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- Girraween Athletics Club celebrates 25 years.
- State Relays 29th November.
- Blair Zone Competition – Wednesday nights.
- Tim Molesworth
- Lynette Smith

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The GIRRAWEEEN Athlete

C.V. Kelly Park, Oramzi Road, Girraween.

Lynette ~ 9631 0651 or Steve ~ 0400 308 496

Summer 2003 / 2004

Welcome once again to the summer season of 2003/2004.

After six weeks of participation, our membership is nearing the record numbers that were achieved during last season. Members and visitors have spread the word that a "friendly but competitive environment" prevails at CV Kelly Park and that our Saturday afternoons continue to be an enjoyable experience.

The purpose of our newsletter is to provide information and to keep members and visitors up-to-date with our club's competition as well as future events.

Displays of weekly results, point scores

and athletes' personal best times are now available and will be on display behind the "sign-on tables".

Congratulations to a number of athletes who have broken records during the early stages of competition. Several Record Certificates have been presented with the record boards being updated on a regular basis.

Safety of athletes is an important issue. As a result we have a set of duties that need to be carried out prior to each day of competition. Members have been allocated an "A" or "B" week and it will be appreciated if you could arrive slightly earlier on those days to help ensure the duties are carried out.

Girraween Athletics Club Celebrates 25 Years

Our club is celebrating its 25th year during the 2003/2004 Summer season.

Girraween Athletics Club was created in August 1978 and has produced in excess of 600 athletes during its existence.

Girraween continues to follow the ideals set by our founder, John Wheeler, in providing a friendly but competitive environment for all athletes.

Although the celebration will be a low-key occasion, there will be an opportunity to walk down memory lane and view the interesting memorabilia that has been kept in safe hands since the club's inception.

Your committee has researched the

archives and we are very fortunate to have quite an array of invaluable items which will be of great interest to members past and present.

The memorabilia includes the original hand-drawn design for our club logo as well as the hand-written minutes from the meeting which approved the establishment of "Girraween Amateur Athletics Club".

All members, family and friends are invited to help us celebrate this occasion. A sausage sizzle barbecue will be provided, although we ask you to please bring your own drinks.

When: Sunday, 16th November, 2003.

Where: CV Kelly Park

Time: Start 10 a.m. BBQ 12 p.m.



"One of the highlights of the Winter Season is our high participation in the State Championship events."

State Relays – 29th November, 2003

For the first time in many years, Girraween Athletics Club is promoting and encouraging members' involvement in the NSW State Relays.

One of the highlights of the Winter Season is our high participation in the State Championship events whether they are relays and or team events. It is in these situations that members can participate in athletics as team members (even though athletics is often regarded as an individual sport).

If you are interested in participating in the State Relays, please indicate by placing

a line against your name on the appropriate list which can be found on the notice boards.

It is possible for interested Associate Members to participate by "topping up" their membership.

Please give some thought about participating and discuss with fellow members the types of track or field events in which you would like to compete. The Athletics NSW Summer Handbook provides a detail list of events and categories.

Blair Zone Competition

An inter-club competition is held each Wednesday evening at 6:15 p.m. at Blair Oval, St Marys.

Our club has participated in this event for many years. Our training group has set aside the following dates for attendance at Blair Oval:

Wednesday, 15th October
Wednesday, 12th November
Wednesday, 10th December
Wednesday, 21st January
Wednesday, 3rd March

Six members attended on the 15th

October and enjoyed the night's competition.

Participation is open to all club members. If you are interested, please speak to Michael Kammerer, our Blair Zone Delegate, or speak to one of the committee members.

The Blair Zone competition continues through until (and including) 10th March, 2004 with a Christmas break from the 18th December to the 6th January.



Fundraising

It is essential that every club has good funding to assist in its general operation. Even though we are fortunate to be in a good monetary situation, it is vital that we maintain a good bank balance. Your club has a number of expenses which include items such as equipment, insurance, Park Trust fees and water rates.

Our main source of income is from

fundraising activities such as the Christmas Hamper and Chocolate Drive.

Our thanks go to the fundraising committee for their organization of the Freddo Frogs and Caramello Bears.

It is vital that every family assist with this venture and help play an important role in the club's organization.

Girraween Athletics Club - Committee

The club committee has been meeting on a monthly basis to discuss and organise the smooth running of the club and its activities.

Discussions have included the Summer Competition, Athlete Safety, Membership, Incorporation, State Relays and the club's 25th Anniversary.

We invite all members to express to the committee any ideas, suggestions, concerns or any matters which need to be discussed. A suggestion box will at the canteen, if you would like to place something in writing.

GAC's committee for 2003/2004 is:

Steven Williams	(0400 308 496)	President & Summer Competition
Lynette Smith	(9631 0651)	Secretary & ANSW Delegate
Stephen Halverson	(9671 5235)	Treasurer
Viv Manwaring	(9631 8887)	Registrar & Park Trust Delegate
Vikki Savage	(9631 0246)	Training Co-ordinator
George Milosevic	(9626 8586)	Canteen Manager
Vince Adams	(9863 2731)	Winter Competition
Suresh Raju	(9920 4262)	Publicity Officer
Wayne Jeff	(4735 7997)	Fund Raising Officer
Cheryl Argent	(9636 3879)	Fund Raising Officer
Bill Goodin	(9863 6878)	Fund Raising Officer
Robert Eager	(9675 2167)	Fund Raising Officer
Michael Kammerer	(9631 1078)	Blair Zone Delegate
Bruce Harrison	(9419 8227)	Met West Delegate

Tim Molesworth - Congratulations

Girraween Athletics Club caters for athletes from the beginner to the elite. As a "small" group, we are fortunate to have so athletes who enjoy their membership with our club.

In this month's newsletter, we would like to pay tribute to Tim Molesworth. He is a modest young man and is one of our many fine ambassadors who represent us in a number of competitions.

We will be listing Tim's achievements on the web site in the near future.

However, just to name a few, here are some of his recent achievements:

- *Half Ironman Gold Coast 2003*
1st age category 18-24
- - *L.A.P.D King of the Mountain 1st overall (cycle)*
- *L.A.P.D Rookie of the year 2002-2003*

- *N.S.W Duathlon Championship 2nd 20-24 Male 2003*
- *Sri Chin Moy Long Course Triathlon 3rd place 2003*
- *Auburn City Council Sportsperson of the Year*



Please remember to compete in your correct club uniform – black shorts and club singlet.

On Saturdays, please move to the next event as soon as possible to speed up the process for a smoother afternoon of competition.

If you have put yourself down for an event and decide not to participate (i.e.: leave early), please delete your name from the list as it assists with the running of events.

C.V. Kelly Park

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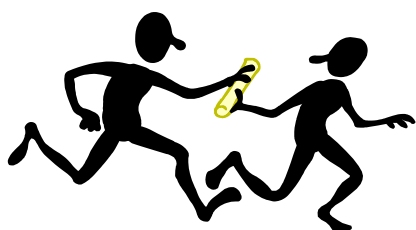
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[www.ozemail.com.au/
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athletics.html](http://www.ozemail.com.au/~swillyam/girraween/athletics.html)



Other Activities

Our members are involved in a variety of competitions and training venues.

Some of these include the Marathon Clinic (once a month at Smithfield) and long runs from Nurringingy Reserve. Speak to fellow members to see how they are keeping fit

Australian Masters – Good Luck Lynette

Good luck and best wishes to Lynette Smith who will be representing Girraween Athletics Club in Canberra next week in the Australian Masters Championships. Did you know that Lynette returned from the World Masters (Melbourne) last year with five medals?

Club Premierships

Club Premierships are coming up on 22nd November at Bankstown / Mingara and 20th December at Campbelltown / Narrabeen.

Allcomers events are held at Homebush - further details available in the Summer Handbook.

"100 Club"

As a new innovation, the fundraising committee expects to have a "100 Club" fundraiser in operation by next weekend.

"Tickets" @ \$1 each will be available at the canteen from this Saturday.

The prize money amounts will be announced in the near future.

Little A's – 30th Birthday Celebration

The Girraween Little Athletics Club is celebrating its 30th birthday this year.

Our Senior Club will be represented on the night. If you are over 18 and interested in attending, please speak to a committee member.

Wonderland Sydney Outback Restaurant, Saturday, 15th November, 2003

7 p.m. to 11 p.m.

The cost is **\$35** per person

Playing Sport with a Passion

Vikki Savage, Girraween's Training Co-ordinator, was honoured with a newspaper article in the Parramatta Sun on 1st October.

Many of our members are not local athletes and may have missed the article. It is on display on our notice board and will soon feature on our web page. Please have a read.



The Girraween Athlete Vo 1.1 Nov 2003 - Editor – Steve Williams