a close. The summer track season was well attended, and we saw many great performances and enjoyed great camaraderie. Congratulations to our award recipients today for your achievements over summer.

A big thank you to our volunteers for helping us on competition days, in our fundraiser barbecue at the State Cross Country Relay Championships and at Run 4 Jess. Summer competition is heavily reliant on people to help at events and to record results. Our club finances are strong, and we are focussed on building our future. Cumberland Council has applied for a state grant to build replacement buildings for the current facilities, and we are waiting to hear how that fared. They have also applied for a second grant through the federal government. If successful with either application, we will have significant set up costs to fit out our new facilities.

West Met has had a slow and steady start for this season and once again Girraween stands out as having the most participants. We look forward to an exciting winter season both at West Met and in the representative events.

On behalf the Girraween Athletics Club, I would like to acknowledge the dedication, inspiration and friendship of two members who had very sadly passed away during the past twelve months. Joe Butler was approached by two of our own club members to join GAC in 2002 at a Met West event. He was astounded as he had competed without being "attached" to a club for many years. He graciously accepted and won a Silver medal at the NSW Short Course Cross Country Championships the following week. Joe was a member of our club for 13 years. Raminder Singh joined GAC in 2009 and it was this year that he celebrated his 15th year with our club. Raminder competed at many Masters' competitions and often coached other athletes passing on throwing skills to other athletes. RIP Joe Butler and Raminder Singh.

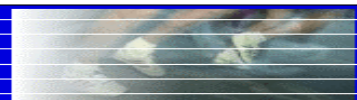
Thanks to the Committee for your continuing work on behalf of the club. The club couldn't operate without your governance. Thanks to our outgoing Summer Competition Manager, Ti Robinson for your efforts over recent years in setting up and packing away equipment, recording results and collating results for annual reports and award ceremonies. Ti won't be standing this year, so we wish him well. Hopefully we will find a dedicated replacement at the AGM. Thank you also to our winter competition manager Ashley Micallef for your efforts behind the scenes.

Athletics NSW and Little Athletics NSW have joined forces to merge competition and registration systems. While the two bodies will remain separate their joint operations will see a more one sport approach that will create some synergies that will hopefully translate into a much better experience for their members. We are hopeful that this will be positive in many ways for athletics.

Wayne Thurlow
President



GIRRAWEEN 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

Vivian Manwaring – 2016	Lynette Smith – 2021	Graham Sheargold – 2022
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REGISTERED 25 -YEAR MEMBERS

Bob Sewell – 2002 (Died 2017)	Vivian Manwaring – 2011	Lynette Smith – 2015
Graham Sheargold - 2017	Steven Williams - 2020	Lisa Grant - 2023

REGISTERED 20-YEAR MEMBERS

Bob Sewell – 1997 (Died 2017)	Vivian Manwaring – 2006	Lynette Smith – 2009
Graham Sheargold – 2012	Steven Williams – 2015	Lisa Grant - 2018
Robert Giesler - 2019	Robert Eager - 2020	Bradley Milosevic - 2022
Geoffrey Sheargold - 2022	Jean Davis – 2022	Stephen O'Donnell - 2022
Gary Micallef - 2022	Michael Christie - 2023	Robert Giesler - 2023
Roger Mar - 2023	Gregory Sargeant - 2023	Wayne Thurlow - 2023

REGISTERED 15 -YEAR MEMBERS

Bob Sewell – 1992 (Died 2017)	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	Taylor Doyle - 2023	Stephen Mifsud - 2023
Raminder Singh - 2023 (Died 2024)		

REGISTERED 10-YEAR MEMBERS

John Wheeler - 1988 (Died 1997)	Tracey Wheeler - 1988	Jackie Wheeler - 1988
Deborah Mulhall - 1988	Bob Sewell - 1988 (Died 2017)	Peter Kropman - 1989
John Doolan - 1989	Paul Sewell - 1991	Catherine Kropman -1993
Robert Kropman - 1993	Vivian Manwaring - 1997	Lynette Smith - 2000
Michael Kammerer - 2003	Graham Sheargold - 2003	Stephen Halverson -2003
Phil Bowden - 2004 (Died 2016)	Richard Frost - 2005	Steven Williams - 2005
Suresh Raju - 2005	Wayne Jeff - 2005	Vikki Savage - 2005
Keith Mayhew - 2007	Chelsea Kimpton - 2008	Lisa Grant - 2008
Robert Giesler - 2009	Gary Micallef - 2009	Stacey Argent - 2010

Vince Adams - 2010

Robert Eager - 2010

Amanda Giesler - 2010

REGISTERED 10-YEAR MEMBERS (continued)

Carly Eager - 2010

Bradley Milosevic - 2010

Geoffrey Sheargold - 2010

Eddie Makki - 2010

Michael Free - 2011

Michael Evans - 2011

Joseph Butler - 2011 (Died 2023)

Stephen O'Donnell - 2012

Stephen Parkins - 2012

Jean Davis - 2012

George Milosevic - 2013

Michael Christie - 2013

Clive Kidson - 2013

Terry Rose - 2013

Gregory Sargeant - 2013

Roger Mar - 2013

Wayne Thurlow - 2013

Judy Milosevic - 2014

Katrina Russell - 2014

Danny Martins - 2014

Gary Micallef - 2014

Nicholas Hanna - 2015

Andrew Free - 2016

Heidi Juhart - 2016

David Perry - 2016

Taylor Doyle - 2016

Jill Woodruff - 2017

Mchael Grogan - 2017

Daniel O'Donnell - 2018

Peter Matthews - 2018

Raminder Singh - 2018 (Died 2024)

Ed Bratovic - 2018

Stephen Mifsud - 2018

Rodney Zammit - 2019

Lynette Gillies - 2021 (Died 2021)

Ashley Micallef - 2022

Ben O'Donnell - 2022

Christopher Flower - 2022

Mark Millis - 2023

Adam Sinclair - 2023

Garry Womsley - 2023

HON. AUDITOR

PUBLIC OFFICERS

Tony Ward ~ 1996 - Present

Viv Manwaring ~ 2005 - 2016

Katrina Russell ~ 2016 - Present

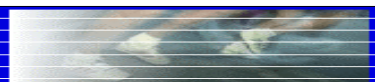
Previous Patrons - Nathan Rees



Dominic, Brandon, Ti, Brett (30+ team)



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
Wayne Thurlow	2023-2024	Katrina Russell



CLUB COMPETITION SUMMER CHAMPIONS * DENOTES overall Champion

* Chloe Farrugia (U20)	2023/2024	Wayne Thurlow
Ashleigh Farrugia (U20)	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)
* 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 2023 / 2024

<u>Club Patron:</u>	Michelle Rowland	Appointed 2015
President:	Wayne Thurlow	
Secretary:	Katrina Russell	
Treasurer:	Daniel Irving	
Assistant Treasurer:	Heidi Juhart	
Public Officer:	Katrina Russell	
Registrar:	Graham Sheargold	
Coaching Co-ordinator:	Rod Zammit	
Summer Competition Manager:	Tipene Robinson	
Winter Competition Manager:	Ashley Micallef	
Club Records Officer:	Nathan Moffat	
ANSW Delegates:	Graham Sheargold & Michael Christie	
Parks Delegates:	Wayne Thurlow	Appointed
Fundraising Officer:	Vacant	
Canteen Manager:	Lauren D’Vine	
Uniform Officer:	Kristy Zammit	No committee meetings
Communication & Publicity Officer:	Michael Christie	
General Committee:	Diane Celnikier, Heidi Juhart George Milosevic Greg Sargeant	



Mark, Katrina, Steve, Graham (60+ team)

REGISTRAR'S REPORT

REGISTERED ATHLETES FOR THE 2023 / 2024 SEASON

TOTAL NUMBER OF REGISTERED ATHLETES 67

DUAL ATHLETES 27

SENIOR ATHLETES 40

DUAL ATHLETES

Adya Bhushan
Joel Byatt
Laura Corvalan Sotomayor
Ashleigh Farrugia
Nathan Farrugia
Hitanshi Jain
Joshua Kimpton
Aiden O'Brien
Daniel O'Donnell
Tasha Reader
Sai Sravan Shailesh
Nirvan Shrestha
Avilash Tharmanesan
Keshika Tharmanesan

Tyler Bussier
Laelia Byatt
Sumeet Dasgupta
Katherine Farrugia
Jack Gale
Faris Khan
Zac Kimpton
Ben O'Donnell
Annisha Reader
Mikayla Robinson
Neelesh Shrestha
Kajanan Srisivaeaswaran
Kavin Tharmanesan

MEN SENIORS

Damon Byatt
Dominic Carr
Michael Christie
Jason Cutajar
Robert Eager
Michael Evans
Brandon Goldsworthy
Daniel Irving

WOMEN SENIORS

Diane Celnkier
Lauren D'vine
Jean Davis
Taylor Doyle
Lisa Grant
Claire Greenwood
Vija-Louise Heath
Heidi Juhart

Michael Kammerer
Roger Mar
Gary Micallef
Stephen Mifsud
Mark Milliss
Nathan Moffitt
Stephen O'Donnell
Tipene Robinson
Greg Sargent
Geoff Sheargold
Graham Sheargold
Adam Sinclair
Raminder Singh
David Spadaro
Wayne Thurlow
Steven Williams
Gary Womsley
Zammit Rodney
Zachary Zammit

Ashley Micallef
Maureen Moloney
Jessica O'Brien
Katrina Russell
Lynette Smith



Gary Micallef striding out at Rooty Hill parkrun

Graham Sheargold
Registrar

SECRETARY'S REPORT

Another busy year was had in athletics by the Girraween Athletic Club.

During Winter 2023, GAC athletes competed in most if not all of the ANSW events and the West Met events. Many medals went to GAC athletes in the WestMet competition.

Summer 2023/2024 at CVKelly had a consistent attendance with quite a few visitors ramping up the competition.

R4J was held 9th March 2024 with a great attendance by GAC members and Jess's family. The money raised went to the cancer ward at Westmead Hospital. Big thankyou to the GAC members for their hard work in making this a very successful event once again!

The last year or so has also seen a change to the ANSW registration process for athletes and changes to the Senior and Little Athletics Clubs operations.

Thank you to GAC Committee members for their ongoing attendance at meetings and their input, written and verbal, into the many issues that arise during the course of the year.

Katrina Russell
Secretary



Rod Zammit with friends at his 250th parkrun at Rooty Hill

TREASURER'S REPORT

Our finances have remained pretty stable with our bank balance at 31/3/24 \$20,536.91 compared to \$20,475.51 at the same time last year.

The major spend for last financial year was the outlay of \$2,948.00 for 500 medals in April 2023 which should last us many years.

The increase in our Business Expenses was the Run4Jess donation to Westmead Hospital for \$668.00, for funds we received via the Square EFT, a handy piece of machinery that the club purchased for \$57.00

Income/Expenses Comparison by Category 2024

Category Description	1/4/22 - 31/3/23	1/4/23 - 31/3/24	Amt Difference
INCOME			
Canteen Income	\$0.00	\$29.00	\$29.00
Clothing Sales	\$120.00	\$240.00	\$120.00
Ground fees	\$1,262.00	\$1,429.70	\$167.70
Relay registrations	\$0.00	\$0.00	\$0.00
Registrations ANSW online	\$2,175.00	\$1,845.00	-\$330.00
Sausage Sizzle sales/fund raising	\$2,328.60	\$2,436.41	\$107.81
TOTAL INCOME	\$5,885.60	\$5,980.11	\$94.51
EXPENSES			
Affiliation Fees ANSW	\$800.00	\$500.00	-\$300.00
Business Expenses	\$431.83	\$1,331.10	\$899.27
Park /Council fees	\$258.75	\$252.00	-\$6.75
Registration Relays	\$440.19	\$287.14	-\$153.05
Trophies	\$245.90	\$3,408.47	\$3,162.57
Clothing	\$280.00	\$140.00	-\$140.00

TOTAL EXPENSES	\$2,456.67	\$5,918.71	\$3,462.04
OVERALL TOTAL	\$3,428.93	\$61.40	-\$3,367.53

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			\$20,536.91
Plus 6 singlets @ \$35.00 ea			\$210.00
Plus 5 newish singlets @\$32.70			.
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)			
NETT ASSETS			\$21,943.31

Daniel Irving
Treasurer
Heidi Juhart
Assistant Treasurer

SUMMER COMPETITION REPORT

The summer competition commenced on Saturday 9th September with a fantastic turnout of 24 athletes. We had an amazing 95 athletes across the age categories compete during the 2023-2024 Summer competition. This is a 14% increase on the previous season.

The weather was definitely on our side this year with only 1 washout (25/11) and 1 week called off due to extreme heat (9/12). In total we managed 20 weeks of competition.

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. 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.



*Michael with Girraween friends @ 500th
Parkrun*

The Summer 2022/2023 Competition Categories
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 1st, 2nd and 3rd 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 85% of all point scoring rounds. Missing only 3 weeks of competition. They scored an amazing total of 84.5 out of a possible 112 points after the 4 worst weeks were subtracted, an incredible 14 points more than second place. Even more impressive this year's champion scored 3 perfect point scoring weeks.

Consistency is key with only 1.39 seconds separating their best and worst 100m sprints after 7 races this season. This year's Summer Club Champion is Chloe Farrugia. Amazing effort, well done!

SUMMER MALE CHAMPION

There were 60 male athletes complete throughout the season. The men's competition was won by Wayne Thurlow with 70.5 points. Second place goes to Daniel Irving with a credible 67 points and Third place to Roger Mar on 65.5, great effort all round!

SUMMER FEMALE CHAMPION

There were 35 female athletes compete throughout the season, this accounts for 37%. The female competition was won by Chloe Farrugia with 84.5 points, Jean Davis a credible 64 points and Sai Sraddha Shailesh achieved 3rd place on 63 points. Congratulations and well done!

The following table displays all eligible age category winners:

<u>Male</u>		<u>Under 20's</u>		<u>Female</u>
1 st	Sai Sravan Shailesh	61.5	Chloe Farrugia	84.5
2 nd	Ben O'Donnell	59	Sai Sraddha Shailesh	63
3 rd	Hugo Siciliano	29.5	Ashleigh Farrugia	62.5
<u>Male 20-39</u>		<u>Seniors</u>		<u>Female 20-34</u>
1 st	Daniel Irving	67		
2 nd	Adam Sinclair	47		

3 rd				
	<u>Male 40-49</u>	<u>Masters</u>	<u>Female 35-49</u>	
1 st 2 nd 3 rd			Lauren D'Vine	44
	<u>Male 50-59</u>	<u>Masters Plus</u>	<u>Female 50-59</u>	
1 st 2 nd 3 rd	Wayne Thurlow Dominic Carr	70.5 64	Jean Davis	64
	<u>Male 60-69</u>	<u>Golden Oldies</u>	<u>Female 60-69</u>	
1 st 2 nd 3 rd	Roger Mar Stephen O'Donnell Rob Giesler	65.5 59.5 47	Diane Celnikier	38

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 and scribes. Without your efforts the season would not have been as successful as it was.

Tipene Robinson
Summer Competition Manager



Terry with friends at his 500th Parkrun

Girraween Athletics Club 2023-2024 Summer Representative Awards

This is the eighth series of Girraween Athletics Club Representative Awards since they were re-introduced for the 2016-2017 summer season. This current season ran from September 2023 to April 2024. There was a total of twenty-four events where our athlete's scored points during the season. Four out of the five athletes who received awards were in the Junior category. It would be remiss not to mention, in particular, the efforts of both Joel and Laelia Byatt who have finished first in the men's and the women's category. This is the first time a brother and sister have finished first in these awards, a remarkable achievement. Both Joel and Laelia also competed in State, National and International competitions, no mean feat. They competed at a consistently high level across the summer season and deserve any plaudits that have come their way. Here are the award winners for the 2023-2024 season.

Men's

1st	Joel Byatt	326.75 pts
2nd	Kavin Tharmanesan	135.50 pts

Women's

1st	Laelia Byatt	286 pts
2nd	Taylor Doyle	124 pts
3rd	Laura Corvalan-Sotomayor	59 pts

Congratulations to our winner's who all represented Girraween Athletics Club with distinction over a variety of events across the 2023-2024 season. It was a remarkable achievement by all concerned.

Michael Christie (GAP)



Malkeet @ NSW Masters

**WINTER
2023**

COMPETITION

The Girraween Athletics Winter Season commenced on March 18th 2023, 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:

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

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

	Female	Female	Female	Male	Male	Male
Under 20	Short	Middle	Long	Short	Middle	Long
Senior	Short	Middle	Long	Short	Middle	Long
Master	Short	Middle	Long	Short	Middle	Long
Master +	Short	Middle	Long	Short	Middle	Long
Golden Oldie	Short	Middle	Long	Short	Middle	Long
Veteran	Short	Middle	Long	Short	Middle	Long

The 2023 Girraween West Met Points Results are:

SHORT DISTANCE

Category	Place	Name	Points
Female Master +	1st	Jean Davis	300
Male Master +	1 st	Wayne Thurlow	300
	2nd	Dominic Carr	234
Male Golden Oldie	1st	Michael Christie	289
	2nd	Roger Mar	200

Middle Distance

Category	Place	Name	Points
Female Master	1st	Vija-Louise Heath	240

Female Golden Oldie	1 st	Katrina Russell	297
Male Under 20	1 st	Ben O'Donnell	252
Male Senior	1 st	Tipene Robinson	299
Male Master +	1 st	Stephen O'Donnell	271
Male Golden Oldie	1st	Greg Sargeant	288
	2nd	Graham Sheargold	279
	3rd	Mark Milliss	258

Long Distance

Category	Place	Name	Points
Male Golden Oldie	1st	Robert Eager	297

Girraween 2023 Winter Representative Results:

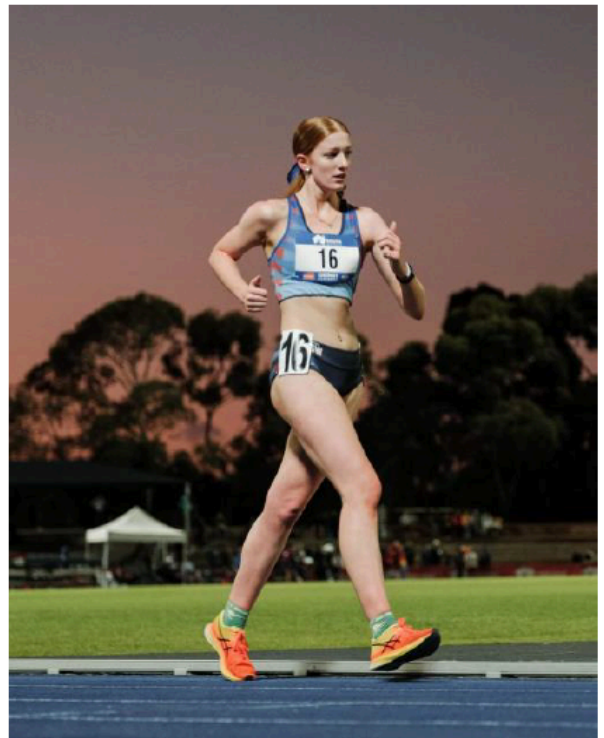
To be eligible for a Representative award, athletes must have completed 50% of events.

Place	Name	#Events Completed
1st	Tipene Robinson	8
2nd	Graham Sheargold	6
3rd	Stephen Misfud	5
4th	Garry Womsley	4

Ashley Micallef
Winter Club Manager



Joel @ Australian Championships in Adelaide



Laelia @ Australian Championships in Adelaide

Girraween Athletics Club Publicity Report 2023-2024

This year's publicity report covers the period April 2023 to April 2024. I have endeavoured to collate a record of our athlete's achievements over this period. This report is essentially a summation of this. The 2023 West Met Cross-Country season was a successful season, although numbers were down from 2022, continuing a worrying trend for the future of this series. An average of fifteen Girraween athletes competed each week, with a highest number of twenty-five in attendance early in the season at Rydalmore. These numbers constitute the lowest attendance at West Met in my twenty years with Girraween. Upon reflection, this is the case across all participating clubs. Yet despite this, Girraween's athletes played an important part in ensuring the ongoing viability of this series. When West Met awards were handed out in September, athletes from Girraween picked up a total of twelve awards across all three distances, made up of four in the short-distance, seven in the middle-distance and one in the long-distance event. Without Girraween's participation consistently over the entire season, there is no doubt the future of the series would be in doubt.

Numerous Girraween members and friends also competed in the SMC Road Race Series held at Smithfield over the 2022-2023 season, which concluded in May 2023. 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, Tipene Robinson, Jason Cutajar, Stephen Mifsud, Greg Sargeant, Stephen O'Donnell, Alison Shaw, Mischelle Otte, Garry Womsley, Jason Oldridge, Michael Christie, Sai Sravan Shailesh, Sai Sraddha Shailesh, Geoff Sheargold, Graham Sheargold, Mairead Connolly, Michael Free and Jean Davis were all spotted at Smithfield over the SMC season. After awards were presented at the awards dinner in July 2023, Sai Sravan Shailesh, Sai Sraddha Shailesh, Michael Christie, Terry Rose, Stephen Mifsud and Tipene Robinson picked up awards.

The ANSW representative winter season once again saw Girraween athletes at all the major ANSW events, even though in many instances numbers were small. Despite the small numbers, it was still a heartening sign that there is still interest in representing the club at these events. The club's walkers in Joel and Laelia Byatt enjoyed a successful winter season, picking up medals at ANSW walks events across the season, and continued their fine form. We congratulate all Girraween athletes who represented the club at these ANSW events in 2023.

There were also many events outside the West Met and ANSW orbit over the winter of 2023 that saw Girraween members and friends participating in. These included parkrun, Sydney Striders 10km, Western Districts Joggers and Harriers Handicap Series, SMC Road Race Series, Canberra Marathon Festival, NSW Masters Heavy Weight Pentathlon, Campbelltown Joggers 1000m & 3000m Series, UTA100 events, Mother's Day Classic, Hoka Sydney Half Marathon, NSW Throwers Club, Maitland River Run, Bay to Bay Running Festival, UTS Norths All Comers Winter Throws, King of the Mountain, Gold Coast Marathon, Festival of the Feet, Elephant Trail Run, Sutherland to Surf, Real Insurance Sydney Harbour 10km & 5km, City to Surf, Dungog Trail Running Festival, Sunshine Coast Running Festival, Australia Masters Games Adelaide and Mudgee Running Festival. Once again it shows the extraordinary 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 2023 through to March 2024 at C V Kelly Park Girraween. By and large it was a relatively successful season, despite the five-week window where we were unable to compete in November- December due to wet weather and ground unavailability. Once again, the Girraween calendar appeared on the ANSW website and this led to many enquiries, particularly after the Xmas break, where we had many visitors from other clubs which was most heartening. This summer competition remains 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. The state of both the ground and facilities however remains poor, with the facilities stuck in the 1970's. However, there is a possible light at the end of the tunnel. At time of writing there is a process in place where an application has been put in by Cumberland City Council to obtain a grant with the help of state government funding to upgrade the facilities. We hope this application is successful. Once again Girraween Athletics Club was able to host Run 4 Jess in March 2024 for the eleventh time. It was another success due

to the big turn out of our members and friends who volunteered on the day. Thank you one and all. It remains a lovely tribute to our late friend Jess Clark.

On a more disappointing note, for the first time in twenty years there were no Girraween teams competing in the State Relays at SOPAC in November 2023. This led to a great deal of reflection and introspection as to what type of club our members want this club to be. Various opinions were expressed. At the time of these relays in November, the club's membership numbers were at it's lowest for over two decades. This was due to the cessation of the dual membership model used by ANSW and the changes that stemmed from this and the incorrect information appearing in the club's summer handbook around pricing for junior membership of the senior club. This was corrected in the back half of the summer season. We naturally hope with the recently announced partnership model between ANSW and Little A's NSW that this will be a positive for our sport and will assist clubs like Girraween to have teams participate in these events moving forward.

On a positive note, the 2023-2024 summer season saw a small number of Girraween athletes compete at ANSW inter-club and permit meets with all athletes representing the club well. Diane Celnikier, Garry Womsley, Laura Corvalan-Sotomayor, Taylor Doyle, Laelia Byatt and Joel Byatt all did a superb job representing Girraween across the summer months at these events.

Throughout the 2023-2024 summer season Girraween members and friends competed in many events. These include parkrun, Sydney Half Marathon, Chase the Sun London UK, NSW CHS Athletics Championships, SMC Road Race Series, Sydney Marathon Festival, One in the Park UK, Campbelltown Joggers 1000m & 3000m series, NSW All Schools Championships, London Vitality 10.000m UK, Australian Masters Games, Western Sydney Marathon, BBB Run, Melbourne Marathon Festival, Three Bridges Run, Johnson and Johnson Bondi to Manly Ultra Relay, Husky Running Festival, NSW Throwers Club, Fishers Ghost Fun Runs, Stromlo Running Festival ACT, NSW 10,000m Race Walks Championships, Western Districts Joggers and Harriers Handicap Series, Ultra Trail Kosciuszko, Australian All Schools Athletics Championships, U20 and Open ACT Championships, Supernova World Athletics Race Walk, NSW 5000M Championships, NSW Masters Championships, Six Foot Track, NSW Open and Youth Championships, Canning River Running Festival WA and Australian Masters Championships. It is a fine testament to all Girraween members and friends who are prepared to compete in a wide variety of events such as these listed.

This was another fine twelve months of athletics from all associated with Girraween with so many of athletes rising to the challenge. The ongoing achievements of the club's athletes were a highlight. Four out of the five awards for the 2023-2024 Summer representative season were won by the club's junior athletes. If there was one highlight that stood out over the previous twelve months it was the consistent high level of performance at local, state and international level from Joel and Laelia Byatt in their chosen discipline, the walks. These two athletes are a fine example of preparing to compete outside their comfort zone and move up to the highest available level of competition. Congratulations to Joel and Laelia. We wish all our junior athletes the very best as they continue with their journey in the sport.

In conclusion, it had been another fine twelve months for Girraween Athletics Club, despite the reduction in numbers. The club undoubtedly punched above it's weight once again. It has been a privilege to chronicle the achievements of all the club's athletes within this period. Girraween continues to shine thanks to the ongoing support of its members, friends and supporters. Long may this be so.

Michael Christie (GAP)



Sai Sravan and Louis @ NSW Dual Relays



Sai Sraddha and Jasmine @ NSW Dual Relays



Sai Sraddha and Jasmine @ Medal Presentation at NSW Dual Relays