



**TWENTY-FIRST
ANNUAL REPORT**

1998/99

ANNUAL REPORT 1998/99
of
GIRRAWEEEN ATHLETICS CLUB

Presented at the 21st Annual General Meeting
held at the Cumberland Catholic Club
Civic Avenue, Pendle Hill
on
7 September 1999

Page	Contents
1	Membership
2	Club Competition Results
3	Club Competition Champions
4-6	Detailed Winter Results
6-7	Detailed Summer Results
8-13	Press Plaudits
14	Club Committee
15-17	Committee Reports
18	Income & Expenditure
19	Club Equipment
20-24	Ground Records
25-27	Other Records

MEMBERSHIP 1998/99

WOMEN: 20

MEN: 26

TOTAL: 46

VETERAN

Phillip	Bowden
Kevin	Casey
John	Dwyer
Kevin	Fisher
Stephen	Halverson
Vivian	Manwaring
Keith	Mayhew
Suresh	Raju
Bob	Sewell
Graham	Sheargold
John	Sneddon
Steven	Williams

SENIOR

Dean	Donovan
Rhonda	Fitton
Michael	Kammerer
Samantha	Marshall

U19

Jennifer	Graham
Vikki	Savage

U18

Peter	Hogan
Steven	Rooke

U17

Matthew	Graham
Naomi	Scouller
Natalia	Sestic
Kathy	Straub

U16

Irwin	Burbage
Vivienne	Herbert
Michelle	Kurp
Jennifer	Rooke
Erin	Scouller
Franky	Wong

U15

Chelsea	Austin
Danny	Martins
Shiwani	Raju
Zulay	Sastre
Shaun	Wearne

U14

Scott	Fitton
Lisa	Grant
Susan	Ireland
Marcelo	Sastre
Rochelle	Scouller

U13

Kate	Hagan
Leonie	Herbert
Jai	Martinkovits
Shindhu	Raju

U12

Christopher	Bowden
Brendan	Newton

CLUB COMPETITION RESULTS 1998/99

WINTER COMPETITION 1998 - CONDUCTED AT VARIOUS VENUES BY THE WEST METROPOLITAN ZONE'S CROSS-COUNTRY AND ROAD RACING COMMITTEE

	MEN	points
Senior:	Kevin Casey	389
	Graham Sheargold	369
	Stephen Halverson	357
	Bob Sewell	339
	Michael Kammerer	266
	Vivian Manwaring	253
	John Sneddon	186
	John Dwyer	137
	Phillip Bowden	115
	Kevin Fisher	61
	Suresh Raju	36
Junior:	Marcelo Sastre	320
	WOMEN	points
Junior:	Michelle Kurp	320
	Zulay Sastre	320

SUMMER COMPETITION 1998/99 - CONDUCTED OVER EIGHTEEN WEEKS AT C V KELLY PARK, GIRRAWEEN

	MEN	points		WOMEN	points
1.	Graham Sheargold	101½	1.	Samantha Marshall	92
2=	Stephen Halverson	97	2.	Chelsea Austin	91½
2=	Suresh Raju	97	3.	Lisa Grant	79
4.	Steven Williams	90	4.	Susan Ireland	67
5.	Peter Hogan	85	5.	Vikki Savage	63½
6.	Steven Rooke	84	6.	Shindhu Raju	58
7.	Matthew Graham	81	7.	Erin Scouller	52
8.	Scott Fitton	69	8.	Rochelle Scouller	36
9.	Kevin Fisher	63	9.	Jennifer Graham	35
10.	Irwin Burbage	49	10.	Naomi Scouller	34
11.	Dean Donovan	33	11.	Rhonda Fitton	27
12.	Danny Martins	30	12.	Kate Hagan	24
13.	Bob Sewell	28	13.	Michelle Kurp	23½
14.	Phillip Bowden	21½	14.	Vivienne Herbert	18
15.	Keith Mayhew	21	15=	Leonie Herbert	15
16.	Kevin Casey	20	15=	Natalia Sestic	15
17.	John Dwyer	17	17.	Shiwani Raju	13
18.	Jai Martinkovits	16	18.	Kathy Straub	5
19.	Franky Wong	15½	19.	Jennifer Rooke	4
20.	Vivian Manwaring	8			
21.	Shaun Wearne	6			
22=	Christopher Bowden	4			
22=	Brendan Newton	4			
24.	Michael Kammerer	2			

CLUB COMPETITION CHAMPIONS

FEMALE

SEASON

MALE

WINTER COMPETITION

Michelle Kurp U16 / Zulay Sastre U14	1998	Kevin Casey (Vet)
	1997	Graham Sheargold (Vet)
Leanne Bourke (Snr)	1996	Graham Sheargold (Vet)
Linda Balinski (Vet)	1995	Graham Sheargold (Vet)
Vikki Savage U15	1994	Brett Warner U18
Lynette Smith (Snr)	1993	Bob Sewell (Vet)
Lynette Smith (Snr)	1992	Con Starr (Snr)
Amy Thorpe U14	1991	Bruce Hogg U18
Terri Baraniak (Vet)	1990	Wally Schmid (Snr)
Terri Baraniak (Vet)	1989	Paul Sewell U17
	1988	Bob Sewell (Vet)
	1987	Bob Sewell (Vet)
Pauline Gunns U20	1986	Bob Sewell (Vet)

SUMMER COMPETITION

Samantha Marshall (Snr)	1998/99	* Graham Sheargold (Vet)
Erin Scouller U15	1997/98	* Suresh Raju (Snr)
Jessica Fisher U14	1996/97	* Stephen Halverson (Vet)
Jessica Fisher U13	1995/96	* Peter Balinski U13
Linda Balinski (Vet)	1994/95	* Stephen Muir U13
* Michelle Townsend (Snr)	1993/94	Doug Leabon (Snr)
* Lynette Smith (Snr)	1992/93	Michael Finucane (Snr)
* Lynette Smith (Snr)	1991/92	Michael Finucane (Snr) / Viv Manwaring (Vet)
* Lynette Smith (Snr)	1990/91	* Bruce Hogg U18
Stella Mauceri U17	1989/90	* John Doolan (Snr)
Elizabeth Knoke U15 / Kate Rada U15	1988/89	* Jeff Micallef U19
Jackie Wheeler (Snr)	1987/88	* Viv Manwaring (Vet)
* Jackie Wheeler (Snr) / * Deborah Mulhall (Snr)	1986/87	Michael Jamieson U14
Jackie Wheeler U20	1985/86	* Peter Kropman U18
* Jackie Wheeler U19	1984/85	Frank Soballa U17
Kellie Fenech U14	1983/84	* Robert Kropman U14
Kellie Fenech U13	1982/83	* Phillip Fenech U15
Deborah Mulhall U16	1981/82	* Phillip Fenech U14
Jackie Wheeler U15	1980/81	* Michael McHugh U14
* Catherine Downer U13 / * Jackie Wheeler U14	1979/80	Ralph Downer U15
* Joanne Kendall U13	1978/79	Simon Gemmell U14

* Denotes overall champion

CITY INTER-CLUB

1991/92	Robert Kropman
1986/87	Craig Downie / Mark Wright
1985/86	Craig Downie

WINTER 1998 CROSS COUNTRY AND ROAD RUNNING RESULTS

04-04-98

X country at Haberfield (WMZ 1)

Men 8km:	K Casey	33:16
	G Sheargold	36:21
	S Halverson	37:03
	P Bowden	39:25
	B Sewell	41:37
4km:	M Kammerer	14:11
	V Manwaring	19:29
2km:	M Sastre	8:05
Women 4km:	Z Sastre	17:22

18-04-98

X country at Dundas (WMZ 3)

Men 8km:	G Sheargold	35:20
	S Halverson	35:44
	B Sewell	40:44
4km:	V Manwaring	19:56
1.6km:	M Sastre	7:06
Women 4km:	Z Sastre	18:02
1.6km:	M Kurp	6:48

02-05-98

NSW Novice X country Championships at Ramsgate

Men 10km:	M Kammerer	37:31
	G Sheargold	43:54
	S Halverson	44:30
	B Sewell	50:46
Women 4km:	M Kurp	18:08

16-05-98

Road at Abbotsford (WMZ 5)

Men 8km:	K Casey	32:16
	J Sneddon	34:08
	S Halverson	35:33
	B Sewell	41:19
2km:	M Sastre	8:39
Women 4km:	Z Sastre	17:19
2km:	M Kurp	8:05

30-05-98

X country at Baulkham Hills (WMZ 7)

Men 9km:	K Casey	34:48
	G Sheargold	38:20
	B Sewell	44:44
4.5km:	V Manwaring	20:21
2.25km:	M Sastre	11:51
Women 4.5km:	Z Sastre	19:57
2.25km:	M Kurp	9:22

11-04-98

X country at Smithfield (WMZ 2)

Men 10km:	K Casey	41:06
	G Sheargold	44:44
	S Halverson	45:58
	P Bowden	48:35
	B Sewell	49:14
5km:	V Manwaring	23:57
Women 5km:	Z Sastre	21:58

25-04-98

Bitumen path at Rydalmere (WMZ 4)

Men 10km:	K Casey	42:45
	J Sneddon	43:36
	G Sheargold	44:42
	S Halverson	47:16
	P Bowden	49:46
	B Sewell	56:38
5km:	M Kammerer	17:55
2km:	M Sastre	9:24
Women 5km:	Z Sastre	22:34
2km:	M Kurp	8:29

09-05-98

NSW Road Championships at Holsworthy

Men 10km:	M Kammerer	37:18
	K Casey	40:30
	J Sneddon	42:32
	G Sheargold	42:50
	S Halverson	45:44
	P Bowden	49:16
	B Sewell	52:12

(Team Sneddon, Halverson, Bowden, Sewell 5th of 5 M45+)

Women 4km:	Z Sastre	17:17 (23 rd U16)
	M Kurp	17:58 (13 th U18)

23-05-98

X country at North Ryde (WMZ 6)

Men 7.5km:	K Casey	30:57
	G Sheargold	34:22
	S Halverson	35:58
	B Sewell	38:08
4km:	M Kammerer	14:14
	V Manwaring	18:37
	J Dwyer	18:45
2km:	M Sastre	9:38
Women 4km:	Z Sastre	17:12

13-06-98

Parramatta Open on road at Parramatta Park

Men 16km:	K Casey	64:52
	J Sneddon	70:10
	G Sheargold	73:47
	S Halverson	80:47
3.2km:	S Raju	14:46
	B Sewell	14:50
Women 3.2km:	M Kurp	14:33

20-06-98

Concrete path at Marsfield (WMZ 8)

Men 8km:	G Sheargold	37:16
	S Halverson	38:34
	K Casey	39:14
	B Sewell	42:09
4km:	M Kammerer	15:01
	V Manwaring	19:20
Women 2km:	M Kurp	9:01

04-07-98

NSW X country Relay Championships at Miranda

Men 4x4km:	M Kammerer	14:42
Open	V Manwaring	19:14
	J Dwyer	19:38
	S Raju	20:04
	(14 th of 15)	
Men 4x4km:	K Casey	16:11
35+	K Fisher	16:52
	G Sheargold	17:29
	S Halverson	18:19
	(10 th of 15)	

18-07-98

Road at Epping (WMZ 11)

Men 10km:	K Casey	43:06
	J Sneddon	44:21
	G Sheargold	45:39
	B Sewell	54:12
5km:	M Kammerer	19:02
	J Dwyer	24:37
2km:	M Sastre	9:39
Women 5km:	Z Sastre	23:22

01-08-98

X country at Concord (WMZ 12)

Men 8km:	M Kammerer	31:42
	K Casey	31:55
	G Sheargold	35:58
	S Halverson	38:00
4km:	M Kammerer	14:21
	V Manwaring	17:51
	J Dwyer	18:49
	B Sewell	18:51
2km:	M Sastre	7:54
Women 4km:	Z Sastre	16:55
2km:	M Kurp	7:43

15-08-98

NSW Road Relay Championships at Picton

Men 4x5km:	K Casey	19:08
35+	K Fisher	21:12
	G Sheargold	21:34
	S Halverson	22:50
	(9 th of 12)	
Men 4x5km:	S Halverson	22:06
45+	V Manwaring	22:12
	J Dwyer	23:46
	B Sewell	24:10
	(9 th of 13)	

27-06-98

Bitumen path at Meadowbank (WMZ 9)

Men 8km:	M Kammerer	30:10
	K Casey	32:03
	G Sheargold	33:33
	S Halverson	35:34
	V Manwaring	36:46
	B Sewell	38:50
4km:	M Kammerer	13:36
2km:	M Sastre	8:45
Women 4km:	Z Sastre	16:54
2km:	M Kurp	7:57

11-07-98

Trevor Lonard Memorial Hcp (road at Cabarita) (WMZ 10)

Men 8km:	J Sneddon	33:00
	G Sheargold	34:30
	S Halverson	35:02
	B Sewell	37:16
	P Bowden	42:15
4km:	V Manwaring	17:01
2km:	M Sastre	9:18
Women 4km:	Z Sastre	16:38
2km:	M Kurp	7:47

25-07-98

NSW X Country Championships at Bass Hill

Men 12km:	M Kammerer	50:00
	K Casey	55:00
	J Sneddon	57:22
	G Sheargold	58:15
	S Halverson	60:40
	B Sewell	71:07
4km:	J Dwyer	19:32
3km:	M Sastre	14:36
Women 3km:	Z Sastre	12:48

08-08-98

X country at Auburn

Men 7.5km:	S Halverson	35:03
	G Sheargold	35:04
5km:	G Sheargold	22:00
	V Manwaring	23:01
	B Sewell	25:07

22-08-98

X country at Parramatta (WMZ 13)

Men 7km:	K Casey	28:19
	G Sheargold	32:26
	S Halverson	33:22
3.5km:	M Kammerer	14:32
	V Manwaring	16:05
	B Sewell	17:11
2km:	M Sastre	9:00
Women 3.5km:	Z Sastre	15:58
2km:	M Kurp	7:57

29-08-98

Concrete path at Auburn West (WMZ 14)

Men 8km:	K Casey	32:04
	G Sheargold	35:28
4km:	V Manwaring	16:50
	B Sewell	18:24
2km:	M Sastre	7:50
Women 4km:	Z Sastre	16:55
2km:	M Kurp	8:05

WMZ trophy winners:

60+ long event	B Sewell	1st
U16 medium event	Z sastre	2nd
50+ medium event	V Manwaring	2nd
Senior medium event	M Kammerer	3rd
U16 short event	M Kurp	3rd

NSW AGE RACEWALKING CHAMPIONSHIPS (Blacktown, 20 June 1998)

Lisa Grant U15W 3km 1st 15:37

LAANSW STATE X-COUNTRY & ROAD WALK CHAMPIONSHIPS (Wallerawang, 5 July 1998)

Lisa Grant U13G 1500W 1st 7:14.2

SUMMER 1997/98 RESULTS

CLUB COMPETITION - NEW RECORDS

There were 14 ground records equalled or established at C V Kelly Park during normal competition:

Name	Age Group	Event	Time/Distance
Samantha Marshall	Senior	200	29.1 (equal)
Samantha Marshall	Senior	400	1:04.9
Susan Ireland	U14	5000	19:33.9
Susan Ireland	Open	5000	19:33.9
Susan Ireland	U14	3000	11:05.0
Susan Ireland	Open	3000	11:05.0
Susan Ireland	U14	1500	5:24.3
Susan Ireland	U14	800	2:35.4
Lisa Grant	U14	1500W	6:55.6
Lisa Grant	Open	1500W	6:55.6
Steven Williams	Veteran	110H	24.6
Matthew Graham	U17	1500W	9:35.2
Franky Wong	U15	LJ	5-78
Scott Fitton	U13	1500	5:11.0

FUN DAYS - NEW RECORDS

There were 14 ground records equalled or established at C V Kelly Park during modified competition days:

Name	Age Group	Event	Time/Distance
Samantha Marshall	Senior	1000	3:34.8
Samantha Marshall	Senior	60	8.4
Vikki Savage	U19	1000	3:49.3
Naomi Scouller	U17	1000	5:17.6
Chelsea Austin	U15	1000	4:11.2
Susan Ireland	U14	1 Mile	6:07.7
Lisa Grant	U14	Scissors HJ	1-20
Keith Mayhew	Veteran	1000	3:10.4
Keith Mayhew	Veteran	1 Mile	5:29.3
Kevin Casey	Veteran	2000	7:03.1
Steven Williams	Veteran	60	8.0 (equal)
Matthew Graham	U17	1000	3:09.6
Matthew Graham	U17	2000	6:37.7
Kevin Fisher, Stephen Halverson Suresh Raju, Steven Williams	Men 35+	4x100 relay	54.2

NSW ALL SCHOOLS T&F CHAMPIONSHIPS (Homebush, 9-11 October 1998)

Lisa Grant	13W	1500W	1st	7:13.74
Susan Ireland	13W	1500W	4th	
		1500	10th	
		3000	6th	

AUSTRALIAN ALL SCHOOLS T&F CHAMPIONSHIPS (Canberra, 11-13 December 1998)

Lisa Grant	U14W	1500W	3rd	7:02.40
Susan Ireland	U14W	1500W	4th	

ANSW STATE UNDERAGE CHAMPIONSHIPS (Homebush, 26-28 February 1999)

Lisa Grant	U16W	1500W	3rd	7:02.20
------------	------	-------	-----	---------

LAANSW STATE MULTI EVENT (Tamworth, 6/7 March 1999)

Franky Wong	U15B	6,422 pts	12th	
-------------	------	-----------	------	--

(100H 14.8, 100 12.3, 800 2:47.3, LJ 5-72, HJ 1-72, SP 10-13, Discus 27-35)

NSW VETERANS T & F CHAMPIONSHIPS (Homebush, 13 March 1999)

Phillip Bowden	M70-74	10,000	1st	47:10.0
Keith Mayhew	M55-59	10,000	2nd	39:30.6

LAANSW STATE T&F CHAMPIONSHIPS (Homebush, 20/21 March 1999)

Lisa Grant	U14	1500W	1st	7:14.1
Susan Ireland	U14	1500W	3rd	7:27.9
		1500	5th	5:04.0
		3000	4th	11:06.8
Chelsea Austin	U15	1500W	8th	7:50.2
Scott Fitton	U13	3000	9th	10:40.3
Irwin Burbage	U15	100H	6th ht	14.8
		TJ	7th	12-07

NSW VETERANS T & F CHAMPIONSHIPS (Homebush, 27/28 March 1999)

Phillip Bowden	M70-74	100	3rd	15.2
	M70-74	200	1st	32.0
	M70-74	400	1st	1:18.6
	M70-74	800	1st	3:03.7
	M70-74	1500	1st	6:10.3
	M70-74	5000	1st	23:08.0
John Dwyer	M60-64	400	1st	1:13.5
	M60-64	800	2nd	2:45.2
	M60-64	Discus	2nd	30-04
Keith Mayhew	M55-59	800	2nd	2:22.1
	M55-59	1500	1st	4:50.2
	M55-59	5000	2nd	18:30.4

AUSTRALIAN AGE T&F CHAMPIONSHIPS (Perth, 25-28 March 1999)

Lisa Grant	U16W	1500W	4th	7:02.81
------------	------	-------	-----	---------

■ GIRRAWEE Senior Athletics Club will begin its 20th winter season of cross country and road racing with a registration and introduction day at C.V. Kelly Park on Oramzi Road in Girraween on Saturday March 7, between 2pm and 5pm.

The club caters for male and female runners aged from under-12 to veterans.

Competitions consist of friendly interclub events, zone carnivals and prestigious State championships with race days held on Saturdays.

Competitions are held over three distances - two, four and eight kilometres.

For more information contact Bob Sewell on 9636 1145 or Viv Manwaring on 9631 8887.

Sport BRIEFS

The Fairfax Sun — Parramatta Edition, Wednesday, February 18, 1998

18/4/98

GIRRAWEE at Dundas: Cross country: MEN Open 8km: G Sheargold 35m20s S Halverson B Sewell. 4km: V Manwaring 19m56s. 1.6km: M Sastre 7m6s. **WOMEN 4km:** Z Sastre 18m2s. 1.6km: M Kurp 6m48s.

WEST METROPOLITAN at Dundas: 8km: 0-50: K Mayhew (CRH) 31m26s J Burroughs (AW) L Ryan (AW). 0-40: S Finigan (Hills) 31m35s B Harrison J Sneddon (Gir). Snr: I Thompson (UNSW) 26m55s M Doggett (AW) M Collins (CHC). **U-20:** D Austin (CRH) 29m15s D Brooker (AW) B Balinski (Hills). 4km: 0-50: G Ryan (RBH) 16m56s V Manwaring (Gir) F Scurr (NS). 0-40: P Hampshire (NS) 15m15s J Bogenhuber (Kat) B Schramm (AW). Snr: S Ellis (AW) 13m55s G DeBelle (AW) M Haines (AW). **U-20:** B St Lawrence (Kat) 13m31s S Muir (CRH) H Macdonald (Kat). **U-16:** G Harrison (Hills) 14m30s M Symes (Hills) T Olcayto (CRH). 1.6km: A Smith (CRH) 6m5s L Symes (Hills) M Sastre (Gir). **Women: 8km:** E Rigby (CRH) 33m14s L Balinski (Hills). 4km: Snr: K Petley (Kat) 16m30s L Smith (Nep) N Jerath (Hills). **U-20:** A Bembrick (CRH) 15m26s R Avery (Hills) V Schramm (AW). **U-16:** M Ryan (AW) 17m8s S Bogenhuber (Kat) B Junor (AW). 2km: **U-16:** S Bogenhuber 6m3s A Schilling (CRH) A Jenkins (CRH). **U-13:** E Junor (AW) 6m35s S Ryan (AW) K Schramm (AW).

25/4/98

GIRRAWEE at Rydalmere: MEN: Open 10km: K Casey 42m45s J Sneddon G Sheargold. 0-45yr: S Halverson 47m16s P Bowden B Sewell. 5km: M Kammerer 17m55s. 2km: M Sastre 9m24s. **WOMEN 5km:** Z Sastre 22m34s. 2km: M Kurp 8m29s.

WEST METROPOLITAN at Rydalmere: MEN 10km: 0-50: K Mayhew (CRH) 39m3s J Burroughs (AW) L Balinski (Hills). 0-40: D Lewis (AW) 36m28s C McLean (SS) B Devlin (Hills). 0-30: J Murray (AW) 37m14s M Collins (SMC) B Smith (Hills). Snr: M Thomas (RBH) 33m39s J Sauer (CRH) M Doggett (AW). **U-20:** B Chapman (Par) 40m10s. 5km: 0-50: G Ryan (RBH) 20m7s N Cooke (AW) F Scurr (NS). 0-40: J Bogenhuber (Kat) 19m13s D Hardyman (NS) B Schramm (AW). 0-30: G DeBelle (AW) 17m2s I Austin (AW) P Starr (Hills). Snr: S Ellis (AW) 16m38s M Kammerer (Gir) and N Schmid dh. **U-20:** S Muir (CRH) 17m12s G Smith (AW). **U-16:** G Harrison (Hills) 17m38s C Morrissey (Hills) T Olcayto (CRH). **U-13:** J Milburn (Nep) 21m9s J Olcayto (CRH) N Erickson (NS). 2km **U-13:** A Smith (CRH) 7m20s L Symes (Hills) D Huston (Hills). **WOMEN 10km:** C Yvetic (NS) 45m53s T Moriarty (AW) L Balinski (Hills). 5km: Snr: K Petley (Kat) 20m30s L Fitzpatrick (NS) R Pearson (Hills). **U-20:** A Bembrick (CRH) 19m48s N Schramm (AW) K Morrison (AW). **U-16:** M Ryan (AW) 20m40s S Glasson (CRH) S Bogenhuber (Kat). 2km **U-13:** S Ryan (AW) 7m56s E Junor (AW) K Schramm (AW).

16/5/98

GIRRAWEE at Abbotsford: Open 8km: K Casey 32m16s J Sneddon S Halverson. 0-50: B Sewell 41m19s. **U-13 2km:** M Sastre 8m39s. **Women 4km:** Z Sastre 17m19s. 2km: M Kurp 8m05s.

WEST METROPOLITAN at Abbotsford: MEN 8km: 0-50: B Devlin (Hills) 30m14s J Burrows K Mayhew (CRH). 0-40: D Lewis (AW) 29m21s S Finigan (Hills) R Lovel (SS). 0-30: G Ritchie (AW) 27m M Collins (SMC) R Crowhurst (MS). Snr: M Thomas (RBH) 26m11s M Doggett (AW) B Chapman (Par). 4km: 0-50: G Ryan (RBH) N Cooke (AW) D Huston (Hills). 0-40: J Bogenhuber (Kat) 14m40s K Junor (AW) S A Ryan (AW). 0-30 G Posa (Hills) 14m59s P Starr (Hills) S Whelan (Hills). Snr: S Ellis (AW) 13m6s M Haines M Kammerer (Gir). **U-20:** S Muir (CRH) 13m55s G Smith (AW). **U-16:** W Devjak (Ryde) 13m22s L Taylor (Pen) G Hamson (Hills). **U-13:** J Milburn (Nep) M Pamham (Hills) J Olcayto (CRH). 2km: **U-13:** A Smith (CRH) 7m25s B Cherie (Hills) R Price (AW). **WOMEN 8km:** M Dullunty (NS) J Moriarty (AW) L Balinski (Hills). **WOMEN 4km Open:** K Petley (Kat) 15m39s T Newsome M Holland. **U-16:** M Ryan (AW) 15m54s S Bogenhuber (Kat) S Drennan (CRH). 2km **U-13:** S Ryan (AW) 8m11s M Bonello (AW) S Middlemiss (Par).

30/5/98

GIRRAWEE at Baulkham Hills: Cross Country: MEN 9km: K Casey 34m48s G Sheargold B Sewell. 4.5km: V Manwaring 20m21s. 2.25km: J Dwyer 9m48s M Sastre. **WOMEN 4.5km:** Z Sastre 19m57s. 2.2km: M Kurp 9m22s.

WEST METROPOLITAN at Crestwood Reserve: MEN: 9km: 0-50yrs: K Mayhew (CRH) 34m32s J Burroughs B Hutchins (Hills). 0-40yrs: D Lewis (AW) 31m52s S Finigan (Hills) B Grant (SS). 0-30yrs: M Collins (SMC) 32m08s B Smith (Hills) G Posa (Hills). Snr: M Doggett (AW) 31m18s J Caetan A Kopicikas (WDR). **U-20yrs:** D Brooker (AW) 32m18s B Chapman (Parra) N Schmid 4.5km: 0-50yrs: F Scurr (NS) 22m18s F Daniels (Vet) A Ross (AW). 0-50yrs: V Manwaring (Gir) 20m21s N Cooke (AW) D Archbold (NS). 0-40yrs: J Bogenhuber (Kat) 16m13s B Schramm (AW) C Erickson. 0-30yrs: G DeBelle 15m2s R Sarkies (NS) P Starr (Hills). Snr: S Ellis (AW) 14m42s A Pearce (CRH) M Haines. **U-20yrs:** U Roberts (Nep) 14m57s S Muir (CRH) B Balinski (Hills). **U-16yrs:** G Harrison (Hills) 15m15s T Olcayto N Erickson (NSLA). 0-40yrs: 2.25km **K Fowler (AW) 8m17s J Dwyer (Gir) K Birdsall. U-13yrs:** R Price (AW) 9m15s G Sheargold (Hills) M Sastre (Gir). **WOMEN: 9km:** J Moriarty (AW) 43m22s L Balinski (Hills). 0-35yrs 4.5km **K Petley (Kat) 16m58s.** Snr: M Holland (Hills) 17m50s L Smith (Nep) L Perry (AW). **U-20:** M Vande Water (Hills) 16m48s V Schramm M Drennan (CRH). **U-16yrs:** M Ryan (AW) 18m14s R Junor (AW) B Junor (AW). **U-13yrs:** 2.25km: S Bogenhuber (Kat) 8m18s A Jenkins (CRH) K Drennan (CRH). **U-13yrs:** S Ryan (AW) 9m2s E Junor (AW) K Schramm.

13/6/98

GIRRAWEE at Parramatta Park: Men 16km: K Casey 64m52s J Sneddon G Sheargold. Mxd 3.2km: M Kurp 14m33s S Ralu B Sewell.

20/6/98

NSW AGE RACEWALKING C'SHIPS at Blacktown: Open 5km: J Gawley 21m45s W Russell S McDonald. **U-17yrs 5km:** D Breckon 23m18s D Vellis G Taylor. **U-15yrs 3km:** C Clifford 14m52s A Mellor S Frew. **U-13yrs 2km:** S Frew 10m36s M LaGuidara M Mellor. **U-11yrs 1.5km:** B Plummer 8m17s N Rowe L McAuley. **WOMEN: Open 5km:** M French 21m49s L Coffee R Tanner. **U-17yrs:** R McAskill 23m09s L McIlvenie H Brown. **U-15yrs 3km:** L Grant 15m37s K Venziuskas M Vellis. **U-13yrs 2km:** K Corbett 10m38s S Waldron S Camilleri. **U-11yrs 1500m:** A Appleby 8m26s R LaGuidara C Shorten.

20/6/98

GIRRAWEE at Marsfield: MEN: Open 8km: G Sheargold 37m16s S Halverson K Casey. 0-60: B Sewell 42m9s. 4km: M Kammerer 14m15s V Manwaring. **GIRLS:** 2km: M Kurp 9m1s.

WEST METROPOLITAN at Marsfield: 0-50 8km: J Burroughs (AW) 33m59s D King (SS) B Hutchins (Hills). 0-40: D Lewis (AW) 30m11s J Bogenhuber (Kat) S Finigan (Hills). 0-30: G Ritchie (AW) 28m20s T Newman (CRH) J Sauer (CRH). Snr: R Whiteley (UK) 27m49s M Doggett (AW) A Pearce (CRH). **U-20:** U Roberts (NEP) 30m19s B Chapman (PAR) W Devjak (Ryde). **Veteran 4km:** D Hardyman (NS) 15m59s B Schramm (AW) C Erickson. 0-30: G DeBelle 14m13s P Starr (Hills) S Whelan (Hills). 0-20: M Kammerer (Gir) 15m1s M Haines (AW) G Davis (Bal). **U-20:** D Austin (CRH) 13m59s S Muir (CRH) B Innes (AW). **U-16:** T Olcayto (CRH) 15m39s M Symes (Hills) J Spink. **U-13:** J Milburn (Nep) 16m1s J Olcayto (CRH) M Pamham (Hills). **U-13 2km:** A Smith (CRH) 7m39s L Symes (Hills) D Huston (Hills). **U-10:** H Lewis (Ryde) 10m17s H Bonello (AW). **WOMEN: Open 8km:** E Rigby (CRH) 35.49s L Balinski (Hills). Snr: 4km: K Petley (Kat) 16m25s L Smith (Nep) S Tullock (AW) E Holliday (AW). **U-20:** A Bembrick (CRH) 16m5s J Lodge (AW). **U-16:** S Bogenhuber (Kat) 17m12s M Ryan (AW) A Kelsley (RBK). **U-16 2km:** K Drennan (CRH) 8m24s M Kurp (Gir) C Lower (AW). **U-13:** S Ryan (AW) 8m44s K Schramm (AW) M Bonello (AW). **U-10:** L Huston (WH) 11m44s R Price (AW).

27/6/98

GIRRAWEEEN, at Meadowbank: MEN 8km: M Kammerer 30m10s K Casey G Sheargold. 0-45: S Halverson 35m34s V Manwaring B Sewell. 4km: M Kammerer 13m36s 2km: M Sastre 8m45s. WOMEN 4km: Z Sastre 16m54s. 2km: M Kurp 7m57s.

WEST METROPOLITAN, at Meadowbank: MEN 8km: 0-50: K Mayhew (CRH) 30m22s J Burroughs (AW) D King (SS). 0-40: D Lewis (AW) 28m21s J Bogenhuber (Kat) B Devin (Hills). 0-30: J Murray (AW) 27m34s M Collins (SMC) R Sinclair (SS). 0-20: R Whiteley (AW) 26m35s M Doggett (AW) M Kammerer (Gir). U-20: U Roberts (Nep) 27m46s B Chapman (Par) J Chou. 4km: 0-50: G Ryan (CRH) 15m10s L Balinski (Hills) D Archbold (NS). 0-40: D Hardyman (NS) 14m17s B Schramm (AW) N Fowler (AW). 0-30: P Starr (Hills) 16m50s D Whelan (Hills) R Luke (Par). 0-20: S Lewis (AW) 13m25s M Kammerer (Gir) M Haines. U-20: G Smith (AW) 14m2s B Innes (AW) B Balinski (Hills). U-16: M Symes (Hills) 14m40s J Spink B Cherrie (Hills). U-13: J Milburn (Nep) 15m13s M Pamham (Hills) D Huston (Hills). 2km U-18: D Smith (CRH) 7m48s G Birdsall (Ryde). U-13: A Smith (CRH) 7m20s R Price (AW) G Sheargold (Hills). U-10: H Bonello (AW) 19m. WOMEN 8km: 0-35: K Petley (Kat)

31m30s M Dulhunty (NS) L Balinski (Hills). 0-20: E Rigby (CRH) 32m31s J Moriarty. 4km: 0-20: D Bonser (Hills) 15m12s L Smith (Nep) S Ellis (AW). U-20: A Bembrick (CRH) 14m32s K Burnell (Pen) R Deane (Hills). U-16: S Bogenhuber (Kat) 15m13s A Schilling (CRH) B Junor (AW). 2km: U-16: A Jenkins (CRH) 7m23s K Drennan (CRH) M Kurp (Gir). U-13: E Junor (AW) 7m58s S Ryan (AW) K Schramm. U-10: R Price (AW) 12m31s L Huston (WH).

1/8/98

GIRRAWEEEN at Concord: Men 8km cross country: K Casey 31m55s G Sheargold S Halverson. 4km: M Kammerer 14m21s V Manwaring J Dwyer. 2km: M Sastre 7m54s. Women 4km: Z Sastre 16m55s. 2km: M Kurp 7m43s.

WEST METROPOLITAN at Concord: 8km 0-50: K Mayhew (CRH) 32m43s J Burroughs (AW) C Fallon (Hills). 0-40: J Sauer (CRH) 28m27s D Lewis (AW) C McLean (SS). 0-30: B Smith (Hills) 29m08s M Collins R Crowhurst (NS). 0-20: I Thompson (UNSW) 27m17s M Doggett (AW) A Flick (CRH). U-20: U Roberts (Nep) 28m23s D Brooker (AW) B Chapman (Par). 4km 0-60: B Sewell (Gir) 18m51s F Scurr (NS) F Daniels (Vets). 0-50: G Ryan (RBH) 15m45s V Manwaring (Gir) J Dwyer (Gir). 0-40: D Hardyman (NS) 14m13s J Bogenhuber (Kat) S A Ryan (AW). 0-30: G Debelle 13m46s P Starr (Hills) S Whelan (Hills). 0-20: S Ellis (AW) 13m40s M Kammerer (Gir) M Haines (AW). U-20: S Muir (CRH) 14m7s B Innes (AW) J Konig (AW). U-18: T Olcayto (CRH) 15m43s J Spink. U-13: M Pamham (Hills) 16m28s J Olcayto (CRH) N Erickson (NSA). 2km: U-13: A Smith (CRH) 6m53s J Milburn (Hills) L Symes (Hills). Women: 8km: Moriarty 39m46s. 4km 0-20: T Bonser (Hills) 15m35s L Smith (Nep) S Ellis (AW). U-16: S Bogenhuber (Kat) 16m24s Z Sastre (Gir) A Schilling (CRH). 2km U-16: A Jenkins (CRH) 7m10s M Kurp (Gir). U-13: S Ryan (AW) 7m44s S Middlemiss (Par) M Bonello (AW).

29/8/98

GIRRAWEEEN at Auburn West: Men 8km: K Casey 32m4s G Sheargold. 4km: V Manwaring 16m50s B Sewell. 2km: M Sastre 7m50s. Women 4km: L Bourke 16m33s Z Sastre. 2km: M Kurp 8m5s.

WEST METROPOLITAN at West Auburn: MEN: 8km: 50yrs plus: K Mayhew (CRH) 31m22s J Burroughs (AW) B Hutchins (Hills). 40yrs plus: D Lewis (AW) 28m12s S Finnigan (Hills) C McLean (SS). 30yrs plus: J Sayer (CRH) 27m40s M Collins (AW) B Smith (Hills). 0-20yrs: I Thompson (UNSW) 26m04s M Doggett (AW) A Flick (CRH). U-20: D Brooker (AW) 29m33s B Chapman (PAR). 4km: 0-60yrs: F Scurr (NS) 17m36s B Sewell (Gir) F Daniels (Vets). 0-50yrs: G Ryan (RBH) 15m13s V Manwaring (Gir) N Cooke (AW). 0-40yrs: D Hardyman (NS) 13m52s B Schramm (AW) L Balinski (Hills). 0-30yrs: G Debelle 13m13s P Starr (Hills) S Whelan (Hills). 0-20yrs: S Ellis (AW) 13m05s M Haines (AW) G Davis (Bal). U-20: G Smith (AW) 13m50s B Innes (AW) G Bridgen (AW). U-16: M Symes (Hills) 14m17s T Olcayto (CRH) J Spink. 2km U-13: J Milburn (Nep) 7m10s L Symes (Hills) R Price (AW). WOMEN: 4km: S Price (Hills) 16m24s L Bourke (Gir) L Smith (Nep). U-20: V Schramm (AW) 18m52s J Lodge (AW) L Balinski (Hills). U-16: Z Sastre (Gir) 16m55s B Junor (AW). 2km U-16: A Jenkins (CRH) 7m13s K Drennan (CRH) M Kurp (Gir). U-13: K Schramm (AW) 8m06s M Bonello (AW) E Junor (AW).

4/7/98

GIRRAWEEEN: at Miranda: Men 4km: M Kammerer 14m44s K Fisher S Raju. Veteran: G Sheargold 17m26s S Halverson V Manwaring. Masters: J Dwyer 19m40s B Sewell.

11/7/98

ATHLETICS

Girraween Athletics Club:

Races at Cabarita, July 11: Men, 8km: J. Sneddon 33.00, G. Sheargold, S. Halverson. Over-60: B. Sewell 37.16, P. Bowden. 4km: V. Manwaring 17.01. 2km: M. Sastre 9.18. Women, 4km: Z. Sastre 16.38. 2km: M. Kurp 7.47.

ROAD HCPS, at Cabarita: 8km: G Taylor (AW) C Fallon (Hills) B Sewell (Gir). Fastest: D Barlow (AW) 25m3s. Woman: J Moriarty 38m36s. Veteran: G Murphy (SS) 29m8s. 4km: F Scurr (NS) S Whelan (Hills) V Manwaring (Gir). Fastest: S Ellis (AW) 12m25s. Woman: K Petley (Kat) 14m55s. Boy: T Olcayto (CRH) 14m9s. Girl: Z Sastre (Gir) 16m38s. 2km: C Birdsall (Ryde) L Huston (WH) H Huston (WH). Fastest Boy: A Smith (CRH) 6m52s. Girl: S Ryan (AW) 7m49s.

8/8/98

GIRRAWEEEN at Auburn: Men 7.5km: S Halverson 35m3s G Sheargold. 5km: G Sheargold 22m V Manwaring B Sewell. Women: 5km: L Bourke 22m33s.

WEST METROPOLITAN at Auburn: 7.5km: S Finigan (Hills) 29m36s B Harrison G Lissan S/S. 5km 0-50yrs: V Manwaring (Gir) 23m1s S Scurr (NS) B Sewell (Gir). Open: S De Pomeroy (SRH) 16m36s G Sheargold (Gir) D Harris. U-20: U Roberts (Nep) 18m7s G Smith (AW) J Konig (AW). 2.5km: N Fowler (AW) 9m33s R Luke (Par). WOMEN: 5km: L Bourke (Gir) 22m33s. 2.5km: S Middlemiss (Par) 11m32s M Bonello (AW).

15/8/98

GIRRAWEEEN at Picton. Road Race: MEN: Open 5km: K Casey 19m08s K Fisher G Sheargold. 0-45: S Halverson 22m06s V Manwaring. 0-60: J Dwyer 23m46s B Sewell.

18/7/98

ATHLETICS

Girraween Athletics Club:

Road races at Epping, July 18: Men: 10km, K. Casey 43.06, J. Sneddon, G. Sheargold; 5km, M. Kammerer 19.02, J. Dwyer; 2km, M. Sastre 9.39. Women: 5km, Z. Sastre 23.22.

25/7/98

ATHLETICS

Girraween Athletics

Cross country at Bass Hill, July 25. Men 12km: M Kammerer 50m, K Casey G Sheargold. Over 45: J Sneddon 57m22s, S Halverson, B Sewell. 4km: J Dwyer 19m32s. 3km: M Sastre, L Manwaring, Wagon. 3km: Z Sastre 12m49s.

22/8/98

GIRRAWEEEN, at Parramatta: Cross Country: Men 7km: K Casey 28m19s G Sheargold S Halverson. 3.5km: M Kammerer 14m32s V Manwaring B Sewell. 2km: M Sastre 9m00s. Women 3.5km: Z Sastre 15m58s. 2km: M Kurp 7m57s.

WEST METROPOLITAN, at Parramatta: Cross Country: Men: 7km 50yrs-0: J Burroughs (AW) 28m39s K Mayhew (CRH) C Fallon (Hills). 40yrs-0: S Finigan (Hills) 27m30s C McLean (S-S) K Casey (Gir). 30yrs-0: B Smith (Hills) 26m11s J Sauer (CRH) M Collins (AW). 20yrs-0: I Thompson (UNSW) 23m51s M Doggett (AW) A Benn. U-20: U Roberts (Nep) 25m46s D Brooker (AW) B Chapman (Par). 3.5km 60yrs-0: G Ryan (RBH) 14m21s V Manwaring (Gir) B Sewell (Gir). 40yrs-0: D Hardyman (NS) 13m00s N Fowler (AW) S Ryan (AW). 30yrs-0: I Austin (AW) 13m18s L Williams (Hills) S Whelan (Hills). 20yrs-0: M Haines (AW) 12m35s M Kammerer (Gir) F Scurr (NS). U-20: B Liddy (CRH) 11m50s D Austin (CRH) S Burke (CRH). U-16: M Symes (Hills) 13m3s T Olcayto (CRH). U-13: M Pamham (Hills) 14m46s J Olcayto (CRH). 2km U-13: A Smith (CRH) 6m49s J Milburn (Nep) R Price (AW). Women: 7km: J Cohen (REE) 26m28s J Moriarty. Veteran 3.5km: M Dulhunty (NS) 14m36s. Sr: A Bembrick (CRH) 13m12s M Vandewater (Hills) L Smith (Nep). U-16yrs: Z Sastre (Gir) 15m58s B Junor (AW) K Appleyard. Open 2km: T Bonser (Hills) 7m11s K Drennan (CRH) M Kurp (Gir). U-13yrs: E Junor (AW) 8m24s M Bonello (AW) S Middlemiss (Par).

BLACKTOWN ADVOCATE, Wednesday, August 26, 1998

Kevin takes winter medal

Girraween Athletics Club results from Saturday, August 15:

Men 5km: K Casey 19m08s, K Fisher, G Sheargold. Over 45: S Halverson 22m06s, V Manwaring. Over 60: J Dwyer 23m46s, B Sewell. Also, in his first season with Girraween Athletics Club 42-year-old Kevin Casey has won the club's 1998 winter championships. He scored 381 points in the interclub competition and State championships to beat defending champion Graham Sheargold on 369 points and Stephen Halverson on 357 points.

The club's junior champions are: female — Michelle Kurp (under 18) and Zulay Sastra (under 16) and male Marcelo Sastre (under 14) who will finish on 320 points. In November the club will celebrate its 20th birthday and wishes to hear from ex-members who would be interested in attending a reunion dinner (9631 8887 or 9636 4389). The club's summer track and field competition will begin at C V Kelly Park, Oramzi Rd, Girraween on Saturday September 12 from 1.30pm. Friendly competition is provided for female and male athletes.

Parramatta/Holroyd Sun
Wednesday, September 2, 1998

Parramatta/Holroyd Sun, Wednesday, September 9, 1998

Athletics

GIRRAWEEN Athletics
Club rookie Kevin Casey, 42, won the club's winter championship last week. He scored 381 points in State Championship and interclub competitions to beat defending champion Graham Sheargold and Stephen Halverson.

Athletics

GIRRAWEEN Athletics
Club junior champions for the club's winter championships were: Michelle Kurp (under-18 ladies), Zulay Sastre (under-16 ladies) and Marcelo Sastre

(under-14) men's, who all finished with 320 points. The club's summer track and field competition will begin at CV Kelly Park, Oramzi Road, Girraween on September 12. The club will celebrate its 20th birthday in November. Numbers are now being taken for a reunion dinner. Details: 9631 8887.

Parramatta/Holroyd Sun
Wednesday, September 30, 1998

Medal haul

FIVE Girraween Athletics Club members picked up medals in the Metropolitan West race series which ended last week.

The series consisted of 14 road and cross-country endurance races, ranging in distance from two to eight kilometres. Bob Sewell finished first in the 60 and over age group, Zulay Sastre finished second in the U16 ladies, Viv Manwaring finished second in the 50 and over men, Michael Kammerer finished third in the senior men and Michael Kurp finished third in the U16 men's.

Girraween Athletics Club Races at CV Kelly Park on September 12:

Men, 100m: R Kennewell 12.1s, M Fletcher-Smith, P Hogan. 400m: N Fowler 60.4s, P Hogan, S Rooke. 1500m: N Fowler 5m06.7s, K Mayhew, M Graham. Long Jump: P Hogan 4.66m, V Manwaring, S Halverson. Women, 100m: J Graham 15.3s, S Ireland, C Austin and S Marshall. 1500m: S Ireland 5m36.9s, L Grant, C Austin. 1500m walk: L Grant 7m38.5s, S Ireland, C Austin. Discus: L Smith 33.92m, S Raju, C Austin. Javelin: L Smith 31.08m, S Marshall, C Austin.

The Sydney Morning Herald

MONDAY, OCTOBER 12, 1998



ATHLETICS

MOOVE GAMES, At SIAC: Day 3:

13yrs: 1500m Walk: L Grant (Girraween) 7m13.74s M Yellis (St Clair), L Newall (South Sydney).

Parramatta/Holroyd Sun, Wednesday, October 14, 1998

Moove Games

Girraween field athlete Jessica Fischer, 15, won gold in the javelin, placed fourth in the high jump and sixth in the 19 years 100m hurdles.

Lisa Grant, of Wentworthville, 13, won gold in the 1500m walk.

Emma O'Neill, 17, of Greystanes, won silver in the triple jump and bronze in the long jump.

Alison Plotrowski, 15, won bronze in the 200m hurdles and placed fifth in the 90m hurdles.

Other local results:

Susan Ireland, of Toongabbie, fourth 13 years 1500m walk, sixth 3000m, 10th 1500m, 16th triple jump

PARRAMATTA Advertiser

Wednesday, October 21, 1998

Clubmates walk tall

GIRRAWEEN Senior Athletics Club walker Lisa Grant won the 13-years, 1500m event at the recent Moove Games at Homebush.

The Girraween Amateur Athletic Club (GAAC) member completed the 1500m journey in 7 min 13.4 sec. Clubmate Susan Ireland was in fourth place with a time of 8 min 5.6 sec.

Both girls have now qualified for the Australian All Schools Championships to be held in Canberra from December 10-13.

Grant has won medals at previous Australian and State titles.

Ireland had success in distance running events before switching to race walking.

ATHLETICS

Girraween Senior Athletics

Results of competition at CV Kelly Park, November 7.
 Mens 100m: P Hogan 12.4, S Williams, S Rooke.
 Mens 400m: P Hogan 60.2, S Rooke, M Grogan.
 Mens 1500m: M Grogan 4.57.7, K Casey, M Graham.
 Long jump: I Burbage 5.15m, S Rooke, P Hogan.
 Womens 100m: A Goda 13.8, S Marshall, L Romeo.
 Womens 400m: S Marshall 67.7, S Ireland, L Grant.
 Womens 1500m: V Sauvage 5.51.8, S Ireland, S Marshall.
 Long jump: S Marshall 4.30m, C Austin, V Sauvage.
 The club is shortly celebrating its 20th birthday and wants former members to attend. For more details phone Bob Sewell on 9636 1145.

ATHLETICS

Girraween Senior Athletics

Competition at CV Kelly Park, December 5.
 Mens 100m: P Hogan 12.1, D Donovan, F Wong.
 Mens 400m: P Hogan 56.5, D Donovan, S Rooke.
 Mens 1500m: K Mayhew 4.56.1, M Kammerer, M Grogan.
 Mens long jump: F Wong 5.78m, D Donovan, P Hogan.
 Mens triple jump: D Green 12.13m, F Wong, D Donovan.
 Mens shot-put veteran: S Williams 7.55m, S Halverson, G Sheargold; senior: D Donovan 9.63m, M Kammerer, J Carter; under-18s: P Hogan 8.28m; under-15s: F Wong 9.74m; under-12s: B Weyland 6.54m.
 Womens 100m: S Marshall 13.6, L Smith, S Ireland.
 Womens 1500m: L Smith 5.34.3, S Ireland, S Marshall.
 Womens 1500m walk: L Grant 6.55.6, S Ireland, C Austin.
 Womens long jump: S Marshall 4.43m, L Smith, C Austin.
 Womens triple jump: H Green 10.59m, C Austin, S Marshall.
 Womens discus: L Smith 38.92m, V Sauvage, E Scoullar.

PARRAMATTA ADVERTISER

Wednesday, March 10, 1999.

ATHLETICS

PROMISING Girraween Athletics Club walker Lisa Grant, 13, has continued her progress with a third placing in the 1500m at the State under-16 championships.

She also finished third at the national under-14 championships and will next contest the NSW Little Athletics championships on March 21 and the Australian age titles in Perth on March 26.

Meanwhile, the Girraween club is preparing for the winter season of cross-country and road races. Club races will be held at CV Kelly Park from 4pm on the next three Saturdays.

ATHLETICS

Girraween Senior Athletics

Competition at CV Kelly Park, November 14.
 Mens 200m: G Wardle 26.4, P Hogan, I Burbage.
 Mens 800m: G Wardle 2.27.3, S Rooke, G Ryan.
 Mens 5000m: K Casey 18.37.7, S Fritton, K Mayhew.
 Mens high jump: I Burbage 1.44m, P Hogan, S Halverson.
 Mens discus veteran: J Dwyer 20.62m, S Williams, S Halverson; senior: K Fisher 18.76m, S Raju; under-18s: P Hogan 24.54m; under-16s: S Rooke 31.24m; under-15s: I Burbage 28.38m; under-13s: S Fitton 12.22m.
 Womens 200m: S Marshall 30.4, S Ireland, N Sestic.
 Womens 800m: S Marshall 2.47.4, S Ireland, V Sauvage.
 Womens 5000m: S Ireland 20.46.4, V Sauvage, L Grant.
 Womens long jump: S Ireland 4.14m, L Grant, N Sestic.
 Womens shot-put 4kg: N Sestic 8.19m, V Sauvage, S Marshall; 3kg: C Austin 6.87m, E Scoullar, L Grant.

The Sydney Morning Herald

MONDAY, DECEMBER 14, 1998



ATHLETICS

SATURDAY

AUSTRALIAN ALL-SCHOOLS TRACK AND FIELD CHAMPIONSHIPS: At Canberra: Finals:

WOMEN: U14: 1500m Walk: N Cobby (Kewdale SHS, WA) 6m55.26s, Y Becker (Parahfield Gardens HS, SA), L Grant (Girraween HS, NSW).

MT DRUITT STANDARD/BLACKTOWN ADVOCATE, Wednesday, January 6, 1999

Championships in seven minutes and 2.4 seconds in extremely hot conditions — and finished just seven seconds behind the winner.

Grant, from the Girraween Little Athletics Centre, finished third in the 1500m walk.

She recorded a time of

Grant's clubmate Susan Ireland finished fourth in the same event.

The two girls, both from Girraween High School, are preparing for the senior State championships in February.

They will also compete in the Little Athletics state championships in March.

Meanwhile, promising local race-walker Lisa Grant won her first Australian track medal at December's All Schools

Sports results

Girraween Senior Athletics Club: Competition at CV Kelly Park, February 27.
 Mens 200m: P Hogan 26.6, I Burbage, K Fisher. Mens 800m: N Fowler 2:22.3, P Hogan, S Halverson. Mens 3000m: K Mayhew 10:57.3, S Fitton, N Fowler. Mens high jump: I Burbage 1.44m, P Hogan, S Williams.
 Womens 200m: C Austin 32.3, M Mattar, V Sauvage. Womens 800m: V Sauvage 2:51.9, C Austin, K Fisher. Womens 3000m: V Sauvage 12:59.9, C Austin. Shot-put 4kg: V Sauvage 8.05m, E Scoullar; 3kg: K Fisher 7.06m, C Austin, M Mattar.

Walking to the top

LOCAL teenage walker Lisa Grant has continued her recent success by finishing third in the NSW under-16s championships at Homebush.

Grant, 13, recorded a time of 7:02:20 to finish the 1500m course during the championships, held at Homebush on Saturday, February 27.

She recently came third in the Australian under-14s walk and is now preparing for the NSW Little Athletics championships on March 21. She will

compete in the Australian age championships in Perth on March 26.

Grant's club is now preparing for its winter season of cross country and road races. Club races will be held at CV Kelly Park, Oramzi Rd, Girraween on March 13, 20 and 27, starting at 4pm.

Meanwhile, friendly interclub races of two, four and eight kilometres begin at Haberfield on Saturday, April 3, starting at 2pm.

Walkers' medals

GIRRAWEE Athletics Club's top walkers Lisa Grant and Susan Ireland have won medals in the recent NSW Little Athletics Track and Field Championships at Homebush.

Competing in the under-14s 1500m walk, Grant won gold in 7.14.1 minutes while Ireland won bronze with a time of 7.29.9 minutes.

Both girls are now preparing for the winter season

Grant is focussing on walking events, Ireland on cross country and road racing.

Athletics master on the move

CAN you run 5km in 23 minutes? Phil Bowden, the fastest 70 to 74-year-old in NSW from 200m to 10km, can.

The 72-year-old from Toongabbie recently produced the incredible feat of winning six State titles in his age group at the veterans championships.

It was his biggest haul yet, having won five last year and he only missed out on a clean sweep by coming third in the 100m.

What sets Bowden apart from his fellow veterans is that he does every running event, whereas other competitors usually concentrate on either sprints or distance races.

Asked why he does both, Bowden laughed: "I don't know — stupidity probably."

With all bar the 10,000m held over two days, his winning times are worth noting: 200m (32sec dead), 400m (1.18.6min), 800 (3.03.7min) 1500m (6.10.3min), 5000m (23.08min) and 10,000m (47.10min).

He ran the 100m in 15.2sec, just outside his personal best, and said: "I was hoping to get down under 14 seconds, but I think I've left my run a bit late."

Bowden, who will be 73 next month, came to athletics late in life.

He explained: "I had my first run

run in Blacktown in 1985 — I thought I'd try myself out for the City to Surf.

"That was the *Blacktown Advocate* Fun Run and I ran it in a pair of old Dunlop volleys. I went all right so I invested in a good pair of shoes.

"I've run in every City to Surf since and this year will be my 15th."

As for any earlier sporting interests, he had done only "a bit of waterskiing and, when I was younger, bike riding".

"But I've always been fairly active," added Bowden, who was a clerk of works with the State Public Works Department.

He runs year-round with Girraween Athletics Club and with the Parramatta Park Runners every Friday at 1pm: "That's an 8km run — rain, hail or shine."

But Bowden, who has never contested the national veterans titles because they are held around the same time as the State titles, is starting to lose interest.

"I've been running five days a week," he said. "My enthusiasm's not the same as it was earlier."

And what do his family — wife Noelene, sons Garry and Alan, who are in their 40s, and grandchildren — think of his athletic pursuits?

Bowden replied: "They all reckon

I'm bloody mad!"



PARRAMATTA ADVERTISER, Wednesday, May 26, 1999

Getting better with age... Phil Bowden on the run

The Sydney Morning Herald

SATURDAY, JUNE 19, 1999

Cup survivors kick on as Matildas seek glory

SOCCER

MICHAEL COCKERILL

The way Julie Murray sees it, when she returned home from the previous women's World Cup, in Sweden, the door to her future was closed in her face.

Four years on, the door is again closed. But as she prepares to return to the world stage, Murray is celebrating the fundamental difference.

"What's changed is that I'm now on the other side," she said. That she is.

An international career which began as a 15-year-old and at one stage looked to be headed towards a premature end is, instead, approaching its climax.

The third World Cup for women, to be hosted by the United States over the next three weeks, will be followed just over 12 months later by the Olympics. It is a good time for a rejuvenated Murray to be hitting her stride.

Unwanted by former coach Tom Sermanni in the aftermath of a disappointing campaign in Sweden, she has fought back to become virtually indispensable to new coach Greg Brown.

Women's World Cup

GROUP A: United States, North Korea, Nigeria, Denmark.

GROUP B: Germany, Brazil, Mexico, Italy.

GROUP C: Norway, Japan, Canada, Russia.

GROUP D: Australia, Ghana, Sweden, China.

PREVIOUS WINNERS

1991 (China) – United States.

1995 (Sweden) – Norway.

AUSTRALIAN TEAM

Goalkeepers: Tracey Wheeler, Belinda Kitching ←

Defenders: Dianne Alagich, Tracie Bartlett, Sarah Cooper, Bridgette Starr, Kristyn Swaffer, Anissa Tann-Darby, Amy Taylor.
Midfielders: Sharon Black, Lisa Casagrande, Alison Forman, Kelly Golebiowski, Peita-Claire Hepperlin, Joanne Peters, Cheryl Salisbury, Amy Wilson.

Strikers: Julie Murray (capt), Alicia Ferguson, Angela Iannotta.

Coach: Greg Brown

GIRRAWEEEN ATHLETICS CLUB

Formed September 1978

C V Kelly Park, Oramzi Road, Girraween

CLUB COMMITTEE 1998/99

President	:	Bob Sewell
Secretary	:	Vivian Manwaring
Treasurer	:	Stephen Halverson
Registrar	:	Vivian Manwaring
Fund Raising	:	Vicki Halverson
Winter Competition	:	Bob Sewell
Summer Competition	:	Steven Williams
Club Records	:	Steven Williams
Coaching	:	Bob Sewell
Publicity	:	Bob Sewell
Canteen	:	Vicki Halverson
	:	Amy Van Trier
ANSW delegate	:	VACANT
Blair Zone delegate	:	Bob Sewell
Park Trust delegate	:	Graham Sheargold

LIFE MEMBERS

John Wheeler (passed away 1997)
Bob Sewell
Vivian Manwaring

HON. AUDITOR

Tony Ward

COMMITTEE REPORTS

PRESIDENT

Our 21st season was quite successful with an improvement in membership and attendance. However we still had the situation where many of our members gave very little support to our summer activities, and this surprised me because our pointscore is based on self-improvement and we also introduced awards for 1st, 2nd and 3rd places in U12, U14, U16, U18, and U20 age groups.

One area of our summer competition days that needs to be looked at is the late start nearly every week caused by a number of athletes turning up at 2pm when they should be warmed up and ready to compete at that time.

In the high performance area, Lisa Grant excelled in senior, little athletics and school competition and added many gold medals to her collection. Club veterans Phil Bowden, John Dwyer, and Keith Mayhew won gold at the State veteran track and field championships.

On the home front, Graham Sheargold won the summer pointscore for the first time, with Suresh Raju and Stephen Halverson equal second and Steven Williams third. In the women's section, new members Samantha Marshall and Chelsea Austin battled to the end with Lisa Grant in third place.

Congratulations to the winter stars Michael Kammerer, Kevin Casey, Graham Sheargold, Stephen Halverson, Michelle Kurp, Zulay Sastre, and Marcelo Sastre.

Financially, the club is in a sound position with funds coming mainly from the canteen and registration fees. Sale of singlets, competition fees, Christmas hamper, and 'cash for cans' also provide a small amount of income, but I feel we need to introduce a major fund raising activity each season to help with the cost of Park Trust ground fees, assistance to representatives to Australian championships, and equipment purchases.

Thanks must go to:

- Girraween Little Athletics Centre for the ground marking;
- committee members Viv Manwaring, Stephen Halverson, Steven Williams and Graham Sheargold for their support;
- canteen manager Vicki Halverson;
- Steven Williams for the attractive record certificates which I'm sure were appreciated by the recipients;
- Kathy Austin for recording results nearly every Saturday;
- the athletes and others who acted as timekeepers and officials on Saturday afternoons; and
- Jemma Austin (from Girraween Little Athletics) and Graham Ryan (from Randwick Botany senior club) for supporting our Saturday competition.

Finally, the fact that the club is still in existence after 21 years reinforces the late John Wheeler's original belief that there is a place for "friendly competition close to home". Most clubs are formed with the hope that they will eventually become elite clubs, but many of them fade away after a few years and I am sure this would have happened to us if we had gone down that road.

In closing, I wish to invite everyone here to attend the opening day of our 22nd summer season on Saturday 11 September.

Bob Sewell

SECRETARY

At the beginning of last summer season C V Kelly Park Trust (through Holroyd City Council, Toongabbie Football Club, and Girraween Little Athletics Centre) significantly improved the ground lighting. As a result, training nights were a 'vision splendid'. Council also turfed the 'dust bowl' embankment. The next objective of the Trust, with assistance of a grant and financial help from football and athletics, is to seal the top carpark and control stormwater runoff.

I haven't heard how the proposed synthetic athletics track is going at Aquilina Reserve near Rooty Hill, but the one at The Crest, Bankstown (Bankstown Sports) is proceeding rapidly. The latter will be used as a training base for the US Olympic team. With the September 2000 Sydney Olympics quickly approaching, we will need to give early consideration to our summer competition arrangements over that period.

I note with pleasure that local schoolteacher at Pendle Hill High, Rob Blackadder, has been elected as Commissioner for Officials with ANSW. Concerning the NSW Interclub summer competition at Homebush, I understand that ANSW is proposing to lower the entry standard for 1999/00.

Included in the press plaudits is an article on the Australian team for the 1999 Women's World Cup soccer in which ex-Girraween Athletics Club athlete and still record holder Tracey Wheeler was again selected as goal keeper. Tracey is one of the late founder and Life Member John Wheeler's two daughters.

I mentioned in my report last year about incorporation. This is an issue that the committee needs to seriously consider.

Viv Manwaring

REGISTRAR

Registrations over the last ten seasons have been:

89/90	90/91	91/92	92/93	93/94	94/95	95/96	96/97	97/98	98/99
25	57	59	51	61	36	33	42	32	46

While the increase in registrations for last season was pleasing, work remains to be done to get back to the numbers of the early 90s.

Viv Manwaring

WINTER COMPETITION

The club's winter season saw a rise in standard with the arrival of Kevin Casey and Kevin Fisher. Kevin Casey won the club's Winter Championship and he and Kevin Fisher were key members of our teams in the NSW road relay and NSW cross-country relay championships.

In past seasons our teams have battled hard to avoid last place, but last season saw an improvement with the 35+ team of Casey, Sheargold, Fisher and Halverson finishing 10th of 15 in the cross-country relay and 9th of 12 in the road relay, and the 45+ team of Halverson, Manwaring, Dwyer and Sewell finishing 9th of 13 in the road relay. Stephen Halverson ran in two teams in the road relays when another runner didn't show. Talk about a man of steel! That course is TOUGH and so is Steve.

During the season, junior runners Michelle Kurp, Zulay Sastre and Marcelo Sastre were regular competitors. Five of our runners - Sewell, Z Sastre, Manwaring, Kurp and Kammerer - won trophies in zone competition.

Bob Sewell

CLUB RECORDS

There were 14 ground records equalled or established in normal competition last season, six of them by Susan Ireland. In addition, 14 ground 'fun day' records were equalled or established during modified competition days.

Steve Williams

SUMMER COMPETITION

Girraween Athletics Club enjoyed a highly successful 1998-99 season with 102 competitors taking part. Our President, Bob Sewell, gives much of his time to coach our athletes and his efforts have been reflected in the large number of records broken in both the traditional and modified competitions.

For the fourth consecutive year, a modified point scoring competition was used to determine the champions and placegetters. The system is based on an athlete scoring points by competing (1 point), equalling a personal best (1.5 points), or achieving a personal best (2 points). The four best events each week are counted for each competitor and the points accumulated. At the end of the season, the four lowest scoring weeks are subtracted from the total. This is a fair system which also allows for enthusiastic competition.

This year's competition was again decided on the last day. **Graham Sheargold** was this season's Club Champion, putting his points 'on the board' prior to the Christmas break. Graham consolidated his score of 101.5 with many fine efforts in the final weeks. Steve Halverson and Suresh Raju were placed equal second in the overall competition as well as in the men's competition with a score of 97. Steve Williams gained third place in the men's competition with 90 points.

The women's competition was won by **Samantha Marshall** with a score of 92. Samantha enjoyed her return to athletics, breaking a number of long-standing records. Chelsea Austin was 'pipped at the post', gaining second place on 91.5 points. Our champion walker, Lisa Grant, gained third place on 79 points.

A large number of visitors participated in our competition this year. **Jemma Austin** gained first place as Champion Female Visitor (77 points) and **Graham Ryan** took first place as Champion Male Visitor (50 points).

This year we have introduced awards for various age groups. Athletes were required to compete in at least 50% of the total competition to be eligible for these awards. Results for the age groups are:

Age Group	Male Athletes			Female Athletes		
	1st place	2nd place	3rd place	1st place	2nd place	3rd place
Veteran	Graham Sheargold	Steve Halverson Suresh Raju	Steve Williams			
Senior	Dean Donovan			Samantha Marshall		
U20				Vikki Savage	Jennifer Graham	
U18	Peter Hogan	Steven Rooke	Matthew Graham			
U16	Irwin Burbage			Chelsea Austin	Erin Scouller	
U14	Scott Fitton			Lisa Grant	Susan Ireland	Shindhu Raju

Congratulations to all members for your enthusiasm and keen sportspersonship during the 1998-99 summer competition.

Steve Williams

BLAIR ZONE INTERCLUB

The Blair Zone competition on Wednesday summer nights is still in the doldrums from what I've been told, with most of the support coming from the Nepean club. As far as I know, no-one from our club attended the competition at Blair Oval St Marys, and Penrith and Blacktown clubs also didn't support the competition.

I hope to resume my Blair Zone career next summer and, if I do, I'd like to see some other Girraween athletes there. Please don't let the word 'interclub' scare you as the standard is not much better than our Saturday competition, and the track events are graded.

It is friendly competition, and it is sometimes good to test yourself against new competition.

Bob Sewell

NSW INTERCLUB

Qualifying standards at Homebush on summer Saturdays prevent most of our athletes from attending. However, I believe Susan Ireland and Lisa Grant competed there to reach qualifying standards for Australian championships.

Bob Sewell

PUBLICITY

Each season publicity seems to be harder to obtain as more and more sports are vying for space in the local newspapers. Underwater hockey and canoe polo are two of the sports that have come on the scene recently.

The Blacktown Advocate gave our club good support during the season by publishing stories and results. The Parramatta Advertiser published a few stories about the club, but does not seem to use sports results as much as in the past. The Blacktown City Guardian does not seem too interested in sport these days.

Our thanks must go to Lisa Grant and Phil Bowden as their results provided the club with most of the publicity.

Bob Sewell

CANTEEN

The profit for the season was \$476.45, a slight increase from last year. The iceblocks were a popular edition as were the sports drinks. We were able to supply all the catering needs for our free sausage sizzle that proved to be a great social event and enjoyed by all. Many thanks to Helen and Stuart Graham for filling in during the odd times I was unable to work in the canteen. I have had a very enjoyable two years working in the canteen and the friendly, warm atmosphere generated by club members has made the job of canteen manager a pleasurable task.

Vicki Halverson

TREASURER

The year began with \$1,314.48 in the bank and finished with \$1,828.80. As with last year, we have no outstanding liabilities. Equipment purchased included a new 700g javelin, a new 30m tape, and starting caps. The two throw marker carry boxes were repaired at no cost to the club. A special thanks to Stan Dawson who donated his time and materials to repair them.

The club's main sources of income were from the canteen \$476.45, registrations \$562.00, Christmas Hamper raffle \$109.50, and ground fees \$464.55. Income from ground fees has trebled compared to the previous season and is an important source of funding. Thank you to all those who helped and your support was very much appreciated. Our thanks also to Tony Ward for auditing the books again this year.


Steve Halverson

GIRRAWEE AMATEUR ATHLETIC CLUB
 INCOME AND EXPENDITURE AT 16/7/1999
 St George Building Society Account 111-528-203

1996 / 1997	1997 / 1998	INCOME	1998 / 1999
1206.15	1507.55	Balance bought Forward	1314.48
1555.00	1196.00	Registrations received	2421.0
355.00	427.55	Canteen profit	476.45
104.00	148.00	Sale of singlets	154.00
8.33	0.50	Interest income	1.38
20.00		Donations	50.00
88.60	155.35	Athletes ground fees	464.55
29.00	-	Cash For Cans	36.05
155.50	116.50	Raffle profits	109.50
50.00		Susan Classic	-
85.00		Winter West Metropolitan	-
3656.58	3551.45	TOTAL INCOME	5027.41
EXPENDITURE			
1225.00	900.00	Registrations to ANSW	1859.00
105.60	200.00	ANSW affiliation fees	200.00
	35.50	Replacement Ground Keys	-
585.00	650.00	Park Trust Fees	700.00
	300.00	Purchase of singlets	-
91.60	109.20	Equipment purchases	208.35
1.03	15.57	Bank Fees	21.36
	6.00	AGM Snacks	-
10.80	20.70	Printing, postage and stationery	5.40
50.00		Donation to Westmead Hospital	-
80.00		Presentation-trophies	104.50
2149.03	2236.97	TOTAL PAYMENTS	3198.61
1507.55	1314.48	Balance carried forward	1828.80

I certify that this income and expenditure statement of Girraween Amateur Athletic Club has been checked and is a true and fair representation of its financial transactions.

ASSETS	
28 singlets (unsold)	392.00
Bank Account	1828.80
LIABILITIES	00.00
NIL	
NET ASSETS	2220.80


 Accountant
 ANTHONY WARD 29/8/99

GIRRAWEE ATHLETICS CLUB
C V KELLY PARK GROUND RECORDS
AS AT 31 MARCH 1999

MEN

<u>OPEN</u>			<u>VETERAN</u>		
S Mallard (N)	10.7	100	Viv Manwaring		12.4
Jeff Micallef	23.7	200	Viv Manwaring		27.0
Jeff Micallef	53.0	400	Viv Manwaring		58.9
Craig Downie	2:01.9	800	Viv Manwaring		2:20.7
R Hamill (RH)	4:11.1	1500	Bruce Harrison		4:47.4
Bruce Hogg	4:35.8	1 Mile	Keith Mayhew		5:29.3
Craig Downie	9:04.2	3000	Bruce Harrison		10:24.8
Bruce Hogg	16:17.4	5000	Bruce Harrison		18:08.7
Kevin Junor (P)	2:19.0	800s/c	Bob Sewell		3:17.7
S McDonald (RB)	7:33.9	1500W	John Dwyer		10:15
Robert Kropman	16.2	110H	Steven Williams		24.6
Robert Kropman	28.1	200H	Viv Manwaring		31.8
David Tarbottom (CTC)	59.2	400H			
Nathan Manwaring	6-50	LJ	Viv Manwaring		5-25
Craig Willetts	14-17	TJ	Viv Manwaring		10-83
Craig Willetts	1-91	HJ	Stephen Halverson		1-55
Robert Kropman (7.26kg)	13-95	SP	Hans Kropman (7.26kg)		8-57
Robert Kropman (2kg)	42-08	DIS	Viv Manwaring (2kg)		24-46
Robert Kropman (800g)	56-72	JAV	Viv Manwaring (800g)		32-78

CTC: Campbelltown City
 Pen: Penrith

N: Nepean
 RH: Ryde-Hornsby

P: Parramatta
 RB: Randwick-Botany

<u>SENIOR</u>			<u>U20</u>		
Peter Murray	11.0	100	Damien Beckhouse		11.6
Jeff Micallef	23.7	200	Jason Willetts		23.9
Michael Finucane	53.4	400	Jeff Micallef		53.4
Jeff Micallef					
Craig Downie	2:01.9	800	Garry Moran		2:10.9
Michael Finucane	4:18.7	1500	Bruce Hogg		4:31.7
Craig Downie	4:46.7	1 Mile	Bruce Hogg		4:35.8
Craig Downie	9:04.2	3000	Paul Weymark		10:14.2
Craig Downie	16:25.7	5000	Bruce Hogg		17:29.0
John Doolan	2:52.5	800s/c	Peter Kropman		3:21
Robert McGaughey	7:51.5	1500W			
Robert Kropman	16.2	110H	Peter Kropman		16.9
Robert Kropman	28.1	200H	Ralph Downer		30.5
Bob Broadhurst	1:09.9	400H	Garry Moran		1:04.4
Jeff Micallef	6-26	LJ	Jeff Micallef		6-48
Peter Murray					
Peter Kropman	13-23	TJ	Craig Willetts		14-17
Craig Willetts	1-91	HJ	Damien Beckhouse		1-81
Robert Kropman (7.26kg)	13-95	SP	Robert Kropman (7.26kg)		12-26
Robert Kropman (2kg)	42-08	DIS	Robert Kropman (2kg)		35-50
Robert Kropman (800g)	56-72	JAV	Robert Kropman (800g)		46-40

U19

Jeff Micallef	11.6	100
Craig Willetts		
Paul Manton	23.9	200
Jeff Micallef	53.0	400
Bruce Hogg	2:08.2	800
Jim Irving	4:35.9	1500
Bruce Hogg	4:54.2	1 Mile
Bruce Hogg	9:21.9	3000
Bruce Hogg	17:17.5	5000
Peter Kropman	2:30.9	800s/c
		1500W
Peter Kropman	16.2	110H
Peter Kropman	28.2	200H
Peter Kropman	1:01.2	400H
Peter Kropman	6-46	LJ
Craig Willetts	13-20	TJ
Peter Kropman	1-82	HJ
Jeff Micallef (5.449kg)	13-49	SP
Damien Beckhouse (1.5kg)	39-78	DIS
Andrew Grace (800g)	49-34	JAV

U17

Kurt Quinlivan	11.5	100
Phillip Fenech	24.1	200
Phillip Fenech	53.8	400
Jon Hetherington	2:08.9	800
Bruce Hogg	4:31.4	1500
Ron Irving	4:56.4	1 Mile
Bruce Hogg	9:33.1	3000
Bruce Hogg	16:49.0	5000
Mark Irving	2:28.0	800s/c
Matthew Graham	9:35.2	1500W
Kurt Quinlivan	16.2	110H / 100H
Phillip Fenech	28.8	200H
Peter Kropman	1:02.9	400H
Phillip Fenech	6-37	LJ
Peter Kropman	12-14	TJ
Shane Hanlon	1-83	HJ
Robert Kropman (4.535kg)	14-20	SP
Greg Howard (1.5kg)	39-72	DIS
Robert Kropman (700g)	53-76	JAV

U15

Michael McHugh	12.0	100
Ilia Gill	24.7	200
Phillip Fenech	57.2	400
Andrew Baraniak	2:08.1	800
Andrew Baraniak	4:24.0	1500
Andrew Baraniak	4:44.3	1 Mile
Andrew Baraniak	9:34.7	3000
Andrew Baraniak	16:50	5000
Shane Ferguson	2:43.7	800s/c
Brent Balinski	8:00.5	1500W
Nicholas Potten	15.8	100H / 90H
Michael McHugh	31.2	200H
Michael Wheeler	1:07.8	400H
Franky Wong	5-78	LJ
Michael McHugh	11-61	TJ
Ilia Gill	1-81	HJ
Andrew McIlwaine(3.632kg)	16-18	SP
Andrew McIlwaine (1kg)	48-50	DIS
Andrew McIlwaine (600g)	52-84	JAV

U18

Phillip Fenech	11.6
Nathan Manwaring	
Phillip Fenech	24.6
Nathan Manwaring	55.1
Bruce Hogg	2:07.4
Ron Irving	4:29.9
Bruce Hogg	4:47.6
Bruce Hogg	9:16.5
Bruce Hogg	16:17.4
Mark Irving	2:32.1
Peter Kropman	16.0
Peter Kropman	29.1
Peter Kropman	1:03.6
Nathan Manwaring	6-50
Craig Willetts	12-97
Shane Hanlon	1-89
Robert Kropman (5.449kg)	13-63
Greg Howard (1.5kg)	38-78
Andrew Grace (700g)	45-28

U16

Phillip Fenech	12.1
Phillip Fenech	24.3
Phillip Fenech	53.6
Andrew Baraniak	2:11.0
Andrew Baraniak	4:32.3
Paul Sewell	5:01.1
Andrew Baraniak	9:37.9
Paul Sewell	18:12
Peter Kropman	2:41.9
Paul Sewell	9:54.0
David Gallo	14.9
Phillip Fenech	29.1
Phillip Fenech	1:05.1
Chris Saliba	6-11
David Gallo	11-93
Peter Kropman	1-73
Robert Kropman (4.535kg)	13-58
Greg Howard (1kg)	44-30
Jon Hetherington (700g)	44-14

U14

Ilia Gill	12.1
Ilia Gill	25.6
Michael McHugh	59.5
Stephen Muir	2:25.5
Nathan Schmid	4:52.0
Stephen Muir	5:30.7
Stephen Muir	10:42.0
Brent Balinski	18:33.6
Warren Dempsey	2:56
Brent Balinski	8:00.0
Michael Jamieson	15.1
Phillip Fenech	34.0
Nicholas Potten	1:10.4
Ilia Gill	5-15
Barry Prasetya	10-67
Ilia Gill	1-76
Andrew McIlwaine(3.632kg)	14-88
Andrew McIlwaine (1kg)	43-22
Andrew McIlwaine (600g)	45-38

<u>U13</u>			<u>U12</u>		
Ivica Mikic	13.1	100	Ilia Gill	13.3	
Ilia Gill	27.0	200	Ilia Gill	29.0	
Michael Ryan	1:05.0	400	Michael Wheeler	1:07.2	
Stephen Muir	2:32.6	800	Nathan Schmid	2:33	
Scott Fitton	5:11.0	1500	Nathan Schmid	4:59.6	
Nathan Schmid	5:37	1 Mile	Gerard Mahony	5:37.0	
Nathan Schmid	10:49	3000	Peter Balinski	11:05.9	
Nathan Schmid	18:12.2	5000	Peter Balinski	19:43.5	
Stephen Mooney	3:09.3	800s/c	Dale Berryman	3:21.0	
Peter Balinski	9:20.3	1500W			
Chris Saliba	14.5	90H / 80H	Matthew Beattie	15.3	
Chris Saliba	37.9	200H	Jeff Micallef	36.9	
Warren Dempsey	1:18.1	400H	Michael Wheeler	1:22.0	
Rodney Scarr	4-97	LJ	Ilia Gill	4-46	
Chris Saliba	9-88	TJ	Jeff Micallef	8-87	
Ilia Gill	1-66	HJ	Ilia Gill	1-55	
Andrew McIlwaine(2.724kg)	14-22	SP	Andrew McIlwaine(2.724kg)	12-15	
Andrew McIlwaine (1kg)	37-70	DIS	Andrew McIlwaine (1kg)	31-08	
Andrew McIlwaine (600g)	32-50	JAV	Andrew McIlwaine (600g)	24-56	

WOMEN

<u>OPEN</u>			<u>VETERAN</u>		
Rebecca Deane	12.7	100	Terri Baraniak	15.8	
Leanne Saliba					
Heidi Novosell (G)	26.9	200	Terri Baraniak	35.7	
Jackie Wheeler	1:03.4	400	Terri Baraniak	1:18.1	
Susannah Hartgers (TW)	2:24	800	Terri Baraniak	2:59.5	
Tracey Lawless (N)	5:05	1500	Terri Baraniak	6:03.9	
Kim Pitzing	5:53	1 Mile	Terri Baraniak	6:52.7	
Susan Ireland	11:05.0	3000	Terri Baraniak	13:16	
Susan Ireland	19:33.9	5000	Terri Baraniak	22:08	
Yvette Jaeger	2:53.6	800s/c			
Lisa Grant	6:55.6	1500W			
Lynette Smith	17.6	100H			
Catherine Downer	33.3	200H			
Tracey Wheeler	1:14.6	400H			
Nicole Page	5-13	LJ	Janette Hatherly	3-14	
Natalie Deegan	10-65	TJ	Jackie Williams	6-26	
Vera Abramamas (SG)	1-66	HJ	Janette Hatherly	1-08	
Natalie Avellino (4kg)	10-32	SP	Janette Hatherly (4kg)	5-86	
Sue Read (NC) (1kg)	39-66	DIS	Janette Hatherly (1kg)	18-08	
Tracey Wheeler (600g)	37-40	JAV	Janette Hatherly (600g)	11-42	

G: Greystanes
SG: St George

N: Nepean
TW: Tiger Wests

NC: North Canberra
2WS: 2WS Hills

SENIOR

Jackie Wheeler	13.6	100
Jackie Wheeler	29.1	200
Samantha Marshall		
Samantha Marshall	1:04.9	400
Lynette Smith	2:37.6	800
Julie Peksis	5:50	1500
Julie Peksis	6:18	1 Mile
Lynette Smith	13:02.3	3000
Julie Peksis	22:25	5000
Jackie Wheeler	3:21	800s/c
Lynette Smith	8:41.9	1500W
Lynette Smith	17.6	100H
Lynette Smith	35.6	200H
Tracey Wheeler	1:16.1	400H
Lynette Smith	4-83	LJ
Lynette Smith	10-28	TJ
Lynette Smith	1-60	HJ
Lynette Smith (4kg)	10-20	SP
Lynette Smith (1kg)	35-60	DIS
Lynette Smith (600g)	35-92	JAV

U20

Jackie Wheeler	14.2
Jackie Wheeler	29.0
Jackie Wheeler	1:05.6
Tracey Wheeler	2:44
Jackie Wheeler	6:02
Lynette Smith	8:02
Tracey Wheeler	15:31
Tracey Wheeler	25:35
Jackie Wheeler	3:17
Lynette Smith	9:01.0
Tracey Wheeler	18.5
Jackie Wheeler	35.4
Tracey Wheeler	1:16.6
Lynette Smith	4-61
Catherine Kropman	10-03
Lynette Smith	1-53
Catherine Kropman (4kg)	10-02
Tracey Wheeler (1kg)	36-94
Tracey Wheeler (600g)	37-40

U19

Jackie Wheeler	13.8	100
Nicole Page	28.5	200
Jackie Wheeler	1:04.6	400
Jackie Wheeler	2:42.2	800
Jackie Wheeler	5:46	1500
Jackie Wheeler	6:23	1 Mile
Jackie Wheeler	13:03	3000
Jackie Wheeler	24:12	5000
Jackie Wheeler	3:24	800s/c
Veronica Sestic	8:42.3	1500W
Tracey Wheeler	18.7	100H
Tracey Wheeler	35.9	200H
Tracey Wheeler	1:15.6	400H
Nicole Page	5-04	LJ
Nicole Page	10-64	TJ
Tracey Wheeler	1-52	HJ
Tracey Wheeler (4kg)	9-92	SP
Tracey Wheeler (1kg)	35-04	DIS
Tracey Wheeler (600g)	37-06	JAV

U18

Nicole Page	13.2
Jackie Wheeler	28.3
Jackie Wheeler	1:03.4
Jackie Wheeler	2:41.1
Jackie Wheeler	5:43
Jackie Wheeler	6:30
Jackie Wheeler	13:09
Jackie Wheeler	22:46
Tracey Connors	3:15.6
Veronica Sestic	8:18.8
Kylie Walker	19.1
Kylie Walker	36.8
Jackie Wheeler	1:18.2
Nicole Page	5-13
Catherine Kropman	9-73
Catherine Kropman	1-50
Catherine Kropman (4kg)	8-88
Natalie Avellino (1kg)	35-02
Tracey Wheeler (600g)	33-24

U17

Nicole Page	13.4	100
Tracey Connors	28.4	200
Jackie Wheeler	1:06.0	400
Jackie Wheeler	2:35	800
Kim Pitzing	5:12	1500
Kim Pitzing	11:50	1 Mile
Jackie Wheeler	23:06	3000
Tracey Wheeler	3:19.9	5000
Veronica Sestic	8:35.5	800s/c
Kylie Walker	18.7	1500W
Tracey Connors	33.9	100H / 90H
Tracey Wheeler	1:14.6	200H
Nicole Page	5-05	400H
Catherine Kropman	10-16	LJ
Tracey Wheeler	1-58	TJ
Tracey Wheeler (4kg)	9-66	HJ
Tracey Wheeler (1kg)	32-62	SP
Tracey Wheeler (600g)	32-50	DIS
		JAV

U16

Linda Hatherly	13.4
Jackie Wheeler	
Jackie Wheeler	28.9
Jackie Wheeler	1:05.1
Jackie Wheeler	2:36
Jackie Wheeler	5:35
Katrina Ward	6:14
Jackie Wheeler	12:34
Kim Pitzing	20:12
Tracey Wheeler	4:10
Veronica Sestic	8:10.7
Catherine Downer	15.7
Catherine Downer	33.3
Tracey Wheeler	1:16.4
Tracey Wheeler	5-01
Natalie Deegan	10-65
Lynette Smith	1-58
Natalie Avellino (4kg)	10-32
Natalie Avellino (1kg)	33-78
Tracey Wheeler (600g)	30-18

<u>U15</u>		
Rebecca Deane	12.7	100
Leanne Saliba		
Rebecca Deane	27.5	200
Tracey Wheeler	1:06.3	400
Rebecca Deane	2:36.4	800
Kim Pitzing	5:28	1500
Kim Pitzing	5:53	1 Mile
Kim Pitzing	11:50	3000
Kim Pitzing	20:14	5000
Cherie Madden	3:31	800s/c
Helen Sestic	7:42.7	1500W
Rebecca Deane	14.6	90H / 80H
Rebecca Deane	33.4	200H
Tracey Wheeler	1:17.7	400H
Linda Atkins	4-94	LJ
Sarah Ferguson	10-28	TJ
Tracey Wheeler	1-59	HJ
Dianne Kidd (2.724kg)	12-28	SP
Natalie Avellino (1kg)	34-38	DIS
Tracey Wheeler (600g)	30-00	JAV

<u>U13</u>		
Melissa Briggs	13.8	100
Tania Ringhof	29.1	200
Tracey Wheeler	1:06.5	400
Tracey Wheeler	2:42.6	800
Catherine Kropman	5:37	1500
		1 Mile
Kim Pitzing	12:09.0	3000
Kim Pitzing	21:39	5000
Catherine Kropman	3:44	800s/c
Lisa Grant	7:35.6	1500W
Sarah Ferguson	14.6	80H
Sandra Narezzi	37.0	200H
Sarah Ferguson	1:22.1	400H
Tracey Wheeler	4-58	LJ
Tracey Wheeler	9-68	TJ
Tracey Wheeler	1-44	HJ
Natalie Avellino(2.724kg)	12-20	SP
Natalie Avellino (1kg)	33-04	DIS
Natalie Avellino (600g)	23-76	JAV

<u>U14</u>	
Rebecca Deane	13.0
Rebecca Deane	28.3
Rebecca Deane	1:03.8
Susan Ireland	2:35.4
Susan Ireland	5:24.3
Susan Ireland	6:07.7
Susan Ireland	11:05.0
Susan Ireland	19:33.9
Catherine Kropman	3:32
Lisa Grant	6:55.6
Rebecca Deane	13.3
Rebecca Deane	32.5
Catherine Kropman	1:21.9
Linda Atkins	4-73
Catherine Kropman	9-90
Jessica Fisher	1-57
Natalie Avellino(2.724kg)	12-91
Natalie Avellino (1kg)	34-22
Natalie Avellino (600g)	30-44

<u>U12</u>	
Melissa Briggs	14.4
Tammy Gilchrist	
Linda Hemmerling	30.3
Linda Hemmerling	1:10.1
Kellie Fenech	2:48.0
Catherine Kropman	5:42.0
Melissa Briggs	6:50.5
Catherine Downer	13:04.0
Shindhu Raju	25:59.6
Melissa Briggs	16.8
Melissa Briggs	40.2
Catherine Kropman	1:35.0
Tracey Wheeler	4-35
Catherine Kropman	8-75
Melissa Briggs	1-42
Natalie Avellino(2.724kg)	8-51
Natalie Avellino (1kg)	18-70
Tracey Wheeler (600g)	15-06
Amy Van Trier	15.06

FUN DAY AND OTHER RECORDS

2.724kg SHOT PUT "THROW"

OPEN:	Robert Kropman	31-66	Lynette Smith	16-92
VETERAN:	Steven Williams	19-76	Jackie Williams	6-83
SENIOR:	Robert Kropman	31-66	Lynette Smith	16-92
U20:	Nathan Manwaring	20-55	Tracey Wheeler	14-54
U19:	Jeff Micallef	24-60	Tracey Wheeler	16-29
U18:	Peter Kropman	23-86	Veronica Sestic	12-78
U17:	Robert Kropman	27-24	Tracey Wheeler	14-66
U16:	Robert Kropman	26-99	Natalie Avellino	13-53
U15:	Robert Kropman	18-80	Dianne Kidd	12-91
U14:	Andrew McIlwaine	21-34	Siobhan Battersby	9-82
U13:	Jason Irvine	13-16	Melissa Briggs	9-19
U12:	Wayne Mulhall	7-83	Natalia Sestic	5-72
OFFICIAL:	Hans Kropman	21-09		

60M SPRINT

OPEN:	Peter Murray	7.1	Nicole Page (N)	8.1
VETERAN:	Steven Williams	8.0	Linda Balinski	11.3
SENIOR:	Peter Murray	7.1	Samantha Marshall	8.4
U20:	Nathan Manwaring	7.5		
U19:	Nathan Manwaring	7.6	Nicole Page	8.2
U18:	Nathan Manwaring	7.4	Nicole Page	8.2
	David Beattie			
U17:	David Beattie	7.5	Linda Hatherly	8.5
U16:	Peter Hogan	7.7	Natalie Deegan	8.8
			Sandra Narezzi	
U15:	Matthew Dux	7.9	Sandra Narezzi	8.6
U14:	Stephen Muir	9.4	Sandra Narezzi	9.0
U13:	Damien Murray	8.8	Melissa Briggs	9.0
			Jessica Fisher	
U12:	Matthew Beattie	9.7	Shindhu Raju	9.7

300M UNLANED

OPEN:	Michael Finucane	39.5	Lynette Smith	45.8
	C Beacroft (R-B)			
VETERAN:	Viv Manwaring	43.2	Linda Balinski	1:11.9
SENIOR:	Michael Finucane	39.5	Lynette Smith	45.8
U20:	Paul Weymark	40.0		
U19:	Paul Weymark	41.8	Nicole Page	52.9
U18:	David Beattie	40.4	Veronica Sestic	50.0
U17:	David Beattie	39.9	Nicole Page	56.7
U16:	Peter Hogan	42.6	Natalie Deegan	50.2
U15:	Matthew Dux	43.9	Vikki Savage	51.5
U14:	Stephen Muir	48.0	Helen Sestic	48.5
U13:	Matthew Beattie	50.6		
U12:	Stephen Muir	56.8	Natalia Sestic	58.0
			Shindhu Raju	

1000M

OPEN:	Paul Weymark	2:55.0	Helen Sestic	3:35.5
VETERAN:	Keith Mayhew	3:10.4	Linda Balinski	4:34.0
SENIOR:	Paul Weymark	2:55.0	Samantha Marshall	3:34.8
U20:				
U19:			Vikki Savage	3:49.3
U18:	Matthew Byles	3:01.3	Veronica Sestic	4:06.1
U17:	Matthew Graham	3:09.6	Naomi Scouller	5:17.6
U16:	Brad Tudman	3:19.3		
U15:			Chelsea Austin	4:11.2
U14:	Danny Martins	3:54.3	Helen Sestic	3:35.5
U13:	Brent Balinski	3:32.6	Lisa Grant	4:14.6
U12:	Peter Balinski	3:48.0	Natalia Sestic	4:08.0

2000M

OPEN:	Michael Kammerer	6:27.6	Leanne Bourke	7:48.0
VETERAN:	Kevin Casey	7:03.1		
SENIOR:	Michael Kammerer	6:27.6	Leanne Bourke	7:48.0
U20:				
U19:				
U18:	Matthew Byles	6:59.4		
U17:	Matthew Graham	6:37.7		
U16:	Steven Rooke	7:46.5		
U15:				
U14:			Zulay Sastre	8:07.5
U13:	Danny Martins	8:44.5	Lisa Grant	8:58.1
U12:			Shindhu Raju	9:34.8

STANDING LJ

OPEN:	Robert Kropman	2-84	Catherine Kropman Lynette Smith Nicole Page (N)	2-30
VETERAN:	Stephen Halverson	2-41	Linda Balinski	1-48
SENIOR:	Robert Kropman	2-84	Catherine Kropman Lynette Smith	2-30
U20:	Paul Weymark	2-56		
U19:	Nathan Manwaring	2-70	Nicole Page	2-16
U18:	Nathan Manwaring	2-71	Nicole Page	2-13
U17:	David Beattie	2-52	Nicole Page	2-25
U16:	Peter Hogan	2-59	Sandra Narezzi	2-22
U15:	Stephen Hinwood	2-44	Sandra Narezzi	2-21
U14:	Danny Martins	1-96	Sandra Narezzi	2-08
U13:	Damien Murray	2-05	Melissa Briggs	2-17
U12:	Matthew Beattie	1-85	Shindhu Raju	1-78

SCISSORS HJ

OPEN:	Nathan Manwaring David Beattie	1-60	Lynette Smith	1-45
VETERAN:	Stephen Halverson	1-42		
SENIOR:	Michael Finucane	1-52	Lynette Smith	1-45
U20:	Nathan Manwaring	1-60		
U19:	Nathan Manwaring	1-50	Nicole Page	1-25
U18:	David Beattie	1-60	Nicole Page	1-35
U17:	David Beattie	1-55	Linda Hatherly Lee Westwood	1-26
U16:	David Beattie	1-56	Natalie Deegan	1-30
U15:	David Hatherly	1-45	Sandra Narezzi	1-20
U14:	Stephen Muir	1-25	Lisa Grant	1-20
U13:	Matthew Beattie	1-35	Jessica Fisher	1-35
U12:	Stephen Muir	1-05	Natalia Sestic	1-05

4x100M RELAY

OPEN MEN: 48.4
Michael Finucane (Sen) Robert Kropman (Sen)
Peter Murray (Sen) Vivian Manwaring (Vet)

35+ MEN: 54.2
Kevin Fisher Stephen Halverson
Suresh Raju Steven Williams

OPEN WOMEN: 55.0
Nicole Page (U18) Linda Hatherly (U17)
Sandra Narezzi (U15) Melissa Briggs (U13)

8x100M RELAY

OPEN MEN: 1:39.7
Michael Finucane (Sen) Wayne Jeff (Sen) Bruce Hogg (U18)
Craig Willetts (U18) Garry Dempsey (U17) Shane Hanlon (U17)
Nathan Manwaring (U17) Andrew Baraniak (U16)

OPEN WOMEN: 1:50.5
Jackie Wheeler (U19) Tracey Connors (U17) Tracey Wheeler (U17)
Michelle Cauchi (U15) Natalie Avellino (U14) Catherine Kropman (U14)
Jackie Neil (U14) Tracy Scorer (U14)

OPEN MIXED (minimum 3 women): 1:46.2
John Dwyer (Vet) Stephen Halverson (Vet) Garry Dempsey (Sen)
Lynette Smith (Sen) Paul Weymark (U20) Nicole Page (U19)
Adrian Grogan (U18) Sandra Narezzi (U16)