

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2024 / 2025

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

Presented at the 47th Annual General Meeting
27th May, 2025.



OF

GIRRAWEE ATHLETICS CLUB Inc

Presented at the 47th Annual General Meeting

Held at

Toongabbie Community Centre

On

27th May, 2025.

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



Michael, Joan and Tracey in Perth



GIRRAWEEN ATHLETICS CLUB Inc.

PRESIDENT'S REPORT

As the 2024–2025 season draws to a close, we look back on a summer filled with standout performances, great camaraderie, and a shared love of athletics. Our track season was well attended, and it was a joy to see so many athletes giving their all and supporting one another. A heartfelt congratulations to all our award recipients—your achievements are a testament to your hard work and dedication.

A huge thank you goes out to our incredible volunteers. Whether it was helping out on competition days, manning the barbecue at the State Cross Country Relay Championships, or supporting the Run 4 Jess, your efforts made a real difference. Summer competition simply wouldn't happen without the many hands that help run events and record results. We're grateful for every one of you.

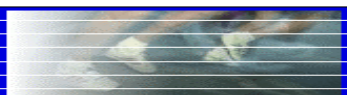
On the financial front, the club remains in a strong position. We're also looking ahead: Cumberland Council didn't get the state and federal grants they sought to replace our current facilities, but they did draft plans for the new buildings and are working with us to draw up further plans for separate storage facilities. Once complete we will join forces with Council to apply for grants to build. Once successful, we'll be facing some significant setup costs to fit out the new buildings but we've been saving for this and it's an exciting step toward the future of our club. Winter competition is already underway, with West Met off to a steady start. Once again, Girraween is leading the way with the highest number of participants. We're looking forward to a fantastic winter season, both at West Met and in representative events.

If there's one thing the past year has proven, it's that Girraween athletes don't just show up—they show up with heart, grit, and a whole lot of determination. From the rain-soaked relays of June 2024 to the sun-drenched finish lines of April 2025, our members have embraced every challenge with enthusiasm and resilience. Whether it was Joel's medal-winning walks, Michael Free's marathon streaks, or the club's growing presence at parkrun, the spirit of Girraween was on full display. We saw juniors shine at state and national championships, seniors tackle ultras and marathons across the country (and even overseas!), and teams come together for relays and community events. The SMC Road Race Series became a regular proving ground, while the Treloar Shield and NSW Championships highlighted our competitive edge. Through heatwaves, storms, and everything in between, Girraween athletes kept pushing boundaries—proving that success isn't just about medals, but about showing up, giving your best, and lifting each other along the way. Here's to a year of unforgettable moments and the promise of even more to come.

To our Committee—thank you for your continued leadership and commitment. Your work behind the scenes keeps the club running smoothly. A special thank you to our outgoing summer and winter competition managers, Daniel, Alex and Ashley for your tireless efforts. From setting up and packing away equipment to compiling results and preparing for award ceremonies, your contribution has been immense. Thanks to Rodney for invigorating the parkrun Challenge and for sourcing a trophy. The competition was more exciting than ever and a hard fought battle until the end. Thanks also to Michael aka GAP for keeping the news and information flowing. He is pivotal to the ongoing success of this club.

Looking ahead, Athletics NSW and Little Athletics NSW have taken a big step by merging their competition and registration systems. While the two organisations will remain separate, this “one sport” approach is expected to create new synergies and deliver a better experience for all members. We're optimistic about the positive changes this will bring to the athletics community.

Wayne Thurlow
President



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
Michael Evans - 2024	Katrina Russell - 2024	

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)	Rodney Zammit - 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

REGISTERED 10-YEAR MEMBERS (continued)

Vince Adams - 2010
Carly Eager - 2010
Eddie Makki - 2010
Joseph Butler – 2011 (Died 2023)
Jean Davis – 2012
Clive Kidson – 2013
Roger Mar – 2013
Katrina Russell – 2014
Nicholas Hanna - 2015
David Perry - 2016
Mchael Grogan - 2017
Raminder Singh - 2018 (Died 2024)
Rodney Zammit - 2019
Ben O'Donnell - 2022
Adam Sinclair - 2023

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
Lynette Gillies - 2021 (Died 2021)
Christopher Flower - 2022
Garry Womsley - 2023

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
Ashley Micallef - 2022
Mark Millis - 2023

HON. AUDITOR Tony Ward ~ 1996 - Present

PUBLIC OFFICERS Viv Manwaring ~ 2005 – 2016. Katrina Russell ~ 2016 – Present

Previous Patrons -
Nathan Rees



Chloe being presented by George with her Summer Championship Award



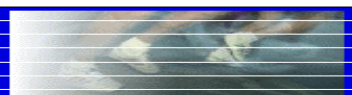
Joel being presented by Graham with his Summer Rep Award



Laelia being presented by Graham with Summer Rep Award



GIRRAWEEEN ATHLETICS CLUB



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
Wayne Thurlow	2024-2025	Katrina Russell

CLUB COMPETITION SUMMER CHAMPIONS*** DENOTES overall Champion**

* Chloe Farrugia (U20)	2024/2025	Daniel Irving (Seniors)
* Chloe Farrugia (U20)	2023/2024	Wayne Thurlow (Masters+)
Ashleigh Farrugia (U20)	2022/2023	* Tipene Robinson (Seniors)
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 2024 / 2025

<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:	Rodney Zammit	
Summer Competition Manager:	Daniel Irving & Alex Wong	
Winter Competition Manager:	Ashley Micallef	
Club Records Officer:		
ANSW Delegates:	Graham Sheargold & Michael Christie	
Parks Delegates:	Wayne Thurlow & Rodney Zammit	
Fundraising Officer:	Vacant	
Canteen Manager:		
Uniform Officer:	Kristy Zammit	No committee meetings
Communication & Publicity Officer:	Michael Christie	
Webmaster:	Matthew Briggs & Steven Williams	
General Committee:	Greg Sargeant Diane Celnikier – Child Wellbeing Officer Lauren D’Vine Garry Micallef	



*Girraween Junior Girls at NSW Team Walks -
The Armory*



*Joel with his Medal at NSW Team Walks – The
Armory*

REGISTRAR'S REPORT

REGISTERED ATHLETES FOR THE 2024 / 2025 SEASON

TOTAL NUMBER OF REGISTERED ATHLETES 38 with 25 Males and 13 Females

Male	Female
Daniel Balassone	Laelia Byatt
Damon Byatt	Diane Celnikier
Joel Byatt	Lauren D'vine
Michael Christie	Jean Davis
Rushanth Dhinakaran	Taylor Doyle
Michael Evans	Farrugia Chloe
Rob Giesler	Farrugia Ashleigh
Oliver Greenwood	Lisa Grant
Thomas Greenwood	Claire Greenwood
Daniel Irving	Heidi Juhart
Michael Jenkins	Ashley Micallef
Roger Mar	Katrina Russell
Danny Martins	Gowthami Yalamanchili
Gary Micallef	
Stephen Mifsud	
Ben O'Donnell	
Stephen O'Donnell	
Tipene Robinson	
Gregory Sargeant	
Graham Sheargold	
Adam Sinclair	
Wayne Thurlow	
Steven Williams	
Alex Wong	
Rodney Zammit	

Graham Sheargold
Registrar



Girraween Senior Relay Team at NSW XC Relays
- The Armory



Girraween Girls U12 'A' Team at NSW XC Relays
- The Armory

SECRETARY'S REPORT

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

During Winter 2024, 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 Competition 2024/2025 at CVKelly had a consistent attendance. Daniel Irving took on the role of Summer Competition Manager and did a great job!

R4J was held 15th March 2025 with 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!

There has been much discussion over the future development/modification of the CVKelly grounds over the last year, this will be ongoing into the next year or two.

Thankyou 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.



Michael, Brad and Terry at Parramatta Parkrun

Katrina Russell
Secretary

TREASURER'S REPORT

Our bank balance has risen to \$22,035.60 (as of 31/3/24), up roughly \$1,500 from the same time last year. It's been overall a quieter season relative to last season, particularly in regards to ground fees and fund raising. Our improved net balance relative to last season is driven by the investment of \$2,948.00 towards 500 medals for future competitions. All else has remained relatively constant, though appearance at relays seems to have been up over last season based on expenses. Overall, accounts look fairly healthy, with opportunities to invest in the coming seasons.

Income/Expenses Comparison by Category 2025

Category Description	1/4/23 - 31/3/24	1/4/24 - 31/3/25	Amt Difference
INCOME			
Canteen Income	\$29.00	\$51.75	\$22.75
Clothing Sales	\$240.00	\$80.00	-\$160.00
Ground fees	\$1,429.70	\$1,046.00	-\$383.70
Registrations ANSW online	\$1,845.00	\$2,045.00	\$200.00
Sausage Sizzle sales/fund raising	\$2,436.41	\$1,655.96	-\$780.45
TOTAL INCOME	\$5,980.11	\$4,878.71	-\$1,101.40
EXPENSES			
Affiliation Fees ANSW	\$500.00	\$500.00	\$0.00
Business Expenses	\$1,331.10	\$1,410.99	\$79.89
Park /Council fees	\$252.00	\$287.50	\$35.50
Registration Relays	\$287.14	\$944.48	\$657.34
Trophies	\$3,408.47	\$237.05	-\$3,171.42
Clothing	\$140.00	\$0.00	-\$140.00
TOTAL EXPENSES	\$5,918.71	\$3,380.02	-\$2,538.69
OVERALL TOTAL	\$61.40	\$1,498.69	\$1,437.29

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			\$22,035.60
Plus 6 singlets @ \$35.00 ea			\$210.00
Plus 5 newish singlets @\$32.70			\$163.50
Plus 22 old singlets @\$30.00			\$660.00
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			\$23,545.50

Daniel Irving - Treasurer
Heidi Juhart (assistant Treasurer)

Daniel Irving.
Treasurer

Heidi Juhart
Assistant Treasurer

SUMMER COMPETITION REPORT

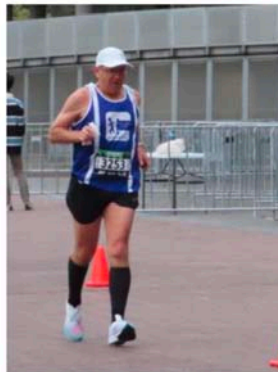
Another season of good summer competition has come to a close, with a committed group of athletes venturing out to brave the treacherous kikuyu of CV Kelly for another season. As usual, the most enthusiastic Girraween athletes who earned the most points in each age category are recognised in this report. 1st, 2nd and 3rd places in each age category are eligible for awards. The Summer Champion is the athlete with the most points across all age categories. The different age categories are outlined below.

Age Categories
Under 20 (Male and Female)
Seniors (Male (20-39) and Female (20-34))
Masters (Male (40-49) and Female (35-49))
Masters Plus (50-59 Male and Female)
Golden Oldies (60-69 Male and Female)
Veterans (70-79 Male and Female)
Visitors

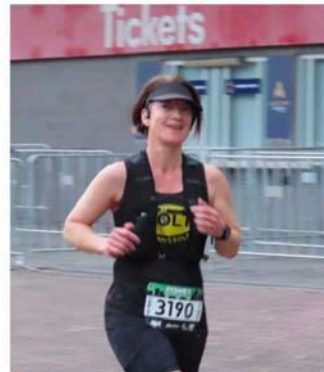
Firstly, a brief explanation of the point score, as outlined in the handbook. Each week, points are awarded for each competing athlete based on the following system: 1 point for competing, 1.5 points for equalling a personal best and 2 points for achieving a personal best. The four best events each week are counted for each competitor, for a maximum of 8 points each week. At the end of the season, the four lowest scoring weeks are subtracted from the total. With a total of 18 competition weeks across 6 months, a maximum of 14 competition weeks could be counted towards the point score (assuming perfect attendance), resulting in a maximum possible score of 112. This also meant that athletes that failed to attend at least 4 events did not accumulate any points at the end of the season. The other requirement was that athletes be registered as community members at a minimum to ANSW. Of a total of 74 athletes that competed in events, 26 met both of these requirements and made their way onto the points tally.



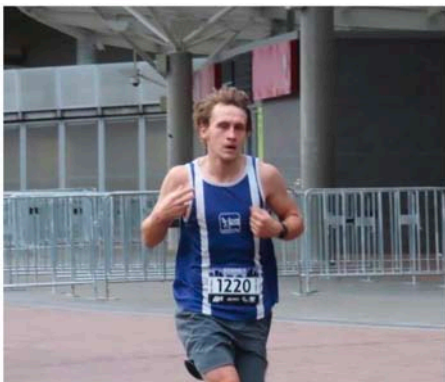
Adam @ Sydney Half



Graham @ Sydney Half



Vija @ Sydney Half



Daniel @ Sydney Half



Damon, Laelia, Joel @ City-to-Surf

Point Totals and Summer Club Champion

Congratulations to Chloe for winning the Summer Club Champion again in the 2024/2025 season, with a total of 72 points. The combination of near perfect attendance, only missing one week, and consistently challenging and improving on her own season bests culminated in another very strong season of competition.

For the males, the leading point scorer was Daniel Irving, with a total of 68 points. 2nd place in the males was a tie between Rob Geisler and Roger Mar with 57 points, who both also tied for 1st place in the Golden Oldies.

The females category was dominated by the U20s athletes, with Chloe and Ashleigh Farrugia taking 1st and 2nd, with 72 and 63 points respectively. Lauren D’Vine just managed to hold off Paige Jenkins for 3rd place for the overall female with 41 points, as the sole representative of the Masters category.

See below for the full table of place-getters in each age category. A big congratulations to all athletes that competed throughout the season.

Male		U20		Female	
Ben O’Donnell	39.0	Chloe Farrugia	72.0		
Hugo Siciliano	7.0	Ashleigh Farrugia	63.0		
Adrian Siciliano	4.0	Paige Jenkins	38.0		
Male		Seniors		Female	
Daniel Irving	68.0				
Alex Wong	41.0				
Adam Sinclair	33.0				
Male		Masters		Female	
		Lauren D’Vine	41.0		
Male		Masters Plus		Female	
Wayne Thurlow	38.0	Jean Davis	35.0		
		Heidi Juhart	7.0		
Male		Golden Oldies		Female	
Rob Geisler	57.0	Diane Celnikier	20.0		
Roger Mar	57.0				
Michael Christie	41.0				

Also provided on the following pages are the total point scores for all eligible athletes, followed by the season bests that each athlete performed throughout the season.

Thanks for another good season of competition and we look forward to seeing you over winter and in the 2025/2026 summer season.

All the best.

Daniel Irving – Summer Competition Manager

Athlete	Cumulative Points	Weeks in attendance	Points per scoring week
Chloe Farrugia	72	17	5.54
Daniel Irving	68	17	5.23
Ashleigh Farrugia	63	17	4.85
Rob Giesler	57	14	5.7
Roger Mar	57	17	4.38
Michael Christie	41	17	3.15
Lauren D'Vine	41	11	5.86
Alex Wong	41	11	5.86
Ben O'Donnell	39	10	6.5
Paige Jenkins	38	11	5.43
Wayne Thurlow	38	9	7.6
Jean Davis	35	10	5.83
Addison Jenkins	35	10	5.83
Michael Evans	34	16	2.83
Adam Sinclair	33	10	5.5
Stephen O'Donnell	31.5	10	5.25
Greg Sargeant	29	17	2.23
Graham Sheargold	23	12	2.88
Diane Celnikier	20	8	5
Dominic Carr	17	7	5.67
Sophia Sinclair	14	7	4.67
Zahra Sinclair	14	7	4.67
Gary Micallef	13	8	3.25
Heidi Juhart	7	8	1.75
Hugo Siciliano	7	5	7
Adrian Siciliano	4	5	4
John Elkin	3	5	3



Joel at NSW All Schools Championships



Laelia (in middle) at NSW All Schools Championships



Michael, Jean, Sai Sraddha, Sai Sravan and Greg @ SMC Smithfield



*MichaelF, Greg, Graham, MichaelC, Daniel @
The Girraween Christmas Cup*



*MichaelF, Greg, Graham, MichaelC, Heidi @
The Girraween Christmas Cup*



Laura, Elliana, Ashleigh, Laelia @ NSW State Relay Championships



Ashleigh, Laelia & Elliana @ NSW State Relay Championships



Addison, Laelia and Joel @ SMC Smithfield, February 2025

Athlete	Dominic Carr	Diane Celniker	Michael Christie	Jean Davis	Lauren D'Vine	John Elkin	Michael Evans	Ashleigh Farrugia	Chloe Farrugia	Rob Giesler	Daniel Irving	Addison Jenkins	Paige Jenkins	Heidi Juhart
100m	13.6	18.34	23.75	20.38	24.65			16.32	17.12	16.39	13.67	19.24	17.97	20.85
200m	31.08	40.27	56.09	46.14	59.91			33.57	35.69	35.37	28.99	39.19	43.29	38.73
400m	1:03.87	2:20.68	2:13.12	1:46.29	2:18.00			1:19.07	1:21.02	1:32.72	1:01.03	1:33.08	1:49.69	1:38.34
800m	2:54.53	5:53.88	4:48.92	4:15.55	5:41.37			3:12.22	3:08.94	4:02.81	2:15.65	3:28.23	4:00.99	3:55.38
1500m	6:02.40	12:19.09	9:55.51	8:51.89	12:11.25			6:33.40	6:20.31	9:13.44	4:37.57	6:42.90	7:21.68	10:03.97
3000m	28:29.77		20:15.64	19:44.00				13:45.06	14:47.96		9:46.00	13:53.75	17:33.00	
5000m				34:59.00							17:33.00			
1500m (walk)								9:53.52				9:01.51		
3000m (walk)								17:55.78						
Discus	23.14	13.99		17.68	9.50	25.31	23.96	22.13	12.39	21.38		12.14	15.23	
Shotput	7.91	6.19		6.84	4.72	9.67	7.49	8.15	4.85	7.66	7.15	6.24	5.69	
Javelin	29.62	10.96		12.10	5.80	18.10	18.47	24.22	11.01	19.77	20.01	11.28	19.00	
High Jump	1.41			1.03				1.33	1.00	1.00		0.95	0.78	
Long Jump	4.38			2.78	1.14		2.62	4.10	2.80	3.36	4.83	2.44	2.78	2.56
Triple Jump	9.93			6.52				9.30	6.52	7.07	10.16	5.92	6.77	

Daniel Irving
Summer Competition Manager

Roger Mar	Gary Micallef	Ben O'Donnell	Stephen O'Donnell	Greg Sargant	Graham Sheargold	Adrian Siciliano	Hugo Siciliano	Adam Sinclair	Sophia Sinclair	Zahra Sinclair	Wayne Thurlow	Alex Wong
20.90	22.82	14.51	15.93		32.42			13.5	18.21	24.49	17.72	14.30
47.32	55.92	32.69	34.86		49.92			27.98		57	41.66	31.84
2:04.75		1:16.27	1:41.16	1:26.88	1:43.34		1:32.25	1:00.76	1:34.12	2:10.59	1:33.11	1:15.58
5:36.95		2:53.38	3:46.11	3:26.29	3:39.28			2:18.38			3:21.48	3:43.91
11:37.28			7:57.10	7:06.71	7:45.76		7:21.85	5:02.97			6:38.53	
		12:56.75	17:05.00	16:34.00	17:42.86			11:51.00			13:09.41	
			30:48.00	28:17.00	32:00.40			22:13.00			24:19.36	
11.48	17.58	14.81	23.85									
5.41	6.74	6.40	7.84									
11.24	14.51	11.85	23.48									
		1.33	1.06				0.92	1.46	0.87		1.06	1.25
		3.89	3.55					4.62	2.70	1.90	3.15	4.57
		8.92	7.35					10.48			6.79	9.74

Girraween Athletics Club 2024-2025 Summer Representative Awards

This is the ninth series of Girraween Athletics Club Summer Representative Awards since they were re-introduced for the 2016-2017 summer season. This current season ran from September 2024 to April 2025. There were a total of twenty events where our athlete's scored points during the season. Five out of the six awards were in the junior category. A particular shout out to both Joel Byatt and Ashleigh Farrugia who finished first in the men's and women's category respectively. Both athletes competed very well in events at both the state and national level. Here are the winners for the 2024-2025 summer season.

Men's

1st	Joel Byatt	274.50 pts
2nd	Kavin Tharmanesan	170 pts
3rd	Jack Gale	137.25 pts

Women's

1st	Ashleigh Farrugia	218 pts
2nd	Laelia Byatt	202.75 pts
3rd	Laura Corvalan-Sotomayor	123.50 pts

Congratulations to our winners who represented Girraween Athletics Club with distinction over a variety of events across the 2024-2025 season. It was a remarkable achievement by all concerned.

Michael Christie (GAP)



Ben @ Run4Jess



Daniel @ Run4Jess

WINTER COMPETITION 2024

The Girraween Athletics Winter Season commenced on March 23rd 2024, at the first West Met Cross Country event at Rydalmere.

I would like to congratulate Greg Sargeant who completed all 18 West Met Cross Country events.

The winter season awards are divided into 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 2024 Girraween West Met Points Results are:

SHORT DISTANCE

Category	Place	Name	Points
Female Master +	1st	Jean Davis	270
Male Under 20	1 st	Louis Sultana	270
Male Master +	1 st	Dominic Carr	261
Male Golden Oldie	1st	Roger Mar	252
	2nd	Michael Christie	233

Middle Distance

Category	Place	Name	Points
Female Golden Oldie	1 st	Katrina Russell	267
Male Master +	1 st	Rodney Zammit	270
	2nd	Stephen O'Donnell	253
Male Golden Oldie	1st	Greg Sargeant	267

Long Distance

Category	Place	Name	Points
Male Under 20	1st	Ben O'Donnell	270

Girraween 2024 Winter Representative Results:

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

Place	Name	#Events Completed
1st	Joel Byatt	3 Walks 2 Runs
2nd	Graham Sheargold	5

Ashley Micallef
Winter Club Manager

Girraween Athletics Club Publicity Report 2024-2025

This year's publicity report covers the period April 2024 to April 2025. I have endeavoured to collate a record of our athlete's achievements over this period. This report is essentially a summation of this. The 2024 West Met Cross Country season was a successful season, although once again numbers were down from 2023, continuing a worrying trend for the future of this series. An average of twelve Girraween athletes competed each week, with a highest number of eighteen in attendance early in the season at Rydalmore. These numbers constitute the lowest attendance at West Met in my twenty-one 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 ten awards across all three distances, made up of five in the short-distance, four 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 jeopardy.

Numerous Girraween members and friends also competed in the SMC Road Race Series held at Smithfield over the 2023-2024 season, which concluded in May 2024. This event continues to attract runners and numbers were on the improve once again. Runners compete over the 2km, 5km, 10km and 21/30kmdistances. Girraween members and friends are always keen for more of their clubmates to join them. This season, Geoff Sheargold, Greg Sargeant, Stephen O'Donnell, Mairead Connolly, Sai Sravan Shailesh, Stephen Mifsud, Suresh Raju, Terry Rose, Jean Davis, Michael Christie, Sai Sraddha Shailesh, Sophia Zhu, Garry Womsley, Adam Etherington, Alison Shaw, Brandon Goldsworthy, Michael Free and Graham Sheargold were all spotted at Smithfield over the SMC season.

The ANSW representative winter season saw Girraween athletes at some major ANSW events. Outside the cross-country relays held on that appalling day at The Armory, Newington at the beginning of June 2024, numbers were small. It was heartening to see though a small Girraween presence at other events. Joel Byatt and Graham Sheargold were the two Girraween athletes that were most prominent across winter rep events through 2024 and we congratulate both athletes on their efforts. We also congratulate our other Girraween athletes who represented Girraween across the winter season.

There were also many events outside the West Met and ANSW orbit over the winter of 2024 that saw Girraween members and friends participating in. These included parkrun, Rock 'N' Roll Festival, Canberra Marathon Running Festival, Hill to Harbour, Australian Championships, Western Districts Joggers and Harriers Handicap Series, SMC Road Race Series, Hoka Runaway Sydney Half Marathon, Mother's Day Classic, UTA100, Eva Air Brisbane Marathon Festival, LBG Walking Festival, Sydney Trail Half Marathon, Gold Coast Marathon, Sri Chinmoy, Festival of the Feet, Tradies Sutherland to Surf, Hunter Valley Winery Run, Australian Outback Marathon, Real Insurance Sydney Harbour 10, Blacktown Mayoral Fun Run, City to Surf, Mudgee Running Festival, Sydney Half and Dubbo Stampede. 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 2024 through to March 2025 at C V Kelly Park Girraween. It was a relatively successful season, although there were at times gaps in the program due to the state of the track and challenging weather conditions. The Girraween calendar did appear on the ANSW website and this led to some enquiries and we had some visitors from other clubs. 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 ad competitive environment. The state of both the ground and facilities remains poor, with the facilities stuck in the 1970's. In the previous annual report, it was mooted that there was a possibility of a grant application that was submitted by Cumberland City Council to the State government been successful for a facilities upgrade. Sadly, in this case it was not successful. At time of writing In May 2025, meetings had been held with Council officials to come up with a design for a new shared facility at C V Kelly Park. This is in the preliminary stage, and it remains to be seen how far this progresses. We can only hope. Once again Girraween Athletics Club was able to host Run 4 Jess in March 2025 on what was an extremely hot Saturday afternoon for the twelfth time. Despite the heat, it was a successful day due to the volunteer efforts by our members and friends. Thank you all once again. It remains a lovely tribute to our late friend, Jess Clark.

The State Relays were held in November 2024 at SOPAC and on this occasion. there were Girraween teams competing. The highlight was the performance of the Girraween team in the Women's 4 x 1500m Open Walk event. The Girraween team consisted of Ashleigh Farrugia, Elliana Henderson, Laura Corvalan-Sotomayor and Laelia Byatt, three Little A's athlete's and one U20 athlete. This team with an average age of fifteen won a Bronze medal against older and experienced opposition. Undoubtedly, one of the greatest performances by any Girraween team in over twenty years of competing at these Relays when all things are considered. We also need to give a big shout out to young athletes in Kavin Tharmanesan, Sai Sravan Shailesh, Ashleigh Farrugia, Maayon Sudarshan, Jack Gale, Caleb Williams, Nirosh Kanapathy Pillai, Nirvan Srestha and John Elikin who made up three Girraween throws teams in their relays. Whilst they did not medal, they all performed very well in events that had big numbers and are to be congratulated on their efforts.

On another positive note, the 2024-2025 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, Maayon Sudarsgan, Nirvan Srestha, Keshika Tharmanesan, Kavin Tharmanesan, Addison Jenkins, Taylor Doyle, Hugo Siciliano, Laura Corvalan-Stomayor, Joel Byatt, Sri Sravan Shailesh, Danny Martins, Madeline Kot, Adya Bhusan, Laelia Byatt, Samrudh, Despathi & Mann Jasani all did a superb job representing Girraween across the summer months at these events.

Throughout the 2024-2025 summer season Girraween members and friends competed in many events. These included parkrun, Western Districts Joggers and Harriers Handicap Series, NSW CHSSA Athletics Championships, TCS Sydney Marathon, SMC Road Race Series, NSW All Schools Championships, Lonely Mountain Ultra, Treloar Shield, Nike Melbourne Marathon Festival, BBB Run, Panorama Punish, Martatona di Ravenna Citta d'Arte, NSW State Relays, Stromlo Running Festival, NSW 10.000m Race Walk Championships, Australian All Schools, World Athletics Race walking tour, NSW Masters, Life Star Malta Marathon, Orange Running Festival, NSW Juniors Championship, Raging Waters Running Festival, Parramatta Race Series. It is a wonderful that all Girraween members and friends were prepared to compete in a wide variety of events such as those listed.

This was another excellent twelve months of athletics from all associated with Girraween. The ongoing achievements of the club's athletes were a highlight. All the athletes that won representative awards for the 2024-2025 Summer season were under twenty. Once again both Joel and Laelia Byatt had a fine twelve months competing often outside their comfort zone in their chosen discipline, the walks. We wish all our junior athletes the very best as they continue with their journey in the sport.

In conclusion, it had been another excellent twelve months for Girraween Athletics Club, despite the further reduction in numbers. Once again it has been a privilege to chronicle the achievements of all the club's athletes within this period. Girraween continues to survive thanks to the ongoing support of its members, friends and supporters. Long may this be the case.

Michael Christie (GAP)



Lachlan K crossing the line at Orange Running Festival



Lachlan K on the dais at Orange Running Festival