

GIRRAWEEEN ATHLETICS CLUB Inc



ANNUAL REPORT 2025 / 2026

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

Presented at the 48th Annual General Meeting  
19<sup>th</sup> May, 2026.



ANNUAL REPORT 2025/ 2026

OF

GIRRAWEE ATHLETICS CLUB Inc

Presented at the 48th Annual General Meeting

Held at

Warwick and Lynn Tester Room, Pemulwuy

On

19<sup>th</sup> May, 2026.

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Roger, Greg, Graham, Wayne, Michael, Ben, Stephen, Jean @ Girraween Athletics Club Winter Presentation (Greystanes)



GIRRAWEEEN ATHLETICS CLUB Inc.

## PRESIDENT'S REPORT

It is with great pride that I present this President's Report for Girraween Athletics Club for the 2025–2026 year.

Once again, the Club has enjoyed an outstanding year marked by sustained participation, remarkable athletic achievement, and a strong sense of community. Across every month of the year, Girraween athletes – juniors, seniors and masters – consistently demonstrated commitment, resilience and excellence across a wide spectrum of disciplines including track and field, race walking, cross country, road racing and relays. Our athletes represented the Club with distinction at all levels of competition. Throughout the year we saw Girraween members achieve medals at State and National Championships, post personal best performances at major carnivals, and perform strongly in deep and highly competitive fields. These results were not limited to one cohort, but spanned juniors finding their way into representative competition, senior athletes competing with confidence, and masters' athletes continuing to perform at an exceptionally high level. Just as importantly, many members demonstrated that achievement is also measured in perseverance — finishing tough events, overcoming injury, battling extreme weather, and returning season after season with enthusiasm and determination.

The Club once again maintained a strong and visible presence across inter-club competitions, championships, relay events and community athletics, reflecting a culture of participation and support. Weekly involvement in park runs, All Comers meets, SMC Road Race Series events and cross-country competitions further highlighted the depth of engagement across our membership, with members regularly competing locally, interstate and even overseas.

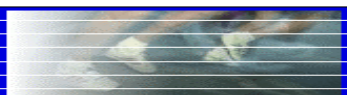
Thank you to the Committee and those who volunteer at the ground or West Met. Your efforts facilitate club administration and competition and without you neither could assist. Progress toward improved facilities at C V Kelly Park are on the horizon and reflect many years of persistence and constructive collaboration. This outcome reinforces the importance of strong relationships with local representatives, councils and sporting partners.

As we look ahead, Girraween Athletics Club is well placed to continue building on these foundations. Our focus remains on participation across all ages, volunteer support, and maintaining a welcoming and inclusive club culture that values effort as much as achievement.

In closing, I thank all athletes, families, volunteers and supporters for their contribution to another memorable and successful year. Girraween Athletics Club continues to punch well above its weight, and I am confident this proud tradition will continue.

Thank you.

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	Joan Wheeler - 2026	

### REGISTERED 30 -YEAR MEMBERS

Vivian Manwaring – 2016	Lynette Smith – 2021	Graham Sheargold – 2022
Steven Williams - 2025		

### 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	Nicholas Hanna - 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	Robert Eager - 2010	Amanda Giesler - 2010
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	Lauren D'Vine - 2024

**HON. AUDITOR** Tony Ward ~ 1996 - Present

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

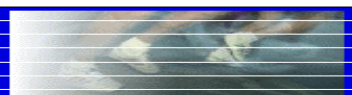
**Previous Patrons** - Nathan Rees



Andrew with family and friends @ his 500<sup>th</sup> Parkrun at Newy Parkrun



# GIRRAWEEN ATHLETICS CLUB



C V Kelly Park, Oramzi Road, Girraween

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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
Wayne Thurlow	2025-2026	Katrina Russell

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

Chloe Farrugia (U20)	2025/2026	* Daniel Irving (Seniors)
* 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 2025 / 2026

<b><u>Club Patron:</u></b>	Vacant
<b>President:</b>	Wayne Thurlow
<b>Secretary:</b>	Katrina Russell
<b>Treasurer:</b>	Daniel Irving
<b>Assistant Treasurer:</b>	Heidi Juhart
<b>Public Officer:</b>	Katrina Russell
<b>Registrar:</b>	Graham Sheargold
<b>Coaching Co-ordinator:</b>	Rodney Zammit
<b>Summer Competition Manager:</b>	Daniel Irving
<b>Winter Competition Manager:</b>	Ashley Micallef
<b>Club Records Officer:</b>	Vacant
<b>ANSW Delegates:</b>	Michael Christie & Diane Celnikier
<b>Parks Delegates:</b>	Wayne Thurlow & Rodney Zammit
<b>Fundraising Officer:</b>	Vacant
<b>Canteen Manager:</b>	Vacant
<b>Uniform Officer:</b>	Kristy Zammit
<b>Communication &amp; Publicity Officer:</b>	Michael Christie
<b>Member Protection Information Officer:</b>	Diane Celnikier
<b>Webmaster:</b>	Matthew Briggs & Steven Williams
<b>General Committee:</b>	Greg Sargeant Diane Celnikier Gary Micallef



Dominic, Nick, Adam & Daniel @ State Relays - 4x1500m Team



Dominic, Nick, Daniel & Danny @ State Relays - 4x800m Team

## REGISTRAR'S REPORT

### REGISTERED ATHLETES FOR THE 2025 / 2026 SEASON TOTAL NUMBER OF REGISTERED ATHLETES 34

#### UNDER 20 ATHLETES

Joel Byatt  
Laura Corvalan Sotomayor

#### MEN SENIORS

Daniel Balassone  
Damon Byatt  
Dominic Carr  
Michael Christie  
Michael Evans  
Christopher Flower  
Rob Giesler  
Nicholas Hanna  
Daniel Irving  
Michael Jenkins  
Roger Mar  
Gary Micallef  
Stephen Mifsud  
Ben O'Donnell  
Stephen O'Donnell  
Pratham Panchal  
Greg Sargent  
Graham Sheargold  
Adam Sinclair  
Wayne Thurlow  
Steven Williams  
Alex Wong  
Zammit Rodney

#### WOMEN SENIORS

Diane Celnkie  
Lauren D'vine  
Jean Davis  
Lisa Grant  
Claire Greenwood  
Heidi Juhart  
Dhanya Kunuvalappil  
Ashley Micallef  
Katrina Russell

Graham Sheargold  
**Registrar**



Joel @ Supernova Walks, Canberra



Rose, Ashleigh, Elliana & Chloe @ State Relays



Rose, Ashleigh, Chloe & Elliana @ State Relays

## SECRETARY'S REPORT

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

During Winter 2025, GAC athletes competed in some of the ANSW events and most of the WestMet events. Many medals went to GAC athletes in the WestMet competition. There were some notable podium finishes across a large age group at ANSW events during the Winter. Thank you to Ashley Micallef for great work as Winter competition manager.

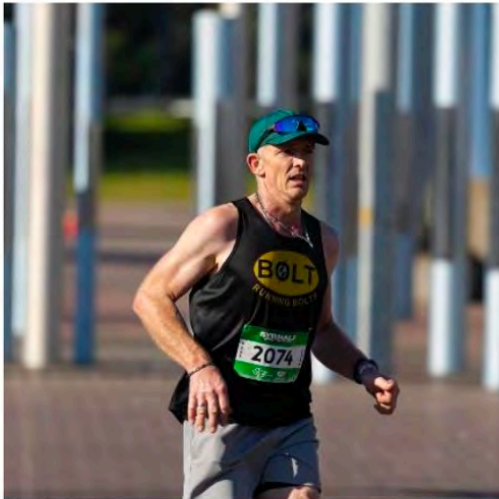
Summer Competition 2025/2026 was held at Gipps Rd Athletic Oval as CV Kelly grounds were closed for upgrades. Once again Daniel Irving took on the role of Summer Competition Manager and did a great job! Thankyou also to other GAC members who assisted Daniel.

CV Kelly home grounds are now open again.

There has been much discussion over the future development/modification of the CV Kelly grounds over the last year, this will be ongoing.

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**



*Damon @ Sydney Half Marathon*



*Daniel @ Sydney Half Marathon*



*Addison @ NSW Long Walks*



*Daniel, Wayne & Rod with Dr Hugh McDermott on the announcement of CV Kelly funding*

## TREASURER'S REPORT

Another positive season as far as accounts are concerned, with a cumulative decline in spending and increase in income, up over \$2000 relative to the same time last year. Significantly contributing to this was the absence of any large purchases and a great fundraising effort at state relays last year, serving as one of the two big contributions to the account, alongside registrations. Having these funds available serves as a nice buffer for future seasons or an opportunity for future investments. See below for the income/expenses comparison relative to the 2024/2025 season. Overall, a fairly smooth season of mostly business as usual.

<b>Category Description</b>	<b>1/4/24 - 31/3/25</b>	<b>1/4/25 - 31/3/26</b>	<b>Amt Difference</b>
<b>INCOME</b>			
Canteen Income	\$51.75	\$71.75	\$20.00
Clothing Sales	\$80.00	\$115.00	\$35.00
Ground fees	\$1,046.00	\$749.10	-\$296.90
Registrations ANSW online	\$2,045.00	\$2,170.00	\$125.00
Sausage Sizzle sales/fund raising	\$1,655.96	\$2,039.68	\$383.72
<b>TOTAL INCOME</b>	<b>\$4,878.71</b>	<b>\$5,145.53</b>	<b>\$266.82</b>
<b>EXPENSES</b>			
Affiliation Fees ANSW	\$500.00	\$500.00	\$0.00
Business Expenses	\$1,410.99	\$1,053.48	-\$357.51
Park /Council fees	\$287.50	\$0.00	-\$287.50
Registration Relays	\$944.48	\$823.88	-\$120.60
Trophies	\$237.05	\$544.67	\$307.62
Clothing	\$0.00	\$0.00	\$0.00
<b>TOTAL EXPENSES</b>	<b>\$3,380.02</b>	<b>\$2,922.03</b>	<b>-\$457.99</b>
<b>OVERALL TOTAL</b>	<b>\$1,498.69</b>	<b>\$2,223.50</b>	<b>\$724.81</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 its financial transactions.

<b>ASSETS</b>	
Bank account	\$24,256.10
Plus 12 singlets @ \$35.00 ea	\$420.00
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)	
<b>NET ASSETS</b>	<b>\$25,976.00</b>

**Daniel Irving – Treasurer**

**Heidi Juhart – Assistant Treasurer**

Daniel Irving.  
Treasurer

Heidi Juhart  
Assistant Treasurer

## **SUMMER COMPETITION REPORT**

The 2025/2026 summer competition started on the 20<sup>th</sup> of September at Gipps Rd Sporting Complex, where we endured the undulating hills of the final straight and divots from hammer throw. After the Christmas and new year break, we returned to CV Kelly, where we were able to see out the rest of the season and appreciate the improved drainage. A huge thanks to everyone that helped ensure that this was a fairly smooth season despite the unique challenges. Thanks also to anyone that made their way down to the track over the season. As usual, we appreciate the efforts of these athletes by awarding the top 3 point-scorers in each respective age group, as shown below.

<b>Age Categories</b>
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)



*Graham & Daniel talking tactics at Girraween Allcomers*

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 (as well as 4 modified programs), a maximum of 14 competition weeks could be counted towards the point score, resulting in a maximum possible score of 112. This also meant that athletes that did not attend at least 5 events did not accrue any points at the end of the season. Of a total of 42 athletes that competed in events, 19 met this requirement and made their way onto the points tally.



*Joel @ NSW Team Walks*



*Chloe, Joy & Addison @ NSW Team Walks*

### **Point Totals and Summer Club Champion**

This year sees a change of hands and a new Summer Club Champion, Daniel Irving, with a total of 81 points. Following closely behind were Rob Giesler and Chloe Farrugia, last year's champion, with 72 and 67.5 points, respectively. There were also a number of other high point-scorers, who are shown in the table below. For the males, Chris Flower and Roger Marr also performed consistently across the season, rounding out the top four point-scorers. Particular mention must go to the Golden Oldies category, which saw tough competition for the first 3 spots.

The female category saw Chloe and Ashleigh Farrugia taking 1<sup>st</sup> and 3<sup>rd</sup>, with 67.5 and 45 points respectively. Jean Davis finished in second place, with a total of 58 largely helped by frequent improvements in her season best throughout the season.

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



*Rob, Gary, Graham, Stephen, Jean, Ben, Greg, Katrina & Diane @ West Met Bella Vista*



*The Girraween's "Brains Trust" - Rob, Graham & Stephen talking tactics before their run @ West Met Bella Vista*

Male <b>U20</b>			Female <b>U20</b>	
Ben O'Donnell		13	Chloe Farrugia 67.5 Ashleigh Farrugia 45	
Male <b>Seniors</b>			Female <b>Seniors</b>	
Daniel Irving 81 Adam Sinclair 14				
Male <b>Masters</b>			Female <b>Masters</b>	
Chris Flower		64	Lauren D'Vine 23 Ashley Micallef 7 Jane Saldanha 6	
Male <b>Masters Plus</b>			Female <b>Masters Plus</b>	
Dominic Carr		47.5	Jean Davis 58	
Male <b>Golden Oldies</b>			Female <b>Golden Oldies</b>	
Rob Geisler 72 Roger Mar 61 Stephen O'Donnell 48				
Male <b>Veterans</b>			Female <b>Veterans</b>	
Graham Sheargold 23 Michael Evans 13				

<b>Athlete</b>	<b>Cumulative Points</b>	<b>Attendance</b>
<b>Daniel Irving</b>	81	17
<b>Rob Geisler</b>	72	16
<b>Chloe Farrugia</b>	67.5	16
<b>Chris Flower</b>	64	15
<b>Roger Mar</b>	61	16
<b>Jean Davis</b>	58	13
<b>Stephen O'Donnell</b>	48	12
<b>Dominic Carr</b>	47.5	11
<b>Ashleigh Farrugia</b>	45	16
<b>Gary Micallef</b>	43	15
<b>Michael Christie</b>	38	15
<b>Graham Sheargold</b>	23	13
<b>Lauren D'Vine</b>	23	8
<b>Greg Sargeant</b>	21	13
<b>Adam Sinclair</b>	14	6
<b>Michael Evans</b>	13	8
<b>Ben O'Donnell</b>	13	6
<b>Ashley Micallef</b>	7	6
<b>Jane Saldanha</b>	6	5

Thanks for another good season of competition and I look forward to seeing you over winter and in the 2026/2027 summer season.

All the best.

Daniel Irving  
**Summer Competition Manager**

## **SUMMER REPRESENTATIVE AWARDS**

This is the tenth series of Girraween Athletics Club Summer Representative Awards since they were re-introduced for the 2015-2016 summer season. This current season ran from September 2025 to April 2026. There were a total of twenty-three events where our athletes scored points during the season. Five out of the six awards were in the junior category. A particular shout out to both Lachlan Kidd 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 2025-2026 summer season.

### **Men's**

1st	Lachlan Kidd	300.75 pts
2nd	Dominic Carr	221.25 pts
3rd	Kavin Tharmanesan	177.50pts

### **Women's**

1st	Ashleigh Farrugia	315.50 pts
2nd	Laura Corvalan-Sotomayor	174.50 pts
3rd	Keshika Tharmanesan	54.50 pts

Congratulations to our winners who represented Girraween Athletics Club with distinction over a variety of events across the 2025-2026 season. It was a remarkable achievement by all concerned.

Michael Christie (GAP)



NSW Masters Medallists – Dominic & Graham @ Girraween All Comers



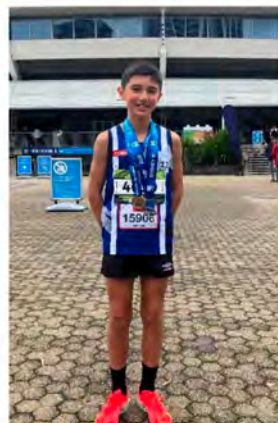
Daniel & Rob working hard on set-up at CV Kelly Park at Girraween All Comers



Track ready for action at CV Kelly Park



Lachlan @ NSW Lindfield Fun Runs



Lachlan @ NSW Road Championships

## WINTER SEASON 2025

The Girraween Athletics Winter Season commenced on March 29<sup>th</sup>, 2025, at the first West Met Cross Country event at Ermington.

Congratulations to Greg Sargeant who completed all 18 West Met Cross Country events, he has completed this in back-to-back seasons 2024 and 2025, well done.

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



*Stephen O, Graham, Greg & Jean @ the first West Met XC Event of the season*

### 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 2025 Girraween West Met Points Results are:

### SHORT DISTANCE

<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Points</b>
<b>Female Master +</b>	1st	Jean Davis	272
<b>Female Golden Oldie</b>	1 <sup>st</sup>	Diane Celnikier	257
<b>Female Veteran</b>	1st	Katrina Russell	262
<b>Male Golden Oldie</b>	1 <sup>st</sup>	Michael Christie	270
	2 <sup>nd</sup>	Gary Micallef	263
	3rd	Roger Mar	253

### Middle Distance

<b>Category</b>	<b>Place</b>	<b>Name</b>	<b>Points</b>
<b>Male Golden Oldie</b>	1st	Stephen O'Donnell	269
	2nd	Greg Sargeant	263
<b>Male Veteran</b>	1st	Graham Sheargold	205

## Long Distance

Category	Place	Name	Points
Male Under 20	1st	Ben O'Donnell	268
Male Veteran	1st	Robert Eager	264



Daniel, Adam, Nick & Danny @ NSW XC Relays



Daniel in full flight @ NSW XC Relays

## Winter 2025 Representative Awards:

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

Place	Name	#Events Completed
1st	Graham Sheargold	6
2nd	Danny Martins	5
2nd	Joel Byatt	5

Ashley Micallef  
Winter Club Manager



Addison @ the LBG Walking Carnival

## **PUBLICITY REPORT**

This year's publicity report covers the period April 2025 to April 2026. I have endeavoured to collate a record of our athlete's achievements over this period. This report is essentially a summation of this. The 2025 West Met Cross Country season was a successful season, although once again numbers were marginally down from 2024, continuing a worrying trend for the future of this series. An average of eleven Girraween athletes competed each week, with a highest number of eighteen in attendance at Bella Vista. These numbers constitute the lowest attendance at West Met in my twenty-two 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 the three distances. This was made up of five in the short-distance, three in the middle-distance and two 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 2024-2025 season, which concluded in May 2025. 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, Geoff Sheargold, Michael Free, Graham Sheargold, Vija-Louise Heath, Greg Sargeant, Sai Sravan Shailesh, Addison Jenkins, Stephen Mifsud, Jean Davis, Terry Rose, Michael Christie, Sai Sraddha Shailesh, Stephen O'Donnell, Adam Etherington, Damon Byatt, Mairead Connolly, Michael Kammerer, Joel Byatt, Laelia Byatt and Alison Shaw were all spotted at Smithfield over the SMC season.

The ANSW 2025 representative winter season saw Girraween athletes at major ANSW events. There was rare success at the NSW XC Relays held at The Armory, Newington in May. The 30+ 4km x 4km Male team of Danny Martins, Daniel Balassone, Adam Sinclair and Nicholas Hanna picked up a well-deserved silver medal in their event with a superb performance. This same team also picked up a bronze medal at the NSW Road Relay Championships at The Crest in early August with another fine performance. The 60+ team of Graham Sheargold, Robert Eager, Michael Christie & Katrina Russell picked up a surprising bronze medal at the same event. They were naturally pleased with this. It would be remiss not to mention the fine efforts of Girraween junior athletes at the NSW XC & Walks relays at the Armory in May where they all competed well against deep fields. Graham Sheargold and Lachlan Kidd were also spotted at NSW Cross Country individual events across the winter season and ran well on each occasion.

There were also many events outside the West Met and ANSW orbit over the winter of 2025 that saw Girraween members and friends participating in. These included parkrun, Australian Junior Athletics Championships, Hill to Harbour Newcastle, Australian Open Championships, Canberra Marathon Festival, SMC Road Race Series, Western Districts Joggers and Harriers, Hoka Runaway Sydney Half Marathon, Mother's Day Classic, Coffs Backyard Ultra, South West Rocks Running Festival, Parklands Running Festival, LBG Race Walking Carnival, Metro Winter Track and Field Series, Bay to Bay Running Festival, Parramatta Race Series, Sydney Trail Half Marathon, Gold Coast Marathon, Georges River Festival of the Feet, Real Insurance Sydney Harbour 10, Yeppoon Running Festival, Mt Morgan Dam Run, Voltaren City to Surf, Mudgee Running Festival, Forster-Tuncurry Running Festival, Australian XC Championships, TCS Sydney Marathon. Once again, it shows the extraordinary versatility of Girraween's members and friends in tackling such a variety of events.

Girraween's summer Saturday track and field season ran from September 2025 through to March 2026. The first half of the season (Sept – Dec) was held at Gipps Rd Sporting Complex Greystanes. The second half of the season (Jan-Mar) was held at C V Kelly Park Girraween. This was due to C V Park been closed while it underwent undergoing major drainage works over a six-month period in 2025. This was urgently needed and has made a difference. The Girraween calendar did also appear on the ANSW website which led to enquiries from visitors about Girraween's Saturday All Comers meets. This summer competition remains an important proving ground for Girraween athletes at all levels wanting to improve their skills in a friendly and welcoming environment. At the time of writing, (May 2026) there had been no movement yet, relating to a facilities upgrade of C V Kelly Park. This was despite a most significant announcement by the State Local Government member for Prospect, Dr Hugh McDermott in July 2025 of \$2.5 million dollar funding

towards the urgently needed upgrade of the facilities at C V Kelly Park. This was welcomed naturally with great enthusiasm at the time. However, ten months later, despite meetings and communication with Cumberland City Council during this timeframe there has been little progress. We can only hope there is progress soon. Run for Jess was not hosted by Girraween in March 2026. Our friend Steve Clark has now taken this on. He hosted a successful event at West Pennant Hills in March 2026 which saw a small number of Girraween members attend. We wish Steve all the best with this moving forward.



*SteveC & MichaelC @ Run for Jess*

The State Relays were held in November 2025 at Blacktown International Sports Park Athletics Centre. There were three highlights. The Women's 16's & 17's 4 x 1500m Race Walk team of Ashleigh Farrugia, Rose Goska, Elliana Henderson and Chloe Farrugia picked up a well-deserved gold medal. This was a wonderful effort. The Men's Masters 160+ 4 x 1500m team of Dominic Carr, Adam Sinclair, Nicholas Hanna & Daniel Balassone picked up an excellent silver medal whilst the Men's Masters 160+ 4 x 800m team of Dominic Carr, Danny Martins, Nicholas Hanna & Daniel Balassone also picked up a silver medal. It was a great effort by all three teams. It had been some time that Girraween had picked up this number of medals at State Relays. We also recognise the efforts of Girraween junior athletes; Oliver Pearce, Taj Strachan, Hugo Siciliano, Jordan Curmi, Adrian Siciliano, Kavin Tharmanesan, Sai Sravan Shailesh, Mayoan Sudarshan, Nirush Kanapathy Sillai, Kian Mirhadi, Haaishni Saradan, Sai Sraddha Shailesh and Tanvi Bongale who all represented Girraween so well in walks, throws and jumps teams in events that had deep fields and are to be congratulated for their efforts.

On another positive note, the 2025-2026 summer season saw Girraween athletes compete at ANSW inter-club and permit meets, with all athletes representing the club well. Samrudh Despathi, Nicholas Hanna, Asheleigh Farrugia, Daniel Balassone, Lachlan Kidd, Mann Jasani, Caleb Williams, Kesihka Tharmanesan, Nirvan Srestha, Kavin Tharmanesan, Danny Martins, Mayoan Sudarshan, Dominic Carr, Ofa Okusitino, Laura Corvalan-Sotomayor, Geoff Sheargold and Graham Sheargold. These athletes competed well on all occasions.



*Chloe, Elliana, Ashleigh & Rose @ NSW Junior Athletics Championships*



*Elliana, Taj, Chloe, Ashleigh, Rose & Hugo @ NSW Junior Athletics Championships*



*Elliana & Ashleigh @ NSW Junior Athletics Championships*



*Laelia @ NSW Open Athletics Championships*

Throughout the 2025-2026 summer season Girraween members and friends competed in many other events. These included parkrun, Sydney Striders 10km, Six Foot Track, SSA Cross Country Championships, Sydney Half Marathon, Western Districts Joggers and Harriers, SMC Road Race Series, NSW All Schools Championships, Treloar Shield, Nike Melbourne Marathon Festival, Fernleigh 15, Antwerp Marathon, Bondi to Manly Ultra, BBB Run, Panorama Punish, Carcoar Cup, NSW Milers, NSW State Relays, Parramatta Race Series, Australian All Schools Championships, NSW 10,000m Walks Championships, Albie Thomas Mile, NSW Combined Championships, Supernova Australian Championships World Athletics Race Walking Tour, Sun Run, NSW 5000m Championships & Supporting Events, NSW Masters Championships, Australian Masters, High Velocity Meet, NSW Junior Championships, Six Foot Track, NSW Open Track and Field Championships, Hill to Harbour Newcastle. It continues to exciting that so many 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 noteworthy, The efforts of the club's relay teams last winter and summer in particular, were a real highlight. The ongoing development of Joel Byatt in the walks at the elite level was another highlight. We wish Joel all the best as he now pursues his career in athletics at UNSW Athletics Club now that he is at university. It is great opportunity for him.



*Vija-Louise & Henk "Top Gunning" it @ the Runway Run/Walk.*



*Michael with his "Top Gun" friends Henk & Vija-Louise*

In conclusion, it had been another excellent twelve months for Girraween Athletics Club, despite the 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)**